

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Total
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
44.6	42.8	39.9	37.2	32.6	32.6	Decreased, 2011-2021	No quadratic change	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
22.7	17.4	15.8	14.4	14.9	15.1	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	No change

*Based on trend 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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Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	8.4	6.3	5.8	4.7	4.6	Decreased, 2013-2021	Not available [§]	No change
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	47.7	43.7	41.7	44.2	42.9	Decreased, 2013-2021	Not available	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			3.6	2.8	2.9	Decreased, 2017-2021	Not available	No change

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§Not enough years of data to calculate.

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Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)								
4.9	5.7	5.4	5.2	6.9	9.6	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
			6.7	6.4	6.8	No linear change	Not available [§]	No change
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
				7.9	4.9	Decreased, 2019-2021	Not available	Decreased

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Total Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
6.1	5.7	6.3	5.8	6.7	8.8	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			9.5	10.1	11.4	Increased, 2017-2021	Not available [§]	Increased
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
	10.2	11.7	7.3	7.8	9.6	Decreased, 2013-2021	Not available	Increased

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**Total
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
	7.4	7.8	7.9	7.0	8.7	No linear change	Not available [§]	Increased
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
25.3	22.8	22.1	21.4	23.0	20.0	Decreased, 2011-2021	No quadratic change	Decreased
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)								
21.6	18.1	18.6	19.0	20.1	21.8	No linear change	Decreased, 2011-2015 Increased, 2015-2021	Increased

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Total Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
25.2	25.4	27.2	28.0	33.6	44.2	Increased, 2011-2021	Increased, 2011-2017 Increased, 2017-2021	Increased
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
14.3	14.4	15.3	16.1	18.4	24.7	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
				13.3	19.3	Increased, 2019-2021	Not available [§]	Increased
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
6.1	6.7	6.8	5.9	7.0	9.8	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2019-2021 †

2011	2013	2015	2017	2019	2021			
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
2.4	2.5	2.5	2.0	2.0	2.8	No linear change	No quadratic change	Increased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**Total
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])								
			41.1	49.8	31.0	Decreased, 2017-2021	Not available [§]	Decreased
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
		25.0	23.8	33.8	16.2	Decreased, 2015-2021	Not available	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		4.2	5.7	13.5	7.2	Increased, 2015-2021	Not available	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2019-2021 †

2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		3.0	4.0	9.5	5.3	Increased, 2015-2021	Not available [§]	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
14.3	11.9	10.8	10.7	10.4	10.0	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
38.4	32.9	29.9	29.6	26.8	21.3	Decreased, 2011-2021	No quadratic change	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
				14.4	11.2	Decreased, 2019-2021	Not available [§]	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2019-2021†
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)								
33.0	40.3	42.3	40.1	35.9	40.5	No linear change	Increased, 2011-2015 Decreased, 2015-2021	Increased
QN46: Percentage of students who tried marijuana for the first time before age 13 years								
7.7	6.6	6.1	5.3	4.7	4.3	Decreased, 2011-2021	No quadratic change	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
28.4	24.4	22.2	23.1	26.1	17.8	Decreased, 2011-2021	No quadratic change	Decreased
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		9.2	5.6	8.6	10.1	Increased, 2015-2021	Not available§	Increased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
3.6	2.7	2.4	1.8	1.5	1.4	Decreased, 2011-2021	No quadratic change	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
4.2	2.9	2.5	1.8	1.7	1.6	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)								
8.7	7.4	4.5	3.0	2.4	2.5	Decreased, 2011-2021	No quadratic change	No change
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
23.1	20.1	16.5	16.3	20.3	15.9	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Sexual Behaviors

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse	47.5	42.8	39.4	38.9	39.8	29.3	Decreased, 2011-2021	No quadratic change	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years	4.5	4.0	2.8	2.4	2.3	2.3	Decreased, 2011-2021	No quadratic change	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life				8.6	7.2	4.9	Decreased, 2017-2021	Not available [§]	Decreased
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)	37.1	35.2	31.3	29.8	29.7	21.3	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
2011	2013	2015	2017	2019	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
22.7	20.7	18.9	18.7	19.6	19.0	No linear change	No quadratic change	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
60.8	55.2	60.2	59.5	55.3	51.5	Decreased, 2011-2021	No quadratic change	Decreased
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				9.2	5.7	Decreased, 2019-2021	Not available [§]	Decreased

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[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2019-2021†
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
14.1	13.8	14.5	14.1	14.0	13.6	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
12.1	11.2	12.2	12.8	12.7	13.3	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight								
				43.9	42.5	Decreased, 2019-2021	Not available [¶]	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
		37.0	37.4	37.4	39.7	Increased, 2015-2021	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, $p < 0.05$.

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

¶Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		13.0	12.5	10.4	9.4	Decreased, 2015-2021	Not available [§]	Decreased
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		9.4	7.7	7.2	5.9	Decreased, 2015-2021	Not available	Decreased
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
				14.1	18.2	Increased, 2019-2021	Not available	Increased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
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Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
				34.1	28.6	Decreased, 2019-2021	Not available [§]	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	47.0	46.9	47.2	47.1	46.2	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	11.6	13.6	13.2	13.1	13.3	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	22.9	22.3	23.0	22.5	22.9	No linear change	Not available	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

**Change from
2019-2021 †**

	2011	2013	2015	2017	2019	2021			
QN81: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)									
				14.4	14.7	12.3	Decreased, 2017-2021	Not available [§]	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
	2011	2013	2015	2017	2019	2021			
QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)									
			82.7	82.8	83.6	78.5	Decreased, 2015-2021	Not available [§]	Decreased
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)									
			1.3	0.9	1.2	1.3	No linear change	Not available	No change
QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)									
			28.4	25.5	23.9	23.3	Decreased, 2015-2021	Not available	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
	2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)									
			2.5	2.2	1.6	Decreased, 2017-2021	Not available [§]	Decreased	
QN88: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)									
69.0	73.4	74.5	77.6	77.0	75.8	Increased, 2011-2021	Increased, 2011-2017 No change, 2017-2021	No change	
QN89: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)									
63.2	60.0	56.3	57.4	54.4	57.3	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	Increased	
QN90: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)									
	27.9	24.7	22.2	13.5	14.5	Decreased, 2013-2021	Not available	No change	

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Site-Added	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †	
	2011	2013	2015	2017	2019	2021				
QN91: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)										
			16.0		14.4		15.6	No linear change	Not available [§]	Increased
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)										
			79.5		83.4		78.9	No linear change	Not available	Decreased
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)										
			71.1		76.3		71.6	No linear change	Not available	Decreased

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§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			53.9	59.4	54.5	No linear change	Not available [§]	Decreased
QN93: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (counting such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			25.5	26.5	31.8	Increased, 2017-2021	Not available	Increased
QN94: Percentage of students who have experienced an unwanted sexual advance because of another student's drinking (one or more times during the 12 months before the survey)								
				4.9	4.8	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (counting such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)								
			2.2	1.5	2.7	Increased, 2017-2021	Not available [§]	Increased
QN100: Percentage of students who currently took a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during the 30 days before the survey)								
11.5	7.6	6.8	5.2	4.3	4.4	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	No change
QN101: Percentage of students who recall hearing, reading, or seeing a public message about avoiding alcohol or other illegal drugs (during the 12 months before the survey)								
		79.6	68.6	70.2	59.6	Decreased, 2015-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN102: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			3.1	2.6	3.7	No linear change	Not available [§]	Increased
QN103: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop, one or more times per day during the 7 days before the survey)								
			18.6	18.0	18.2	No linear change	Not available	No change
QN104: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)								
		79.3	76.8	80.7	77.9	No linear change	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
	2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who have ever been told by a doctor or a nurse that they have asthma									
					22.6	19.6	Decreased, 2019-2021	Not available [§]	Decreased
QN106: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)									
			4.5	4.2	3.3		Decreased, 2017-2021	Not available	Decreased
QN117: Percentage of students who think people are at great risk of harming themselves (physically or in other ways) if they take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)									
	60.9	63.0	62.8	63.2	56.7	48.9	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN118: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
	53.3	57.1	56.7	65.4	62.7	Increased, 2013-2021	Not available [§]	Decreased
QN119: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to smoke marijuana								
	41.0	42.9	37.3	37.7	45.5	No linear change	Not available	Increased
QN120: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
	77.7	81.4	80.5	83.6	81.1	Increased, 2013-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2019-2021 †
	2011	2013	2015	2017	2019	2021		
QN121: Percentage of students who approve or strongly approve of someone their age having one or two drinks of alcohol nearly every day (beer, wine, or liquor)								
	7.3	8.1	6.3	5.0	5.0	Decreased, 2013-2021	Not available [§]	No change
QN122: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
	88.7	89.3	89.1	90.9	87.9	No linear change	Not available	Decreased
QN123: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to smoke marijuana								
	82.4	83.0	78.8	78.5	79.7	Decreased, 2013-2021	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
	2011	2013	2015	2017	2019	2021			
QN124: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)									
	94.1	94.9	94.2	95.5	93.0	No linear change	Not available [§]	Decreased	
QN125: Percentage of students who think it would be very easy for them to get some alcohol if they wanted to (beer, wine, or liquor)									
	41.5	37.6	38.9	31.6	25.1	Decreased, 2013-2021	Not available	Decreased	
QN126: Percentage of students who think it would be very easy for them to get some marijuana if they wanted to									
	47.7	47.1	41.6	41.4	39.0	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased	

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey

10-year Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2019-2021 †

2011

2013

2015

2017

2019

2021

QN127: Percentage of students who think it would be very easy for them to get a prescription drug without a doctor's prescription if they wanted to (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)

19.2

17.1

14.7

13.5

10.0

6.3

Decreased, 2011-2021

Decreased, 2011-2017
Decreased, 2017-2021

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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
45.1	42.5	40.2	37.8	32.4	31.3	Decreased, 2011-2021	No quadratic change	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
23.8	15.3	15.6	13.6	13.3	13.2	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	8.4	7.6	6.8	5.5	5.0	Decreased, 2013-2021	Not available [§]	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	46.2	41.3	40.3	42.0	40.1	Decreased, 2013-2021	Not available [§]	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			5.1	4.0	3.5	Decreased, 2017-2021	Not available	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)								
5.2	5.7	4.5	3.8	4.8	7.0	No linear change	No change, 2011-2017 Increased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
			7.7	7.0	6.8	Decreased, 2017-2021	Not available [§]	No change
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
				11.2	7.0	Decreased, 2019-2021	Not available	Decreased
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
4.1	3.3	3.0	2.8	3.0	3.7	No linear change	No change, 2011-2017 Increased, 2017-2021	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			4.1	3.9	5.2	Increased, 2017-2021	Not available [§]	Increased
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
	5.0	6.0	3.0	3.2	3.3	Decreased, 2013-2021	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
	5.8	6.1	6.3	6.3	5.8	No linear change	Not available [§]	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
23.7	19.9	16.8	16.9	18.5	16.0	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	Decreased
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)								
15.2	12.8	11.3	12.1	13.4	14.9	No linear change	Decreased, 2011-2015 Increased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
19.4	17.8	17.9	18.6	23.8	30.7	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
12.2	11.3	10.7	11.5	14.4	16.9	Increased, 2011-2021	No change, 2011-2015 Increased, 2015-2021	Increased
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
				10.0	13.7	Increased, 2019-2021	Not available [§]	Increased
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
4.8	5.0	4.6	4.0	5.3	6.3	No linear change	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
2.0	1.6	1.5	1.3	1.3	1.5	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])								
			43.9	47.8	27.8	Decreased, 2017-2021	Not available [§]	Decreased
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
		26.2	26.9	32.7	13.7	Decreased, 2015-2021	Not available	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		5.7	8.0	14.7	6.1	Increased, 2015-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		4.1	5.9	10.4	4.6	Increased, 2015-2021	Not available [§]	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
14.7	13.0	12.6	12.5	11.7	9.8	Decreased, 2011-2021	No quadratic change	Decreased
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
39.0	30.0	28.6	28.5	24.7	18.1	Decreased, 2011-2021	No quadratic change	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
				13.8	10.5	Decreased, 2019-2021	Not available [§]	Decreased

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
2011	2013	2015	2017	2019	2021			
QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)								
26.1	34.9	37.2	33.8	28.3	36.3	No linear change	Increased, 2011-2015 No change, 2015-2021	Increased
QN46: Percentage of students who tried marijuana for the first time before age 13 years								
8.1	7.8	8.0	6.8	5.7	4.5	Decreased, 2011-2021	No change, 2011-2015 Decreased, 2015-2021	Decreased
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
30.6	26.0	23.9	24.0	26.3	16.9	Decreased, 2011-2021	No quadratic change	Decreased
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		10.5	6.0	8.7	8.6	No linear change	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
5.0	3.3	3.2	2.3	2.0	1.8	Decreased, 2011-2021	No quadratic change	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
5.6	3.6	3.3	2.5	2.4	1.9	Decreased, 2011-2021	No quadratic change	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)								
11.2	8.8	5.4	3.8	3.0	2.9	Decreased, 2011-2021	No quadratic change	No change
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
27.4	21.6	19.0	17.4	21.3	15.3	Decreased, 2011-2021	Decreased, 2011-2015 Decreased, 2015-2021	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male Sexual Behaviors

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse	49.4	42.2	39.8	40.0	39.4	28.0	Decreased, 2011-2021	No quadratic change	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years	6.5	4.8	3.6	2.7	2.7	2.4	Decreased, 2011-2021	No quadratic change	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life				9.1	7.4	4.9	Decreased, 2017-2021	Not available [§]	Decreased
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)	37.9	32.2	30.4	29.0	28.2	19.5	Decreased, 2011-2021	No quadratic change	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
25.6	23.0	21.1	20.4	21.2	19.2	No linear change	No quadratic change	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
64.7	58.6	65.1	63.7	59.5	56.9	No linear change	No quadratic change	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				6.2	4.0	Decreased, 2019-2021	Not available§	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
13.8	13.5	14.6	13.7	14.0	13.2	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
14.6	14.9	16.3	15.8	16.1	16.2	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight								
				30.9	30.5	No linear change	Not available [¶]	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
		28.5	29.9	29.4	34.6	Increased, 2015-2021	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, $p < 0.05$.

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

¶Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		18.1	16.3	14.3	12.1	Decreased, 2015-2021	Not available [§]	Decreased
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		13.7	10.2	9.8	8.0	Decreased, 2015-2021	Not available	Decreased
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
				14.1	16.0	Increased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Male Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
				37.5	35.3	Decreased, 2019-2021	Not available [§]	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	54.1	52.9	55.1	53.4	54.6	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	9.6	12.2	11.1	10.9	10.3	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	30.1	29.0	30.0	28.8	30.8	No linear change	Not available	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN81: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)								
			16.0	15.7	13.7	Decreased, 2017-2021	Not available [§]	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Male Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
	2011	2013	2015	2017	2019	2021			
	QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)								
			81.6	82.5	82.7	77.5	Decreased, 2015-2021	Not available [§]	Decreased
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
			1.7	1.1	1.5	1.7	No linear change	Not available	No change
	QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			31.8	27.7	26.1	26.0	Decreased, 2015-2021	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			2.7	2.4	1.8	Decreased, 2017-2021	Not available [§]	No change
QN88: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
62.6	66.0	67.7	71.8	70.9	72.0	Increased, 2011-2021	No quadratic change	No change
QN89: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)								
66.5	63.0	60.5	61.4	57.8	57.5	Decreased, 2011-2021	No quadratic change	No change
QN90: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)								
	31.3	28.3	25.0	16.3	17.1	Decreased, 2013-2021	Not available	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN91: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			23.5	21.9	21.1	Decreased, 2017-2021	Not available [§]	No change
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			77.3	82.7	79.9	Increased, 2017-2021	Not available	Decreased
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			69.8	76.1	73.2	Increased, 2017-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			53.1	58.9	57.9	Increased, 2017-2021	Not available [§]	No change
QN93: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (counting such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			17.1	19.3	22.4	Increased, 2017-2021	Not available	Increased
QN94: Percentage of students who have experienced an unwanted sexual advance because of another student's drinking (one or more times during the 12 months before the survey)								
				3.1	2.9	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (counting such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)						Increased, 2017-2021	Not available [§]	Increased
2.6			2.1		3.7			
QN100: Percentage of students who currently took a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during the 30 days before the survey)						Decreased, 2011-2021	No quadratic change	Decreased
11.8	8.8	7.4	5.7	5.0	4.1			
QN101: Percentage of students who recall hearing, reading, or seeing a public message about avoiding alcohol or other illegal drugs (during the 12 months before the survey)						Decreased, 2015-2021	Not available	Decreased
		78.6	67.0	68.5	57.7			

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN102: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			4.2	3.1	4.0	No linear change	Not available [§]	Increased
QN103: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop, one or more times per day during the 7 days before the survey)								
			21.8	20.9	18.6	Decreased, 2017-2021	Not available	Decreased
QN104: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)								
		78.4	75.5	79.9	77.0	No linear change	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who have ever been told by a doctor or a nurse that they have asthma								
				21.4	19.4	Decreased, 2019-2021	Not available [§]	Decreased
QN106: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)								
			4.1	4.4	3.2	Decreased, 2017-2021	Not available	Decreased
QN117: Percentage of students who think people are at great risk of harming themselves (physically or in other ways) if they take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
55.8	59.4	59.6	58.6	52.3	46.2	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN118: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
	47.3	50.2	51.5	59.4	61.0	Increased, 2013-2021	Not available [§]	No change
QN119: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to smoke marijuana								
	36.6	39.8	35.1	35.7	46.8	Increased, 2013-2021	Not available	Increased
QN120: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
	75.6	77.4	76.3	80.3	79.7	Increased, 2013-2021	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN121: Percentage of students who approve or strongly approve of someone their age having one or two drinks of alcohol nearly every day (beer, wine, or liquor)								
	8.8	9.8	8.7	6.8	5.8	Decreased, 2013-2021	Not available [§]	No change
QN122: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
	86.2	86.2	86.5	89.3	87.0	No linear change	Not available	Decreased
QN123: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to smoke marijuana								
	80.0	81.1	78.7	77.1	79.8	No linear change	Not available	Increased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN124: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)						No linear change	Not available [§]	Decreased
	92.6	93.4	92.9	94.5	93.1			
QN125: Percentage of students who think it would be very easy for them to get some alcohol if they wanted to (beer, wine, or liquor)						Decreased, 2013-2021	Not available	Decreased
	39.5	37.7	39.2	32.7	24.7			
QN126: Percentage of students who think it would be very easy for them to get some marijuana if they wanted to						Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased
49.6	49.2	43.1	42.7	40.3	24.2			

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey

10-year Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2019-2021 †

2011 2013 2015 2017 2019 2021

QN127: Percentage of students who think it would be very easy for them to get a prescription drug without a doctor's prescription if they wanted to (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)

21.4	16.0	15.8	14.6	11.1	6.1	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased
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*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
43.9	42.6	39.2	36.4	32.4	33.8	Decreased, 2011-2021	No quadratic change	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
21.5	19.6	15.9	15.1	16.3	16.9	Decreased, 2011-2021	Decreased, 2011-2017 Increased, 2017-2021	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	8.4	4.8	4.5	3.6	4.0	Decreased, 2013-2021	Not available [§]	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2019-2021 †
	2011	2013	2015	2017	2019			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	49.4	46.0	43.0	46.4	45.9	Decreased, 2013-2021	Not available [§]	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			1.7	1.4	2.1	No linear change	Not available	Increased
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)								
	4.6	5.6	6.2	6.4	8.8	11.9	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
			5.4	5.5	6.6	No linear change	Not available [§]	Increased
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
				4.1	2.7	Decreased, 2019-2021	Not available	Decreased
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
8.4	7.9	9.8	8.8	10.6	13.9	Increased, 2011-2021	No quadratic change	Increased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			15.3	16.7	17.7	Increased, 2017-2021	Not available [§]	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
	14.8	17.3	11.4	12.3	15.4	No linear change	Not available	Increased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
	9.1	9.5	9.1	7.3	11.1	No linear change	Not available [§]	Increased
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
27.4	25.3	27.3	25.7	27.6	23.6	No linear change	No quadratic change	Decreased
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)								
28.5	23.7	26.0	26.2	26.8	28.7	No linear change	No change, 2011-2017 Increased, 2017-2021	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
31.3	32.7	36.9	37.6	43.9	57.5	Increased, 2011-2021	Increased, 2011-2017 Increased, 2017-2021	Increased
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
16.8	17.4	20.1	20.6	22.5	32.0	Increased, 2011-2021	Increased, 2011-2017 Increased, 2017-2021	Increased
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
				16.7	24.6	Increased, 2019-2021	Not available [§]	Increased
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
7.5	8.6	8.9	7.7	8.4	13.0	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
2.9	3.5	3.5	2.5	2.5	3.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †				
2011	2013	2015	2017	2019	2021							
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])						37.8	51.9	34.4	Decreased, 2017-2021	Not available [§]	Decreased	
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)						23.4	20.4	34.7	18.9	No linear change	Not available	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)						2.5	3.0	11.9	8.3	Increased, 2015-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		1.6	1.7	8.2	6.0	Increased, 2015-2021	Not available [§]	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire 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 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
13.9	10.0	8.6	8.4	8.8	10.1	Decreased, 2011-2021	Decreased, 2011-2015 Increased, 2015-2021	Increased
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
37.5	35.9	31.1	30.7	29.0	24.8	Decreased, 2011-2021	No quadratic change	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
				14.8	12.0	Decreased, 2019-2021	Not available [§]	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)								
41.3	44.8	47.7	46.8	43.1	43.9	No linear change	No quadratic change	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years								
7.3	5.1	4.0	3.6	3.4	4.1	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
25.8	22.6	20.0	21.9	25.5	18.6	No linear change	No quadratic change	Decreased
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		7.6	4.9	8.2	11.5	Increased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
2.1	1.8	1.3	1.0	0.7	0.8	Decreased, 2011-2021	No quadratic change	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
2.8	1.5	1.4	0.8	1.0	1.2	Decreased, 2011-2021	Decreased, 2011-2017 Increased, 2017-2021	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)								
6.1	5.4	3.4	1.9	1.6	2.1	Decreased, 2011-2021	No quadratic change	No change
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
18.5	18.5	13.9	14.8	19.0	16.5	No linear change	Decreased, 2011-2015 Increased, 2015-2021	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Female Sexual Behaviors

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse	45.7	43.4	38.7	37.5	40.0	30.6	Decreased, 2011-2021	No quadratic change	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years	2.4	3.0	1.9	1.8	1.6	2.1	No linear change	No quadratic change	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life				7.9	6.8	4.8	Decreased, 2017-2021	Not available [§]	Decreased
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)	36.4	38.3	32.0	30.5	31.1	23.3	Decreased, 2011-2021	No quadratic change	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Female Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
18.9	18.6	16.1	16.3	17.6	18.6	No linear change	No quadratic change	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
56.6	53.1	55.9	55.4	51.4	47.3	No linear change	No quadratic change	Decreased
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				12.4	7.4	Decreased, 2019-2021	Not available [§]	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
14.4	14.2	14.4	14.6	14.1	14.1	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
9.4	7.4	7.9	9.6	9.1	10.1	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight								
				57.7	55.2	Decreased, 2019-2021	Not available [¶]	Decreased
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
		46.1	45.5	46.0	45.1	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, $p < 0.05$.

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

¶Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		7.5	8.2	5.9	6.6	Decreased, 2015-2021	Not available [§]	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		4.7	4.9	4.1	3.5	Decreased, 2015-2021	Not available	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
				13.8	20.3	Increased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
				30.7	21.8	Decreased, 2019-2021	Not available [§]	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	39.7	40.7	38.7	40.3	37.8	No linear change	Not available [§]	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	13.7	15.1	15.2	15.3	16.0	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	15.3	15.1	15.3	15.6	15.2	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN81: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)								
			12.7	13.5	10.8	Decreased, 2017-2021	Not available [§]	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Female Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
	2011	2013	2015	2017	2019	2021			
	QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)								
			84.1	83.1	84.6	79.8	Decreased, 2015-2021	Not available [§]	Decreased
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
			0.8	0.5	0.8	0.8	No linear change	Not available	No change
	QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			24.6	23.5	21.7	20.8	Decreased, 2015-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			2.1	1.8	1.2	Decreased, 2017-2021	Not available [§]	Decreased
QN88: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
76.0	81.3	81.9	84.1	83.6	80.1	Increased, 2011-2021	Increased, 2011-2017 Decreased, 2017-2021	Decreased
QN89: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)								
59.1	55.6	50.8	52.0	49.6	57.3	No linear change	Decreased, 2011-2017 Increased, 2017-2021	Increased
QN90: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)								
	24.3	20.5	18.8	10.1	11.5	Decreased, 2013-2021	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN91: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			7.6	6.3	9.7	Increased, 2017-2021	Not available [§]	Increased
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			82.0	84.5	78.4	Decreased, 2017-2021	Not available	Decreased
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			72.4	76.8	70.3	No linear change	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			54.8	60.3	51.5	Decreased, 2017-2021	Not available [§]	Decreased
QN93: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (counting such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			33.5	33.7	40.3	Increased, 2017-2021	Not available	Increased
QN94: Percentage of students who have experienced an unwanted sexual advance because of another student's drinking (one or more times during the 12 months before the survey)								
				6.6	6.8	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (counting such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)								
			1.6	0.9	1.8	No linear change	Not available [§]	Increased
QN100: Percentage of students who currently took a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during the 30 days before the survey)								
11.1	6.2	5.9	4.4	3.4	4.7	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	Increased
QN101: Percentage of students who recall hearing, reading, or seeing a public message about avoiding alcohol or other illegal drugs (during the 12 months before the survey)								
		81.1	70.4	72.4	61.8	Decreased, 2015-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN102: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			1.9	1.8	3.2	Increased, 2017-2021	Not available [§]	Increased
QN103: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop, one or more times per day during the 7 days before the survey)								
			15.0	14.9	17.7	Increased, 2017-2021	Not available	Increased
QN104: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)								
		80.4	78.5	81.7	79.2	No linear change	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who have ever been told by a doctor or a nurse that they have asthma								
				23.8	19.8	Decreased, 2019-2021	Not available [§]	Decreased
QN106: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)								
			4.6	3.7	3.4	Decreased, 2017-2021	Not available	No change
QN117: Percentage of students who think people are at great risk of harming themselves (physically or in other ways) if they take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
66.3	66.9	66.4	68.1	61.5	52.1	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN118: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
	59.6	64.7	62.6	72.0	65.0	Increased, 2013-2021	Not available [§]	Decreased
QN119: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to smoke marijuana								
	45.7	46.5	40.0	40.2	44.6	No linear change	Not available	Increased
QN120: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
	80.2	86.0	85.3	87.6	83.1	Increased, 2013-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN121: Percentage of students who approve or strongly approve of someone their age having one or two drinks of alcohol nearly every day (beer, wine, or liquor)								
	5.8	6.1	3.4	3.0	4.3	Decreased, 2013-2021	Not available [§]	Increased
QN122: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
	91.4	92.9	92.0	93.0	89.2	No linear change	Not available	Decreased
QN123: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to smoke marijuana								
	85.2	85.2	79.1	80.4	79.8	Decreased, 2013-2021	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN124: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
	95.9	96.7	95.7	96.8	93.2	Decreased, 2013-2021	Not available [§]	Decreased
QN125: Percentage of students who think it would be very easy for them to get some alcohol if they wanted to (beer, wine, or liquor)								
	42.8	37.5	38.6	30.1	25.6	Decreased, 2013-2021	Not available	Decreased
QN126: Percentage of students who think it would be very easy for them to get some marijuana if they wanted to								
45.0	45.4	39.7	39.9	37.2	24.8	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey

10-year Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2019-2021 †

2011

2013

2015

2017

2019

2021

QN127: Percentage of students who think it would be very easy for them to get a prescription drug without a doctor's prescription if they wanted to (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)

16.8

18.2

13.3

12.1

8.7

6.5

Decreased, 2011-2021

Decreased, 2011-2017
Decreased, 2017-2021

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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
43.3	41.3	38.6	35.7	30.9	30.5	Decreased, 2011-2021	No quadratic change	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
21.2	16.6	15.0	13.4	14.3	14.7	Decreased, 2011-2021	Decreased, 2011-2017 Increased, 2017-2021	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	7.2	5.4	4.9	4.2	4.2	Decreased, 2013-2021	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	47.6	43.8	41.8	44.7	43.7	Decreased, 2013-2021	Not available [¶]	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			3.1	2.5	2.5	Decreased, 2017-2021	Not available	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)								
4.0	4.6	4.7	4.5	6.1	8.8	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
			5.9	5.5	6.2	No linear change	Not available [¶]	No change
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
				6.9	4.6	Decreased, 2019-2021	Not available	Decreased
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
5.4	5.0	5.6	5.3	6.4	8.4	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			9.1	10.0	11.3	Increased, 2017-2021	Not available [¶]	Increased
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
	9.5	11.1	6.8	7.5	9.4	No linear change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
	6.8	7.1	7.1	6.4	8.2	No linear change	Not available [¶]	Increased
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
25.0	22.3	21.8	21.0	23.0	20.1	Decreased, 2011-2021	No quadratic change	Decreased
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)								
21.2	17.6	18.3	18.9	20.0	22.0	No linear change	Decreased, 2011-2015 Increased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
24.2	24.3	26.5	27.4	33.4	43.7	Increased, 2011-2021	Increased, 2011-2017 Increased, 2017-2021	Increased
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
14.2	14.1	14.7	15.5	18.2	24.3	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
				12.8	18.8	Increased, 2019-2021	Not available [¶]	Increased
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
5.7	6.3	6.2	5.1	6.2	9.3	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from 2019-2021[§]

2011 2013 2015 2017 2019 2021

QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)

1.8 2.4 2.1 1.6 1.6 2.6 No linear change No quadratic change 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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])								
			40.6	50.4	30.9	Decreased, 2017-2021	Not available [¶]	Decreased
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
		24.3	23.6	34.2	16.3	Decreased, 2015-2021	Not available	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		3.6	5.4	13.5	7.1	Increased, 2015-2021	Not available	Decreased

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2019-2021[§]

2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		2.3	3.6	9.3	5.3	Increased, 2015-2021	Not available [¶]	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White* Alcohol and Other Drug Use								
Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
13.0	10.7	9.5	9.5	9.8	9.3	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
37.6	32.4	29.9	29.6	27.5	21.9	Decreased, 2011-2021	No quadratic change	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
				14.6	11.5	Decreased, 2019-2021	Not available [¶]	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White* Alcohol and Other Drug Use								
Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)								
34.0	42.7	44.1	41.5	36.8	41.3	No linear change	Increased, 2011-2015 Decreased, 2015-2021	Increased
QN46: Percentage of students who tried marijuana for the first time before age 13 years								
6.4	5.9	5.2	4.5	4.0	3.9	Decreased, 2011-2021	No quadratic change	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
27.7	23.7	21.4	22.4	25.9	17.8	Decreased, 2011-2021	No quadratic change	Decreased
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		8.5	5.0	7.9	9.9	Increased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White* Alcohol and Other Drug Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
2.8	1.6	1.7	1.3	1.0	1.0	Decreased, 2011-2021	No quadratic change	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
3.2	1.7	1.7	1.2	1.3	1.2	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)								
7.5	6.3	3.7	2.4	1.9	2.1	Decreased, 2011-2021	No quadratic change	No change
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
22.4	19.8	16.1	15.7	20.3	15.4	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse								
46.8	42.5	38.9	38.5	40.2	29.9	Decreased, 2011-2021	No quadratic change	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years								
3.3	2.9	2.0	1.8	1.8	2.0	Decreased, 2011-2021	No quadratic change	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life								
			7.9	6.7	4.7	Decreased, 2017-2021	Not available [¶]	Decreased
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
36.7	34.7	30.8	29.9	30.2	22.0	Decreased, 2011-2021	No quadratic change	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White* Sexual Behaviors						Health Risk Behavior and Percentages	Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021				
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)									
20.6	18.4	17.0	17.0	18.8	18.1	No linear change	No quadratic change	No change	
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)									
61.5	55.4	61.2	60.0	55.8	52.4	Decreased, 2011-2021	No quadratic change	Decreased	
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)									
				9.1	5.5	Decreased, 2019-2021	Not available [¶]	Decreased	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors								
Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[§]
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
14.0	13.6	14.6	14.0	14.0	13.4	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
11.5	10.6	12.1	12.4	12.5	12.9	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight								
				43.9	42.2	Decreased, 2019-2021	Not available	Decreased
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
		37.4	37.8	37.2	39.7	No linear change	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, $p < 0.05$.

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

**Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [‡]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		12.5	11.8	10.0	9.0	Decreased, 2015-2021	Not available [¶]	Decreased
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		8.8	7.1	6.8	5.5	Decreased, 2015-2021	Not available	Decreased
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
				13.3	17.6	Increased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey

10-year Trend Analysis Report

White*						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Weight Management and Dietary Behaviors								
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
				34.5	28.9	Decreased, 2019-2021	Not available [¶]	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White* Physical Activity						Health Risk Behavior and Percentages	Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021				
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									
	47.8	47.4	47.7	48.1	47.3	No linear change	Not available [¶]	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									
	11.0	12.6	12.5	11.9	12.4	No linear change	Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									
	22.6	22.1	22.8	22.6	23.5	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2019-2021[§]

2011 2013 2015 2017 2019 2021

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

13.9

14.4

11.7

Decreased, 2017-2021

Not available[¶]

Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White* Other	Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
	2011	2013	2015	2017	2019	2021			
	QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)								
			84.4	84.3	85.0	80.0	Decreased, 2015-2021	Not available [¶]	Decreased
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
			0.9	0.5	0.7	1.0	No linear change	Not available	No change
	QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			28.7	25.7	23.9	23.5	Decreased, 2015-2021	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			1.9	1.7	1.3	Decreased, 2017-2021	Not available [¶]	Decreased
QN88: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
70.4	74.7	76.1	78.7	78.0	77.0	Increased, 2011-2021	Increased, 2011-2017 No change, 2017-2021	No change
QN89: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)								
61.4	57.9	54.8	55.3	52.5	54.9	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	Increased
QN90: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)								
	26.7	23.1	20.9	12.1	13.6	Decreased, 2013-2021	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN91: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			15.4	14.5	15.9	No linear change	Not available [¶]	Increased
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			80.1	84.0	79.8	No linear change	Not available	Decreased
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			71.5	76.8	72.0	No linear change	Not available	Decreased

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			53.5	59.4	54.6	No linear change	Not available [¶]	Decreased
QN93: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (counting such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			25.1	26.4	31.5	Increased, 2017-2021	Not available	Increased
QN94: Percentage of students who have experienced an unwanted sexual advance because of another student's drinking (one or more times during the 12 months before the survey)								
				4.8	4.9	No linear change	Not available	No change

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (counting such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)								
			1.6	1.2	2.3	No linear change	Not available [¶]	Increased
QN100: Percentage of students who currently took a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during the 30 days before the survey)								
10.9	7.0	5.9	4.7	3.8	3.9	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	No change
QN101: Percentage of students who recall hearing, reading, or seeing a public message about avoiding alcohol or other illegal drugs (during the 12 months before the survey)								
		81.0	69.7	71.5	60.8	Decreased, 2015-2021	Not available	Decreased

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN102: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			2.6	2.1	3.2	No linear change	Not available [¶]	Increased
QN103: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop, one or more times per day during the 7 days before the survey)								
			18.2	17.7	18.3	No linear change	Not available	No change
QN104: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)								
		80.5	78.2	81.8	79.1	No linear change	Not available	Decreased

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who have ever been told by a doctor or a nurse that they have asthma								
				22.4	18.9	Decreased, 2019-2021	Not available [¶]	Decreased
QN106: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)								
			3.9	3.6	2.9	Decreased, 2017-2021	Not available	Decreased
QN117: Percentage of students who think people are at great risk of harming themselves (physically or in other ways) if they take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
62.4	63.8	64.1	64.0	57.8	49.1	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN118: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
	54.2	58.0	56.8	65.7	63.1	Increased, 2013-2021	Not available [¶]	Decreased
QN119: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to smoke marijuana								
	41.5	43.2	37.1	37.1	45.1	No linear change	Not available	Increased
QN120: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
	79.2	82.9	81.6	84.5	81.7	Increased, 2013-2021	Not available	Decreased

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN121: Percentage of students who approve or strongly approve of someone their age having one or two drinks of alcohol nearly every day (beer, wine, or liquor)								
	6.1	6.9	5.5	4.2	4.7	Decreased, 2013-2021	Not available [¶]	No change
QN122: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
	89.5	90.2	89.8	91.7	88.4	No linear change	Not available	Decreased
QN123: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to smoke marijuana								
	83.2	83.7	79.1	78.7	79.2	Decreased, 2013-2021	Not available	No change

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN124: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
	95.3	95.9	95.1	96.4	93.7	No linear change	Not available [¶]	Decreased
QN125: Percentage of students who think it would be very easy for them to get some alcohol if they wanted to (beer, wine, or liquor)								
	40.8	37.8	39.2	31.6	25.3	Decreased, 2013-2021	Not available	Decreased
QN126: Percentage of students who think it would be very easy for them to get some marijuana if they wanted to								
47.5	46.7	41.2	40.7	39.1	24.4	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2019-2021[§]

2011	2013	2015	2017	2019	2021			
QN127: Percentage of students who think it would be very easy for them to get a prescription drug without a doctor's prescription if they wanted to (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
18.3	16.2	13.9	12.8	9.6	5.9	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased

*Non-Hispanic.

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Injury and Violence						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
		50.8	48.9	49.2	46.7	No linear change	Not available [¶]	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
		19.7	23.1	16.6	15.3	No linear change	Not available	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
		10.9	12.4	9.3	6.4	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
		46.2	35.5	43.5	38.4	No linear change	Not available [¶]	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			5.1	5.7	2.7	No linear change	Not available	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)								
10.2	18.0	9.6	8.3	12.0	13.4	No linear change	No quadratic change	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Injury and Violence						Health Risk Behavior and Percentages	Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]			
2011	2013	2015	2017	2019	2021							
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)						11.6	13.5	4.8	Decreased, 2017-2021	Not available [¶]	Decreased	
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)							15.5	5.6	Decreased, 2019-2021	Not available	Decreased	
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)						7.3	7.3	7.9	7.8	No linear change	Not available	No change

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Black* Injury and Violence						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			9.5	9.7	6.7	No linear change	Not available [¶]	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
		14.6	7.9	10.0	4.5	No linear change	Not available	No change

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Injury and Violence						Health Risk Behavior and Percentages	Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]					
2011	2013	2015	2017	2019	2021									
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)						11.2	15.7	10.5	7.4	No linear change	Not available [¶]	No change		
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)						23.0	31.0	16.0	16.2	20.2	15.3	No linear change	No quadratic change	No change
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)						22.9	25.5	12.8	13.1	16.8	18.4	No linear change	No quadratic change	No change

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Injury and Violence		Health Risk Behavior and Percentages					Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021				
QN25: Percentage of students who felt sad or hopeless (almost every day for ≥ 2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)									
		25.5	23.6	31.7	34.8	Increased, 2015-2021	Not available [¶]	No change	
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)									
14.9	16.4	12.2	20.6	17.8	23.3	No linear change	No quadratic change	No change	
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)									
				14.3	13.5	No linear change	Not available	No change	
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)									
		6.3	10.7	15.5	10.2	No linear change	Not available	No change	

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Black* Injury and Violence						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
		3.3	2.8	4.4	2.6	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Tobacco Use						Health Risk Behavior and Percentages	Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]			
2011	2013	2015	2017	2019	2021							
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])						42.0	44.0	27.0	Decreased, 2017-2021	Not available [¶]	Decreased	
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)						30.3	22.2	24.8	14.8	Decreased, 2015-2021	Not available	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)						7.9	6.1	8.1	6.5	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Black* Tobacco Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		6.8	5.0	6.5	5.0	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Alcohol and Other Drug Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
		20.1	13.5	13.2	11.1	Decreased, 2015-2021	Not available [¶]	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
		29.3	27.6	16.4	16.1	Decreased, 2015-2021	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
				9.7	7.9	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Alcohol and Other Drug Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)								
		35.5	36.2	22.5	37.7	No linear change	Not available [¶]	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years								
		10.8	8.6	7.3	5.9	No linear change	Not available	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
		32.1	27.1	25.5	16.9	Decreased, 2015-2021	Not available	Decreased
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		14.4	6.9	13.9	9.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Alcohol and Other Drug Use								
Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
		6.8	4.0	4.8	2.7	No linear change	Not available [¶]	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
		6.6	4.8	4.6	2.8	No linear change	Not available	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)								
22.8	8.9	7.3	5.1	5.0	3.5	Decreased, 2011-2021	No quadratic change	No change
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
	16.2	17.2	16.4	17.8	15.3	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Sexual Behaviors		Health Risk Behavior and Percentages					Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021				
QN57: Percentage of students who ever had sexual intercourse									
		39.1	38.2	33.0	23.3	Decreased, 2015-2021	Not available [¶]	Decreased	
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years									
		7.1	6.1	5.4	2.8	No linear change	Not available	No change	
QN59: Percentage of students who had sexual intercourse with four or more persons during their life									
			15.0	9.5	6.2	Decreased, 2017-2021	Not available	No change	
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)									
		29.2	28.1	22.8	14.7	Decreased, 2015-2021	Not available	Decreased	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Sexual Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)						No linear change	Not available [¶]	No change
		35.3	29.4	20.9	25.4			
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)						No linear change	Not available	No change
		50.8	64.3	51.0	54.1			
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)						No linear change	Not available	No change
				7.2	6.1			

*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, $p < 0.05$.

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Weight Management and Dietary Behaviors						Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
		16.7	15.9	17.5	16.2	No linear change	Not available	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
		9.3	19.5	15.9	17.9	No linear change	Not available	No change
QN67: Percentage of students who were trying to lose weight								
				37.6	40.9	No linear change	Not available	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
		39.1	34.3	42.3	40.3	No linear change	Not available	No change

*Non-Hispanic.

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

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

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

**Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Weight Management and Dietary Behaviors						Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		16.6	19.6	15.0	12.5	No linear change	Not available [¶]	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		14.6	15.4	11.7	8.2	Decreased, 2015-2021	Not available	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
				23.7	21.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Black*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
				24.7	22.0	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Physical Activity		Health Risk Behavior and Percentages					Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021				
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									
		43.2	49.1	43.9	42.9	No linear change	Not available [¶]	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									
		22.5	15.7	21.2	16.0	No linear change	Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									
		23.9	31.4	28.0	25.3	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Black* Physical Activity						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN81: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)								
			21.1	22.1	17.3	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
	2011	2013	2015	2017	2019	2021			
	QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)								
			63.1	70.9	69.7	69.1	No linear change	Not available [¶]	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
			5.9	4.8	5.3	3.4	No linear change	Not available	No change
	QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			29.2	28.3	23.8	27.5	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			7.8	4.6	1.9	No linear change	Not available [¶]	No change
QN88: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
53.0	48.2	58.4	68.9	63.2	68.0	Increased, 2011-2021	No quadratic change	No change
QN89: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)								
		80.5	80.1	77.8	73.3	No linear change	Not available	No change
QN90: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)								
		39.2	29.3	21.5	26.4	Decreased, 2015-2021	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN91: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			11.8	14.2	10.5	No linear change	Not available [¶]	No change
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			72.7	71.5	68.7	No linear change	Not available	No change
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			66.1	66.9	64.9	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			51.5	53.5	51.0	No linear change	Not available [¶]	No change
QN93: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (counting such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			23.0	19.6	23.1	No linear change	Not available	No change
QN94: Percentage of students who have experienced an unwanted sexual advance because of another student's drinking (one or more times during the 12 months before the survey)								
				4.9	1.7	Decreased, 2019-2021	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Site-Added						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (counting such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)								
			9.3	3.1	4.1	No linear change	Not available [¶]	No change
QN100: Percentage of students who currently took a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during the 30 days before the survey)								
		11.7	10.0	4.2	6.6	No linear change	Not available	No change
QN101: Percentage of students who recall hearing, reading, or seeing a public message about avoiding alcohol or other illegal drugs (during the 12 months before the survey)								
		62.5	53.1	55.7	54.4	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Black* Site-Added						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN102: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			6.8	9.5	10.5	No linear change	Not available [¶]	No change
QN103: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop, one or more times per day during the 7 days before the survey)								
			21.7	19.8	22.3	No linear change	Not available	No change
QN104: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)								
		69.7	66.3	73.6	67.9	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who have ever been told by a doctor or a nurse that they have asthma								
				19.4	23.3	No linear change	Not available [¶]	No change
QN106: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)								
			9.1	5.9	5.8	No linear change	Not available	No change
QN117: Percentage of students who think people are at great risk of harming themselves (physically or in other ways) if they take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
45.7	55.1	54.1	51.9	49.0	54.0	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN118: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
		49.9	56.8	61.2	60.7	No linear change	Not available [¶]	No change
QN119: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to smoke marijuana								
		38.3	39.5	40.8	49.9	No linear change	Not available	No change
QN120: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
		68.8	78.3	79.2	78.5	Increased, 2015-2021	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN121: Percentage of students who approve or strongly approve of someone their age having one or two drinks of alcohol nearly every day (beer, wine, or liquor)								
		16.7	10.8	12.3	6.8	Decreased, 2015-2021	Not available [¶]	No change
QN122: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
		86.1	84.0	86.1	85.3	No linear change	Not available	No change
QN123: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to smoke marijuana								
		78.9	79.3	77.8	81.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN124: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
		87.6	91.0	87.8	89.9	No linear change	Not available [¶]	No change
QN125: Percentage of students who think it would be very easy for them to get some alcohol if they wanted to (beer, wine, or liquor)								
		34.7	43.7	31.2	20.3	Decreased, 2015-2021	Not available	Decreased
QN126: Percentage of students who think it would be very easy for them to get some marijuana if they wanted to								
		45.3	47.7	37.7	23.0	Decreased, 2015-2021	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN127: Percentage of students who think it would be very easy for them to get a prescription drug without a doctor's prescription if they wanted to (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
		19.8	21.2	15.3	8.2	Decreased, 2015-2021	Not available [¶]	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
66.2	61.9	54.3	54.6	45.8	48.0	Decreased, 2011-2021	No quadratic change	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
45.9	31.8	25.4	24.2	21.2	19.9	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	27.7	20.4	17.8	13.1	8.4	Decreased, 2013-2021	Not available [§]	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	56.6	47.9	46.3	45.3	41.3	Decreased, 2013-2021	Not available§	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			8.1	6.7	5.0	Decreased, 2017-2021	Not available	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)								
20.7	17.1	12.5	11.1	13.1	15.0	No linear change	Decreased, 2011-2015 Increased, 2015-2021	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
			13.3	12.7	9.8	No linear change	Not available§	No change
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
				16.8	7.4	Decreased, 2019-2021	Not available	Decreased
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
18.1	11.4	18.0	12.1	12.5	13.4	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			15.0	16.2	15.9	No linear change	Not available [§]	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
	15.6	20.5	13.1	14.4	12.0	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
	11.5	18.1	14.4	14.3	12.3	No linear change	Not available [§]	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
35.0	21.6	27.1	25.3	23.2	18.9	Decreased, 2011-2021	No quadratic change	Decreased
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)								
31.4	21.4	24.3	20.3	22.0	21.1	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
39.4	30.5	38.9	36.2	40.9	52.4	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
24.2	15.4	24.8	22.1	24.6	28.3	Increased, 2011-2021	No quadratic change	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
				19.4	23.3	Increased, 2019-2021	Not available [§]	Increased
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
21.3	12.9	14.3	12.9	14.9	14.5	No linear change	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
17.7	5.6	8.3	5.6	6.4	4.4	Decreased, 2011-2021	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])								
			56.5	57.8	39.6	Decreased, 2017-2021	Not available [§]	Decreased
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
		32.7	32.0	40.6	19.6	Decreased, 2015-2021	Not available	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		10.9	9.9	17.7	9.7	No linear change	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		9.4	7.9	14.4	7.2	No linear change	Not available [§]	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
37.0	27.8	23.2	23.1	19.0	17.0	Decreased, 2011-2021	No quadratic change	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
57.4	46.8	35.6	38.6	30.8	22.3	Decreased, 2011-2021	No quadratic change	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
				18.0	13.1	No linear change	Not available [§]	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)								
19.4	23.3	27.8	30.7	23.8	34.0	No linear change	No quadratic change	Increased
QN46: Percentage of students who tried marijuana for the first time before age 13 years								
22.1	16.6	16.2	14.9	12.7	7.8	Decreased, 2011-2021	No quadratic change	Decreased
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
37.6	34.3	31.5	35.3	33.2	22.3	Decreased, 2011-2021	No quadratic change	Decreased
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		18.0	12.5	14.5	12.9	No linear change	Not available§	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
18.2	14.7	10.5	6.1	6.6	4.0	Decreased, 2011-2021	No quadratic change	Decreased
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
20.1	15.9	10.6	6.9	7.6	4.4	Decreased, 2011-2021	No quadratic change	Decreased
QN54: Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)								
25.8	23.3	14.0	8.6	9.7	5.6	Decreased, 2011-2021	No quadratic change	Decreased
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
36.1	31.8	25.6	23.9	26.4	20.1	Decreased, 2011-2021	No quadratic change	Decreased

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse								
60.0	54.4	52.6	51.1	47.6	34.3	Decreased, 2011-2021	No quadratic change	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years								
23.4	19.6	12.5	8.6	6.8	4.7	Decreased, 2011-2021	No quadratic change	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life								
			18.1	14.3	7.8	Decreased, 2017-2021	Not available [§]	Decreased
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
47.6	45.9	42.9	36.6	33.9	24.4	Decreased, 2011-2021	No quadratic change	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
44.5	43.9	33.0	31.6	29.0	22.8	Decreased, 2011-2021	No quadratic change	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
47.0	47.3	55.1	50.4	47.3	43.9	No linear change	No quadratic change	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				13.0	8.7	Decreased, 2019-2021	Not available [§]	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
14.2	16.2	13.9	18.3	15.5	15.9	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
26.5	16.4	16.3	17.6	17.0	19.0	No linear change	Decreased, 2011-2015 No change, 2015-2021	No change
QN67: Percentage of students who were trying to lose weight								
				48.9	47.2	No linear change	Not available [¶]	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
		32.0	35.2	37.2	33.8	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, $p < 0.05$.

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

¶Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		20.3	18.1	14.2	14.2	Decreased, 2015-2021	Not available [§]	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
		16.1	12.2	11.2	10.3	No linear change	Not available	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
				18.8	24.0	Increased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2019-2021 †

2011	2013	2015	2017	2019	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
				29.5	21.8	Decreased, 2019-2021	Not available [§]	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Hispanic
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	41.5	42.9	43.0	38.9	40.3	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	14.0	23.9	18.4	22.9	19.1	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	25.6	21.4	23.4	21.1	20.9	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN81: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)								
			17.9	18.0	17.1	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
	2011	2013	2015	2017	2019	2021			
	QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)								
			69.1	70.9	71.9	70.6	No linear change	Not available [§]	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
			5.4	4.5	5.4	3.0	No linear change	Not available	Decreased
	QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			22.8	21.4	22.5	21.6	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

Hispanic Site-Added

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			8.6	6.2	3.8	Decreased, 2017-2021	Not available [§]	Decreased
QN88: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
53.4	58.4	57.7	65.8	68.2	67.2	Increased, 2011-2021	No quadratic change	No change
QN89: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)								
84.3	84.9	74.1	80.6	72.7	77.5	No linear change	No quadratic change	No change
QN90: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)								
	51.7	39.5	37.3	28.5	21.9	Decreased, 2013-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN91: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
			22.4	15.5	13.8	Decreased, 2017-2021	Not available [§]	No change
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			72.7	79.8	74.8	No linear change	Not available	Decreased
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			66.0	73.8	69.3	No linear change	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			54.6	60.7	54.0	No linear change	Not available [§]	Decreased
QN93: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (counting such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			29.1	30.7	38.2	Increased, 2017-2021	Not available	Increased
QN94: Percentage of students who have experienced an unwanted sexual advance because of another student's drinking (one or more times during the 12 months before the survey)								
				7.7	7.3	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (counting such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)								
			5.6	5.7	6.0	No linear change	Not available [§]	No change
QN100: Percentage of students who currently took a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during the 30 days before the survey)								
29.1	19.3	16.9	9.0	11.0	8.4	Decreased, 2011-2021	No quadratic change	No change
QN101: Percentage of students who recall hearing, reading, or seeing a public message about avoiding alcohol or other illegal drugs (during the 12 months before the survey)								
		70.9	62.4	62.7	51.7	Decreased, 2015-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN102: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)								
			7.5	5.9	6.4	No linear change	Not available [§]	No change
QN103: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop, one or more times per day during the 7 days before the survey)								
			23.6	23.3	18.7	No linear change	Not available	Decreased
QN104: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)								
		69.9	65.5	73.6	71.0	No linear change	Not available	No change

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§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic
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Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who have ever been told by a doctor or a nurse that they have asthma								
				27.6	26.1	No linear change	Not available [§]	No change
QN106: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)								
			11.1	10.8	6.9	Decreased, 2017-2021	Not available	Decreased
QN117: Percentage of students who think people are at great risk of harming themselves (physically or in other ways) if they take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
41.9	50.1	50.0	54.4	47.6	47.7	No linear change	No quadratic change	No change

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

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§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN118: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
	39.6	48.0	51.6	57.8	57.5	Increased, 2013-2021	Not available [§]	No change
QN119: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to smoke marijuana								
	29.3	34.9	30.7	35.7	44.7	Increased, 2013-2021	Not available	Increased
QN120: Percentage of students who reported that their friends feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
	60.4	68.8	71.2	75.6	77.6	Increased, 2013-2021	Not available	No change

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§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey 10-year Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN121: Percentage of students who approve or strongly approve of someone their age having one or two drinks of alcohol nearly every day (beer, wine, or liquor)								
	19.9	19.4	14.3	10.4	7.6	Decreased, 2013-2021	Not available [§]	No change
QN122: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to have one or two drinks of an alcoholic beverage nearly every day (beer, wine, or liquor)								
	76.2	80.3	81.9	82.7	83.8	Increased, 2013-2021	Not available	No change
QN123: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to smoke marijuana								
	71.7	75.0	72.1	73.7	79.7	No linear change	Not available	Increased

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§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN124: Percentage of students who reported that their parents feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)								
	80.7	87.1	86.7	88.2	88.8	Increased, 2013-2021	Not available§	No change
QN125: Percentage of students who think it would be very easy for them to get some alcohol if they wanted to (beer, wine, or liquor)								
	47.5	42.1	39.4	36.5	27.7	Decreased, 2013-2021	Not available	Decreased
QN126: Percentage of students who think it would be very easy for them to get some marijuana if they wanted to								
55.1	58.9	50.4	55.0	48.5	30.8	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

New Hampshire High School Survey
10-year Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2019-2021 †

2011 2013 2015 2017 2019 2021

QN127: Percentage of students who think it would be very easy for them to get a prescription drug without a doctor's prescription if they wanted to (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)

33.5 27.6 23.6 18.8 14.9 9.3 Decreased, 2011-2021 No quadratic change Decreased

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

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