San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN8: Percentag	e of students who r	arely or never wore	a seat belt (when ri	ding in a car driven	by someone else))		
4.1	4.1	4.7	4.5	5.3	6.5	Increased, 2009-2019	No quadratic change	No change
		ode with a driver whys before the survey)		g alcohol (in a car	or other vehicle,	Decreased, 2009-2019	No quadratic change	No change
	ng the 30 days before	drove a car or other re the survey, among						
		7.6	7.4	8.0	5.6	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ays before the survey	texted or e-mailed w						
		31.8	33.2	29.9	27.6	Decreased, 2013-2019	Not available§	No change
ON13: Percent	age of students who	carried a weapon on	school property (s	uch as a gun, knife.	or club, on at			
	age of students who ng the 30 days befor 4.5	carried a weapon on e the survey) 2.6	school property (s	uch as a gun, knife,	or club, on at 3.0	Decreased, 2009-2019	No quadratic change	No chang
4.4 QN14: Percent	ng the 30 days befor 4.5 age of students who	e the survey)	3.3 punting the days wh	4.1	3.0 gun only for	Decreased, 2009-2019	No quadratic change	No change
deast 1 day during 4.4 QN14: Percent	ng the 30 days befor 4.5 age of students who	2.6 carried a gun (not co	3.3 punting the days wh	4.1	3.0 gun only for	Decreased, 2009-2019 No linear change	No quadratic change Not available	
QN14: Percent hunting or for a	age of students who age of students who age of students who	2.6 carried a gun (not co	3.3 Dunting the days what I day during the I because they felt u	4.1 nen they carried a g 2 months before the 3.6	3.0 gun only for e survey) 2.6			No chang

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

[§]Not enough years of data to calculate.

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		Health Risk Behav	ior and Percentag	res		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		were threatened or i			erty (such as a			
7.4	6.7	4.3	4.6	5.3	5.3	Decreased, 2009-2019	Decreased, 2009-2013 No change, 2013-2019	No change
N18: Percenta 2 months befor		were in a physical f	ight on school prop	perty (one or more t	imes during the			,
10.8	10.9	5.9	6.8	9.5	9.4	No linear change	Decreased, 2009-2013 Increased, 2013-2019	No change
ON110 D	age of students who	were ever physically	y forced to have se	xual intercourse (w	hen they did not			1
QN19: Percenta vant to)								

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

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
dating or going forced to have s	out with to do sexua exual intercourse] the	experienced sexual of things [counting sunt they did not want or went out with some	ich things as kissin to, one or more tir	g, touching, or bein nes during the 12 m	g physically nonths before the			
		11.0	10.7	12.6	10.4	No linear change	Not available§	No change
someone they winjured with an	vere dating or going object or weapon] o	experienced physica out with [counting so ne or more times dur e during the 12 mon	uch things as being ring the 12 months	hit, slammed into before the survey,	something, or			
someone they winjured with an	vere dating or going object or weapon] o	out with [counting so ne or more times dur	uch things as being ring the 12 months	hit, slammed into before the survey,	something, or	No linear change	Not available	No chang
someone they winjured with an who dated or w	vere dating or going object or weapon] o ent out with someon	out with [counting some or more times during the 12 mone	uch things as being ring the 12 months ths before the surve 7.8	hit, slammed into before the survey, sey) 5.2	something, or among students 6.1	No linear change	Not available	No chang

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

[§]Not enough years of data to calculate.

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		Health Risk Behav	Linear Change [*] Quadratic Change			Change from 2017-2019		
2009	2011	2013	2015	2017	2019			
		were electronically l media, ever during			h texting,			
	12.4	14.4	14.0	12.6	10.9	No linear change	Not available [§]	No change
		felt sad or hopeless, ever during the 12 i			row so that they			
topped doing so 25.9	ome usual activities 25.6	ever during the 12 to 29.6	months before the s	31.6	35.1	Increased, 2009-2019	No quadratic change	No change
topped doing so	ome usual activities 25.6	, ever during the 12	months before the s	31.6	35.1	Increased, 2009-2019	No quadratic change	No change
25.9 2N26: Percenta	ome usual activities 25.6	ever during the 12 to 29.6	months before the s	31.6	35.1	Increased, 2009-2019 Increased, 2009-2019	No quadratic change No quadratic change	No chang No chang
25.9 2N26: Percentante survey) 13.9	25.6 age of students who 13.3	29.6 seriously considered	29.1 d attempting suicide 16.5	31.6 e (ever during the 1 16.1	35.1 2 months before 17.4			

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

[§]Not enough years of data to calculate.

otal jury and Violence		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
	ge of students who			n injury, poisoning,	or overdose that			
naa to be treated t	-,	se (during the 12 me	ining octore the sur	vcy)				

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

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		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN32: Percenta survey)	ge of students who	currently smoked ci	garettes (on at leas	t 1 day during the 3	0 days before the			
11.7	14.2	8.9	7.1	4.2	3.2	Decreased, 2009-2019	Decreased, 2009-2015 Decreased, 2015-2019	No change
QNFRCIG: Per 30 days before the		who currently smok	ted cigarettes freque	ently (on 20 or mor	e days during the	, , , , , , , , , , , , , , , , , , ,		
2.8	3.7	1.1	1.3	0.8	0.6	Decreased, 2009-2019	No quadratic change	No change
QNDAYCIG: P		its who currently sm	oked cigarettes dai	ly (on all 30 days d	uring the 30 days			
1.9	1.5	0.5	0.9	0.7	0.5	Decreased, 2009-2019	No quadratic change	No change
	bes, vaping pens, e-	ever used an electro hookahs, and hookal						
			44.9	38.1	41.4	No linear change	Not available§	No change

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

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
e-pipes, vape pi	pes, vaping pens, e-	currently used an el hookahs, and hookal east 1 day during the	h pens [such as blu,	NJOY, Vuse, Marl				
			21.6	7.7	16.0	Decreased, 2015-2019	Not available [§]	Increased
	rcentage of students 30 days before the s	who currently used	electronic vapor pr	oducts frequently (on 20 or more			
			2.5	1.1	4.7	Increased, 2015-2019	Not available	Increase
NID A VEVD		nts who currently us	ed electronic vapor	products daily (on	all 30 days during			
			1.9	0.7	2.8	No linear change	Not available	Increase
			1.9					
he 30 days befo	ntage of students when the students when the students when the students with the students with the students when the students will be students with the students will be students will be students with the students will be	no currently smoked survey)		lectronic vapor pro	ducts (on at least			

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
(such as a conver	nience store, superi	usually got their ow market, discount sto rently used electron	re, gas station, or va	ape store, during the	e 30 days before	No linear change	Not available [§]	Neclass
				10.5	0.5	140 illicar change	Not available	No chang

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

[§]Not enough years of data to calculate.

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]	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN40: Percentag	ge of students who	had their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
22.7	21.7	15.8	14.8	14.2	14.0	Decreased, 2009-2019	No quadratic change	No change
	ge of students who	currently drank alco	hol (at least one dr	ink of alcohol, on a	t least 1 day			
36.2	33.0	28.7	24.8	24.9	22.3	Decreased, 2009-2019	No quadratic change	No change

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

[§]Not enough years of data to calculate.

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		Health Risk Behavi	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN45: Percentag	ge of students who	ever used marijuana	(one or more time	s during their life)				
37.3	40.1	40.5	35.9	36.1	36.9	No linear change	No quadratic change	No change
QN46: Percentag	ge of students who	tried marijuana for t	he first time before	e age 13 years				
9.2	10.6	8.5	7.5	6.9	5.9	Decreased, 2009-2019	No quadratic change	No change
QN47: Percentag	ge of students who	currently used marij	uana (one or more	times during the 30) days before the	· , .		
18.9	24.0	21.9	18.0	20.2	21.5	No linear change	No quadratic change	No change
QN48: Percentag	ge of students who	ever used synthetic	marijuana (one or 1	more times during t	heir life)	 		
			8.3	6.2	6.1	Decreased, 2015-2019	Not available [§]	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
differently than l	how a doctor told th	ever took prescription tem to use it (counting more times during the	ig drugs such as co					
				10.8	13.4	No linear change	Not available§	No change
	nge of students who more times during	ever used cocaine (a heir life) 6.9	ny form of cocaine	e, including powder 4.4	, crack, or	Decreased, 2009-2019	No quadratic change	No chang
7.6	0.1							
QN51: Percenta	age of students who	ever used inhalants of to get high, one or i			aerosol spray			

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

[§]Not enough years of data to calculate.

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		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ge of students who one or more times	ever used methampl during their life)	hetamines (also cal	led "speed," "crysta	ıl meth," "crank,"	,		
3.8	4.9	2.9	3.6	2.0	1.6	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No change
QN54: Percenta ife)	ge of students who	ever used ecstasy (a	lso called "MDMA	," one or more time	es during their			
10.2	16.1	10.7	6.9	4.4	2.9	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	Decreased
QN55: Percenta more times durir		ever took steroids w	vithout a doctor's pr	rescription (pills or	shots, one or	· ·		
2.7	2.9	2.0	2.7	3.0	2.3	No linear change	No quadratic change	No change
	ge of students who	ever injected any ill g their life)	egal drug (used a n	eedle to inject any	illegal drug into			
1.8	2.9	2.1	2.1	1.4	1.1	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No change

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

Total Alcohol and Othe	O	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN57: Percent 12 months befo	tage of students who	were offered, sold,	or given an illegal o	drug on school prop	perty (during the			
28.7	32.0	30.1	27.6	27.3	25.7	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	No change

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

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		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019	 .		
QN58: Percenta	ge of students who	ever had sexual inte	rcourse		•			
39.2	42.5	36.6	32.0	31.0	29.6	Decreased, 2009-2019	No quadratic change	No change
QN59: Percenta	ge of students who	had sexual intercou	rse for the first time	e before age 13 year	rs			;
4.8	6.1	4.4	3.5	2.7	2.0	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	No change
QN60: Percenta	ge of students who	had sexual intercou	rse with four or mo	re persons during tl	neir life			
11.2	11.9	8.2	6.8	5.9	5.1	Decreased, 2009-2019	No quadratic change	No change
	ge of students who e 3 months before	were currently sexu the survey)	ally active (had sex	ual intercourse wit	h at least one			
27.7	27.8	24.3	22.3	20.3	19.8	Decreased, 2009-2019	No quadratic change	No change

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

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]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ge of students who		ed drugs before last	sexual intercourse	(among students			
21.4	21.9	18.4	19.8	20.0	20.2	No linear change	No quadratic change	No change
	\							
65.5	58.6	56.6	59.0	55.8	54.3	No linear change	No quadratic change	No change
QN64: Percenta	58.6	used birth control p					No quadratic change	No change
65.5 QN64: Percenta	58.6	used birth control p					No quadratic change	No change
05.5 0N64: Percenta mong students v 17.7 0NIUDIMP: Pe	58.6 ge of students who who were currently 20.7 ercentage of students eplanon) before last	used birth control posexually active) 22.4 s who used an IUD	ills before last sexu 17.3 (such as Mirena or	al intercourse (to p 23.1 ParaGard) or impla	revent pregnancy, 22.5 ant (such as			

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change fron 2017-2019
2009	2011	2013	2015	2017	2019	_		
	g (such as NuvaRin	nts who used a shot (sg) before last sexual						
		2.7	4.5	2.8	3.7	No linear change	Not available§	No change
implant (such as control ring (suc	s Implanon or Nexp ch as NuvaRing) be	nts who used birth co lanon); or a shot (suc fore last sexual interc	h as Depo-Provera), patch (such as O	rthoEvra), or birth	Increased, 2013-2019	Not available	No chang
implant (such as control ring (such currently sexual QNDUALBC: pills; an IUD (subepo-Provera),	s Implanon or Nexp ch as NuvaRing) be lly active) Percentage of stude uch as Mirena or Pa patch (such as Orth	lanon); or a shot (suc fore last sexual interc	h as Depo-Provera course (to prevent p 23.7 condom during last such as Implanon o rol ring (such as No	30.7 sexual intercourse r Nexplanon); or a uvaRing) before las	and birth control shot (such as	Increased, 2013-2019	Not available	No chang

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

[§]Not enough years of data to calculate.

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	j	Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		nts who did not use a		ent pregnancy durir	ng last sexual			
		nts who did not use a ere currently sexually 16.7		ent pregnancy durir	ng last sexual	No linear change	No quadratic change	No change
ntercourse (amo	ong students who we	ere currently sexually	y active) 12.4	15.6	15.2	No linear change	No quadratic change	No change
13.5 N84: Percenta	ong students who we	ere currently sexuall	y active) 12.4	15.6	15.2	No linear change	No quadratic change	No chang

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	entage of students w sex- and age-specifi				ile for body mass			
13.8	16.0	16.4	16.6	14.8	15.8	No linear change	Increased, 2009-2013 No change, 2013-2019	No change
	rcentage of students reference data from			or body mass index,	, based on sex-			,
		11.4	11.5	13.2	10.4	No linear change	No quadratic change	No chang
11.3	11.4	11.4	11.5			· ·		110 01111119
	11.4 age of students who			y overweight				
				y overweight 33.3	31.2	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	No chang
QN67: Percenta 26.4	age of students who	described themselve	es as slightly or ver		31.2	Increased, 2009-2019		

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

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

							2017-2019
2011	2013	2015	2017	2019			
of students who drey)	did not drink fruit j	uice (100% fruit jui	ces one or more tim	nes during the 7			
21.2	22.9	25.3	32.5	34.7	Increased, 2009-2019	Increased, 2009-2013 Increased, 2013-2019	No chang
of students who	did not eat fruit (on	e or more times dur	ing the 7 days before	re the survey)			
9.8	10.0	8.0	8.3	10.1	No linear change	No quadratic change	No chang
			uices (such as orang	ge juice, apple			
5.1	4.8	3.8	4.6	6.3	No linear change	No quadratic change	Increased
c	of students who ey) 21.2 of students who 9.8 e of students who, during the 7 da	of students who did not drink fruit judy) 21.2 22.9 of students who did not eat fruit (one 9.8 10.0 e of students who did not eat fruit or during the 7 days before the survey	of students who did not drink fruit juice (100% fruit juice) 21.2 22.9 25.3 of students who did not eat fruit (one or more times dur 9.8 10.0 8.0 e of students who did not eat fruit or drink 100% fruit juice), during the 7 days before the survey)	of students who did not drink fruit juice (100% fruit juices one or more times) 21.2 22.9 25.3 32.5 of students who did not eat fruit (one or more times during the 7 days before 9.8 10.0 8.0 8.3 e of students who did not eat fruit or drink 100% fruit juices (such as orange, during the 7 days before the survey)	of students who did not drink fruit juice (100% fruit juices one or more times during the 7 ey) 21.2 22.9 25.3 32.5 34.7 of students who did not eat fruit (one or more times during the 7 days before the survey) 9.8 10.0 8.0 8.3 10.1 e of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple during the 7 days before the survey)	of students who did not drink fruit juice (100% fruit juices one or more times during the 7 ey) 21.2 22.9 25.3 32.5 34.7 Increased, 2009-2019 of students who did not eat fruit (one or more times during the 7 days before the survey) 9.8 10.0 8.0 8.3 10.1 No linear change e of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple during the 7 days before the survey)	of students who did not drink fruit juice (100% fruit juices one or more times during the 7 ey) 21.2 22.9 25.3 32.5 34.7 Increased, 2009-2019 Increased, 2009-2019 Increased, 2013-2019 of students who did not eat fruit (one or more times during the 7 days before the survey) 9.8 10.0 8.0 8.3 10.1 No linear change No quadratic change of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple aduring the 7 days before the survey)

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

	j	Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		o ate fruit or drank laice, during the 7 da			er day (such as			
34.7	34.1	33.9	33.4	30.4	29.5	Decreased, 2009-2019	No quadratic change	No change
ON71. Damaanta	as of students who	did not not amon sol	lad (one on more tin	and during the 7 do	ve hafara tha			
	ge of students who 39.5	did not eat green sal	lad (one or more tin	nes during the 7 da	ys before the 38.9	No linear change	No quadratic change	No chang
36.9	39.5		34.0	40.2	38.9	No linear change	No quadratic change	No chang
urvey) 36.9	39.5	35.5	34.0	40.2	38.9	No linear change Increased, 2009-2019	No quadratic change No quadratic change	No chang
36.9 36.9 QN72: Percenta 39.2	39.5 ge of students who 38.5	35.5 did not eat potatoes	(one or more times 41.2	40.2 during the 7 days 43.3	38.9 before the survey) 42.4			

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

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
N74: Percenta urvey)	ge of students who	did not eat other ve	getables (one or mo	re times during the	7 days before the			
18.3	18.6	17.7	17.4	17.4	14.7	Decreased, 2009-2019	No quadratic change	Decreased
		who did not eat vege ots, or other vegetab				No linear change	No quadratic change	No chang
		who ate vegetables of es, or potato chips],						
excluding Frenc he survey)	,	_						

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

otal 'eight Managemo	ent and Dietary Be	haviors Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
		who ate vegetables to bes, or potato chips],						
28.5	25.6	26.9	27.2	25.9	26.0	No linear change	No quadratic change	No change
		who ate vegetables these, or potato chips],						
13.6	13.0	14.1	13.3	12.8	14.2	No linear change	No quadratic change	No change
		did not drink a can, t pop, during the 7 d			s Coke, Pepsi, or			
23.3	22.2	32.1	35.0	36.1	37.1	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	No change

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

]	Health Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		who drank a can, be counting diet soda o						
18.2	18.1	13.7	9.6	9.4	9.5	Decreased, 2009-2019	No quadratic change	No change
		who drank a can, bo						
		who drank a can, be counting diet soda of 8.6				Decreased, 2009-2019	No quadratic change	No change
such as Coke, P	epsi, or Sprite, not o	counting diet soda or	r diet pop, during tl	ne 7 days before the	e survey)	Decreased, 2009-2019	No quadratic change	No change
such as Coke, P	epsi, or Sprite, not o	eounting diet soda o	r diet pop, during tl	ne 7 days before the	e survey)	Decreased, 2009-2019 Increased, 2013-2019	No quadratic change Not available [§]	No change
such as Coke, P 11.2 QN76: Percenta QNMILK1: Per drank in a glass of	epsi, or Sprite, not of 11.9 ge of students who of the contage of students	8.6 did not drink milk (a 22.7 who drank one or m, or with cereal and	6.0 during the 7 days b 21.8 ore glasses per day	4.8 efore the survey) 25.6 of milk (counting	5.6 30.6 the milk they			

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
drank in a glass	or cup, from a cartoring the 7 days before	who drank three or on, or with cereal and re the survey)	more glasses per dall counting the half	ay of milk (counting pint of milk served	g the milk they at school as equal			
		6.8	8.1	6.5	5.3	Decreased, 2013-2019	Not available [§]	No change
QN77: Percenta	age of students who	6.8 did not eat breakfas				Decreased, 2013-2019	Not available [§]	No change
QN77: Percenta	age of students who					Decreased, 2013-2019 No linear change	Not available [§] Not available	No change
		did not eat breakfas	t (during the 7 days	s before the survey) 14.3	14.2			

^{*}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.

San Diego High School Survey 10-year Trend Analysis Report

2009				Linear Change [*]	Quadratic Change*	Change from 2017-2019 †		
2009	2011	2013	2015	2017	2019	_		
QN78: Percentage of ind of physical active days before the surv	ity that increas							
	45.7	49.3	51.1	47.6	46.0	No linear change	Not available§	No change
QNPA0DAY: Percer east 1 day (in any kir he time during the 7	nd of physical a	activity that increase				Decreased, 2011-2019	Not available	No change

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Total Physical Activity

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN79: Percenta	ge of students who	watched television	3 or more hours per	r day (on an average	e school day)			
30.7	33.0	27.9	19.7	19.2	17.8	Decreased, 2009-2019	No quadratic change	No change
	,		nouter games or use					
QN80: Percenta day (counting tir	ge of students who ne spent on things s	played video or con such as Xbox, PlayS other social media, f	tation, an iPad or o	ed a computer 3 or ther tablet, a smart	more hours per	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	No change
QN80: Percenta day (counting tir YouTube, Instag school day) 28.7	ge of students who ne spent on things s ram, Facebook, or 31.7	played video or con such as Xbox, PlayS other social media, f	tation, an iPad or o for something that v	ed a computer 3 or ther tablet, a smartpwas not school work	more hours per phone, texting, k, on an average 45.6		Increased, 2009-2015	No change

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

San Diego High School Survey 10-year Trend Analysis Report

	j	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	rcentage of students were in school)	who attended phys	ical education (PE)	classes on all 5 day	s (in an average			
37.8	40.5	40.1	42.7	34.9	33.8	No linear change	Increased, 2009-2015 Decreased, 2015-2019	No change
	ge of students who coups, during the 12			nting any teams rui	by their school			
56.8	50.5	52.9	55.6	54.7	53.1	No linear change	No quadratic change	No change
	ge of students who		om playing a sport	or being physically	active (one or			,
				15.9	12.8	Decreased, 2017-2019	Not available§	Decreased

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	res		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019	<u> </u>		
	nge of students who onths before the sur	saw a dentist (for a vey)	check-up, exam, te	eth cleaning, or oth	er dental work,			
			70.5	74.2	74.8	Increased, 2015-2019	Not available§	No change
QNNODNT: Pedental work)	ercentage of student	s who never saw a d	lentist (for a check-	-up, exam, teeth clea	aning, or other			
	ercentage of student	s who never saw a d	lentist (for a check-	-up, exam, teeth clear	aning, or other	No linear change	Not available	No change
dental work)	-	s who never saw a d	2.3	1.6	1.9	No linear change	Not available	No change
dental work)	-		2.3	1.6	1.9	No linear change	Not available No quadratic change	No change
ental work) 2N87: Percenta 20.9	age of students who 21.8	had ever been told b	2.3 by a doctor or nurse 19.2	1.6 e that they had asthr	1.9 ma 20.8			

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

[§]Not enough years of data to calculate.

Total Other		Health Risk Beha	Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †			
2009	2011	2013	2015	2017	2019	_		
QN89: Percent before the surve		described their grad	des in school as mo	stly A's or B's (duri	ng the 12 months			
			74.7	74.1	74.6	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Total Site-Added

		Health Risk Behavior and Percentages				Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN90: Percenta	age of students who	are transgender	· ·	· ·	•			
				1.2	1.1	No linear change	Not available§	No change
	age of students who	think other people a	t school would desc		ly feminine and			
QN91: Percenta nasculine	age of students who	think other people at 10.4	t school would desc		ly feminine and	Increased, 2013-2019	Not available	No change
2N92: Percenta control them or not spend time wanted, during t	age of students who emotionally hurt th with, being humiliat		11.6 ney were dating or gets (such things as before the such things as before being threatened the such that the	12.8 going out with purping told who they did not do	14.4 posely tried to could and could what they		Not available	No change

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019	
2009	2011	2013	2015	2017	2019				
N93: Percenta		have ever been given	n money, a place to	to stay, food, or something else of					
				3.2	2.5	No linear change	Not available§	No change	
11.3	10.8	the 12 months before 9.5	11.6	14.5	13.3	Increased, 2009-2019	No quadratic change	No change	
			or posted aleatror	ically a royacling	or covial photo of				
)N96· Percents	age of students who	had texted e-mailed							
N96: Percenta nemselves (dur	age of students who ing the 30 days befo	had texted, e-mailed re the survey)	, or posted electron	g	•				
N96: Percenta nemselves (dur	age of students who ing the 30 days befo	had texted, e-mailed re the survey)	13.9	15.3	13.0	No linear change	Not available	No change	
nemselves (dur	ing the 30 days before age of students who	had texted, e-mailed re the survey) reported a revealing ermission (during th	13.9	15.3 them had been text	13.0		Not available	No chang	

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		did something to purpose one or more ti						
		17. 6	18.7	16.8	19.6	No linear change	No quadratic change	No change
		17.6 reported their partner (among students w	ers were three or me	ore years older than		No illear change	Two quadratic change	Tvo change
QN99: Percenta	ge of students who		ers were three or me	ore years older than		Decreased, 2011-2019	Not available [§]	Decreased
QN99: Percenta first time they ha	ge of students who d sexual intercours 17.0	reported their partner e (among students w	ers were three or mother had sexual 14.2	ore years older than l intercourse) 14.7	n themselves the			
QN99: Percenta irst time they ha	ge of students who d sexual intercours 17.0	reported their partne e (among students w 16.9	ers were three or mother had sexual 14.2	ore years older than l intercourse) 14.7	n themselves the			
QN99: Percenta first time they has QN100: Percent 4.1	ge of students who d sexual intercours 17.0 age of students who	reported their partner e (among students w 16.9	ers were three or metho have had sexual 14.2 tor gotten someone 2.7	ore years older than I intercourse) 14.7 e pregnant (one or 1)	9.0 more times)	Decreased, 2011-2019	Not available [§]	Decreased

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

[§]Not enough years of data to calculate.

Total Site-Added		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from
								2017-2019 [†]
2009	2011	2013	2015	2017	2019			
	ntage of students wh exually transmitted o			t how to use a cond	om to prevent			
	·			84.8	86.2	No linear change	Not available§	No change
	ntage of students whas birth control, cond							
treatment				77.5	79.3	No linear change	Not available	No change
they could get t	ntage of students wh tested for HIV or oth or other STD testin	ner sexually transmit	ted diseases (STDs) (among students v				
				29.7	20.7	Decreased, 2017-2019	Not available	Decreased

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
ey could get b	ntage of students wh birth control (among the survey)					Decreased, 2017-2019	Not available [§]	No chang
they could get be nonths before to 2000 2000 2000 2000 2000 2000 2000 2	oirth control (among	students who needed	ed to find a place to	get birth control du 29.3	ring the 12 24.5	Decreased, 2017-2019	Not available [§]	No chang

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Male

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN8: Percentag	ge of students who i	arely or never wore	a seat belt (when ri	ding in a car driven	by someone else)		
4.1	4.9	5.9	6.3	5.8	6.5	Increased, 2009-2019	No quadratic change	No change
one or more time	es during the 30 day	ode with a driver whys before the survey)				D 1 2000 2010		N. 1
25.1	23.8	19.2	18.8	14.8	14.3	Decreased, 2009-2019	No quadratic change	No change
		drove a car or other re the survey, among						
the 30 days befo		te the survey, among	, students who had	cirven a car or our	or veinere during			
		10.0	10.3	8.8	7.9	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
	ys before the surve	texted or e-mailed v y, among students w						
		32.4	33.8	26.4	27.0	Decreased, 2013-2019	Not available§	No change
QN13: Percenta	ge of students who	carried a weapon or	school property (s	uch as a gun, knife	, or club, on at			
QN13: Percenta east 1 day durin 5.5	ge of students who g the 30 days befor 6.5	carried a weapon or e the survey) 4.2	school property (s	uch as a gun, knife	or club, on at	No linear change	No quadratic change	No chang
east 1 day durin 5.5 QN14: Percenta	g the 30 days befor 6.5 ge of students who	e the survey)	4.8 counting the days where the days	6.2	3.9 gun only for	No linear change	No quadratic change	No chang
east 1 day durin 5.5 QN14: Percenta	g the 30 days befor 6.5 ge of students who	4.2 carried a gun (not co	4.8 counting the days where the days	6.2	3.9 gun only for	No linear change No linear change	No quadratic change Not available	No chang
east 1 day durin 5.5 QN14: Percentanunting or for a second control of the second contro	ge of students who ge of students who ge of students who	4.2 carried a gun (not co	4.8 Dounting the days which is 1 day during the 1 because they felt up	6.2 nen they carried a g 2 months before the 5.5	3.9 gun only for e survey) 3.7			

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Male **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) 9.1 8.5 6.2 6.1 7.0 7.4 No linear change No quadratic change No change QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey) 13.7 13.3 8.8 10.6 12.4 12.0 Decreased, 2009-2013 No change No linear change Increased, 2013-2019 QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to) No change, 2009-2015 4.7 5.9 6.0 4.9 5.9 2.5 Decreased, 2009-2019 Decreased Decreased, 2015-2019

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

		Health Risk Behav	ior and Percentag	ges		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
dating or going forced to have s	out with to do sexua sexual intercourse] the	experienced sexual al things [counting su they did not want or went out with som	ich things as kissin to, one or more tii	ng, touching, or being mes during the 12 m	ng physically nonths before the			
		6.4	5.9	7.4	2.2	No linear shares	Not available§	D
		0.4	5.9	7.4	3.3	No linear change	Not available	Decreased
someone they w injured with an	vere dating or going object or weapon] o	experienced physica out with [counting s ne or more times du e during the 12 mon 6.5	al dating violence (luch things as being ring the 12 months	being physically hughit, slammed into before the survey,	art on purpose by something, or	No linear change	Not available	No change
someone they w injured with an who dated or w	vere dating or going object or weapon] o ent out with someon	experienced physica out with [counting s ne or more times du e during the 12 mon	al dating violence () uch things as being ring the 12 months ths before the surve 6.4	being physically hughit, slammed into before the survey, sey)	art on purpose by something, or among students 4.7			

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Male **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) 8.6 10.3 10.7 9.2 7.6 No linear change Not available§ No change QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) 18.3 18.5 19.3 19.9 21.2 22.1 Increased, 2009-2019 No quadratic change No change QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey) 9.9 10.4 11.2 12.1 11.3 12.1 No linear change No quadratic change No change QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey) 6.9 6.5 6.9 4.7 4.7 Increased, 2009-2013 4.1 No linear change No change Decreased, 2013-2019

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

 $^{^{\}dagger}$ Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

ale jury and Violence		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
	ge of students who by a doctor or nurs			n injury, poisoning,	or overdose that			
nad to be treated t	of a doctor or mars	e (during the 12 mc	initias octore the sur	v C y)				

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

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN32: Percenta survey)	ge of students who	currently smoked c	igarettes (on at least	t 1 day during the 3	0 days before the			
14.0	15.9	9.1	8.3	4.4	2.8	Decreased, 2009-2019	Decreased, 2009-2015 Decreased, 2015-2019	No change
QNFRCIG: Per 30 days before the		who currently smok	ced cigarettes freque	ently (on 20 or mor	e days during the			
3.6	4.4	1.8	2.2	1.2	0.8	Decreased, 2009-2019	No quadratic change	No change
QNDAYCIG: P		its who currently sm	oked cigarettes dai	ly (on all 30 days d	uring the 30 days			,
2.7	1.9	0.7	1.5	1.0	0.6	Decreased, 2009-2019	No quadratic change	No change
	bes, vaping pens, e-	ever used an electro hookahs, and hooka						
			47.8	37.3	37.9	Decreased, 2015-2019	Not available§	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
e-pipes, vape pi	age of students who ipes, vaping pens, e- o, and Halo], on at le	hookahs, and hooka	h pens [such as blu,	NJOY, Vuse, Mar				
			25.4	8.5	13.8	Decreased, 2015-2019	Not available§	Increased
	ercentage of students 30 days before the s		electronic vapor pr	oducts frequently (on 20 or more			
			4.1	1.6	4.6	No linear change	Not available	Increased
QNDAYEVP: the 30 days before	Percentage of stude ore the survey)	nts who currently us	ed electronic vapor	products daily (on	all 30 days during			
			3.3	1.1	3.3	No linear change	Not available	Increased
	entage of students when the st		cigarettes or used e	lectronic vapor pro	ducts (on at least	Į.		

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

oacco Use		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	· ·							
smokeless toba	tage of students who cco, shisha or hooka ong students who use	h tobacco, and elect	ronic vapor product	s, ever during the 1	2 months before			

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN40: Percenta	ge of students who	had their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
25.2	22.8	17.2	16.9	15.4	13.0	Decreased, 2009-2019	No quadratic change	No change
	ge of students who	currently drank alco	shol (at least one dr	ink of alcohol, on a	t least 1 day			,
35.9	33.6	27.6	23.6	20.8	18.9	Decreased, 2009-2019	No quadratic change	No change
for female studer		currently were bing						
icasi i day duliliş	5 the 30 days below	cuic sui vey)		9.1	7.9	No linear change	Not available [§]	No change

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN45: Percentag	ge of students who	ever used marijuana	(one or more time	s during their life)				
42.0	41.2	40.3	37.7	35.1	32.9	Decreased, 2009-2019	No quadratic change	No change
QN46: Percentag	ge of students who	tried marijuana for t	he first time before	e age 13 years				
12.1	12.5	10.6	11.1	8.4	6.9	Decreased, 2009-2019	No quadratic change	No change
QN47: Percentag	ge of students who	currently used marij	uana (one or more	times during the 30	days before the			
22.2	26.4	22.3	20.6	18.2	17.1	Decreased, 2009-2019	No quadratic change	No change
QN48: Percentag	ge of students who	ever used synthetic	marijuana (one or 1	more times during t	heir life)			
			9.8	6.0	4.9	Decreased, 2015-2019	Not available [§]	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
differently than	how a doctor told tl	ever took prescription nem to use it (counting more times during the	ng drugs such as co					
				9.8	11.0	No linear change	Not available§	No change
	-		С С :					
	age of students who more times during 9.8		7.8	e, including powder 4.6	4.0	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No chang
9.0 QN51: Percent	9.8 gage of students who	their life)	7.8 (sniffed glue, breat	4.6 hed the contents of	4.0	Decreased, 2009-2019		No chang
9.0 QN51: Percent	9.8 gage of students who	9.1 ever used inhalants (7.8 (sniffed glue, breat	4.6 hed the contents of	4.0	Decreased, 2009-2019 Decreased, 2009-2019		
9.0 QN51: Percent cans, or inhaled 9.3	9.8 age of students who any paints or spray 9.8 age of students who	9.1 ever used inhalants of sto get high, one or i	7.8 (sniffed glue, breat more times during 7.1	4.6 hed the contents of their life) 5.3	4.0 aerosol spray 3.2		Decreased, 2015-2019 No change, 2009-2015	No chang

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ge of students who one or more times	ever used methampl during their life)	netamines (also cal	led "speed," "crysta	ıl meth," "crank,"			
4.4	6.4	4.5	5.2	2.5	1.6	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No change
QN54: Percenta life)	ge of students who	ever used ecstasy (a	lso called "MDMA	," one or more time	es during their			
10.8	15.4	10.6	8.2	5.4	3.7	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	No change
QN55: Percenta more times durir		ever took steroids w	ithout a doctor's pr	rescription (pills or	shots, one or			
2.8	3.3	2.7	3.6	3.1	2.2	No linear change	No quadratic change	No change
	ge of students who	ever injected any illeg their life)	egal drug (used a n	eedle to inject any	illegal drug into			
2.1	4.1	3.0	3.4	2.0	1.1	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No change

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

San Diego High School Survey 10-year Trend Analysis Report

Male **Alcohol and Other Drug Use** Linear Change* **Health Risk Behavior and Percentages Quadratic Change*** Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) No change, 2009-2013 28.3 37.0 30.5 29.7 28.2 26.0 Decreased, 2009-2019 No change No change, 2013-2019

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

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Male Savual Robaviors

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN58: Percenta	ge of students who	ever had sexual inte	rcourse		·			
44.2	46.0	38.1	36.0	33.4	31.4	Decreased, 2009-2019	No quadratic change	No change
QN59: Percenta	ge of students who	had sexual intercou	rse for the first time	e before age 13 year	rs			
6.8	9.3	6.7	5.6	3.9	2.1	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	No change
QN60: Percenta	ge of students who	had sexual intercou	rse with four or mo	re persons during th	neir life			,
14.9	14.9	11.2	10.5	8.2	6.8	Decreased, 2009-2019	No quadratic change	No change
	ge of students who	were currently sexu	ally active (had sex	ual intercourse with	h at least one			
30.3	29.4	24.3	24.4	19.9	19.4	Decreased, 2009-2019	No quadratic change	No change

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

Male	
Sexual	Behaviors

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ge of students who tly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students			
23.7	27.4	24.4	23.1	20.5	20.5	No linear change	No quadratic change	No change
N63: Percenta urrently sexuall		used a condom duri	ng last sexual inter	course (among stud	lents who were			
68.6	65.9	57.7	58.9	61.9	58.0	No linear change	No quadratic change	No change
	ge of students who who were currently	used birth control p sexually active)	ills before last sexu	al intercourse (to p	revent pregnancy,			
16.0	17.1	19.8	16.1	19.9	17.6	No linear change	No quadratic change	No change
	xplanon) before last	s who used an IUD sexual intercourse (
		0.0	1.4	0.8	6.6	Not available	Not available§	Increased

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
birth control rin		nts who used a shot (g) before last sexual						
		1.8	3.2	1.8	3.1	No linear change	Not available§	No change
ОМОТНИРІ - 1	Percentage of stude	ats who used hirth co	introl pills: an IIID	(such as Mirena or	ParaGard) or			
implant (such a	s Implanon or Nexp ch as NuvaRing) be	nts who used birth co lanon); or a shot (suc fore last sexual interc	ch as Depo-Provera), patch (such as O	rthoEvra), or birth	No linear change	Not available	No chang
implant (such a control ring (suc currently sexual QNDUALBC: pills; an IUD (s Depo-Provera),	s Implanon or Nexp ch as NuvaRing) be lly active) Percentage of stude uch as Mirena or Pa patch (such as Orth	lanon); or a shot (suc fore last sexual interc	ch as Depo-Provera course (to prevent p 20.6 condom during last such as Implanon o rol ring (such as No), patch (such as Oregnancy, among some such as 22.5 22.5 sexual intercourse r Nexplanon); or a livaRing) before las	and birth control shot (such as	No linear change	Not available	No chang

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

xual Behaviors		Health Risk Behavi	ior and Percentag	res		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
OND CNONE. I								
		nts who did not use a		ent pregnancy durir	ng last sexual			
		nts who did not use a ere currently sexually 14.5		ent pregnancy durir	ng last sexual	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.

]	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	entage of students w sex- and age-specifi				ile for body mass			
13.6	18.5	15.5	15.3	15.4	14.1	No linear change	No quadratic change	No change
	rcentage of students reference data from			or body mass index,	, based on sex-			-
14.8	15.5	15.9	15.3	17.4	12.3	No linear change	No quadratic change	Decreased
		1	es as slightly or ver	y overweight				
QN67: Percenta	age of students who	described themselve	٠,					NT 1
QN67: Percenta 22.6	age of students who 26.8	24.3	27.2	27.5	26.9	No linear change	No quadratic change	No change
22.6	_	24.3	27.2	27.5	26.9	No linear change	No quadratic change	No chang

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

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

]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN69: Percenta days before the	nge of students who survey)	did not drink fruit ju	nice (100% fruit jui	ces one or more tin	nes during the 7	,		
18.1	21.2	22.4	21.2	29.4	31.3	Increased, 2009-2019	No quadratic change	No change
QN70: Percenta	age of students who	did not eat fruit (one	e or more times dur	ring the 7 days befo	re the survey) 12.3	No linear change	No quadratic change	No change
	ntage of students whatice, during the 7 da			uices (such as orang	ge juice, apple			
				uices (such as orang	ge juice, apple 7.4	No linear change	No quadratic change	No change
juice, or grape juice, or grap	uice, during the 7 da	ys before the survey 5.6 o ate fruit or drank	4.1 4.00% fruit juices of	5.8	7.4	No linear change	No quadratic change	No chang

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

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		o ate fruit or drank laice, during the 7 day			er day (such as			
34.4	36.5	34.7	35.5	31.0	31.0	Decreased, 2009-2019	No quadratic change	No change
QN71: Percenta survey)	ge of students who	did not eat green sal	ad (one or more tir	nes during the 7 da	ys before the			
	ge of students who 42.8	did not eat green sal	ad (one or more tir	nes during the 7 da	ys before the 45.3	Increased, 2009-2019	No change, 2009-2015 Increased, 2015-2019	No change
41.2	42.8	-	37.3	44.5	45.3	Increased, 2009-2019		No chang
41.2	42.8	40.4	37.3	44.5	45.3	Increased, 2009-2019 No linear change		No chang
41.2 QN72: Percenta 36.3	42.8 ge of students who 38.7	40.4 did not eat potatoes	37.3 (one or more times 37.7	44.5 during the 7 days 41.6	45.3 before the survey) 40.3	, , , , , , , , , , , , , , , , , , ,	Increased, 2015-2019	

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

	Ì	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
N74: Percenta urvey)	ge of students who	did not eat other ve	getables (one or mo	re times during the	7 days before the			
21.2	20.2	20.9	18.5	19.1	14.7	Decreased, 2009-2019	No quadratic change	Decreased
		who did not eat vege ots, or other vegetab				No linear change	No quadratic change	No chang
NVEG1: Perco		who ate vegetables o		er day (green salad,				
	ii iiies, iiied potato	, 1						

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

]	Health Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		who ate vegetables to es, or potato chips],						
28.5	24.9	27.4	28.1	28.2	25.2	No linear change	No quadratic change	No change
		who ate vegetables thes, or potato chips],						
14.2	12.6	15.2	14.0	14.6	14.6	No linear change	No quadratic change	No change
		did not drink a can, t pop, during the 7 d			s Coke, Pepsi, or			
17.2	19.8	29.0	28.8	33.6	30.8	Increased, 2009-2019	Increased, 2009-2013 No change, 2013-2019	No chang

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

]	Health Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
		who drank a can, be counting diet soda or						
22.3	22.0	18.7	13.0	11.0	11.8	Decreased, 2009-2019	No quadratic change	No change
		who drank a can, be						
		who drank a can, be counting diet soda of 12.7				Decreased, 2009-2019	No quadratic change	No change
(such as Coke, Po	epsi, or Sprite, not of 14.7	counting diet soda or	r diet pop, during tl	ne 7 days before the	e survey)	Decreased, 2009-2019	No quadratic change	No change
(such as Coke, Po	epsi, or Sprite, not of 14.7	counting diet soda o	r diet pop, during tl	ne 7 days before the	e survey)	Decreased, 2009-2019 No linear change	No quadratic change Not available [§]	No change
(such as Coke, Pour 13.5) QN76: Percentage QNMILK1: Perodrank in a glass of	14.7 ge of students who	did not drink milk (days to the second secon	8.4 during the 7 days b 16.6 ore glasses per day	5.8 efore the survey) 18.3 of milk (counting	7.3 20.0 the milk they	No linear change		

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
drank in a glass		who drank three or on, or with cereal and re the survey)						
		9.8	12.0	10.4	7.8	No linear change	Not available [§]	No chang
N77: Percenta	age of students who	9.8 did not eat breakfas			7.8	No linear change	Not available [§]	No chang
N77: Percenta	age of students who				7.8	No linear change	Not available [§] Not available	No chang
		did not eat breakfas	t (during the 7 days	before the survey) 15.3	14.6			

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

Not enough years of data to calculate.

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2009	2011							
	2011	2013	2015	2017	2019	_		
QN78: Percentage of ind of physical active days before the surv	ity that increase							
	54.3	55.7	59.0	54.4	51.3	No linear change	Not available§	No change
QNPA0DAY: Percereast 1 day (in any king the time during the 7	nd of physical a	ctivity that increase				No linear change	Not available	No change

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

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]	Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN79: Percenta	nge of students who	watched television 3	3 or more hours per	r day (on an average	e school day)			
33.3	34.8	28.0	19.9	18.2	16.1	Decreased, 2009-2019	No quadratic change	No change
ON80: Percenta	age of students who	nlaved video or com	nuter games or use	ed a computer 3 or	more hours per	1-1		
day (counting tir	nge of students who me spent on things s gram, Facebook, or of	such as Xbox, PlaySt	tation, an iPad or o	ther tablet, a smart	phone, texting,	Increased, 2009-2019	No quadratic change	No change
day (counting tin YouTube, Instag school day)	me spent on things s gram, Facebook, or o	ouch as Xbox, PlaySo other social media, f	tation, an iPad or o or something that v	ther tablet, a smart was not school work	phone, texting, k, on an average	Increased, 2009-2019	No quadratic change	No change
day (counting ting YouTube, Instagration of the YouTube, Instagration of t	me spent on things s gram, Facebook, or o	ouch as Xbox, PlayStother social media, f	tation, an iPad or of or something that values 43.3	ther tablet, a smart was not school work 42.6	phone, texting, k, on an average 46.9	Increased, 2009-2019	No quadratic change	No change

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

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]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QNDLYPE: Per week when they	rcentage of students were in school)	who attended phys	cal education (PE)	classes on all 5 day	vs (in an average			
41.6	42.0	43.5	45.2	37.0	33.4	No linear change	No change, 2009-2015 Decreased, 2015-2019	No change
	age of students who roups, during the 12			nting any teams rui	by their school			,
61.1	56.6	57.2	62.1	58.1	55.2	No linear change	No quadratic change	No change
	age of students who		om playing a sport	or being physically	active (one or			
				18.6	14.1	Decreased, 2017-2019	Not available§	Decreased

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who	saw a dentist (for a cryey)	check-up, exam, te	eth cleaning, or oth	er dental work,			
			68.6	72.3	75.1	Increased, 2015-2019	Not available§	No change
ONNODNE P				:				
QNNODNT: Polental work)	ercentage of studen	ts who never saw a d	entist (for a check-	up, exam, teeth clea	aning, or other			
	ercentage of studen	ts who never saw a d	entist (for a check-3.4	up, exam, teeth clear	aning, or other 2.6	No linear change	Not available	No change
dental work)		ts who never saw a d	3.4	2.2	2.6	No linear change	Not available	No change
lental work)			3.4	2.2	2.6	No linear change	Not available No quadratic change	No change
QN87: Percenta 21.1	age of students who	had ever been told b	3.4 by a doctor or nurse 20.5	2.2 that they had asthr	2.6 ma			

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

[§]Not enough years of data to calculate.

Male Other		Health Risk Beha	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN89: Percenta before the surve		described their gra	des in school as mos	stly A's or B's (during	ng the 12 months			
			70.4	69.7	72.7	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019	<u> </u>		
QN90: Percenta	age of students who	are transgender				-		
				1.7	0.7	No linear change	Not available§	No change
	age of students who	think other people a	t school would desc					
	age of students who	think other people a	t school would deso			No linear change	Not available	
QN92: Percenta control them or not spend time v wanted, during t	age of students who emotionally hurt th with, being humilian		11.3 ney were dating or § s (such things as be or being threatened	14.2 going out with purping told who they did not do	ly feminine and 10.9 oosely tried to could and could what they		Not available	No change

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN93: Percenta		have ever been give	en money, a place to	o stay, food, or som	ething else of			
				3.8	2.8	No linear change	Not available§	No change
		have been harassed the 12 months befor		hought they were g	ay, lesbian, or			
12.5	10.1	11.0	12.2	16.1	11.8	No linear change	No quadratic change	Decreased
	ge of students who ng the 30 days befo	had texted, e-mailed ore the survey)	d, or posted electron	nically a revealing of	or sexual photo of			-
			12.0	11.6	9.8	No linear change	Not available	No change

2.7

1.7

No linear change

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

2.9

No change

Not available

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

[§]Not enough years of data to calculate.

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		did something to purpose one or more ti						
10.6	10.0	10.9	11.7	9.4	13.1	No linear change	No quadratic change	Increased
		reported their partne	ers were three or me	ore years older than		No linear change	Two quadratic change	mercusee
QN99: Percenta	ge of students who	reported their partne	ers were three or me	ore years older than		No linear change	Not available [§]	Decreased
QN99: Percenta irst time they ha	ge of students who d sexual intercours 12.0	reported their partner e (among students w	ers were three or mo who have had sexua 10.5	ore years older than 1 intercourse) 14.1	themselves the			
N99: Percenta irst time they ha	ge of students who d sexual intercours 12.0	reported their partner e (among students w 12.8	ers were three or mo who have had sexua 10.5	ore years older than 1 intercourse) 14.1	themselves the			
QN99: Percenta irst time they ha QN100: Percent 5.4	ge of students who d sexual intercours 12.0 age of students who	reported their partner e (among students w	ers were three or method have had sexual 10.5 at or gotten someone 3.6	ore years older than I intercourse) 14.1 e pregnant (one or a	5.9 more times)	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.

fale te-Added		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019	<u> </u>		
	tage of students wh		ught in school about	how to use a cond	om to prevent	,		
1 18 11 11	,		, , , , , , , , , , , , , , , , , , ,	82.7	87.2	No linear change	Not available§	Increased
			ught in school about er sexually transmit			No linear change	Not available	No change
they could get t	ested for HIV or oth	er sexually transmi	ther adult in their so tted diseases (STDs) on the surve	(among students v				
				31.5	24.0	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

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Male Site-Added Linear Change* **Health Risk Behavior and Percentages** Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN106: Percentage of students who had a teacher or other adult in their school help them find a place where they could get birth control (among students who needed to find a place to get birth control during the 12 months before the survey)

23.5

29.0

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

16.4 16.9 20.2 No linear change Not available No change

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.

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

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Female

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN8: Percentag	ge of students who r	arely or never wore	a seat belt (when ri	ding in a car driven	by someone else)			
4.2	3.3	3.1	2.6	4.5	5.9	Increased, 2009-2019	No change, 2009-2015 Increased, 2015-2019	No change
		ode with a driver whys before the survey)		g alcohol (in a car	or other vehicle,			
24.8	24.0	20.2	20.9	16.0	14.2	Decreased, 2009-2019	No quadratic change	No change
		drove a car or other re the survey, among						
the 30 days befo	re the survey)	4.6	4.0	6.7	2.6	No linear change	Not available§	Decreased

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

[§]Not enough years of data to calculate.

nale ury and Violen								
		Health Risk Behavi	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	<u> </u>		
	ays before the survey	texted or e-mailed w y, among students w						
		30.5	32.5	33.7	27.8	No linear change	Not available§	No change
QN13: Percenta	age of students who	carried a weapon on	school property (s	uch as a gun, knife	, or club, on at			
QN13: Percenta least 1 day durin 3.2	age of students who ng the 30 days befor 2.4	carried a weapon on the survey)	school property (s	uch as a gun, knife	, or club, on at	No linear change	No quadratic change	No change
3.2 QN14: Percenta	ng the 30 days befor 2.4 age of students who	re the survey)	1.6	1.5	1.8 gun only for	No linear change	No quadratic change	No change
3.2 QN14: Percenta	ng the 30 days befor 2.4 age of students who	one the survey) 0.9 carried a gun (not co	1.6	1.5	1.8 gun only for	No linear change No linear change	No quadratic change Not available	No change
2N14: Percentanunting or for a	age of students who age of students who age of students who	one the survey) 0.9 carried a gun (not co	1.6 Dunting the days when 1 day during the 1 because they felt up	1.5 hen they carried a g 2 months before th 1.3	gun only for e survey) 1.2			

^{*}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.

San Diego High School Survey 10-year Trend Analysis Report

Female Injury and Violence Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) 5.5 4.6 2.1 3.0 3.1 2.9 Decreased, 2009-2019 No quadratic change No change QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey) 8.0 8.3 2.7 2.8 6.2 6.5 Decreased, 2009-2015 No change No linear change Increased, 2015-2019 QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to) 8.9 9.3 7.9 8.8 8.6 9.0 No quadratic change No change No linear change

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

		Health Risk Behavi	Linear Change*	Quadratic Change [*]	Change from 2017-2019 †			
2009	2011	2013	2015	2017	2019	_		
dating or going forced to have s	out with to do sexua sexual intercourse] the	experienced sexual of all things [counting su they did not want or went out with som	ich things as kissin to, one or more tir	g, touching, or beir nes during the 12 n	ng physically nonths before the			
		15.2	16.0	17.5	167	No linear shares	NI - 4 11 - 1 - 1 - 8	NI 1
		13.2	10.0	17.3	16.7	No linear change	Not available [§]	No change
someone they winjured with an	vere dating or going object or weapon] o	experienced physica out with [counting so ne or more times dur e during the 12 mon	l dating violence (luch things as being ing the 12 months this before the surve	peing physically hu hit, slammed into before the survey, ey)	ort on purpose by something, or among students			
someone they winjured with an	vere dating or going object or weapon] o	experienced physica out with [counting so ne or more times dur	l dating violence (luch things as being ing the 12 months	peing physically hu hit, slammed into before the survey,	urt on purpose by something, or	No linear change	Not available	No change
someone they winjured with an who dated or w	vere dating or going object or weapon] o ent out with someon	experienced physica out with [counting so ne or more times dur e during the 12 mon	l dating violence (luch things as being ing the 12 months this before the survey 9.1	being physically hu hit, slammed into before the survey, ey) 5.2	art on purpose by something, or among students			

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

[§]Not enough years of data to calculate.

ury and Violen		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		were electronically l media, ever during			h texting,			
	16.2	18.4	17.4	16.1	13.9	No linear change	Not available§	No change
	age of students who	felt sad or hopeless			row so that they			
	age of students who	felt sad or hopeless , ever during the 12 : 40.4			row so that they	Increased, 2009-2019	No quadratic change	No chang
33.8	age of students who ome usual activities, 33.0	, ever during the 12	months before the s	42.5	48.2	Increased, 2009-2019	No quadratic change	No chang
33.8 QN26: Percenta	age of students who ome usual activities, 33.0	ever during the 12 and 40.4	months before the s	42.5	48.2	Increased, 2009-2019 Increased, 2009-2019	No quadratic change No quadratic change	No chang
33.8 QN26: Percenta he survey) 18.1	age of students who ome usual activities, 33.0 age of students who 16.3	40.4 seriously considered	38.9 d attempting suicide 21.1	42.5 e (ever during the 1	48.2 2 months before 22.0			

^{*}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.

emale njury and Violenc		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
		had a suicide attemse (during the 12 mg		n injury, poisoning, vey)	or overdose that			
1.9	3.2	2.7	2.2	1.9	2.3	No linear change	No quadratic change	No change

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

Female	
Tobacco	Use

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN32: Percenta survey)	age of students who	currently smoked ci	garettes (on at least	1 day during the 3	0 days before the			
9.3	12.4	8.4	6.0	4.0	3.4	Decreased, 2009-2019	No quadratic change	No change
30 days before t	the survey)	who currently smok	-	-				
2.0	2.9	0.2	0.5	0.4	0.3	Decreased, 2009-2019	No quadratic change	No change
OND A VCIC: I		its who currently sm	oked cigarettes dail	ly (on all 30 days d	uring the 30 days			
	;y)							
before the surve	1.2	0.1	0.3	0.3	0.3	No linear change	No quadratic change	No change
1.1 QN34: Percenta	1.2 age of students who pes, vaping pens, e-	0.1 ever used an electro	nic vapor product (including e-cigaret	tes, e-cigars,	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.

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
e-pipes, vape pi	age of students who pes, vaping pens, e- o, and Halo], on at le	hookahs, and hooka	h pens [such as blu,	NJOY, Vuse, Mar				
			17.7	6.8	18.5	No linear change	Not available§	Increased
	ercentage of students 30 days before the s		electronic vapor pr	oducts frequently (on 20 or more			
			0.8	0.4	5.0	Increased, 2015-2019	Not available	Increased
	Percentage of studer ore the survey)	nts who currently us	ed electronic vapor	products daily (on	all 30 days during			
the 30 days ben			0.5	0.2	2.3	Increased, 2015-2019	Not available	Increased
me 30 days ben								
QNTB5: Perce	ntage of students when 30 days before the	no currently smoked survey)	cigarettes or used e	lectronic vapor pro	oducts (on at least			,

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

[§]Not enough years of data to calculate.

Female Tobacco Use		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019	_		
smokeless toba	tage of students who	h tobacco, and elect	tronic vapor produc	ts, ever during the 1	12 months before			
				48.3	58.2	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Alcohol and Other Drug Use Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips) 20.1 20.6 14.1 12.4 12.9 14.7 Decreased, 2009-2019 No quadratic change No change QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day

25.8

29.1

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

26.1

29.6

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

No quadratic change

No change

Decreased, 2009-2019

Female

during the 30 days before the survey)

36.4

32.3

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

 $^{^{\}dagger}$ Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN45: Percenta	ge of students who	ever used marijuana	(one or more time	s during their life)				
32.4	38.9	40.3	34.2	37.0	41.4	No linear change	No quadratic change	No change
QN46: Percenta	ge of students who	tried marijuana for t	he first time before	e age 13 years				
6.2	8.7	6.2	3.9	5.3	4.8	Decreased, 2009-2019	No quadratic change	No change
QN47: Percenta survey)	ge of students who	currently used marij	uana (one or more	times during the 30	days before the			
15.4	21.5	21.1	15.3	22.3	26.3	Increased, 2009-2019	No quadratic change	No change
QN48: Percenta	ge of students who	ever used synthetic	marijuana (one or 1	nore times during t	heir life)			
			6.7	6.2	6.9	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

	Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2011	2013	2015	2017	2019			
low a doctor told the	nem to use it (counting	ng drugs such as co					
			11.5	15.8	Increased, 2017-2019	Not available§	Increased
more times during	their life)	•					
6.9	4.3	2.8	4.0	3.1	Decreased, 2009-2019	No quadratic change	No change
	over used inhelents	sniffed glue, breat	hed the contents of	aerosol spray			
	s to get high, one or		their life)				
1	ge of students who now a doctor told the defence of students who more times during to	2011 2013 ge of students who ever took prescription was a doctor told them to use it (counting the defence of	2011 2013 2015 ge of students who ever took prescription pain medicine we now a doctor told them to use it (counting drugs such as cold Percocet, one or more times during their life) ge of students who ever used cocaine (any form of cocaine more times during their life)	ge of students who ever took prescription pain medicine without a doctor's protow a doctor told them to use it (counting drugs such as codeine, Vicodin, Ox and Percocet, one or more times during their life) 11.5 ge of students who ever used cocaine (any form of cocaine, including powder more times during their life)	2011 2013 2015 2017 2019 ge of students who ever took prescription pain medicine without a doctor's prescription or low a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, dd Percocet, one or more times during their life) 11.5 15.8 ge of students who ever used cocaine (any form of cocaine, including powder, crack, or more times during their life)	2011 2013 2015 2017 2019 ge of students who ever took prescription pain medicine without a doctor's prescription or low a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, dd Percocet, one or more times during their life) 11.5 15.8 Increased, 2017-2019 ge of students who ever used cocaine (any form of cocaine, including powder, crack, or more times during their life)	2011 2013 2015 2017 2019 ge of students who ever took prescription pain medicine without a doctor's prescription or now a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, and Percocet, one or more times during their life) 11.5 15.8 Increased, 2017-2019 Not available ge of students who ever used cocaine (any form of cocaine, including powder, crack, or more times during their life)

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life) 3.3 3.2 1.2 1.9 1.4 1.3 Decreased, 2009-2019 No quadratic change No change QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life) 9.5 16.8 10.7 3.2 No change, 2009-2013 No change 5.5 1.7 Decreased, 2009-2019 Decreased, 2013-2019 QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life) 2.6 2.3 1.3 1.9 2.5 1.9 No linear change No quadratic change No change QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life) 1.6 1.5 1.0 0.6 0.5 0.9 No linear change No quadratic change No change

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

Semale Alcohol and Othe	_	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019	<u> </u>		
QN57: Percent 12 months befo	age of students who re the survey)	were offered, sold,	or given an illegal of	drug on school prop	perty (during the			
29.2	26.8	29.6	25.2	26.5	25.2	No linear change	No quadratic change	No change

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

San Diego High School Survey 10-year Trend Analysis Report

Female Sexual Behaviors

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN58: Percenta	ge of students who	ever had sexual inte	ercourse					
34.2	38.9	34.8	27.8	28.6	27.5	Decreased, 2009-2019	No quadratic change	No change
QN59: Percenta	ge of students who	had sexual intercoun	rse for the first time	e before age 13 year	rs			
2.9	2.9	1.7	1.2	1.5	1.3	Decreased, 2009-2019	No quadratic change	No change
QN60: Percenta	ge of students who	had sexual intercoun	rse with four or mo	re persons during th	neir life			
7.4	8.8	4.9	3.1	3.7	3.3	Decreased, 2009-2019	No quadratic change	No change
	ge of students who	were currently sexu	ally active (had sex	xual intercourse with	n at least one			
25.0	26.3	24.0	20.4	20.7	20.3	Decreased, 2009-2019	No quadratic change	No change

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

Female)
Sexual	Behaviors

]	Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	nge of students who ntly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students			
18.9	15.7	11.0	15.9	19.3	19.3	No linear change	No quadratic change	No change
QN63: Percenta currently sexual		used a condom duri	ng last sexual intere	course (among stud	ents who were			,
62.2	50.1	54.7	59.2	50.2	51.2	No linear change	No quadratic change	No change
	age of students who who were currently	used birth control pi sexually active)	ills before last sexu	al intercourse (to p	revent pregnancy,			
unong students		25.2	18.8	26.1	27.4	No linear change	No quadratic change	No change
19.9	24.9	23.2	10.0	20.1		1 to finear change	1	1 to change
19.9 QNIUDIMP: Pe	ercentage of student xplanon) before last	s who used an IUD sexual intercourse ((such as Mirena or	ParaGard) or impla	unt (such as	Two inneut change		Tto change

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
birth control rin		nts who used a shot (s ag) before last sexual						
		3.6	6.2	3.7	4.4	No linear change	Not available§	No change
)NOTHHPL: 1	Percentage of stude					To mea change	1 tot available	- To enange
implant (such as control ring (suc	s Implanon or Nexp ch as NuvaRing) be	nts who used birth co planon); or a shot (suc fore last sexual interc	ntrol pills; an IUD h as Depo-Provera	(such as Mirena or	ParaGard) or rthoEvra), or birth	Increased, 2013-2019	Not available	No change
implant (such as control ring (suc currently sexual QNDUALBC: pills; an IUD (so Depo-Provera),	s Implanon or Nexp ch as NuvaRing) be lly active) Percentage of stude uch as Mirena or Pa patch (such as Orth	nts who used birth co lanon); or a shot (suc fore last sexual interc	ntrol pills; an IUD h as Depo-Provera course (to prevent p 27.3 condom during last such as Implanon o rol ring (such as No	(such as Mirena or a), patch (such as Oregnancy, among such as 38.3 t sexual intercourse or Nexplanon); or a uvaRing) before las	ParaGard) or rthoEvra), or birth students who were 38.0 and birth control shot (such as			

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
		nts who did not use a		ent pregnancy durir	ng last sexual			
			11.5	14.3	17.1	No linear change	No quadratic 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.

emale eight Manageme	ent and Dietary Be	haviors Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
	ntage of students w sex- and age-specifi				ile for body mass			
14.0	13.4	17.2	17.9	14.1	17.5	No linear change	No quadratic change	No change
	centage of students reference data from			or body mass index	, based on sex-			
7.7	6.9	6.7	7.5	8.7	8.5	No linear change	No quadratic change	No change
QN67: Percenta	ge of students who	described themselve	es as slightly or ver	y overweight				
30.5	29.2	37.8	37.8	39.2	35.8	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	No change
QN68: Percenta	ge of students who	were trying to lose	weight					:
59.2	59.7	64.5	60.5	63.1	58.1	No linear change	Increased, 2009-2013 Decreased, 2013-2019	No change

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
QN69: Percenta lays before the s		did not drink fruit j	uice (100% fruit jui	ces one or more tin	nes during the 7	,		
22.4	21.0	23.3	29.7	35.7	37.6	Increased, 2009-2019	No quadratic change	No change
ONZO. Damanto	f d	4: 4 t f: t (41			,
7.7 QNFR0: Percen	8.2 tage of students wh	did not eat fruit (on 9.2 o did not eat fruit o	6.6 r drink 100% fruit j	6.4	7.0	No linear change	No quadratic change	No chang
7.7 QNFR0: Percen	8.2 tage of students wh	9.2	6.6 r drink 100% fruit j	6.4	7.0	No linear change No linear change	No quadratic change No quadratic change	No chang No chang

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

	•	haviors						
	1	Health Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
		o ate fruit or drank 1 ice, during the 7 day			er day (such as			
35.0	31.7	32.8	31.1	29.7	28.3	Decreased, 2009-2019	No quadratic change	No change
QN71: Percentage survey)	of students who	did not eat green sal	ad (one or more tin	nes during the 7 da	ys before the			
32.4	36.1	30.5	30.5	35.7	31.6	No linear change	No quadratic change	No change
QN72: Percentage	of students who	did not eat potatoes	(one or more times	during the 7 days	before the survey)			
42.4	38.2	46.9	45.0	45.1	44.3	No linear change	No quadratic change	No change
QN73: Percentage	of students who	did not eat carrots (c	one or more times d	luring the 7 days be	efore the survey)			
44.3	47.6	43.4	44.6	48.6	47.0	No linear change	No quadratic change	No change

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

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN74: Percenta survey)	ge of students who	did not eat other veg	getables (one or mo	re times during the	7 days before the			
15.3	16.9	14.4	16.3	15.6	13.4	No linear change	No quadratic change	No change
fried potatoes, or	potato chips], carr	who did not eat vege ots, or other vegetab	oles, during the 7 da	ys before the surve	y)			
6.1	5.5	4.8	4.1	5.8	4.7	No linear change	No quadratic change	No change
		who ate vegetables o es, or potato chips],						
[excluding Frenc the survey)	-							

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

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		who ate vegetables to bes, or potato chips],						
28.7	26.3	26.3	26.4	23.4	27.3	No linear change	No quadratic change	No change
		who ate vegetables thes, or potato chips],						
13.1	13.5	12.9	12.6	10.9	13.8	No linear change	No quadratic change	No change
		did not drink a can, t pop, during the 7 d			s Coke, Pepsi, or			
- F,								

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

]	Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		who drank a can, be counting diet soda or						
13.7	14.0	8.2	6.1	7.7	6.8	Decreased, 2009-2019	No quadratic change	No change
		who drank a can, be						
						Decreased, 2009-2019	No quadratic change	No change
such as Coke, P	epsi, or Sprite, not o	counting diet soda or	r diet pop, during th	ne 7 days before the	e survey)	Decreased, 2009-2019	No quadratic change	No change
such as Coke, P	epsi, or Sprite, not o	counting diet soda or 4.0	r diet pop, during th	ne 7 days before the	e survey)	Decreased, 2009-2019 Increased, 2013-2019	No quadratic change Not available [§]	No change
8.8 QN76: Percenta QNMILK1: Perdrank in a glass of	9.0 ge of students who	did not drink milk (of 28.3 who drank one or min, or with cereal and	3.5 during the 7 days b 27.3 ore glasses per day	3.8 efore the survey) 33.1 of milk (counting)	3.8 41.6 the milk they	Increased, 2013-2019		

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
drank in a glass		who drank three or on, or with cereal and re the survey)						
		3.4	4.0	2.6	2.6	No linear change	Not available [§]	No change
QN77: Percenta	age of students who	3.4 did not eat breakfas				No linear change	Not available [§]	No change
QN77: Percenta	age of students who					No linear change No linear change	Not available [§] Not available	No change
		did not eat breakfas	t (during the 7 days	before the survey) 13.3	13.3			

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

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		2015	2017	2019	<u> </u>		
)	I their heart rate ar		tes per day on 5 or the hard some of the				
36.8	42.5	42.6	40.8	41.3	No linear change	Not available§	No change
of physical act	tivity that increase				Decreased, 2011-2019	Not available	No change
	ge of students of physical ac s before the s 21.3	36.8 42.5 ge of students who did not partic of physical activity that increase is before the survey) 21.3 19.3	36.8 42.5 42.6 ge of students who did not participate in at least 60 of physical activity that increased their heart rate at a before the survey) 21.3 19.3 15.6	36.8 42.5 42.6 40.8 ge of students who did not participate in at least 60 minutes of physical of physical activity that increased their heart rate and made them breat is before the survey) 21.3 19.3 15.6 16.4	36.8 42.5 42.6 40.8 41.3 ge of students who did not participate in at least 60 minutes of physical activity on at of physical activity that increased their heart rate and made them breathe hard some of so before the survey)	36.8 42.5 42.6 40.8 41.3 No linear change ge of students who did not participate in at least 60 minutes of physical activity on at of physical activity that increased their heart rate and made them breathe hard some of so before the survey) 21.3 19.3 15.6 16.4 15.4 Decreased, 2011-2019	36.8 42.5 42.6 40.8 41.3 No linear change Not available ge of students who did not participate in at least 60 minutes of physical activity on at of physical activity that increased their heart rate and made them breathe hard some of so before the survey) 21.3 19.3 15.6 16.4 15.4 Decreased, 2011-2019 Not available

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

[§]Not enough years of data to calculate.

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		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
N79: Percenta	ge of students who	watched television 3	3 or more hours per	day (on an average	e school day)			
28.2	31.2	27.8	19.5	20.4	19.9	Decreased, 2009-2019	No quadratic change	No change
lay (counting ting YouTube, Instag chool day)	ne spent on things s gram, Facebook, or	played video or com such as Xbox, PlaySo other social media, f	tation, an iPad or o or something that v	ther tablet, a smartp was not school worl	bhone, texting, k, on an average			
lay (counting tin YouTube, Instag	ne spent on things s	such as Xbox, PlaySt	tation, an iPad or o	ther tablet, a smartp	ohone, texting,	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	No change
lay (counting ting ou Tube, Instage chool day) 25.2 2N81: Percenta	ne spent on things stram, Facebook, or 28.7	such as Xbox, PlayStother social media, f	tation, an iPad or o for something that v 46.4	ther tablet, a smartp was not school work 43.4	ohone, texting, c, on an average 44.1	Increased, 2009-2019		No change

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

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	1	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QNDLYPE: Pe week when they	rcentage of students were in school)	who attended phys	cal education (PE)	classes on all 5 day	vs (in an average			
33.9	39.1	36.7	39.8	33.0	34.6	No linear change	No quadratic change	No change
	nge of students who roups, during the 12 44.0			nting any teams rur	by their school 51.2	No linear change	No quadratic change	No change
	nge of students who		om playing a sport	or being physically	active (one or			
more umes dum								

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

[§]Not enough years of data to calculate.

her		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who	o saw a dentist (for a rvey)	check-up, exam, tec	eth cleaning, or oth	er dental work,			
			72.5	76.3	75.1	No linear change	Not available§	No change
QNNODNT: P dental work)	ercentage of student	ts who never saw a d	lentist (for a check-	up, exam, teeth clea	aning, or other	No linear change	Not available	No change
dental work)		ts who never saw a d	1.2	1.0	1.2	No linear change	Not available	No change
dental work)			1.2	1.0	1.2	No linear change No linear change	Not available No quadratic change	No change
QN87: Percenta 20.8	age of students who 22.7	had ever been told l	1.2 by a doctor or nurse 17.7	1.0 that they had asthr 21.8	1.2 ma			

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

[§]Not enough years of data to calculate.

Female Other		Health Risk Beha	vior and Percentag	ges		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN89: Percent before the surve		described their gra	des in school as mo	stly A's or B's (during	ng the 12 months			
			79.1	78.7	77.0	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

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te-Added		Health Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN90: Percenta	age of students who	are transgender		0.6	1.3	No linear change	Not available [§]	No change
QN91: Percenta masculine	age of students who	think other people at 12.2	school would desc	cribe them as equal	lly feminine and	Increased, 2013-2019	Not available	Increased
control them or not spend time v wanted, during	emotionally hurt th with, being humilia	o reported someone the em one or more times ted in front of others, re the survey, among	s (such things as be or being threatene	eing told who they did not do	could and could what they			
				26.9	29.8	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

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emale te-Added								
		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN93: Percenta	age of students who	have ever been give	en money, a place to	stay, food, or some	ething else of	,		
	6			2.5	1.6	No linear change	Not available [§]	No change
	age of students who more times during			hought they were ga	ay, lesbian, or			

19.1

15.6

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

16.0

QN96: Percentage of students who had texted, e-mailed, or posted electronically a revealing or sexual photo of

2.6 3.3 3.5 No linear change Not available No change

No linear change

themselves (during the 30 days before the survey)

No change

Not available

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

Not enough years of data to calculate.

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Famala

		Health Risk Behavi	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		did something to pu irpose one or more ti						
22.1	22.7	24.7	26.0	24.3	26.4	No linear change	No quadratic change	No change
		reported their partner			n themselves the			
		reported their partner (among students w			12.3	Decreased, 2011-2019	Not available [§]	No change
first time they ha	ad sexual intercours 23.0	e (among students w	ho have had sexua	l intercourse) 14.9	12.3	Decreased, 2011-2019	Not available [§]	No change
irst time they h	ad sexual intercours 23.0	e (among students w	ho have had sexua	l intercourse) 14.9	12.3	Decreased, 2011-2019 Decreased, 2009-2019	Not available [§] No quadratic change	
QN100: Percen	23.0 tage of students wh	21.8 o have been pregnan	t or gotten someon	14.9 e pregnant (one or	12.3 more times)			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.

emale ite-Added		Health Risk Beha	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
	ntage of students wh			how to use a cond	om to prevent			
	,		,	87.0	85.2	No linear change	Not available§	No change
	ntage of students wh as birth control, cond					No linear change	Not available	No change
they could get t	ntage of students wh ested for HIV or oth or other STD testin	er sexually transmi	tted diseases (STDs)	(among students v	d a place where who needed to find			
				27.5	17.0	Decreased, 2017-2019	Not available	Decreased

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

[§]Not enough years of data to calculate.

e-Added		Health Risk Behav	vior and Percentag	ges		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
hey could get b	oirth control (among			chool help them find get birth control du				
	oirth control (among					No linear change	Not available [§]	No chang
they could get b months before the QN107: Percen	irth control (among he survey)	g students who neede	ed to find a place to	get birth control du	24.5	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.

011	2013	2015	2017	2019			
dents who rare	ely or never wore a	seat belt (when ri	ding in a car driven	by someone else)			
1.8	4.0	2.9	2.7	2.8	Increased, 2009-2019	Increased, 2009-2013 No change, 2013-2019	No change
		o had been drinkin	g alcohol (in a car	or other vehicle,			
24.3	18.0	20.2	15.5	15.2	Decreased, 2009-2019	No quadratic change	No change
()	dents who rare 1.8 dents who rode g the 30 days to 24.3	dents who rarely or never wore a 1.8 4.0 dents who rode with a driver who g the 30 days before the survey) 24.3 18.0	dents who rarely or never wore a seat belt (when ri 1.8 4.0 2.9 dents who rode with a driver who had been drinking the 30 days before the survey) 24.3 18.0 20.2	dents who rarely or never wore a seat belt (when riding in a car driven 1.8 4.0 2.9 2.7 dents who rode with a driver who had been drinking alcohol (in a car of the 30 days before the survey) 24.3 18.0 20.2 15.5	dents who rarely or never wore a seat belt (when riding in a car driven by someone else) 1.8 4.0 2.9 2.7 2.8 dents who rode with a driver who had been drinking alcohol (in a car or other vehicle, g the 30 days before the survey) 24.3 18.0 20.2 15.5 15.2	dents who rarely or never wore a seat belt (when riding in a car driven by someone else) 1.8 4.0 2.9 2.7 2.8 Increased, 2009-2019 dents who rode with a driver who had been drinking alcohol (in a car or other vehicle, g the 30 days before the survey) 24.3 18.0 20.2 15.5 15.2 Decreased, 2009-2019	dents who rarely or never wore a seat belt (when riding in a car driven by someone else) 1.8 4.0 2.9 2.7 2.8 Increased, 2009-2019 Increased, 2009-2013 No change, 2013-2019 dents who rode with a driver who had been drinking alcohol (in a car or other vehicle, g the 30 days before the survey)

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

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

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
	ys before the surve	texted or e-mailed way, among students w						
		43.0	45.3	34.3	33.5	Decreased, 2013-2019	Not available¶	No chang
	age of students who	o carried a weapon on re the survey)	school property (s	uch as a gun, knife	e, or club, on at			
			school property (s	uch as a gun, knife	e, or club, on at	Decreased, 2009-2019	No quadratic change	No chang
3.0 QN14: Percenta	age of students who	re the survey)	2.6 Dunting the days wh	2.5	1.2 gun only for	Decreased, 2009-2019 No linear change	No quadratic change Not available	No chang No chang
QN14: Percenta hunting or for a QN15: Percenta	age of students who sport such as targe	3.5 a carried a gun (not co	2.6 Dunting the days what I day during the I because they felt u	2.5 hen they carried a g 2 months before th 2.8	gun only for e survey) 2.0			

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

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

		Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
		were threatened or i es during the 12 mor			ty (such as a			
7.3	4.5	5.1	3.2	5.7	4.9	No linear change	No quadratic change	No chang
QN18: Percenta	ge of students who	5.1 were in a physical f				No linear change	No quadratic change	No chang
N18: Percenta	ge of students who	-				No linear change Decreased, 2009-2019	No quadratic change	No chang
QN18: Percenta 2 months befor 8.2	ge of students who e the survey) 10.7	were in a physical f	ight on school prop	erty (one or more ti	mes during the			

^{*}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.

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §			
2009	2011	2013	2015	2017	2019	_					
dating or going forced to have s	out with to do sexua sexual intercourse] the		ich things as kissin to, one or more tir	g, touching, or bein nes during the 12 m	g physically nonths before the						
forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) 11.5 11.7 13.0 9.7 No linear change Not available No change QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)											
someone they v injured with an who dated or w	vere dating or going object or weapon] o ent out with someon	experienced physica out with [counting some or more times dur	Il dating violence (luch things as being the 12 months ths before the surve	peing physically hu hit, slammed into s before the survey, a ey) 4.7	rt on purpose by something, or among students 3.9	No linear change No linear change	Not available [¶] Not available	No change			

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

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

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
	ge of students who				h texting,			
	17.3	16.1	17.1	16.7	9.5	No linear change	Not available¶	Decrease
	ge of students who				row so that they			
	ge of students who ome usual activities,				row so that they 28.5	Increased, 2009-2019	No quadratic change	No chang
20.8 QN26: Percenta	ome usual activities,	ever during the 12 to 25.6	months before the s	29.3	28.5	Increased, 2009-2019	No quadratic change	No chang
20.8 2N26: Percenta	ome usual activities, 20.1	ever during the 12 to 25.6	months before the s	29.3	28.5	Increased, 2009-2019 Increased, 2009-2019	No quadratic change No quadratic change	No chang No chang
20.8 QN26: Percenta he survey) 8.9	20.1 ge of students who	25.6 seriously considered	22.2 d attempting suicide 12.8	29.3 e (ever during the 1	28.5 2 months before 15.0	, 		

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

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

White* Injury and Violence		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QN29: Percentage of had to be treated by					or overdose that			
0.3	3.8	2.4	1.2	0.8	0.7	No linear change	Increased, 2009-2013 No change, 2013-2019	No change

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

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

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White*

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QN32: Percenta survey)	ge of students who	currently smoked ci	garettes (on at least	t 1 day during the 3	0 days before the			
13.6	13.0	12.3	8.3	4.4	3.8	Decreased, 2009-2019	No quadratic change	No change
QNFRCIG: Per 80 days before the 3.7		who currently smok	ted cigarettes frequently the second	ently (on 20 or more	e days during the	Decreased, 2009-2019	No quadratic change	No change
QNDAYCIG: Poefore the surve		ts who currently sm	oked cigarettes dai	ly (on all 30 days d	uring the 30 days			
3.0	2.2	1.0	0.7	1.3	1.2	No linear change	No quadratic change	No change
e-pipes, vape pip		ever used an electro hookahs, and hooka						
vapiii Pius, eGo			39.1	37.6	44.3	No linear change	Not available¶	No chang

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

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

/hite* obacco Use								
		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
e-pipes, vape pi	pes, vaping pens, e-	currently used an el hookahs, and hooka east 1 day during the	h pens [such as blu,	NJOY, Vuse, Mar				
			21.0	10.0	18.8	No linear change	Not available¶	Increased
	ercentage of student 30 days before the	s who currently used survey)	electronic vapor pr	oducts frequently (on 20 or more			
			2.3	1.6	9.2	Increased, 2015-2019	Not available	Increased
QNDAYEVP: the 30 days befo		nts who currently us	ed electronic vapor	products daily (on	all 30 days during			
		nts who currently us	ed electronic vapor	products daily (on 0.5	all 30 days during 6.1	Increased, 2015-2019	Not available	Increased
the 30 days before QNTB5: Perce	ore the survey)	ho currently smoked	1.8	0.5	6.1	Increased, 2015-2019	Not available	Increased

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

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QN40: Percenta	ge of students who	had their first drink	of alcohol before a	ge 13 years (other t	than a few sips)			
16.6	18.8	14.8	11.3	10.7	9.7	Decreased, 2009-2019	No quadratic change	No change
QN41: Percenta		currently drank alco				Decreased, 2009-2019	No quadratic change	No chang

20.1

17.2

No linear change

No change

Not available¶

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

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	e [†] Change from 2017-2019 §	
2009	2011	2013	2015	2017	2019	<u> </u>			
QN45: Percenta	ge of students who	ever used marijuana	a (one or more time	s during their life)					
QN45: Percenta 39.6	ge of students who	ever used marijuana 38.0	a (one or more time 38.1	s during their life) 37.6	35.7	No linear change	No quadratic change	No change	
39.6	-	38.0	38.1	37.6	35.7	No linear change	No quadratic change	No change	

21.8

25.4

20.1

23.6

7.1 5.4 5.4 No linear change Not available ¶ No change

No linear change

No quadratic change

22.6

17.8

No change

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

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

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

Not enough years of data to calculate.

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
differently than	how a doctor told the	ever took prescription them to use it (counting) more times during the	ng drugs such as co	ithout a doctor's prodeine, Vicodin, Ox	escription or yContin,			
				11.7	9.3	No linear change	Not available¶	No chang
	age of students who more times during	ever used cocaine (a their life)	any form of cocaine	e, including powder	, crack, or			
			any form of cocaine	e, including powder	, crack, or	Decreased, 2009-2019	No quadratic change	No chang
7.8 QN51: Percenta	7.6 age of students who	their life)	4.3 (sniffed glue, breat	3.8 hed the contents of	3.4	Decreased, 2009-2019	No quadratic change	No chang
7.8 QN51: Percenta	7.6 age of students who	their life) 8.6 ever used inhalants	4.3 (sniffed glue, breat	3.8 hed the contents of	3.4	Decreased, 2009-2019 Decreased, 2009-2019	No quadratic change No quadratic change	No chang No chang
7.8 QN51: Percenta cans, or inhaled	7.6 age of students who any paints or spray 13.1 age of students who	8.6 ever used inhalants to get high, one or	4.3 (sniffed glue, breat more times during 6.7	3.8 hed the contents of their life) 5.5	3.4 aerosol spray 3.0	,		

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

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

White*
Alcohol and Other Drug Use

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
	ge of students who one or more times	ever used methampl during their life)	netamines (also cal	led "speed," "crysta	al meth," "crank,"			
4.3	3.7	4.7	3.6	2.7	0.6	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	Decreased
QN54: Percenta life)	ge of students who	ever used ecstasy (a	lso called "MDMA	," one or more time	es during their			
11.1	15.2	10.6	7.1	5.6	4.1	Decreased, 2009-2019	No quadratic change	No change
QN55: Percenta more times durir		ever took steroids w	rithout a doctor's pr	rescription (pills or	shots, one or			
2.0	2.0	2.0	2.1	2.7	1.0	No linear change	No quadratic change	No change
	ge of students who	ever injected any ille g their life)	egal drug (used a n	eedle to inject any i	illegal drug into			
0.8	2.9	1.7	1.6	0.7	0.3	No linear change	No change, 2009-2015 No change, 2015-2019	No change

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

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

hite* Icohol and Othe	er Drug Use	Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019	_		
QN57: Percenta 12 months befor	age of students who e the survey)	were offered, sold,	or given an illegal o	lrug on school prop	perty (during the			
28.4	26.6	30.5	26.2	26.6	29.5	No linear change	No quadratic change	No chang

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

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

San Diego High School Survey 10-year Trend Analysis Report

White*

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
N58: Percenta	ge of students who	ever had sexual inte	ercourse					
32.7	28.5	34.3	31.5	31.7	25.7	No linear change	No quadratic change	No chang
N59: Percenta	ge of students who	had sexual intercou	rse for the first time	e before age 13 year	rs			
2.6	2.4	3.6	2.4	1.8	0.3	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	Decrease
N60: Percenta	ge of students who	had sexual intercou	rse with four or mo	re persons during th	neir life			
8.1	9.3	7.3	7.1	4.1	7.1	No linear change	No quadratic change	No chang
	ge of students who		ally active (had sex	xual intercourse wit	h at least one			
27.6	20.4	26.0	25.1	21.0	20.1	No linear change	No quadratic change	No chang

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

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

San Diego High School Survey 10-year Trend Analysis Report

White* Sexual Behaviors		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §	
2009	2011	2013	2015	2017	2019				

No linear change

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

8.0 8.0 8.0 10.9

No change

Not available¶

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019	_		
	entage of students w sex- and age-specifi				ile for body mass			
10.8	9.7	10.4	11.2	9.6	9.0	No linear change	No quadratic change	No chang
	rcentage of students reference data from			or body mass index,	based on sex-			
6.1	7.1	7.4	5.3	5.9	5.7	No linear change	No quadratic change	No chang
QN67: Percenta	age of students who	described themselve	es as slightly or ver	y overweight				
	22.4	21.9	24.0	24.2	24.5	No linear change	No quadratic change	No chang
20.5								
	age of students who	were trying to lose	weight					

^{*}Non-Hispanic.

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

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QN69: Percentage lays before the s		did not drink fruit j	uice (100% fruit jui	ces one or more tin	nes during the 7			
16.4	19.2	27.9	27.1	35.0	37.1	Increased, 2009-2019	No quadratic change	No chang
		o did not eat fruit on		6.2 uices (such as orang	8.8 ge juice, apple	No linear change	No quadratic change	No chang
QNFR0: Percent	tage of students wh		drink 100% fruit j			No linear change Increased, 2009-2019	No quadratic change	No chan

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

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

		Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
		o ate fruit or drank 1 lice, during the 7 day			er day (such as			
42.4	37.4	36.7	38.1	35.0	36.2	No linear change	No quadratic change	No chang
	ge of students who	did not eat green sal	ad (one or more tin	mes during the 7 da	ys before the			
	ge of students who 27.4	did not eat green sal	ad (one or more tin	nes during the 7 da	ys before the 29.1	Increased, 2009-2019	No quadratic change	No chang
survey) 22.9	27.4		24.7	30.2	29.1	Increased, 2009-2019	No quadratic change	No chang
22.9	27.4	25.6	24.7	30.2	29.1	Increased, 2009-2019 No linear change	No quadratic change	No chang
22.9 22.9 2N72: Percentag 32.7	27.4 ge of students who 35.8	25.6 did not eat potatoes 41.2	(one or more times 36.1	30.2 during the 7 days 39.4	29.1 before the survey) 38.7			
22.9 QN72: Percentag 32.7	27.4 ge of students who 35.8	25.6 did not eat potatoes	(one or more times 36.1	30.2 during the 7 days 39.4	29.1 before the survey) 38.7			

^{*}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.

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QN74: Percenta survey)	ge of students who	did not eat other ve	getables (one or mo	ore times during the	7 days before the			
11.2	12.8	13.4	11.9	11.6	9.9	No linear change	No quadratic change	No chang
		who did not eat vege ots, or other vegetab				No linear change	No quadratic change	No chang
2.0	J. 4	5.0	5.7	4.0	4.0	No finear change	140 quadratic change	No chang
ONVEG1: Perce		who ate vegetables o		er day (green salad, egetables, during the				
	in mes, med potato	, 1						

^{*}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.

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
		who ate vegetables to es, or potato chips],						
36.1	31.0	30.5	32.7	34.6	32.6	No linear change	No quadratic change	No change
		who ate vegetables thes, or potato chips],						
15.3	11.3	14.1	15.8	15.7	17.0	No linear change	No quadratic change	No chang
		did not drink a can,	bottle, or glass of s ays before the surv		s Coke, Pepsi, or			
Sprite, not count	ing diet soda of die	e pop, daring the / d	,	- 5 /				

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

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

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
		who drank a can, be counting diet soda or						
12.6	14.7	14.6	9.0	7.3	6.5	Decreased, 2009-2019	No quadratic change	No change
		who drank a can, bo						
		s who drank a can, be counting diet soda of				Decreased, 2009-2019	No quadratic change	No chang
(such as Coke, Po	epsi, or Sprite, not o	counting diet soda of	r diet pop, during tl	the 7 days before the 3.2	e survey)	Decreased, 2009-2019	No quadratic change	No chang
(such as Coke, Po	epsi, or Sprite, not o	counting diet soda o	r diet pop, during tl	the 7 days before the 3.2	e survey)	Decreased, 2009-2019 Increased, 2013-2019	No quadratic change Not available	No chang No chang
7.0 QN76: Percenta QNMILK1: Peredrank in a glass of	7.8 ge of students who	9.5 did not drink milk (a 22.6 who drank one or mon, or with cereal and	4.6 during the 7 days b 20.2 during glasses per day	3.2 efore the survey) 30.5	2.8 34.8 the milk they			

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

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

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
drank in a glass		s who drank three or on, or with cereal and						
	ing the 7 days sero	re the sarvey)						
<i>S </i>	ing the 7 days sero	6.8	8.9	7.5	5.2	No linear change	Not available [¶]	No change
		• •				No linear change	Not available [¶]	No change
		6.8				No linear change	Not available [¶] Not available	No change
QN77: Percent	tage of students who	6.8 did not eat breakfas	t (during the 7 days	s before the survey) 11.8	9.3			

^{*}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.

hysical Activity	,	Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
	age of students who l activity that increase ne survey)							
	59.1	55.7	62.2	61.2	58.2	No linear change	Not available¶	No change
least 1 day (in a	Percentage of studer any kind of physical the 7 days before th 15.3	activity that increase				Decreased, 2011-2019	Not available	No chang
least 1 day (in a the time during QNPA7DAY: 1	any kind of physical the 7 days before th 15.3 Percentage of studer visical activity that income	activity that increase e survey) 12.7 nts who were physical	8.1 Ally active at least 6	7.3 0 minutes per day	8.7 on all 7 days (in	Decreased, 2011-2019	Not available	No chang

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

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

Physical Activity		Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QN79: Percentag	ge of students who	watched television 3	or more hours per	day (on an average	e school day)			
17.3	23.0	18.6	14.3	14.2	12.6	Decreased, 2009-2019	No quadratic change	No change
day (counting tin	ne spent on things s	played video or com such as Xbox, PlaySt	ation, an iPad or o	ther tablet, a smartp	hone, texting,			
YouTube, Instagr school day) 25.7	ram, Facebook, or o	other social media, for 34.3	or something that v	vas not school work 36.2	39.0	Increased, 2009-2019	No quadratic change	No change
school day) 25.7	29.6 ge of students who		32.1	36.2	39.0	Increased, 2009-2019	No quadratic change	No change

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QNDLYPE: Per week when they	centage of students were in school)	who attended physi	ical education (PE)	classes on all 5 day	s (in an average			
42.0	45.9	38.1	43.6	33.7	33.8	Decreased, 2009-2019	No quadratic change	No change
	ge of students who oups, during the 12			nting any teams run	by their school			
69.5	62.7	61.4	66.0	70.3	66.7	No linear change	No quadratic change	No change
	ge of students who		om playing a sport	or being physically	active (one or			
				18.2	9.9	Decreased, 2017-2019	Not available¶	Decreased

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

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

hite* ther								
		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
	age of students who	o saw a dentist (for a rvey)	check-up, exam, te	eth cleaning, or oth	er dental work,			
			83.8	86.4	89.0	Increased, 2015-2019	Not available¶	No change
QNNODNT: Podental work)	ercentage of studen	ts who never saw a c	lentist (for a check-	up, exam, teeth clea	aning, or other			
	ercentage of studen	ts who never saw a c	lentist (for a check-	up, exam, teeth clea	aning, or other	No linear change	Not available	Increased
dental work)		ts who never saw a control of the co	1.1	0.1	1.6	No linear change	Not available	Increased
dental work)			1.1	0.1	1.6	No linear change	Not available No quadratic change	Increased No chang
dental work) QN87: Percenta 22.6	age of students who	had ever been told l	1.1 by a doctor or nurse 16.0	0.1 that they had asthr	1.6 ma			

^{*}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.

White* Other							Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QN89: Percent before the surve		described their grad	les in school as mos	stly A's or B's (during	ng the 12 months			
			88.7	83.3	85.6	No linear change	Not available¶	No change

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

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

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QN90: Percenta	age of students who	are transgender		0.9	1.2	No linear change	Not available [¶]	No change
QN91: Percenta masculine	age of students who	think other people a 7.5	t school would des	cribe them as equal	ly feminine and 9.3	No linear change	Not available	No chang
QN92: Percenta control them or not spend time wanted, during	age of students who emotionally hurt th with, being humiliat		8.6 Ney were dating or s (such things as be or being threatene	5.9 going out with purpeing told who they dif they did not do	9.3 posely tried to could and could what they	No linear change	Not available	No chang

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

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

/hite* ite-Added								
		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QN93: Percenta value in exchan		have ever been give	n money, a place to	stay, food, or som	ething else of			
				1.6	1.5	No linear change	Not available [¶]	No change
		have been harassed		nought they were g	ay, lesbian, or			
9.5	r more times during	the 12 months before 8.4	e the survey) 10.2	14.6	10.9	No linear change	No quadratic change	No chang
9.5 QN96: Percenta	10.2	8.4 had texted, e-mailed	10.2			No linear change	No quadratic change	No chang
9.5 QN96: Percenta	10.2 age of students who	8.4 had texted, e-mailed	10.2			No linear change	No quadratic change Not available	No chang
9.5 QN96: Percentathemselves (dur	age of students who ring the 30 days before age of students who	8.4 had texted, e-mailed	10.2 I, or posted electror 17.5 or sexual photo of	ically a revealing of 18.2	or sexual photo of			

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

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

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019	_		
		did something to purpose one or more ti						
14.9	18.1	16.7	16.7	17.4	17.6	No linear change	No quadratic change	No chang
QN100: Percent	tage of students who	o have been pregnan	t or gotten someone	e pregnant (one or r	more times) 2.2	No linear change	No quadratic change	No chang
1.6	2.8	, ,	1.8			No linear change	No quadratic change	No chang
1.6	2.8	1.7	1.8			No linear change	No quadratic change	
1.6 QN101: Percent 43.3 QN103: Percent	2.8 tage of students who	1.7	1.8 tted in oral sex 39.2 ght in school about	0.8	33.3			No chang No chang

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

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

	Health Risk Behavior and Percentages					Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
QN104: Percen services (such a		o have ever been tardoms, or HIV or oth				,		
QN104: Percen services (such a						No linear change	Not available [¶]	No chang
QN104: Percen services (such a treatment)	s birth control, cond	doms, or HIV or oth	er sexually transmit	tted disease (STD) t	esting or 76.1	No linear change	Not available [¶]	No cha

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

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

San Diego High School Survey 10-year Trend Analysis Report

Hispanic

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN8: Percentag	ge of students who	arely or never wore	a seat belt (when ri	ding in a car driven	by someone else))		
5.3	4.5	5.8	5.1	6.4	8.3	Increased, 2009-2019	No quadratic change	No change
		rode with a driver wheys before the survey) 22.1		g alcohol (in a car of 16.8	or other vehicle,	Decreased, 2009-2019	No quadratic change	No change
nore times durii		drove a car or other re the survey, among						
•								

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
	ys before the surve	texted or e-mailed wy, among students w						
		28.2	24.1	26.7	23.2	No linear change	Not available§	No change
	age of students who	carried a weapon on re the survey)	school property (s	uch as a gun, knife,	, or club, on at			,
			school property (s	uch as a gun, knife.	or club, on at	No linear change	No quadratic change	Decrease
5.7 2N14: Percenta	4.9 age of students who	e the survey)	3.9 ounting the days wh	5.6 en they carried a g	3.1 un only for	No linear change No linear change	No quadratic change Not available	Decrease No chang
5.7 QN14: Percental nunting or for a QN15: Percental	age of students who sport such as target	2.4 carried a gun (not co	3.9 Dounting the days when 1 day during the 1 because they felt u	5.6 ten they carried a g months before the	un only for e survey) 3.1	-		

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Hispanic **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) 7.6 7.6 3.4 5.4 4.8 5.2 Decreased, 2009-2019 No quadratic change No change QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey) 12.3 13.4 6.3 8.0 11.3 11.2 Decreased, 2009-2013 No change No linear change Increased, 2013-2019 QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to) 6.8 7.0 7.8 7.7 7.7 No quadratic change No change 6.3 No linear change

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

		Health Risk Behav	ior and Percentag	res		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
dating or going forced to have s	out with to do sexua sexual intercourse] the	experienced sexual all things [counting sunt they did not want or went out with some	ich things as kissin to, one or more tii	ng, touching, or being mes during the 12 m	ng physically nonths before the			
		11.1	9.6	13.6	11.0	No linear change	Not available [§]	No change
someone they w njured with an	vere dating or going object or weapon] o	experienced physica out with [counting s ne or more times du e during the 12 mon 6.4	al dating violence (luch things as being ring the 12 months	being physically hughit, slammed into before the survey,	urt on purpose by something, or	No linear change No linear change	Not available [§] Not available	No change
someone they winjured with an who dated or w	vere dating or going object or weapon] o ent out with someon	experienced physica out with [counting s ne or more times dur- e during the 12 mon	al dating violence () uch things as being ring the 12 months ths before the surve 7.6	being physically hughit, slammed into before the survey, ey) 5.2	art on purpose by something, or among students			

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Hispanic **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) 9.4 13.9 10.8 10.1 10.4 No linear change Not available§ No change QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) 32.1 30.4 32.4 34.9 33.1 39.6 Increased, 2009-2019 No quadratic change Increased QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey) 14.9 13.0 17.0 17.9 14.7 19.0 No quadratic change Increased, 2009-2019 Increased QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey) 8.0 9.3 9.5 11.2 7.9 10.4 No linear change No quadratic change No change

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

Not enough years of data to calculate.

ispanic sjury and Violenco		Health Risk Behav	ior and Percentag	res		Linear Change [*]	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
		had a suicide attem se (during the 12 mo		n injury, poisoning, vey)	or overdose that			
1.9	2.6	2.4	2.7	1.3	3.4	No linear change	No quadratic change	Increased

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

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Hispanic

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN32: Percenta survey)	age of students who	currently smoked c	igarettes (on at least	t 1 day during the 3	0 days before the			
13.9	15.9	8.8	9.0	4.7	3.8	Decreased, 2009-2019	No quadratic change	No change
QNFRCIG: Per 30 days before t 2.2		who currently smok	ted cigarettes freque	ently (on 20 or mor	e days during the	Decreased, 2009-2019	Decreased, 2009-2015 Decreased, 2015-2019	No change
QNDAYCIG: For the survey		nts who currently sm	oked cigarettes dail	ly (on all 30 days d	uring the 30 days			
1.6	1.2	0.2	1.2	0.4	0.1	Decreased, 2009-2019	No quadratic change	No change
e-pipes, vape pij		ever used an electro hookahs, and hooka						

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey) 7.8 25.8 17.1 Decreased, 2015-2019 Not available§ Increased QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) 2.6 1.1 4.0 No linear change Not available Increased QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) 2.3 0.9 1.9 No linear change No change Not available QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) 29.1 10.2 18.3 Decreased, 2015-2019 Not available Increased

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

[§]Not enough years of data to calculate.

spanic bbacco Use		Health Risk Behav	ior and Percentag		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †	
2009	2011	2013	2015	2017	2019			
	tage of students who	h tobacco, and elect	ronic vapor product					
	ong students who use	ed any tobacco prod	ucts during the 12 m	nonths before the su				

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Hisnanic

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN40: Percentag	ge of students who	had their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
27.9	28.1	19.0	19.5	18.8	17.9	Decreased, 2009-2019	No quadratic change	No change
	ge of students who	currently drank alco	hol (at least one dr	ink of alcohol, on a	t least 1 day			
40.4	41.9	30.7	28.0	27.1	24.4	Decreased, 2009-2019	No quadratic change	No change

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

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		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN45: Percenta	ge of students who	ever used marijuana	(one or more time	s during their life)				
39.6	48.2	49.2	44.3	43.0	43.7	No linear change	Increased, 2009-2013 No change, 2013-2019	No change
QN46: Percenta	ge of students who	tried marijuana for t	he first time before	e age 13 years				
11.6	15.2	12.2	10.8	8.9	9.0	Decreased, 2009-2019	No quadratic change	No change
QN47: Percenta survey)	ge of students who	currently used marij	uana (one or more	times during the 30	days before the	 		
19.8	28.1	25.7	20.6	20.5	23.6	No linear change	No quadratic change	No change
QN48: Percenta	ge of students who	ever used synthetic	marijuana (one or i	more times during t	heir life)			
-	-	•	11.1	7.5	6.0	Decreased, 2015-2019	Not available [§]	No change

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Hispanic **Alcohol and Other Drug Use Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life) 12.5 17.1 Increased, 2017-2019 Not available§ Increased QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life) 9.9 11.4 9.1 7.3 5.0 4.8 Decreased, 2009-2019 No quadratic change No change QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life) 12.4 13.2 9.2 7.8 5.5 5.6 Decreased, 2009-2019 No quadratic change No change QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life) 2.7 1.7 2.2 No linear change Not available No change

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
	age of students who one or more times	ever used methampl during their life)	netamines (also cal	led "speed," "crysta	al meth," "crank,"	-		
5.2	5.5	3.1	4.2	2.0	2.1	Decreased, 2009-2019	No quadratic change	No change
QN54: Percenta	age of students who	ever used ecstasy (a	lso called "MDMA	," one or more time	es during their			
10.6	20.0	11.3	8.0	4.5	3.1	Decreased, 2009-2019	No change, 2009-2013	No change
							Decreased, 2013-2019	Tio change
QN55: Percenta		ever took steroids w	ithout a doctor's pr	rescription (pills or	shots, one or			
		ever took steroids w	ithout a doctor's pr	rescription (pills or 3.6	shots, one or 3.0	No linear change		No change
3.3 QN56: Percenta	ng their life) 3.1	2.6 ever injected any ill	3.3	3.6	3.0	No linear change	Decreased, 2013-2019	

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

San Diego High School Survey 10-year Trend Analysis Report

Hispanic **Alcohol and Other Drug Use** Linear Change* **Health Risk Behavior and Percentages Quadratic Change*** Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) No change, 2009-2013 29.7 36.8 32.3 30.0 29.5 27.3 Decreased, 2009-2019 No change No change, 2013-2019

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

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN58: Percenta	ge of students who	ever had sexual inte	ercourse		·			
42.8	48.8	40.1	37.7	34.0	35.4	Decreased, 2009-2019	No quadratic change	No change
QN59: Percenta	ge of students who	had sexual intercou	rse for the first time	e before age 13 year	rs .			
4.8	7.5	4.8	4.6	3.0	3.0	Decreased, 2009-2019	No quadratic change	No change
QN60: Percenta	ge of students who	had sexual intercou	rse with four or mo	re persons during the	neir life			
12.0	12.7	10.0	7.3	6.7	5.9	Decreased, 2009-2019	No quadratic change	No change
	ge of students who	were currently sexu	ally active (had sex	cual intercourse wit	n at least one			
29.6	31.5	26.5	24.7	21.8	22.2	Decreased, 2009-2019	No quadratic change	No change

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

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
	age of students who atly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students			
23.2	23.3	18.5	18.6	19.0	14.7	Decreased, 2009-2019	No quadratic change	No change
QN63: Percenta currently sexual		used a condom duri	ng last sexual intere	course (among stud	ents who were			
64.5	58.0	53.7	59.7	57.9	56.8	No linear change	No quadratic change	No change
	age of students who who were currently	used birth control posexually active)	ills before last sexu	al intercourse (to p	revent pregnancy,	·		
11.5	14.2	16.9	11.8	10.5	15.9	No linear change	No quadratic change	No change
	xplanon) before last	s who used an IUD sexual intercourse (
		2.3	2.0	7.4	4.9	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

2013 students who used a shot (vaRing) before last sexual		2017	2019	_		
vaRing) before last sexual		era) natch (such as				
	intercourse (to pre					
3.0	5.8	1.9	6.3	No linear change	Not available§	Increased
Nexplanon); or a shot (suc	ch as Depo-Provera), patch (such as O	rthoEvra), or birth	No linear change	Not available	No chang
f	Nexplanon); or a shot (suc ng) before last sexual interest 22.2 f students who used both a	Nexplanon); or a shot (such as Depo-Proverang) before last sexual intercourse (to prevent page 22.2 19.6 f students who used both a condom during last	Nexplanon); or a shot (such as Depo-Provera), patch (such as Ong) before last sexual intercourse (to prevent pregnancy, among sexual se	Students who used birth control pills; an IUD (such as Mirena or ParaGard) or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth ng) before last sexual intercourse (to prevent pregnancy, among students who were 22.2 19.6 19.8 27.2 f students who used both a condom during last sexual intercourse and birth control a or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as	Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth ng) before last sexual intercourse (to prevent pregnancy, among students who were 22.2 19.6 19.8 27.2 No linear change f students who used both a condom during last sexual intercourse and birth control	Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth ng) before last sexual intercourse (to prevent pregnancy, among students who were 22.2 19.6 19.8 27.2 No linear change Not available f students who used both a condom during last sexual intercourse and birth control

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Uicnonio

		Health Risk Behavi	ior and Percentag	es	Linear Change [*] Quadratic Change [*] Change fro 2017-201			
2009	2011	2013	2015	2017	2019			
		nts who did not use a		ent pregnancy durir	ng last sexual			
		nts who did not use a ere currently sexuall 24.4		ent pregnancy durir	ng last sexual	No linear change	No quadratic change	No chan
ntercourse (amo	ong students who w	ere currently sexuall 24.4	y active) 15.5	18.0	16.4	No linear change	No quadratic change	No chang
ntercourse (amo 19.0 QN84: Percenta	ong students who w	ere currently sexuall	y active) 15.5	18.0	16.4	No linear change	No quadratic change	No c

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

[§]Not enough years of data to calculate.

]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
	entage of students w sex- and age-specifi				ile for body mass			
17.0	21.8	17.8	20.6	18.3	20.0	No linear change	No quadratic change	No change
	rcentage of students reference data from			or body mass index,	based on sex-			,
14.2	13.7	14.1	14.9	19.5	15.1	No linear change	No quadratic change	No change
QN67: Percenta	age of students who	described themselve	es as slightly or ver	y overweight				
QN67: Percenta 30.8	age of students who 32.7	described themselve	es as slightly or ver 38.5	y overweight 40.4	36.0	Increased, 2009-2019	No quadratic change	No chang
30.8	-	35.9	38.5		36.0	Increased, 2009-2019	No quadratic change	No chang

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

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

]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019	<u> </u>		
QN69: Percenta lays before the s		did not drink fruit j	uice (100% fruit jui	ces one or more tin	nes during the 7	,		
21.6	19.7	22.1	22.0	30.9	31.2	Increased, 2009-2019	No quadratic change	No change
N70: Percenta	ge of students who	did not eat fruit (on	e or more times dur	ing the 7 days befo	re the survey)			
N70: Percenta 10.2	ge of students who 10.6	did not eat fruit (on	e or more times dur	ing the 7 days befo	re the survey)	No linear change	No quadratic change	Increase
10.2 QNFR0: Percen	10.6		8.6 r drink 100% fruit j	7.6	11.3	No linear change	No quadratic change	Increased
					•	No linear change	No quadratic change	e
tage	10.6 e of students who during the 7 da 4.7 e of students wh	9.9 o did not eat fruit o	8.6 r drink 100% fruit ju y) 3.9 100% fruit juices of	7.6 uices (such as orange) 4.5 ne or more times pe	11.3 ge juice, apple 6.3	No linear change No linear change	No quadratic change No quadratic change	Increased No change

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

San Diego High School Survey 10-year Trend Analysis Report

Hispanic **Weight Management and Dietary Behaviors Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2017-2019 † 2009 2011 2013 2015 2017 2019 QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) 31.2 32.9 32.6 32.5 29.6 28.2 No quadratic change No change No linear change QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) 42.6 40.1 35.9 42.4 41.7 43.4 No linear change No quadratic change No change QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey) 41.0 37.5 40.5 42.7 40.5 No quadratic change No change 39.6 No linear change QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey) 48.0 50.4 47.5 46.4 49.0 51.9 No linear change No quadratic change No change

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

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN74: Percenta survey)	ge of students who	did not eat other veg	getables (one or mo	re times during the	7 days before the			
22.9	22.5	20.4	20.8	19.5	17.9	Decreased, 2009-2019	No quadratic change	No chang
		who did not eat vege ots, or other vegetab						
9.7	9.8	7.7	6.3	7.9	7.0	Decreased, 2009-2019	No quadratic change	No chang
	entage of students v	vho ate vegetables o						
	ch fries, fried potato	es, or potato chips],	carrots, or other ve	getables, during the	c r days before			

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

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		who ate vegetables to es, or potato chips],						
24.7	22.7	23.0	24.9	21.4	20.9	Decreased, 2009-2019	No quadratic change	No change
		who ate vegetables thes, or potato chips],				No linear change	No quadratic change	No change
		did not drink a can	bottle, or glass of s	oda or pop (such as	Coke, Pensi, or			
ON75: Percenta	ge of students who			or pop (occor at				
	ge of students who ing diet soda or die	t pop, during the 7 d		ey)				

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

]	Health Risk Behav	ior and Percentag	or and Percentages Linear Change* Quadratic Change*				
2009	2011	2013	2015	2017	2019			
		who drank a can, be counting diet soda o						
22.1	18.1	15.3	10.4	11.6	11.7	Decreased, 2009-2019	Decreased, 2009-2015 No change, 2015-2019	No change
QNSODA2: Per	rcentage of students	who drank a can, be						;
(such as Coke, P	epsi, or Sprite, not o	counting diet soda o	r diet pop, during t	ne / days before the	survey)			
such as Coke, P	epsi, or Sprite, not o	counting diet soda o	6.5	5.9	7.5	Decreased, 2009-2019	No quadratic change	No chang
13.3	11.4	· ·	6.5	5.9	•	Decreased, 2009-2019	No quadratic change	No chang
13.3	11.4	9.5	6.5	5.9	•	Decreased, 2009-2019 Increased, 2013-2019	No quadratic change Not available [§]	No chang
13.3 QN76: Percenta QNMILK1: Perdrank in a glass of	11.4 ge of students who	9.5 did not drink milk (18.4 who drank one or m, or with cereal and	6.5 during the 7 days b 17.5 nore glasses per day	5.9 efore the survey) 21.9	7.5 30.3 the milk they			

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	ior and Percentag	es		Linear Change [*] Quadratic Change [*]	Change from 2017-2019	
2009	2011	2013	2015	2017	2019			
lrank in a glass		who drank three or on, or with cereal and re the survey)						
5.400, 44	•	•						
g.moo, an		6.9	8.5	6.2	4.5	Decreased, 2013-2019	Not available [§]	No chang
_		6.9				Decreased, 2013-2019	Not available [§]	No chang
•						Decreased, 2013-2019 No linear change	Not available [§] Not available	No chang
N77: Percent	tage of students who	did not eat breakfas	t (during the 7 days	s before the survey) 15.5	16.3			

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

[§]Not enough years of data to calculate.

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		2015 ve at least 60 minu	2017	2019	_		
		ve at least 60 minu	:				
	their fleart rate an		tes per day on 5 or the hard some of the				
38.3	44.2	44.4	40.1	40.4	No linear change	Not available§	No change
physical acti before the su	ivity that increase				No linear change	Not available	No change
	f physical acti s before the su 17.3	e of students who did not partic f physical activity that increase before the survey) 17.3 17.3	e of students who did not participate in at least 60 f physical activity that increased their heart rate at before the survey) 17.3 17.3 15.1	e of students who did not participate in at least 60 minutes of physical physical activity that increased their heart rate and made them breat before the survey) 17.3 17.3 15.1 16.5	e of students who did not participate in at least 60 minutes of physical activity on at physical activity that increased their heart rate and made them breathe hard some of before the survey)	e of students who did not participate in at least 60 minutes of physical activity on at f physical activity that increased their heart rate and made them breathe hard some of before the survey) 17.3 17.3 15.1 16.5 16.3 No linear change	e of students who did not participate in at least 60 minutes of physical activity on at f physical activity that increased their heart rate and made them breathe hard some of before the survey) 17.3 17.3 15.1 16.5 16.3 No linear change Not available

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Hisnanic

		Health Risk Behavior and Percentages				Linear Change*	inear Change [*] Quadratic Change [*]			
2009	2011	2013	2015	2017	2019					
QN79: Percenta	ge of students who	watched television 3	3 or more hours per	day (on an average	e school day)					
34.8	37.9	31.9	23.0	22.8	19.1	Decreased, 2009-2019	No quadratic change	No change		
day (counting tir YouTube, Instag school day)	me spent on things s gram, Facebook, or	played video or com such as Xbox, PlaySo other social media, f	tation, an iPad or o for something that v	ther tablet, a smartp was not school worl	ohone, texting, k, on an average					
lay (counting tir YouTube, Instag	ne spent on things s	such as Xbox, PlaySt	tation, an iPad or o	ther tablet, a smartı	ohone, texting,	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	No change		
lay (counting tir YouTube, Instag school day) 25.1 QN81: Percenta	ne spent on things stram, Facebook, or 28.3	such as Xbox, PlayStother social media, f	tation, an iPad or o for something that v 46.4	ther tablet, a smartp was not school work 42.9	ohone, texting, c, on an average 45.2	Increased, 2009-2019	*	No change		

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

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]	Health Risk Behav	ior and Percentag			Change from 2017-2019 †		
2009	2011	2013	2015	2017	2019			
	rcentage of students were in school)	who attended physi	ical education (PE)	classes on all 5 day	vs (in an average	,		
34.2	38.3	37.7	40.4	34.3	35.3	No linear change	Increased, 2009-2015 No change, 2015-2019	No change
		played on at least or months before the		nting any teams rur	by their school			
48.6	42.7	45.3	50.5	48.0	45.0	No linear change	No quadratic change	No change
	ge of students who	had a concussion from the survey)	om playing a sport	or being physically	active (one or			
				16.6	14.1	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

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Hisnanic

		Health Risk Behavior and Percentages				Linear Change [*] Quadratic Change [*]		Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who onths before the sur	saw a dentist (for a evey)	check-up, exam, te	eth cleaning, or oth	er dental work,			
			64.4	68.6	69.6	Increased, 2015-2019	Not available§	No change
ONNODNT: Polental work)	ercentage of student	ts who never saw a d	entist (for a check-	up, exam, teeth clea	aning, or other			
	ercentage of student	s who never saw a d	entist (for a check-2.9	up, exam, teeth clea	aning, or other	No linear change	Not available	No change
ental work)		s who never saw a d	2.9	1.8	2.2	No linear change	Not available	No change
ental work)			2.9	1.8	2.2	No linear change No linear change	Not available No change, 2009-2015 Increased, 2015-2019	No change
ental work) 2N87: Percenta 19.5	age of students who	had ever been told b	2.9 by a doctor or nurse 17.7	1.8 that they had asthr	2.2 ma	-	No change, 2009-2015	,

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

[§]Not enough years of data to calculate.

Hispanic Other		Health Risk Behav	vior and Percentag	ges		Linear Change [*]	Linear Change [*] Quadratic Change [*]			
2009	2011	2013	2015	2017	2019					
QN89: Percent before the surve		described their grad	des in school as mos	stly A's or B's (durin	ng the 12 months					
			63.4	64.0	64.0	No linear change	Not available§	No change		

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	Linear Change*	Quadratic Change*	Change from 2017-2019		
2009	2011	2013	2015	2017	2019	<u> </u>		
QN90: Percenta	age of students who	are transgender			•			
				1.1	1.4	No linear change	Not available§	No change
QN91: Percenta	age of students who	think other people a	t school would desc					
	age of students who	think other people at 11.0	t school would desc			Increased, 2013-2019	Not available	No change
QN92: Percenta control them or not spend time v vanted, during t	age of students who emotionally hurt th with, being humilian		11.3 ney were dating or g s (such things as be or being threatened	13.2 going out with purping told who they did not do	ly feminine and 15.8 cosely tried to could and could what they		Not available	No change

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

[§]Not enough years of data to calculate.

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Hisnanic

		Health Risk Behavior and Percentages				Linear Change [*]	Quadratic Change [*]	Quadratic Change*	Change from 2017-201
2009	2011	2013	2015	2017	2019				
QN93: Percenta value in exchan		have ever been give	n money, a place to	o stay, food, or som	nething else of				
				3.7	2.9	No linear change	Not available§	No change	
10.4	10.1	10.9	11.8	14.6	14.6	Increased, 2009-2019	No quadratic change	No change	
QN96: Percenta	age of students who	had texted, e-mailed	11.8			,	No quadratic change	No change	
10.4 QN96: Percent:		had texted, e-mailed	11.8			,	No quadratic change Not available		
2N96: Percentation of the property of the prop	age of students who ring the 30 days before age of students who	had texted, e-mailed	11.8 d, or posted electron 14.8 g or sexual photo of	nically a revealing of 15.3	or sexual photo of			No chang	

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Hisnanic

		Health Risk Behav	ior and Percentag	Linear Change*		Quadratic Change*	Change from 2017-2019	
2009	2011	2013	2015	2017	2019			
		did something to pu rpose one or more ti						
		20.2	21.2	16.5	20.6	No linear change	No quadratic change	Increased
		20.3 reported their partner (among students w		ore years older than		No linear change	140 quadratic change	Hereasce
N99: Percenta	age of students who	reported their partne	ers were three or me	ore years older than		Decreased, 2011-2019	Not available [§]	
QN99: Percenta irst time they ha	nge of students who ad sexual intercours 19.0	reported their partner e (among students w	ers were three or months who have had sexual 18.9	ore years older than 1 intercourse)	n themselves the			No change
N99: Percentarst time they ha	nge of students who ad sexual intercours 19.0	reported their partner e (among students w 18.3	ers were three or months who have had sexual 18.9	ore years older than 1 intercourse)	n themselves the			
2N99: Percenta first time they have 2N100: Percent 4.9	age of students who ad sexual intercours 19.0 tage of students who	reported their partner e (among students w	ers were three or months have had sexual 18.9 at or gotten someon 3.4	ore years older than 1 intercourse) 13.2 e pregnant (one or 1)	9.8 more times)	Decreased, 2011-2019	Not available [§]	No chang

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

lispanic ite-Added								
		Health Risk Behav	vior and Percentag	res		Linear Change*	Change from 2017-2019 †	
2009	2011	2013	2015	2017	2019			
•	C	no have ever been tandiseases (STDs) (inc	C	t how to use a cond	om to prevent			
pregnancy or se	many transmitted	anseases (BTDs) (me	ruding III ()	83.4	86.2	No linear change	Not available§	No change
		no have ever been tardoms, or HIV or oth				No linear change	Not available	No change
				79.1	62.3	No finear change	not available	No change
they could get to	ested for HIV or oth	no had a teacher or o ner sexually transmit ng during the 12 mor	tted diseases (STDs	chool help them find	d a place where	No linear change	Not available	

31.6

22.9

Decreased, 2017-2019

Not available

Decreased

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

[§]Not enough years of data to calculate.

San Diego High School Survey 10-year Trend Analysis Report

Uicnonio

	Health Risk Behavior and Percentag						Quadratic Change [*]	Linear Change* Quadratic Change*	
2009	2011	2013	2015	2017	2019				
	th control (among	o had a teacher or or students who neede				Decreased, 2017-2019	Not available [§]	No chang	
N107: Percenta	age of students wh	o disagree or strong	ly disagree that thei	ir school has clear c	onsequences for				

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

[§]Not enough years of data to calculate.