

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Total Injury and Violence</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					36.3	36.5	34.7	32.2	34.8	41.2	No linear change	Decreased, 2013-2019 Increased, 2019-2023	No change
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
							7.3	5.3	5.8	6.1	No linear change	Not available <sup>§</sup>	No change

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

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

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Total Injury and Violence</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023<sup>†</sup></b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
								9.5	9.0	11.4	No linear change	Not available <sup>§</sup>	No change
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)													
5.2	8.0	8.3	7.9	7.4	5.4	7.2	7.1	7.1	6.4	8.2	No linear change	No quadratic change	No change
QN18: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood													
								22.5	19.7		No linear change	Not available	No change

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

<sup>†</sup>Based on t-test analysis, p < 0.05.

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Injury and Violence		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
		2003	2004	2007	2009	2011	2013	2015	2017	2019	2021			
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)														
					9.8	10.1	6.5	6.8	13.5	14.1	Increased, 2013-2023	Decreased, 2013-2017 Increased, 2017-2023	No change	
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)														
					9.8	8.9	8.6	7.4	8.4	9.1	No linear change	No quadratic change	No change	
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)														
			20.8	18.9	21.4	22.0	21.2	23.8	16.0	22.5	No linear change	No quadratic change	Increased	

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

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

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

<b>Total Injury and Violence</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN25: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)													
				17.4	13.2	17.0	18.2	18.0	17.7	18.3	Increased, 2011-2023	No quadratic change	No change
QN26: 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)													
30.1	28.2	29.4	26.7	27.0	25.7	31.3	29.2	37.2	39.2	41.6	Increased, 2003-2023	Decreased, 2003-2013 Increased, 2013-2023	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
17.6	15.4	15.1	14.6	14.8	15.0	15.7	14.8	18.4	19.1	18.6	Increased, 2003-2023	No change, 2003-2013 Increased, 2013-2023	No change

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

†Based on t-test analysis, p < 0.05.

**2023 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Kentucky High School Survey**

**Trend Analysis Report**

<b>Total Injury and Violence</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
<b>2003</b>	<b>2004</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>2021</b>	<b>2023</b>			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
14.5	11.6	11.9	12.5	13.7	12.6	13.9	13.0	15.9	15.0	14.1	Increased, 2003-2023	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
10.3	9.2	7.6	8.8	10.9	7.7	9.4	7.9	8.1	9.5	8.6	No linear change	No quadratic change	No change
QN88: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)													
						20.8	17.2	17.6	21.9	20.6	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

Total Tobacco Use		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
		2003	2004	2007	2009	2011	2013	2015	2017	2019	2021			
QN31: Percentage of students who smoked a cigarette (even one or two puffs)														
71.1	59.5	62.2	59.0	59.2	47.1	44.1	40.5	30.6	26.4	24.3	Decreased, 2003-2023	Decreased, 2003-2011 Decreased, 2011-2023	No change	
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)														
								15.5	11.8	13.5	11.0	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNFRICIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														
18.4	14.4	13.4	12.0	11.6	7.3	5.7	4.9	3.0	1.3	0.7	Decreased, 2003-2023	Decreased, 2003-2011 Decreased, 2011-2023	No change	
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														
14.9	11.1	10.6	9.3	9.0	5.6	4.6	3.7	2.2	1.1	0.6	Decreased, 2003-2023	Decreased, 2003-2011 Decreased, 2011-2023	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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## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

Total Tobacco Use		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
32.7	26.2	26.0	26.1	24.1	17.9	16.9	14.3	8.9	4.9	5.3	Decreased, 2003-2023	Decreased, 2003-2011 Decreased, 2011-2023	No change
QN34: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)													
16.6	19.1	13.6	13.8	18.2	10.9	6.8	7.2	11.0	8.2	9.3	Decreased, 2003-2023	No quadratic change	No change
QN35: 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])													
						41.7	44.5	53.7	45.1	41.7	No linear change	Not available <sup>§</sup>	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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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

**Total Tobacco Use**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						3.2	2.7	11.1	8.1	10.3	Increased, 2015-2023	Not available <sup>§</sup>	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						2.2	1.9	8.7	6.8	8.7	Increased, 2015-2023	Not available	No change
QN36: 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	14.1	26.1	21.9	19.7	No linear change	Not available	No change

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

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## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Tobacco Use		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
		2003	2004	2007	2009	2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], during the 30 days before the survey, among students who currently used electronic vapor products)														
										11.7	12.0	No linear change	Not available <sup>§</sup>	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)														
							4.5	2.4	1.5	1.1	Decreased, 2017-2023	Not available	No change	
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)														
							3.4	2.2	1.1	0.7	Decreased, 2017-2023	Not available	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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<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)													
							10.6	6.4	4.2	3.1	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)													
1.4	2.6	2.0	1.8	2.5	1.9	1.8	1.0	1.6	1.0	0.7	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)													
0.8	1.7	1.3	1.5	1.6	1.2	1.1	0.5	1.5	0.9	0.7	Decreased, 2003-2023	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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## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Tobacco Use		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
37.6	29.4	28.8	29.3	27.8	22.0	20.7	17.3	11.6	6.9	7.3	Decreased, 2003-2023	Decreased, 2003-2015 Decreased, 2015-2023	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
							20.5	13.3	8.8	8.3	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							23.4	27.1	22.5	20.5	No linear change	Not available	No change

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

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§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Tobacco Use		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †			
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023							
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																	
						26.9	19.6	26.3	21.7	20.0	Decreased, 2015-2023	Not available <sup>§</sup>	No change				
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																	
18.7	15.5	15.5	17.2	17.5	13.3	14.0	11.0	7.9	4.3	4.1	Decreased, 2003-2023	Decreased, 2003-2015 Decreased, 2015-2023	No change				
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																	
											45.8	50.5	55.7	61.2	Increased, 2017-2023	Not available	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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**2023 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Kentucky High School Survey  
Trend Analysis Report**

<b>Total Tobacco Use</b>		<b>Health Risk Behavior and Percentages</b>									<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>	
		<b>2003</b>	<b>2004</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>				<b>2021</b>
QN89: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey)														
									19.7	13.8	11.1	Decreased, 2019-2023	Not available <sup>§</sup>	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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## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Total Alcohol and Other Drug Use</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
26.8	28.9	25.1	21.7	20.5	19.0	15.9	17.1	15.4	14.4	14.7	Decreased, 2003-2023	No quadratic change	No change
QN42: 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)													
45.1	37.4	40.6	37.8	34.6	30.4	28.5	26.6	23.5	17.5	17.4	Decreased, 2003-2023	Decreased, 2003-2009 Decreased, 2009-2023	No change
QN43: 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)													
							13.2	10.3	8.0	9.9	Decreased, 2017-2023	Not available <sup>§</sup>	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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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

**Total  
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN45: 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)													
									37.1	34.3	No linear change	Not available <sup>§</sup>	No change
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
43.3	34.4	35.0	31.4	37.4	34.0	33.1	32.1	31.9	23.1	24.8	Decreased, 2003-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
21.1	15.8	16.4	16.1	19.2	17.7	17.2	15.8	16.1	11.9	12.4	Decreased, 2003-2023	No change, 2003-2017 Decreased, 2017-2023	No change

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## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Total Alcohol and Other Drug Use</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)													
							10.9	11.0	10.6	13.0	No linear change	Not available <sup>§</sup>	No change
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
14.3	13.5	14.2	13.4	11.4	7.1	7.4	6.5	5.6	7.5	6.2	Decreased, 2003-2023	No quadratic change	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)													
						3.7	2.1	1.8	1.9	1.7	Decreased, 2015-2023	Not available	No change

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Total  
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)													
								2.2	1.7	1.9	No linear change	Not available <sup>§</sup>	No change

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<sup>†</sup>Based on t-test analysis, p < 0.05.

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

Total Sexual Behaviors		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN56: Percentage of students who ever had sexual intercourse														
52.1	46.3	50.3	48.3	51.8	44.7	41.7	38.4	39.2	30.7	35.7	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change	
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years														
5.6	7.9	7.8	6.7	7.2	5.4	4.8	3.7	3.2	3.9	3.3	Decreased, 2003-2023	No quadratic change	No change	
QN58: Percentage of students who had sexual intercourse with four or more persons during their life														
14.8	13.6	14.4	12.7	16.6	12.6	10.4	9.6	8.5	7.1	5.5	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change	
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)														
38.7	33.5	36.5	33.6	37.7	31.7	30.3	29.0	28.7	22.0	24.6	Decreased, 2003-2023	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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## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Sexual Behaviors		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †	
		2003	2004	2007	2009	2011	2013	2015	2017	2019				2021
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)														
	21.9	19.3	19.0	22.9	16.8	18.7	17.1	17.5	14.9	13.3	15.8	Decreased, 2003-2023	No quadratic change	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)														
	61.7	65.2	59.0	59.9	50.6	53.1	53.9	48.7	52.6	46.4	46.6	Decreased, 2003-2023	No quadratic change	No change
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)														
										26.3	24.5	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Dietary Behaviors											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)§													
14.5	15.4	15.4	17.4	16.5	18.0	18.5	20.2	18.4	19.6	22.1	Increased, 2003-2023	No quadratic change	No change
QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)§													
15.2	16.8	16.3	15.4	15.4	15.4	17.0	16.1	17.8	16.2	15.3	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
33.8	33.2	31.2	30.1	30.0	32.3	32.0	33.7	34.7	33.3	34.6	No linear change	No change, 2003-2009 Increased, 2009-2023	No change
QN67: Percentage of students who were trying to lose weight													
									45.5	48.3	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,  $p < 0.05$ .

§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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Total Dietary Behaviors</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
<b>2003</b>	<b>2004</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>2021</b>	<b>2023</b>			
<b>QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)</b>													
25.8	27.2	28.8	26.1	26.5	28.5	28.3	31.3	32.7	32.9	36.0	Increased, 2003-2023	No change, 2003-2011 Increased, 2011-2023	No change
<b>QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)</b>													
18.5	20.8	18.9	18.8	19.1	14.2	14.8	16.7	18.4	19.1	19.5	No linear change	Decreased, 2003-2015 Increased, 2015-2023	No change
<b>QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</b>													
9.9	11.3	10.6	9.7	9.7	8.0	7.7	8.8	10.4	9.8	11.3	No linear change	Decreased, 2003-2015 Increased, 2015-2023	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

<b>Total Dietary Behaviors</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
46.0	50.1	47.0	50.8	50.3	55.4	52.7	48.3	47.5	47.5	47.9	No linear change	Increased, 2003-2013 Decreased, 2013-2023	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
19.2	23.8	21.3	24.2	23.0	25.7	21.0	20.8	20.9	19.0	19.9	Decreased, 2003-2023	Increased, 2003-2011 Decreased, 2011-2023	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
40.3	47.2	46.3	45.6	45.6	47.0	49.6	49.7	50.9	52.9	53.4	Increased, 2003-2023	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,  $p < 0.05$ .

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Dietary Behaviors		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)														
25.6	24.2	24.3	23.1	25.7	26.5	29.0	35.4	37.6	37.6	38.3	Increased, 2003-2023	No change, 2003-2009 Increased, 2009-2023	No change	
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)														
59.2	59.8	60.0	58.6	58.9	55.9	58.2	61.7	62.9	65.3	67.7	Increased, 2003-2023	No change, 2003-2013 Increased, 2013-2023	No change	
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)														
17.9	19.3	20.7	21.7	22.9	21.1	21.9	24.1	24.4	25.5	25.5	Increased, 2003-2023	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,  $p < 0.05$ .

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Total Dietary Behaviors</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
6.4	7.5	6.7	6.3	7.0	6.2	8.5	10.3	11.0	10.8	11.0	Increased, 2003-2023	No quadratic change	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
55.6	58.0	57.4	58.7	56.8	57.3	57.1	50.7	48.2	47.8	46.2	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
22.2	26.3	22.0	22.3	25.4	22.7	23.2	18.3	18.7	16.6	17.3	Decreased, 2003-2023	No change, 2003-2015 Decreased, 2015-2023	No change

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

†Based on t-test analysis, p < 0.05.



2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Total Dietary Behaviors											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
10.5	13.5	11.1	10.9	12.3	11.6	11.1	9.0	8.9	8.2	8.3	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	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)													
		16.4	18.1	17.6	21.7	23.6	23.2	25.4	22.1	22.9	Increased, 2007-2023	Increased, 2007-2019 Decreased, 2019-2023	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
		40.5	35.7	36.4	32.9	32.4	28.1	25.6	27.6	27.2	Decreased, 2007-2023	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.

**2023 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Kentucky High School Survey**

**Trend Analysis Report**

<b>Total Dietary Behaviors</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
<b>2003</b>	<b>2004</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>2021</b>	<b>2023</b>			
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)													
		31.4	26.7	26.3	24.5	23.3	20.5	17.6	18.5	16.5	Decreased, 2007-2023	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
			14.9	15.5	12.3	12.6	15.4	16.6	20.5	20.2	Increased, 2009-2023	Decreased, 2009-2015 Increased, 2015-2023	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
			31.9	29.9	40.1	34.8	30.2	26.5	23.0	23.5	Decreased, 2009-2023	Increased, 2009-2013 Decreased, 2013-2023	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Total Dietary Behaviors</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN95: 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)													
							9.2	9.0	6.5	6.0	Decreased, 2017-2023	Not available <sup>§</sup>	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)													
							59.5	62.7	63.1	68.9	Increased, 2017-2023	Not available	Increased
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)													
							49.5	54.4	54.7	60.5	Increased, 2017-2023	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.

**2023 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Kentucky High School Survey  
Trend Analysis Report**

**Total  
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
							37.2	40.7	41.0	45.2	Increased, 2017-2023	Not available <sup>§</sup>	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Physical Activity		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
		2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN76: 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)															
					39.3	39.8	37.0	40.6	37.4	44.7	41.8	Increased, 2011-2023	No quadratic change	No change	
QN77: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)															
		34.9	25.2	31.0	32.9	35.4	34.4	37.8	31.2	31.5	35.6	34.8	No linear change	No quadratic change	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)															
					20.6	19.9	16.5	19.2	19.1	15.9	15.8	Decreased, 2011-2023	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,  $p < 0.05$ .

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Total Physical Activity</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
				21.9	22.5	20.2	22.0	19.0	25.3	22.9	No linear change	No quadratic change	No change
QN78: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)													
50.9	52.6	48.6	48.2	46.3	50.8	50.8	48.3	45.9	46.5	43.6	Decreased, 2003-2023	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													
23.8	17.3	20.0	23.1	20.0	19.3	22.3	19.2	17.8	23.5	20.5	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,  $p < 0.05$ .

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN83: 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)														
			69.7	69.0	67.8	69.4	69.8	73.1	71.6	69.7	72.2	Increased, 2007-2023	No quadratic change	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)														
			2.7	2.0	3.2	2.3	2.2	2.1	1.9	1.9	1.5	Decreased, 2007-2023	No quadratic change	No change
QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)														
							24.3	22.0	19.4	20.0	18.4	Decreased, 2015-2023	Not available <sup>§</sup>	No change
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)														
							5.7	5.2	5.8	4.2		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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN97: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)														
			76.7	77.3	74.5	77.2	72.9	70.6	70.4	68.1	67.4	Decreased, 2007-2023	No quadratic change	No change
QN98: Percentage of students who missed one or more days of school because their mental health was not good (including stress, anxiety, and depression, during the 30 days before the survey)														
								25.4	25.8	30.2		Increased, 2019-2023	Not available <sup>§</sup>	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.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Mental Health		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN30: 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)														
3.7	2.7	2.4	3.5	4.6	2.9	3.9	2.8	3.0	3.2	2.9	No linear change	No quadratic change	No change	
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)														
									28.6	30.1	No linear change	Not available <sup>§</sup>	No change	

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Protective Factors		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN101: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems													
			16.2		13.9		11.3	15.5	16.6	14.7	No linear change	No quadratic change	No change
QN102: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem													
								69.7	68.6	67.0	No linear change	Not available <sup>§</sup>	No change

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

<sup>†</sup>Based on t-test analysis, p < 0.05.

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Total Birth Control		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
		2003	2004	2007	2009	2011	2013	2015	2017	2019	2021			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)														
										8.5	9.1	No linear change	Not available <sup>§</sup>	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)														
										39.8	40.7	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)														
										14.4	11.0	No linear change	Not available	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Total  
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									14.8	14.3	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Male  
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					40.4	36.1	37.7	34.8	31.9	42.0	No linear change	No quadratic change	Increased
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
							9.4	8.5	7.5	10.7	No linear change	Not available <sup>§</sup>	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)													
								7.6	8.0	9.5	No linear change	Not available	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Male Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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	11.1	9.6	10.4	8.7	6.6	7.6	9.1	7.9	6.5	8.7	Decreased, 2003-2023	No quadratic change	No change
QN18: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood													
									22.4	19.9	No linear change	Not available <sup>§</sup>	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)													
					6.4	6.1	2.2	3.2	6.7	5.7	No linear change	Decreased, 2013-2017 Increased, 2017-2023	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					7.6	5.3	6.7	5.4	5.6	8.8	No linear change	No change, 2013-2019 No change, 2019-2023	Increased
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)													
			19.7	17.1	18.6	15.5	16.4	19.6	11.9	17.3	Decreased, 2009-2023	No quadratic change	Increased
QN25: 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)													
				13.1	9.9	9.2	11.8	13.0	12.3	14.7	Increased, 2011-2023	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.

**2023 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Kentucky High School Survey**

**Trend Analysis Report**

**Male  
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN26: 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)													
23.6	21.8	23.1	21.7	22.1	20.0	20.5	17.6	27.8	26.9	31.6	Increased, 2003-2023	Decreased, 2003-2017 Increased, 2017-2023	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
14.3	12.6	12.2	12.4	11.6	10.9	10.6	9.6	14.6	13.7	14.8	No linear change	Decreased, 2003-2015 Increased, 2015-2023	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
13.8	9.9	9.9	10.9	12.8	10.9	9.8	9.6	14.0	10.8	11.9	No linear change	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
9.8	7.0	5.8	8.4	10.4	5.9	5.7	5.8	6.2	6.1	7.7	Decreased, 2003-2023	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.



2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN88: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)													
						13.3	11.5	12.3	13.0	12.6	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who smoked a cigarette (even one or two puffs)													
69.6	60.2	62.0	61.1	61.2	49.2	41.4	41.2	31.7	25.9	25.6	Decreased, 2003-2023	Decreased, 2003-2011 Decreased, 2011-2023	No change
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)													
							16.5	14.1	14.4	11.9	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNFRICIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
18.0	15.3	12.5	12.1	12.3	8.4	4.5	4.2	3.4	1.5	1.3	Decreased, 2003-2023	Decreased, 2003-2011 Decreased, 2011-2023	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
14.6	12.3	10.3	9.7	9.6	6.6	3.6	3.3	2.3	1.3	0.9	Decreased, 2003-2023	Decreased, 2003-2011 Decreased, 2011-2023	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Male Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
31.8	26.4	26.2	29.1	26.7	20.3	15.7	14.3	10.3	5.1	6.5	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change
QN34: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)													
17.5	23.6	14.0	17.9	20.3	11.8	8.6	7.3	14.1	6.8	14.6	Decreased, 2003-2023	No quadratic change	No change
QN35: 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	46.9	52.7	40.7	38.8	Decreased, 2015-2023	Not available <sup>§</sup>	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						4.4	4.1	14.2	7.1	9.4	Increased, 2015-2023	Not available <sup>§</sup>	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						3.2	3.0	11.6	5.9	8.0	Increased, 2015-2023	Not available	No change
QN36: 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	16.4	27.6	16.9	17.8	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN37: Percentage of students who usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], during the 30 days before the survey, among students who currently used electronic vapor products)											No linear change	Not available <sup>§</sup>	No change
						8.1	4.3	2.2	1.6		Decreased, 2017-2023	Not available	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)											Decreased, 2017-2023	Not available	No change
						6.4	3.8	1.7	1.1		Decreased, 2017-2023	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)											Decreased, 2017-2023	Not available	No change
						6.4	3.8	1.7	1.1		Decreased, 2017-2023	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Male Tobacco Use</b>																								
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>											
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023														
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)											17.2	10.2	5.8	5.1	Decreased, 2017-2023	Not available <sup>§</sup>	No change							
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)											2.2	4.2	2.8	3.2	3.6	2.1	2.5	0.9	2.1	1.0	1.1	Decreased, 2003-2023	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)											1.2	2.9	2.2	2.7	2.6	1.4	1.6	0.7	1.8	0.8	1.1	Decreased, 2003-2023	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Male Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
38.2	30.9	29.9	34.1	32.0	25.5	20.7	18.2	13.6	7.1	9.2	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
							24.2	16.6	10.2	10.6	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							27.9	28.7	17.7	18.8	Decreased, 2017-2023	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
						26.6	21.8	27.6	16.4	18.2	Decreased, 2015-2023	Not available <sup>§</sup>	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
24.2	21.5	19.6	24.6	23.4	18.3	17.1	13.4	10.5	5.2	5.9	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
						43.9	49.9	52.8	59.2		Increased, 2017-2023	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.



**2023 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Kentucky High School Survey  
Trend Analysis Report**

**Male  
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN89: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey)													
								23.3	13.9	11.4	Decreased, 2019-2023	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Male

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
31.9	32.9	28.4	24.4	24.4	21.0	17.9	18.5	17.5	14.5	15.4	Decreased, 2003-2023	No quadratic change	No change
QN42: 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)													
46.3	38.0	41.0	40.4	35.6	32.6	25.6	24.4	23.6	14.4	15.7	Decreased, 2003-2023	No change, 2003-2009 Decreased, 2009-2023	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							12.7	11.8	7.0	9.6	Decreased, 2017-2023	Not available <sup>§</sup>	No change

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

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

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Male

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN45: 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)													
									27.8	28.3	No linear change	Not available <sup>§</sup>	No change
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
45.4	36.0	36.0	34.4	39.7	36.9	33.7	30.9	31.9	21.3	24.2	Decreased, 2003-2023	Decreased, 2003-2015 Decreased, 2015-2023	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
22.5	18.1	17.4	19.6	20.6	20.0	17.5	14.6	16.9	10.9	13.3	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

**2023 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Kentucky High School Survey**

**Trend Analysis Report**

**Male**

**Alcohol and Other Drug Use**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)													
							9.5	10.8	7.1	11.6	No linear change	Not available <sup>§</sup>	Increased
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
13.8	14.0	14.7	13.6	12.1	6.7	5.7	7.4	5.1	6.3	6.6	Decreased, 2003-2023	No quadratic change	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)													
						3.6	2.2	2.0	1.9	2.8	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)													
								2.5	1.8	3.1	No linear change	Not available <sup>§</sup>	No change

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

<sup>†</sup>Based on t-test analysis, p < 0.05.

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Male  
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
49.7	48.0	49.0	49.0	51.7	45.9	42.3	40.3	38.3	29.0	35.0	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years													
7.6	11.5	10.0	9.3	8.9	7.5	5.4	5.3	4.2	4.4	3.9	Decreased, 2003-2023	No quadratic change	No change
QN58: Percentage of students who had sexual intercourse with four or more persons during their life													
15.8	16.6	14.8	14.7	17.0	14.4	10.6	11.7	9.7	8.4	6.8	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
34.8	32.5	33.2	31.2	34.6	31.0	31.0	28.8	26.9	20.1	22.8	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Male Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
28.0	24.6	21.4	28.6	22.2	23.8	17.3	17.9	18.3	11.3	19.1	Decreased, 2003-2023	No quadratic change	Increased
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
68.3	69.4	67.5	66.3	55.9	62.1	64.6	53.3	60.5	51.9	53.1	Decreased, 2003-2023	No quadratic change	No change
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									30.7	22.6	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

**Male  
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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) <sup>§</sup>													
19.4	20.4	19.7	20.4	20.6	24.2	20.6	23.0	21.9	24.9	26.5	Increased, 2003-2023	No quadratic change	No change
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) <sup>§</sup>													
14.3	17.2	17.2	14.8	14.3	13.8	14.9	15.0	15.5	15.0	13.5	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
27.9	29.5	25.0	24.2	23.2	29.3	25.5	28.1	30.4	30.4	32.0	Increased, 2003-2023	Decreased, 2003-2009 Increased, 2009-2023	No change
QN67: Percentage of students who were trying to lose weight													
									38.7	39.7	No linear change	Not available <sup>¶</sup>	No change

\*Based on trend 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.



**2023 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Kentucky High School Survey**

**Trend Analysis Report**

**Male  
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													
24.5	27.9	29.7	27.6	27.5	30.0	27.8	30.3	29.9	34.1	33.6	Increased, 2003-2023	No quadratic change	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
20.9	21.8	21.2	20.2	23.1	16.5	18.0	20.2	20.0	21.1	23.0	No linear change	Decreased, 2003-2015 Increased, 2015-2023	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
12.1	13.4	12.7	11.4	12.4	10.1	9.3	11.3	11.6	11.6	13.8	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

<b>Male Dietary Behaviors</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
46.9	53.1	47.6	51.8	51.3	55.3	52.7	51.6	48.2	49.7	48.8	No linear change	Increased, 2003-2013 Decreased, 2013-2023	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
19.3	26.1	22.6	24.1	24.4	27.9	20.1	23.8	20.4	21.0	19.4	Decreased, 2003-2023	Increased, 2003-2013 Decreased, 2013-2023	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
47.1	49.9	50.8	50.3	50.4	52.0	55.9	54.9	54.3	60.2	57.6	Increased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Male  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)													
24.9	25.8	26.1	23.4	26.7	25.3	29.5	37.2	35.8	37.0	36.5	Increased, 2003-2023	No quadratic change	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)													
59.3	59.0	59.8	58.7	56.6	56.1	60.7	61.6	62.1	64.4	65.9	Increased, 2003-2023	No change, 2003-2013 Increased, 2013-2023	No change
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)													
20.1	23.2	23.5	23.4	26.3	24.4	25.5	27.0	25.5	28.5	28.9	Increased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Male  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
7.5	10.0	8.6	7.9	8.7	7.6	10.4	12.0	12.0	12.7	13.6	Increased, 2003-2023	No quadratic change	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
53.2	57.6	55.9	57.4	58.4	57.9	55.3	49.2	49.0	47.3	47.0	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
22.2	28.0	23.0	22.1	26.3	24.4	21.9	17.2	18.1	18.5	17.9	Decreased, 2003-2023	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Male Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
11.6	15.2	12.3	10.7	12.8	13.7	10.9	9.0	8.5	9.0	9.1	Decreased, 2003-2023	No quadratic change	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)													
		15.7	16.3	17.5	20.4	22.7	21.7	23.8	23.5	22.5	Increased, 2007-2023	Increased, 2007-2019 No change, 2019-2023	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
		44.1	39.7	37.1	36.2	33.0	31.9	27.3	29.1	28.8	Decreased, 2007-2023	Decreased, 2007-2019 No change, 2019-2023	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Male  
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
		34.7	30.1	28.0	26.9	23.9	23.4	19.3	19.8	18.4	Decreased, 2007-2023	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
			16.1	17.6	12.6	13.0	14.8	16.3	18.4	19.8	Increased, 2009-2023	Decreased, 2009-2015 Increased, 2015-2023	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
			35.0	31.2	42.9	37.3	34.1	29.7	25.9	27.8	Decreased, 2009-2023	Increased, 2009-2013 Decreased, 2013-2023	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Male  
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †				
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023							
QN95: 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)											12.1	10.4	7.4	7.0	Decreased, 2017-2023	Not available <sup>§</sup>	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)											57.2	62.3	64.1	69.2	Increased, 2017-2023	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)											46.6	54.5	57.1	60.5	Increased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Male  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
							36.0	40.7	44.9	45.5	Increased, 2017-2023	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Male  
Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
				49.5	48.7	44.1	50.5	44.4	52.8	51.7	No linear change	No quadratic change	No change
QN77: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													
43.8	30.2	37.3	41.8	43.9	41.9	44.2	38.2	37.8	39.5	40.6	No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
				17.2	16.1	13.9	15.5	15.5	13.6	13.3	Decreased, 2011-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Male  
Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
				30.4	29.5	27.3	31.0	24.8	35.1	29.5	No linear change	No quadratic change	Decreased
QN78: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)													
55.5	55.2	51.7	51.9	47.9	54.3	53.3	50.5	49.7	48.1	45.1	Decreased, 2003-2023	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													
28.7	20.2	23.5	29.8	24.8	22.5	25.2	25.2	20.9	26.3	24.6	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Male Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
	QN83: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)													
			68.0	69.6	66.3	66.5	68.2	70.3	70.2	67.6	73.0	Increased, 2007-2023	No quadratic change	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													
			2.8	2.3	3.3	2.3	2.1	2.4	1.7	2.3	1.4	Decreased, 2007-2023	No quadratic change	No change
	QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)													
							26.8	23.3	20.7	20.5	17.4	Decreased, 2015-2023	Not available <sup>§</sup>	No change
	QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
							6.3	6.1	6.0	4.9		No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Male Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN97: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)														
			70.5	69.3	66.8	69.8	64.8	64.4	63.3	62.7	63.3	Decreased, 2007-2023	No quadratic change	No change
QN98: Percentage of students who missed one or more days of school because their mental health was not good (including stress, anxiety, and depression, during the 30 days before the survey)														
									17.4	15.5	19.4	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Male  
Mental Health

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN30: 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)													
3.4	2.2	1.4	3.8	4.9	2.6	2.5	2.0	2.9	1.9	3.0	No linear change	No quadratic change	No change
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
									16.7	19.0	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Male  
Protective Factors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN101: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems													
					16.7	11.1	11.9	13.6	15.6	13.2	No linear change	No quadratic change	No change
QN102: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem													
								69.6	68.2	66.8	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Male  
Birth Control**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									2.7	7.8	No linear change	Not available <sup>§</sup>	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									36.0	35.5	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									12.0	9.6	No linear change	Not available	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Male  
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									10.8	14.7	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													
					31.6	37.1	30.2	28.6	36.8	40.3	No linear change	No quadratic change	No change
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
						4.2	1.4	3.2	1.3		Decreased, 2017-2023	Not available <sup>§</sup>	Decreased
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
							10.9	9.3	13.0		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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
2.3	4.7	6.6	5.2	5.1	3.8	6.7	4.7	5.8	5.8	7.7	Increased, 2003-2023	No quadratic change	No change
QN18: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood													
									22.3	19.2	Decreased, 2021-2023	Not available <sup>§</sup>	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)													
					13.1	13.8	10.2	9.4	18.9	22.2	Increased, 2013-2023	Decreased, 2013-2019 Increased, 2019-2023	No change

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

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

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					11.8	12.1	9.7	8.7	10.1	8.8	No linear change	No quadratic change	No change
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)													
			21.9	20.8	24.1	28.6	25.8	27.9	19.6	27.9	Increased, 2009-2023	No quadratic change	Increased
QN25: 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)													
			21.9	16.4	25.0	25.1	22.7	22.9	21.9		No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Female Injury and Violence</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
Q26: 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)													
36.7	35.0	35.9	32.1	32.1	31.7	42.5	40.9	46.7	51.6	52.0	Increased, 2003-2023	No change, 2003-2011 Increased, 2011-2023	No change
Q27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
21.0	18.3	17.8	16.9	18.0	19.2	20.6	19.4	21.3	24.7	22.7	Increased, 2003-2023	No quadratic change	No change
Q28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
14.8	13.4	13.8	14.2	14.5	14.3	18.1	15.9	17.2	18.7	16.6	Increased, 2003-2023	No quadratic change	No change
Q29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
10.3	11.2	9.2	9.1	10.8	9.2	12.9	9.3	9.3	12.3	9.4	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN88: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)													
						28.0	22.5	22.6	30.0	28.5	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Female Tobacco Use											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who smoked a cigarette (even one or two puffs)													
72.4	58.7	62.4	57.1	57.0	44.9	46.8	39.8	29.3	26.5	23.3	Decreased, 2003-2023	Decreased, 2003-2011 Decreased, 2011-2023	No change
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)													
							14.2	9.0	11.8	10.1	No linear change	Not available <sup>§</sup>	No change
QNFRFCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
18.8	13.5	14.2	12.0	10.5	6.3	6.8	5.4	2.4	1.0	0.2	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
15.2	9.9	10.8	8.9	8.1	4.6	5.5	3.9	1.9	0.8	0.2	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Female Tobacco Use</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
33.4	26.0	25.8	23.1	21.4	15.5	18.0	14.0	7.2	4.2	3.9	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change
QN34: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)													
16.0	14.5	13.0	8.5	15.8	9.4	5.2	5.8	4.6	10.5	0.0	Not available	Not available <sup>§</sup>	No change
QN35: 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])													
						39.5	41.7	54.5	48.9	44.7	Increased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						2.0	1.2	7.5	9.1	11.4	Increased, 2015-2023	Not available <sup>§</sup>	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						1.1	0.8	5.2	7.6	9.5	Increased, 2015-2023	Not available	No change
QN36: 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)													
						23.3	11.3	24.0	26.6	21.5	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.



2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN37: Percentage of students who usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], during the 30 days before the survey, among students who currently used electronic vapor products)													
									10.5	9.3	No linear change	Not available <sup>§</sup>	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)													
							0.9	0.1	0.6	0.4	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)													
							0.4	0.1	0.5	0.2	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Female Tobacco Use</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)													
							3.1	2.0	1.7	0.8	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)													
0.7	0.9	1.1	0.4	1.3	1.7	0.8	0.8	0.8	0.9	0.4	No linear change	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)													
0.3	0.5	0.4	0.4	0.5	1.0	0.5	0.4	0.8	0.9	0.2	No linear change	No quadratic change	No change

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

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

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Female Tobacco Use		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)														
36.7	27.8	27.7	24.5	23.4	18.2	20.5	15.9	9.3	6.2	5.3	Decreased, 2003-2023	Decreased, 2003-2015 Decreased, 2015-2023	No change	
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)														
							16.4	9.5	7.1	5.6	Decreased, 2017-2023	Not available <sup>§</sup>	No change	
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)														
							18.6	25.1	27.0	22.2	No linear change	Not available	No change	

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

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

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Female Tobacco Use</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
<b>2003</b>	<b>2004</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>2021</b>	<b>2023</b>			
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)											No linear change	Not available <sup>§</sup>	No change
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)											Decreased, 2003-2023	No change, 2003-2015 Decreased, 2015-2023	No change
12.6	9.0	11.1	9.5	11.0	7.6	10.2	7.6	4.6	3.0	2.0			
QN40: Percentage of students who tried to quit using all tobacco products (including cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, pipe tobacco, heated tobacco products, or nicotine pouches, during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)											Increased, 2017-2023	Not available	No change
							48.5	52.3	56.8	63.0			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN89: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey)													
								15.1	12.9	11.0	Decreased, 2019-2023	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
21.3	24.7	21.3	18.9	16.1	16.8	13.5	15.3	13.0	13.3	14.0	Decreased, 2003-2023	No quadratic change	No change
QN42: 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)													
44.2	36.8	40.1	35.2	33.3	28.0	31.2	28.6	23.1	19.8	19.0	Decreased, 2003-2023	No quadratic change	No change
QN43: 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	8.6	8.9	10.1	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN45: 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)													
									44.8	39.9	No linear change	Not available <sup>§</sup>	No change
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
41.1	32.6	33.9	28.5	34.8	30.6	32.6	32.9	31.6	24.6	25.5	Decreased, 2003-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
19.5	13.4	15.4	12.5	17.4	15.3	16.9	16.7	14.8	12.8	11.3	Decreased, 2003-2023	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)													
							11.9	10.9	13.6	14.2	No linear change	Not available <sup>§</sup>	No change
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
14.6	13.0	13.4	13.2	10.3	7.2	8.6	5.0	5.4	7.6	5.6	Decreased, 2003-2023	No quadratic change	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)													
						3.1	1.6	0.8	1.4	0.4	Decreased, 2015-2023	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.



2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)													
								1.3	1.2	0.4	No linear change	Not available <sup>§</sup>	No change

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

<sup>†</sup>Based on t-test analysis, p < 0.05.

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
54.3	44.6	51.5	47.8	51.9	43.3	41.4	36.5	40.4	32.4	36.4	Decreased, 2003-2023	No quadratic change	No change
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years													
3.7	4.1	5.8	4.0	5.5	3.2	4.1	1.8	2.1	3.1	2.6	Decreased, 2003-2023	No quadratic change	No change
QN58: Percentage of students who had sexual intercourse with four or more persons during their life													
13.7	10.6	13.9	10.7	16.3	10.5	10.2	7.6	7.2	5.9	4.2	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
42.4	34.5	39.6	36.1	40.9	32.3	29.6	28.9	30.7	23.8	26.3	Decreased, 2003-2023	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,  $p < 0.05$ .

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Female  
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
17.1	14.4	17.2	18.0	12.4	13.6	16.4	17.3	11.9	14.8	13.2	No linear change	No quadratic change	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
56.9	61.4	52.6	54.5	46.4	45.1	43.8	44.3	45.6	42.3	41.2	Decreased, 2003-2023	No quadratic change	No change
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									22.7	26.5	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>													
9.3	10.2	10.8	14.1	12.1	11.3	16.2	17.2	14.6	13.9	17.3	Increased, 2003-2023	No quadratic change	No change
QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>													
16.1	16.5	15.2	16.0	16.6	17.0	19.2	17.3	20.3	17.5	17.2	Increased, 2003-2023	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
39.9	37.2	37.5	36.5	36.7	35.5	38.8	39.6	39.3	36.4	37.0	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight													
									52.8	57.8	No linear change	Not available <sup>¶</sup>	No change

\*Based on trend 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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Female Dietary Behaviors</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
<b>2003</b>	<b>2004</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>2021</b>	<b>2023</b>			
<b>QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)</b>													
27.0	26.5	27.9	24.7	25.6	27.2	28.6	32.3	35.6	31.9	38.2	Increased, 2003-2023	No change, 2003-2011 Increased, 2011-2023	Increased
<b>QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)</b>													
16.2	19.8	16.6	17.4	15.1	11.5	11.3	12.9	16.4	16.4	15.9	No linear change	Decreased, 2003-2015 Increased, 2015-2023	No change
<b>QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</b>													
7.8	9.2	8.5	8.0	7.0	5.8	5.8	6.2	9.0	7.8	8.7	No linear change	Decreased, 2003-2015 Increased, 2015-2023	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Female  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
44.6	46.8	46.3	49.9	49.1	55.7	52.7	45.1	46.7	44.9	47.1	No linear change	Increased, 2003-2013 Decreased, 2013-2023	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
19.0	21.3	19.9	24.5	21.5	23.5	21.9	17.5	21.6	16.9	20.4	Decreased, 2003-2023	Increased, 2003-2009 Decreased, 2009-2023	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
33.3	44.3	42.0	40.7	40.8	41.9	43.2	45.1	46.8	45.9	49.0	Increased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Female  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)													
26.3	22.6	22.5	22.7	24.8	27.8	28.2	33.7	39.5	38.5	40.6	Increased, 2003-2023	No change, 2003-2007 Increased, 2007-2023	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)													
59.5	60.6	60.5	58.7	61.5	56.0	55.7	62.2	64.0	66.9	69.6	Increased, 2003-2023	Decreased, 2003-2015 Increased, 2015-2023	No change
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)													
15.8	15.1	17.7	19.8	19.4	17.6	18.0	20.5	22.9	22.5	22.0	Increased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Female  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
5.3	4.8	4.8	4.6	5.2	4.8	6.5	8.5	9.9	9.1	8.4	Increased, 2003-2023	No quadratic change	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
57.9	58.5	58.9	60.0	55.2	56.5	58.8	51.9	47.4	47.8	45.3	Decreased, 2003-2023	No change, 2003-2015 Decreased, 2015-2023	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
21.9	24.3	20.9	22.6	24.5	20.7	24.0	18.9	18.9	14.3	16.5	Decreased, 2003-2023	No change, 2003-2015 Decreased, 2015-2023	No change

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

†Based on t-test analysis, p < 0.05.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
8.8	11.7	9.9	11.2	11.9	9.3	11.1	8.4	8.6	7.2	7.2	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)													
		17.2	20.0	17.8	23.2	24.7	24.7	27.2	21.1	23.3	Increased, 2007-2023	Increased, 2007-2019 No change, 2019-2023	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
		36.9	31.6	35.7	29.6	31.6	24.3	23.5	26.0	25.4	Decreased, 2007-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Female  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
		28.2	23.3	24.7	22.0	22.5	17.5	15.5	17.0	14.5	Decreased, 2007-2023	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
			13.5	13.4	11.9	12.4	16.1	16.4	22.3	20.5	Increased, 2009-2023	No change, 2009-2013 Increased, 2013-2023	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
			28.8	28.6	37.2	32.2	26.1	23.4	20.2	19.1	Decreased, 2009-2023	Increased, 2009-2013 Decreased, 2013-2023	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN95: 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)													
							5.5	7.1	5.4	4.9	No linear change	Not available <sup>§</sup>	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)													
							62.2	63.6	62.7	69.0	No linear change	Not available	Increased
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)													
							53.0	54.7	52.8	60.6	No linear change	Not available	Increased

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

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Female  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
							38.8	41.0	37.4	44.9	No linear change	Not available <sup>§</sup>	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Female  
Physical Activity**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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)													
				29.0	30.8	29.9	30.8	30.3	36.5	31.8	Increased, 2011-2023	No quadratic change	No change
QN77: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													
25.8	20.1	24.4	23.7	26.5	26.7	31.1	23.7	24.5	31.1	29.0	Increased, 2003-2023	No quadratic change	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)													
				23.9	23.6	18.8	22.9	22.5	18.0	18.1	Decreased, 2011-2023	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Female  
Physical Activity**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
				13.3	15.4	12.9	12.8	13.0	15.6	16.2	No linear change	No quadratic change	No change
QN78: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)													
46.4	49.7	45.3	44.6	44.6	47.3	48.2	46.5	42.0	45.0	42.5	No linear change	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													
19.0	14.3	16.6	16.1	15.3	16.1	19.3	13.1	14.7	20.7	16.5	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,  $p < 0.05$ .

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Female Other		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN83: 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)													
		71.6	68.4	69.8	72.5	71.5	76.8	73.4	72.8	71.7	Increased, 2007-2023	No quadratic change	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													
		2.6	1.8	2.7	2.2	2.1	1.8	2.1	1.3	1.5	No linear change	No quadratic change	No change
QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)													
						21.8	20.8	18.3	19.5	19.5	No linear change	Not available <sup>§</sup>	No change
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
						4.4	3.7	4.9	3.1		No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Female Other		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN97: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)														
		83.6	85.8	82.6	85.5	81.7	78.1	78.6	74.5	72.1	Decreased, 2007-2023	No change, 2007-2013 Decreased, 2013-2023	No change	
QN98: Percentage of students who missed one or more days of school because their mental health was not good (including stress, anxiety, and depression, during the 30 days before the survey)														
								33.3	35.1	40.7	Increased, 2019-2023	Not available <sup>§</sup>	No change	

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

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

§Not enough years of data to calculate.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Female Mental Health</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023<sup>†</sup></b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN30: 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)													
3.6	3.1	3.2	3.2	4.1	3.2	5.3	3.4	2.6	4.3	2.7	No linear change	No quadratic change	No change
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
									40.5	41.2	No linear change	Not available <sup>§</sup>	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Female  
Protective Factors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN101: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems													
					15.3	16.5	10.6	17.1	17.0	16.0	No linear change	No quadratic change	No change
QN102: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem													
								70.2	69.2	67.3	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Female Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									13.3	10.4	No linear change	Not available <sup>§</sup>	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									42.9	45.8	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									16.5	12.4	No linear change	Not available	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Female  
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									17.6	13.4	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					36.0	37.3	34.8	31.3	36.2	41.5	No linear change	Decreased, 2013-2019 Increased, 2019-2023	No change
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
							5.4	4.2	4.6	5.5	No linear change	Not available <sup>¶</sup>	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)													
								8.7	7.0	10.6	No linear change	Not available	Increased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>White*</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
<b>Injury and Violence</b>													
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
4.6	7.7	7.4	7.3	5.6	5.1	5.1	6.3	6.3	5.0	7.5	No linear change	No quadratic change	Increased
QN18: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood													
									18.7	16.7	No linear change	Not available <sup>¶</sup>	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)													
					8.6	8.8	5.9	6.7	13.0	13.5	Increased, 2013-2023	Decreased, 2013-2017 Increased, 2017-2023	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)													
			8.4	8.0	7.9	7.5	6.8	7.9			No linear change	No quadratic change	No change
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)													
			21.3	19.0	21.7	23.4	21.6	25.0	16.3	22.7	No linear change	No quadratic change	Increased
QN25: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)													
			17.5	13.3	17.8	19.3	18.8	18.5	18.9		Increased, 2011-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN26: 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)													
30.1	28.5	29.0	26.6	27.0	24.5	30.6	29.1	36.7	41.0	39.9	Increased, 2003-2023	Decreased, 2003-2013 Increased, 2013-2023	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
17.9	15.7	14.7	14.1	14.2	14.6	14.9	14.4	18.1	19.7	17.6	No linear change	Decreased, 2003-2011 Increased, 2011-2023	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
14.3	11.6	11.6	11.7	13.8	11.8	13.1	12.5	15.3	14.9	14.1	Increased, 2003-2023	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
9.3	8.9	7.1	8.2	9.2	6.7	8.1	6.3	7.0	8.0	7.4	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.



2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

White\*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN88: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)													
						19.8	16.9	17.5	21.5	20.1	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>White*</b>													
<b>Tobacco Use</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
<b>2003</b>	<b>2004</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>2021</b>	<b>2023</b>			
<b>QN31: Percentage of students who smoked a cigarette (even one or two puffs)</b>													
71.3	60.9	62.2	59.1	59.7	46.8	44.5	41.5	31.6	27.5	26.6	Decreased, 2003-2023	Decreased, 2003-2011 Decreased, 2011-2023	No change
<b>QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)</b>													
							15.0	11.4	12.3	11.0	Decreased, 2017-2023	Not available <sup>¶</sup>	No change
<b>QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</b>													
19.7	15.0	14.3	12.8	11.9	7.8	5.5	5.5	3.2	1.3	0.8	Decreased, 2003-2023	Decreased, 2003-2011 Decreased, 2011-2023	No change
<b>QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)</b>													
16.0	11.8	11.3	10.1	9.0	5.9	4.7	4.2	2.3	1.0	0.6	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>White*</b>													
<b>Tobacco Use</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
34.2	27.4	27.0	27.1	25.1	18.9	17.0	15.1	9.7	5.3	5.5	Decreased, 2003-2023	Decreased, 2003-2013 Decreased, 2013-2023	No change
QN34: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)													
17.0	18.9	14.2	14.8	16.8	11.0	6.5	6.8	9.2	4.3	8.2	Decreased, 2003-2023	No quadratic change	No change
QN35: 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	45.0	55.7	45.7	42.4	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***  
**Tobacco Use**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						3.4	2.8	12.8	9.0	12.1	Increased, 2015-2023	Not available <sup>¶</sup>	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						2.1	2.0	9.8	7.5	10.1	Increased, 2015-2023	Not available	No change
QN36: 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)													
						22.8	14.4	28.1	22.4	20.8	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***  
**Tobacco Use**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN37: Percentage of students who usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], during the 30 days before the survey, among students who currently used electronic vapor products)											No linear change	Not available <sup>¶</sup>	No change
						5.2	2.5	1.5	0.7		Decreased, 2017-2023	Not available	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)											Decreased, 2017-2023	Not available	No change
						3.9	2.2	1.1	0.4		Decreased, 2017-2023	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)											Decreased, 2017-2023	Not available	No change
						3.9	2.2	1.1	0.4		Decreased, 2017-2023	Not available	No change

\*Non-Hispanic.

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

<sup>‡</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>White*</b> <b>Tobacco Use</b>																								
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>											
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023														
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)											10.9	6.8	4.1	2.9	Decreased, 2017-2023	Not available <sup>¶</sup>	No change							
QNFRFCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)											1.4	2.4	1.3	1.7	2.0	1.3	1.1	0.9	1.6	0.8	0.4	Decreased, 2003-2023	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)											0.7	1.5	0.8	1.4	1.2	0.7	0.6	0.5	1.4	0.7	0.4	Decreased, 2003-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

White* Tobacco Use		Health Risk Behavior and Percentages									Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
38.7	29.9	29.5	30.4	28.5	22.1	20.6	17.8	12.2	7.0	6.9	Decreased, 2003-2023	Decreased, 2003-2015 Decreased, 2015-2023	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
							21.4	14.1	9.3	7.8	Decreased, 2017-2023	Not available <sup>¶</sup>	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							24.6	29.1	23.1	21.4	Decreased, 2017-2023	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>White*</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
<b>Tobacco Use</b>													
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
						27.0	20.7	28.5	22.2	20.9	Decreased, 2015-2023	Not available <sup>¶</sup>	No change
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
18.4	14.9	14.7	17.0	16.4	11.9	12.2	10.9	7.3	3.7	3.2	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change
QN40: Percentage of students who tried to quit using all tobacco products (including cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, pipe tobacco, heated tobacco products, or nicotine pouches, during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)													
							48.0	51.4	59.6	61.2	Increased, 2017-2023	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.



2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN89: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey)													
								20.9	12.5	11.0	Decreased, 2019-2023	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### White\*

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
26.4	28.8	24.8	21.5	19.4	17.5	14.3	16.1	14.7	13.7	13.3	Decreased, 2003-2023	No quadratic change	No change
QN42: 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)													
46.7	38.6	41.0	38.5	35.2	30.5	29.1	28.7	23.9	18.9	18.4	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change
QN43: 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	11.4	8.7	11.0	Decreased, 2017-2023	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***

**Alcohol and Other Drug Use**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN45: 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)													
									40.9	36.3	No linear change	Not available <sup>¶</sup>	No change
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
43.6	33.7	33.9	30.4	35.8	31.7	31.8	29.9	29.5	20.9	23.0	Decreased, 2003-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
21.4	15.4	15.3	15.2	17.8	16.0	16.1	14.6	14.5	10.2	11.3	Decreased, 2003-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***

**Alcohol and Other Drug Use**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)													
							9.7	9.9	9.4	10.7	No linear change	Not available <sup>¶</sup>	No change
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
14.4	14.0	14.2	13.3	10.4	6.6	6.3	5.6	5.2	6.5	5.4	Decreased, 2003-2023	No quadratic change	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)													
						2.3	0.9	1.1	1.0	1.1	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)													
								1.4	0.8	1.3	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### White\* Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
51.4	43.9	48.3	46.6	50.4	43.5	40.8	37.5	38.7	31.1	36.8	Decreased, 2003-2023	No quadratic change	No change
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years													
5.0	6.8	6.5	5.5	5.4	4.2	3.4	2.9	2.5	3.1	3.3	Decreased, 2003-2023	No quadratic change	No change
QN58: Percentage of students who had sexual intercourse with four or more persons during their life													
13.6	12.0	12.4	11.8	14.7	11.4	8.9	9.0	8.0	6.1	5.1	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
38.4	32.2	35.2	32.5	37.0	32.0	30.1	28.3	28.6	22.4	25.6	Decreased, 2003-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

White* Sexual Behaviors		Health Risk Behavior and Percentages										Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
		2003	2004	2007	2009	2011	2013	2015	2017	2019	2021			
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)														
	21.9	19.9	19.5	22.4	15.2	16.8	14.4	17.5	14.5	13.1	12.1	Decreased, 2003-2023	No quadratic change	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)														
	61.1	64.4	59.2	58.7	50.9	53.6	55.0	47.0	52.8	48.3	50.9	Decreased, 2003-2023	No quadratic change	No change
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)														
										26.1	25.8	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>White*</b>													
<b>Dietary Behaviors</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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) <sup>¶</sup>													
14.2	15.4	15.1	17.2	16.1	17.7	18.1	19.9	18.3	18.9	21.2	Increased, 2003-2023	No quadratic change	No change
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) <sup>¶</sup>													
15.0	16.4	15.4	15.2	15.2	15.7	16.2	15.6	18.7	16.0	15.2	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
34.9	34.4	32.0	30.7	30.6	32.8	33.3	34.3	36.5	34.4	35.3	No linear change	Decreased, 2003-2009 Increased, 2009-2023	No change
QN67: Percentage of students who were trying to lose weight													
									45.2	48.5	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>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.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>White*</b>													
<b>Dietary Behaviors</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>‡</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													
25.7	28.1	29.3	27.6	26.8	29.5	28.3	31.5	34.3	34.8	37.2	Increased, 2003-2023	No change, 2003-2015 Increased, 2015-2023	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
17.7	20.7	18.6	18.3	18.3	13.5	14.2	16.4	18.4	18.8	19.7	No linear change	Decreased, 2003-2015 Increased, 2015-2023	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
9.7	11.4	10.3	9.9	9.3	6.9	7.3	8.2	10.6	10.4	11.8	No linear change	Decreased, 2003-2015 Increased, 2015-2023	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>White*</b>													
<b>Dietary Behaviors</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
46.3	49.1	46.2	49.7	49.0	54.2	52.1	48.1	46.4	45.5	47.2	No linear change	Increased, 2003-2013 Decreased, 2013-2023	No change
QNR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
19.4	22.4	20.4	23.2	22.2	24.5	20.3	19.5	19.0	16.2	18.6	Decreased, 2003-2023	Increased, 2003-2013 Decreased, 2013-2023	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
38.6	46.7	46.1	45.4	44.8	46.7	48.8	50.3	50.7	52.9	53.0	Increased, 2003-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>White*</b>													
<b>Dietary Behaviors</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
<b>2003</b>	<b>2004</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>2021</b>	<b>2023</b>			
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)													
24.7	22.8	22.5	20.8	24.6	25.7	27.7	33.3	36.7	35.4	36.6	Increased, 2003-2023	No change, 2003-2009 Increased, 2009-2023	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)													
59.3	58.7	59.7	57.4	58.2	54.6	56.5	61.8	62.5	64.9	66.4	Increased, 2003-2023	No change, 2003-2013 Increased, 2013-2023	No change
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)													
17.4	19.2	20.1	20.7	21.8	21.0	20.3	22.6	24.3	24.7	25.5	Increased, 2003-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### White\*

#### Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
5.9	6.9	6.2	6.0	6.1	5.7	7.3	9.3	11.0	9.9	10.5	Increased, 2003-2023	No change, 2003-2011 Increased, 2011-2023	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
56.1	58.5	58.4	59.7	56.6	57.4	59.0	50.8	48.1	47.5	47.1	Decreased, 2003-2023	No change, 2003-2015 Decreased, 2015-2023	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
21.9	26.2	21.5	22.5	24.9	22.2	23.7	17.9	18.0	14.4	17.4	Decreased, 2003-2023	No change, 2003-2015 Decreased, 2015-2023	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### White\*

#### Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNV3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
10.4	13.0	10.5	10.4	11.7	10.9	10.8	8.7	7.9	6.7	7.8	Decreased, 2003-2023	No change, 2003-2015 Decreased, 2015-2023	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)													
		16.0	17.8	16.8	21.5	23.2	22.4	24.3	20.9	21.1	Increased, 2007-2023	Increased, 2007-2019 No change, 2019-2023	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
		42.2	37.5	38.2	35.0	33.6	30.0	27.8	29.4	30.0	Decreased, 2007-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***  
**Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
		32.7	28.0	27.8	26.1	24.1	21.9	18.6	19.8	18.0	Decreased, 2007-2023	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
			14.6	14.6	11.2	12.0	14.0	16.0	20.0	20.4	Increased, 2009-2023	Decreased, 2009-2013 Increased, 2013-2023	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
			33.0	30.5	42.1	36.1	31.5	27.8	24.1	24.7	Decreased, 2009-2023	Increased, 2009-2013 Decreased, 2013-2023	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***  
**Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN95: 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)													
							7.7	8.4	6.3	5.6	No linear change	Not available <sup>¶</sup>	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)													
							61.6	63.5	63.8	69.8	Increased, 2017-2023	Not available	Increased
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)													
							50.8	54.5	54.5	61.0	Increased, 2017-2023	Not available	Increased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

White\*

Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
							37.5	40.8	38.8	44.2	Increased, 2017-2023	Not available <sup>¶</sup>	Increased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***  
**Physical Activity**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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)													
				40.1	41.6	37.9	42.6	38.1	45.9	44.7	Increased, 2011-2023	No quadratic change	No change
QN77: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													
34.9	25.0	29.2	32.8	33.9	33.6	36.1	30.0	28.9	33.2	33.2	No linear change	No quadratic change	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)													
				19.4	18.4	15.3	17.2	18.2	15.4	14.8	Decreased, 2011-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***  
**Physical Activity**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
				22.5	23.6	20.0	23.4	19.2	25.2	25.2	No linear change	No quadratic change	No change
QN78: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)													
50.7	52.5	47.1	47.7	46.1	50.1	49.9	48.0	45.8	46.1	44.0	Decreased, 2003-2023	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													
24.5	17.9	20.3	24.2	20.3	19.3	22.1	19.6	17.5	23.9	20.7	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

White* Other	Health Risk Behavior and Percentages										Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>	
	2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN83: 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)														
			71.7	71.2	69.4	70.3	73.1	75.8	75.0	73.8	75.4	Increased, 2007-2023	No quadratic change	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)														
			2.2	1.7	2.5	1.7	1.4	1.9	1.3	0.8	0.9	Decreased, 2007-2023	No quadratic change	No change
QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)														
							25.7	22.6	20.2	20.4	19.1	Decreased, 2015-2023	Not available <sup>¶</sup>	No change
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)														
							3.6	4.1	3.7	3.8		No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

White* Other	Health Risk Behavior and Percentages										Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>	
	2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN97: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)														
			77.9	77.9	75.7	78.6	75.1	72.8	71.7	68.9	69.2	Decreased, 2007-2023	No quadratic change	No change
QN98: Percentage of students who missed one or more days of school because their mental health was not good (including stress, anxiety, and depression, during the 30 days before the survey)														
								26.1	25.2	30.0		Increased, 2019-2023	Not available <sup>¶</sup>	Increased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>White*</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
<b>Mental Health</b>													
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN30: 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	2.7	2.2	3.3	3.8	2.3	3.5	2.0	2.3	2.8	1.8	No linear change	No quadratic change	No change
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
									30.1	30.5	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

White\*

Protective Factors

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN101: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems													
			14.6	13.3	11.5	15.3	14.2	13.0			No linear change	No quadratic change	No change
QN102: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem													
							71.4	71.1	69.5		No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**White\***

**Birth Control**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									10.2	10.1	No linear change	Not available <sup>¶</sup>	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									41.6	43.1	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									15.0	11.9	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

White\*  
Birth Control

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									13.3	12.1	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\***  
**Injury and Violence**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					38.3	26.6	31.8	31.6	18.7	31.2	No linear change	No quadratic change	No change
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
							11.7	7.1	8.0	4.6	No linear change	Not available <sup>¶</sup>	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)													
								9.7	16.9	13.8	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\*  
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
9.1	8.8	9.7	8.9	8.9	3.4	18.7	9.7	10.3	10.7	11.5	No linear change	No quadratic change	No change
QN18: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood													
								39.5	28.3		No linear change	Not available <sup>‡</sup>	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)													
					15.8	14.8	4.0	7.7	13.9	16.6	No linear change	Decreased, 2013-2019 Increased, 2019-2023	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>‡</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\***

**Injury and Violence**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>	
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023				
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)														
					18.4	12.2	7.7	7.7	15.0	11.9	No linear change	Decreased, 2013-2019 No change, 2019-2023	No change	
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)														
			14.8	14.5	19.1	12.7	16.8	17.8	8.0	23.1	No linear change	No quadratic change	Increased	
QN25: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)														
					14.0	10.7	10.3	11.3	15.4	11.1	17.3	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

**Black\***  
**Injury and Violence**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN26: 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)													
26.6	21.8	30.9	23.0	26.1	30.6	37.5	28.1	36.6	30.3	43.4	Increased, 2003-2023	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
11.9	9.9	14.7	14.7	17.8	14.9	17.3	9.7	21.0	15.1	23.6	Increased, 2003-2023	No quadratic change	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
14.7	10.2	10.6	13.6	12.9	14.2	17.5	13.4	19.3	12.8	12.2	No linear change	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
18.1	9.6	9.7	8.8	19.9	8.9	17.5	14.5	15.4	10.6	12.5	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Black\*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN88: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)													
						23.4	13.4	17.5	18.9	18.7	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\*  
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who smoked a cigarette (even one or two puffs)													
67.7	47.4	61.5	55.7	53.9	45.9	35.5	27.8	20.9	21.0	12.0	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)													
							15.3	11.7	19.4	5.2	No linear change	Not available <sup>¶</sup>	Decreased
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
2.4	8.1	5.2	4.6	5.7	4.6	4.2	0.3	2.3	1.8	0.0	Not available	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
0.7	4.7	3.3	2.6	4.7	3.3	1.9	0.3	2.3	1.8	0.0	Not available	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Black\*  
Tobacco Use

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
14.9	14.9	14.4	17.2	14.4	11.9	10.6	6.3	4.9	1.8	4.4	Decreased, 2003-2023	No quadratic change	No change
QN35: 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])													
						42.3	41.7	40.2	40.3	39.9	No linear change	Not available <sup>¶</sup>	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						0.0	0.3	3.0	7.2	2.5	Not available	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\*  
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						0.0	0.3	3.0	5.5	2.0	Not available	Not available <sup>‡</sup>	No change
QN36: 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)													
						24.7	7.3	13.0	20.2	15.4	No linear change	Not available	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)													
							0.3	1.7	1.8	2.9	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>‡</sup>Not enough years of data to calculate.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Black* Tobacco Use</b>													
Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)													
							0.3	1.7	1.8	1.2	No linear change	Not available <sup>¶</sup>	No change
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)													
							6.4	2.3	3.3	5.1	No linear change	Not available	No change
QNFRFCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)													
2.1	2.9	7.7	1.0	4.7	5.4	4.5	0.7	2.2	2.6	2.9	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Black* Tobacco Use</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)													
1.5	2.3	5.6	0.5	2.9	4.0	3.7	0.7	2.2	2.6	2.2	No linear change	No quadratic change	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
25.7	23.6	19.3	20.6	21.3	21.6	16.0	11.0	8.3	5.6	10.8	Decreased, 2003-2023	No quadratic change	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
							11.1	8.4	5.6	11.9	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Black* Tobacco Use</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>‡</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							12.7	13.4	19.5	16.7	No linear change	Not available <sup>¶</sup>	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
						21.0	9.0	12.4	19.5	17.6	No linear change	Not available	No change
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
22.5	18.2	17.3	16.7	20.0	18.8	17.7	7.8	8.7	6.2	8.0	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\*  
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN40: Percentage of students who tried to quit using all tobacco products (including cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, pipe tobacco, heated tobacco products, or nicotine pouches, during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)											No linear change	Not available <sup>‡</sup>	Increased
						29.6	37.7	27.0	58.4				
QN89: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey)											No linear change	Not available	No change
							13.4	18.2	13.2				

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>‡</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
29.3	28.1	21.1	19.6	20.9	26.6	17.4	16.6	14.6	13.2	17.6	Decreased, 2003-2023	No quadratic change	No change
QN42: 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	27.1	35.2	31.2	23.7	27.7	18.6	9.9	18.4	12.7	12.1	Decreased, 2003-2023	No quadratic change	No change
QN43: 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)													
							5.3	4.8	6.4	4.2	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\***

**Alcohol and Other Drug Use**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
43.5	40.0	42.1	37.7	43.4	46.0	40.4	44.6	40.8	30.9	35.4	No linear change	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
18.0	18.9	23.9	21.3	22.9	27.5	22.1	20.7	22.2	20.8	17.8	No linear change	No quadratic change	No change
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)													
							12.5	12.8	13.0	19.6	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
11.7	6.2	10.2	9.6	12.6	7.5	9.1	8.9	5.9	6.7	6.8	No linear change	No quadratic change	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)													
						9.8	3.7	2.6	4.4	3.4	No linear change	Not available <sup>¶</sup>	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)													
								4.6	4.3	3.3	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

**Black\***  
**Sexual Behaviors**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
60.0	67.8	65.1	59.1	62.4	51.1	42.7	41.2	41.1	23.3	35.4	Decreased, 2003-2023	No quadratic change	No change
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years													
12.0	17.5	17.6	12.8	14.6	11.1	9.5	6.0	6.2	5.7	4.4	Decreased, 2003-2023	No quadratic change	No change
QN58: Percentage of students who had sexual intercourse with four or more persons during their life													
29.1	27.6	30.7	18.7	28.0	18.9	16.0	10.9	12.2	7.3	7.6	Decreased, 2003-2023	No quadratic change	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
45.0	45.1	46.0	40.5	46.7	28.2	28.5	31.8	27.1	17.0	27.4	Decreased, 2003-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\*  
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>¶</sup>													
17.0	15.5	17.0	21.9	19.5	19.1	17.7	26.2	22.5	20.1	29.2	Increased, 2003-2023	No quadratic change	No change
QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>¶</sup>													
18.0	20.7	23.1	16.6	14.8	13.3	22.9	20.3	13.6	18.1	13.8	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
21.8	23.5	25.1	26.1	24.8	31.6	21.0	33.1	25.2	28.3	33.0	Increased, 2003-2023	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight													
									50.6	44.2	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\*  
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													
25.9	20.0	24.7	14.1	26.5	25.9	24.1	31.2	24.7	23.9	25.1	No linear change	No quadratic change	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
27.2	22.8	22.6	19.7	25.8	18.6	17.8	20.9	23.0	24.4	17.6	No linear change	No quadratic change	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
12.7	11.9	12.8	7.9	11.9	15.1	9.2	14.0	10.8	7.8	8.0	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

**Black\***  
**Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
40.8	56.9	51.2	59.7	52.9	56.8	61.4	50.1	48.7	56.1	52.4	No linear change	Increased, 2003-2015 No change, 2015-2023	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
19.1	34.5	29.6	30.3	27.7	29.7	25.5	24.5	23.9	29.5	28.9	No linear change	No quadratic change	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
58.5	51.8	52.8	45.8	53.8	49.2	54.8	48.7	52.1	58.2	53.5	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Black* Dietary Behaviors		Health Risk Behavior and Percentages										Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>	
		2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)															
		32.5	35.3	37.0	39.1	33.4	32.7	35.5	50.0	44.9	56.9	42.6	Increased, 2003-2023	No quadratic change	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)															
		60.6	71.2	66.9	68.6	68.2	65.5	69.9	68.1	69.2	75.6	74.3	Increased, 2003-2023	No quadratic change	No change
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)															
		22.2	20.5	25.4	27.2	28.6	22.8	34.8	36.0	26.9	32.4	22.7	No linear change	Increased, 2003-2017 Decreased, 2017-2023	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

**Black\***  
**Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
10.7	12.0	10.9	7.7	11.4	10.0	17.6	18.0	11.6	16.9	11.6	No linear change	No quadratic change	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
51.9	52.3	46.3	51.6	54.6	55.3	45.5	45.7	41.4	41.0	40.4	Decreased, 2003-2023	No quadratic change	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
25.7	24.7	23.5	19.8	25.6	24.0	15.4	16.7	18.4	17.3	15.7	Decreased, 2003-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Black* Dietary Behaviors</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>†</sup></b>	<b>Change from 2021-2023<sup>§</sup></b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
10.5	15.8	14.5	12.6	13.9	16.7	10.0	7.8	9.7	10.0	7.6	Decreased, 2003-2023	No quadratic change	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)													
		18.2	19.5	24.2	20.9	22.4	25.6	29.4	23.8	25.6	Increased, 2007-2023	No quadratic change	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
		29.1	24.9	24.3	25.3	28.6	21.4	19.6	22.9	22.2	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

**Black\***  
**Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
		23.8	18.4	16.1	20.2	20.5	15.1	15.9	12.7	13.8	Decreased, 2007-2023	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
			15.5	21.5	20.3	15.7	25.7	21.9	19.8	16.9	No linear change	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
			23.5	25.7	27.9	28.5	22.1	18.2	18.4	18.9	Decreased, 2009-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\*  
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN95: 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)													
							15.1	11.8	8.7	6.6	Decreased, 2017-2023	Not available <sup>¶</sup>	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)													
							52.4	54.7	61.0	65.9	Increased, 2017-2023	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)													
							45.5	49.5	56.9	60.1	Increased, 2017-2023	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.



2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Black\*

Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
							39.5	36.0	53.5	51.4	Increased, 2017-2023	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\*  
Physical Activity**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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)													
				37.1	31.2	30.2	33.7	35.1	40.0	29.4	No linear change	No quadratic change	No change
QN77: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													
36.3	26.5	41.0	31.5	42.8	36.9	46.7	33.4	42.4	44.1	45.2	Increased, 2003-2023	No quadratic change	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)													
				26.1	31.3	22.1	28.0	23.6	19.4	18.0	Decreased, 2011-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\***  
**Physical Activity**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
			18.0	15.3	18.8	16.3	20.4	23.6	11.4		No linear change	No quadratic change	Decreased
QN78: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)													
55.3	56.4	57.7	53.2	47.8	52.2	53.3	49.8	46.5	58.7	52.1	No linear change	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													
16.7	13.0	17.7	16.5	18.8	19.3	21.7	16.5	19.9	21.7	20.1	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages										Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>	
	2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
	QN83: 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)													
			57.4	57.2	64.1	66.1	48.3	61.4	56.8	55.6	62.3	No linear change	No quadratic change	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													
			5.6	3.1	5.7	4.8	5.9	3.5	4.8	6.7	3.7	No linear change	No quadratic change	No change
	QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)													
							16.2	18.7	14.1	19.4	11.7	No linear change	Not available <sup>¶</sup>	No change
	QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
							12.2	8.4	14.7	4.3		No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages										Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>	
	2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN97: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)														
			70.9	79.0	72.0	70.6	61.5	64.7	66.3	66.2	62.5	Decreased, 2007-2023	No quadratic change	No change
QN98: Percentage of students who missed one or more days of school because their mental health was not good (including stress, anxiety, and depression, during the 30 days before the survey)														
								23.2	28.5	30.9		No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Black\*  
Mental Health

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN30: 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)													
8.4	1.4	2.3	3.2	8.1	5.7	6.5	7.0	8.6	4.0	8.6	No linear change	No quadratic change	No change
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
									20.0	29.1	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

**Black\***  
**Protective Factors**

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>			
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023						
QNI01: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																
			25.0		15.4		10.0		16.3		23.4		17.9	No linear change	No quadratic change	No change
QNI02: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem																
								62.3		68.2		60.9	No linear change	Not available <sup>¶</sup>	No change	

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					40.5	49.1	26.6	36.8	31.9	51.2	No linear change	No quadratic change	No change
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
							10.9	8.3	8.9	9.6	No linear change	Not available <sup>§</sup>	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)													
								15.1	10.8	13.3	No linear change	Not available	No change

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

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

<sup>§</sup>Not enough years of data to calculate.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
	15.1	21.6	13.7	27.3	10.4	9.5	9.2	10.9	10.7	5.6	Decreased, 2004-2023	No quadratic change	No change
QN18: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood													
									28.1	26.5	No linear change	Not available <sup>§</sup>	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)													
					18.0	17.4	12.5	4.3	12.0	12.1	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
			23.5	12.8	12.7	6.0	10.5	7.4			No linear change	No quadratic change	No change
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)													
			29.6	33.8	26.2	20.4	17.2	22.5	17.9	19.3	Decreased, 2009-2023	No quadratic change	No change
QN25: 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)													
			28.0	20.8	17.1	14.3	16.6	17.3	12.4		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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Hispanic Injury and Violence</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
Q26: Percentage of students who felt sad or hopeless (almost every day for $\geq 2$ weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)													
	42.8	39.8	37.9	35.5	31.5	31.4	30.0	38.6	37.9	47.1	Increased, 2004-2023	No change, 2004-2017 Increased, 2017-2023	No change
Q27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
	25.7	25.7	27.2	20.5	17.2	21.3	22.0	12.3	16.7	18.0	No linear change	No quadratic change	No change
Q28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
	16.8	24.8	20.7	17.2	20.2	15.9	17.5	13.6	14.0	14.9	No linear change	No quadratic change	No change
Q29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
	25.4	16.4	18.4	16.9	15.7	8.0	16.3	11.1	14.7	10.1	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,  $p < 0.05$ .

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN88: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)											No linear change	Not available <sup>§</sup>	No change
						26.4	22.6	17.9	25.4	23.8			

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

<sup>†</sup>Based on t-test analysis, p < 0.05.

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who smoked a cigarette (even one or two puffs)													
	64.0	65.3	60.4	61.6	53.2	48.6	45.7	28.1	20.2	22.0	Decreased, 2004-2023	No quadratic change	No change
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)													
							15.5	9.0	12.5	16.0	No linear change	Not available <sup>§</sup>	No change
QNFRICIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
	26.3	15.5	13.1	25.1	6.8	12.5	1.6	2.3	0.2	0.8	Decreased, 2004-2023	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
	24.8	11.8	6.2	21.4	6.8	9.2	1.2	1.3	0.2	0.8	Decreased, 2004-2023	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Hispanic Tobacco Use</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
	31.8	32.1	28.2	37.6	16.7	25.6	12.4	6.9	4.4	5.0	Decreased, 2004-2023	No quadratic change	No change
QN35: 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])													
						49.4	43.5	51.7	42.7	38.8	No linear change	Not available <sup>§</sup>	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						5.9	4.9	4.0	7.9	7.4	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						5.9	4.0	4.0	7.6	6.9	No linear change	Not available <sup>§</sup>	No change
QN36: 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)													
						25.6	16.0	23.8	19.0	18.0	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN37: Percentage of students who usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], during the 30 days before the survey, among students who currently used electronic vapor products)													
									12.4	5.8	No linear change	Not available <sup>§</sup>	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)													
							1.2	1.3	0.3	0.8	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)													
							1.2	1.3	0.3	0.8	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.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Hispanic Tobacco Use</b>													
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)													
							4.9	7.0	2.9	1.8	No linear change	Not available <sup>§</sup>	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)													
	12.9	4.8	4.6	10.5	5.8	4.5	1.4	0.6	0.3	0.4	Decreased, 2004-2023	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)													
	12.0	3.3	3.7	8.9	5.8	4.5	0.2	0.6	0.3	0.4	Decreased, 2004-2023	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
	34.8	34.9	31.0	41.1	20.6	26.0	13.8	7.9	7.4	6.5	Decreased, 2004-2023	No quadratic change	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
							16.7	8.6	8.5	6.6	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							19.4	23.8	21.2	19.3	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.

**2023 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Kentucky High School Survey  
Trend Analysis Report**

**Hispanic  
Tobacco Use**

<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023<sup>†</sup></b>
<b>2003</b>	<b>2004</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>	<b>2021</b>	<b>2023</b>			
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
						34.0	17.1	22.5	19.1	18.9	No linear change	Not available <sup>§</sup>	No change
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
	25.8	22.8	24.4	33.0	19.1	19.7	8.7	8.3	5.6	4.3	Decreased, 2004-2023	No quadratic change	No change
QN40: Percentage of students who tried to quit using all tobacco products (including cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, pipe tobacco, heated tobacco products, or nicotine pouches, during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)													
							46.7	54.5	43.6	51.7	No linear change	Not available	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN89: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey)													
								17.7	15.1	9.9	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
	40.8	35.9	23.1	36.9	25.8	25.5	20.6	20.1	19.6	19.0	Decreased, 2004-2023	No quadratic change	No change
QN42: 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)													
	43.4	46.3	31.7	50.6	29.0	33.4	26.1	24.2	12.7	15.2	Decreased, 2004-2023	No quadratic change	No change
QN43: 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)													
							10.2	8.7	6.7	7.4	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
	46.6	42.8	27.3	57.4	39.0	41.5	36.9	41.0	30.4	23.6	Decreased, 2004-2023	No change, 2004-2011 Decreased, 2011-2023	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
	29.9	23.9	20.6	41.9	22.9	19.6	16.6	20.2	15.3	11.5	Decreased, 2004-2023	No quadratic change	No change
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)													
							12.5	13.8	14.2	22.0	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Hispanic  
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
	25.1	19.1	18.0	26.7	13.2	16.0	8.2	5.6	9.1	7.5	Decreased, 2004-2023	No quadratic change	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)													
						8.7	3.6	3.7	5.9	1.5	No linear change	Not available <sup>§</sup>	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)													
								4.3	5.3	1.9	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
	53.1	57.5	53.9	63.2	51.3	43.0	39.4	47.8	30.0	28.6	Decreased, 2004-2023	No quadratic change	No change
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years													
	17.9	15.6	6.2	20.5	12.3	14.3	7.0	7.0	7.8	3.3	Decreased, 2004-2023	No quadratic change	No change
QN58: Percentage of students who had sexual intercourse with four or more persons during their life													
	22.1	25.8	19.1	32.8	19.1	19.0	9.8	9.8	10.7	6.0	Decreased, 2004-2023	No quadratic change	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
	33.7	41.8	41.8	52.5	33.6	30.9	25.6	37.0	19.9	18.2	Decreased, 2004-2023	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,  $p < 0.05$ .



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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) <sup>§</sup>													
	19.1	15.5	18.7	23.3	18.8	19.0	17.3	14.3	21.4	25.6	No linear change	No quadratic change	No change
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) <sup>§</sup>													
	19.1	13.8	12.4	29.1	17.0	11.8	19.9	17.2	14.9	17.4	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
	45.3	29.1	30.6	40.3	28.4	27.2	35.7	31.5	30.2	39.7	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight													
									44.3	65.2	Increased, 2021-2023	Not available <sup>¶</sup>	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Hispanic  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													
	23.7	22.4	33.7	21.7	18.9	30.2	33.1	32.3	26.2	37.6	Increased, 2004-2023	No quadratic change	Increased
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
	14.7	19.8	27.1	21.6	9.8	15.8	14.5	13.2	9.6	17.4	No linear change	No quadratic change	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
	6.8	14.3	14.0	11.5	7.1	12.3	11.7	9.0	3.0	9.6	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

<b>Hispanic Dietary Behaviors</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2021-2023 †</b>
<b>Health Risk Behavior and Percentages</b>													
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
	67.7	58.4	40.1	60.1	73.2	47.9	47.1	52.3	51.0	45.2	Decreased, 2004-2023	No quadratic change	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													
	32.6	26.8	21.5	35.5	43.7	26.5	32.0	30.4	26.9	21.0	Decreased, 2004-2023	Increased, 2004-2013 Decreased, 2013-2023	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
	34.8	39.7	53.9	46.7	42.6	44.7	52.2	49.7	50.8	56.4	Increased, 2004-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Hispanic  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)													
	18.9	29.3	32.3	21.1	27.8	37.1	43.4	40.0	37.8	48.7	Increased, 2004-2023	No quadratic change	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)													
	53.6	60.9	61.7	49.1	59.2	60.8	53.7	60.4	64.3	64.8	Increased, 2004-2023	No quadratic change	No change
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)													
	18.3	21.1	30.6	25.3	24.1	29.0	30.8	23.9	25.1	26.9	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
	7.0	7.9	10.7	12.9	8.9	10.9	15.9	12.2	13.1	15.5	Increased, 2004-2023	No quadratic change	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
	68.5	60.0	54.1	62.5	54.4	50.9	49.4	52.8	51.7	43.2	Decreased, 2004-2023	No quadratic change	Decreased
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
	41.4	34.3	28.6	27.7	20.4	24.7	23.1	23.7	23.6	18.5	Decreased, 2004-2023	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,  $p < 0.05$ .

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													
	21.7	23.6	16.6	16.2	10.0	14.9	14.3	13.3	11.2	9.9	Decreased, 2004-2023	No quadratic change	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)													
		23.2	24.6	15.6	29.7	27.2	30.0	31.2	25.3	29.8	No linear change	No quadratic change	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
		37.7	30.2	33.8	19.6	24.1	21.1	17.6	22.4	16.5	Decreased, 2007-2023	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,  $p < 0.05$ .

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Hispanic  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
		26.8	23.5	29.3	14.2	16.8	15.3	13.7	15.5	11.5	Decreased, 2007-2023	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
			23.4	21.2	15.5	14.6	18.0	17.9	24.4	24.6	Increased, 2009-2023	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
			25.6	28.8	35.4	33.5	31.1	29.4	17.7	18.1	Decreased, 2009-2023	No change, 2009-2015 Decreased, 2015-2023	No change

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

†Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN95: 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)													
							16.6	9.6	4.6	5.9	Decreased, 2017-2023	Not available <sup>§</sup>	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)													
							55.7	66.0	59.0	65.4	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)													
							51.8	58.6	52.8	56.4	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey

Trend Analysis Report

Hispanic  
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
							40.5	46.0	45.3	47.9	No linear change	Not available <sup>§</sup>	No change

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

<sup>†</sup>Based on t-test analysis, p < 0.05.

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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)													
				33.3	33.8	38.7	31.3	34.3	35.8	35.3	No linear change	No quadratic change	No change
QN77: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													
	38.1	41.1	31.2	48.7	39.4	37.6	40.6	35.4	40.5	36.2	No linear change	No quadratic change	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)													
				26.9	22.1	17.1	24.1	20.5	16.1	21.2	No linear change	No quadratic change	No change

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

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

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
				20.6	19.7	27.7	15.8	16.5	23.4	21.1	No linear change	No quadratic change	No change
QN78: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)													
	48.9	53.8	44.9	47.8	56.6	56.7	41.2	42.3	37.4	31.7	Decreased, 2004-2023	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													
	17.6	15.1	17.0	20.2	16.0	23.1	19.1	18.1	21.6	22.1	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,  $p < 0.05$ .

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

Hispanic Other		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN83: 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)													
		61.7	64.6	63.5	63.5	65.8	65.8	63.2	59.7	63.0	No linear change	No quadratic change	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													
		6.0	3.9	6.0	4.5	6.4	3.8	4.3	4.0	2.4	No linear change	No quadratic change	No change
QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)													
						21.3	17.6	22.3	16.3	21.2	No linear change	Not available <sup>§</sup>	No change
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
							11.2	7.7	9.8	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,  $p < 0.05$ .

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>	
	2003	2004	2007	2009	2011	2013	2015	2017	2019	2021				2023
	QN97: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)													
			69.7	63.7	60.2	72.5	62.9	68.2	69.5	67.3	63.9	No linear change	No quadratic change	No change
	QN98: Percentage of students who missed one or more days of school because their mental health was not good (including stress, anxiety, and depression, during the 30 days before the survey)													
								24.2	29.2	30.2		No linear change	Not available <sup>§</sup>	No change

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

<sup>†</sup>Based on t-test analysis, p < 0.05.

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey Trend Analysis Report

#### Hispanic Mental Health

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN30: 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)													
	10.8	11.3	7.5	14.8	5.3	2.6	4.7	5.2	4.2	2.6	Decreased, 2004-2023	No quadratic change	No change
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
									27.2	31.1	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey  
Trend Analysis Report

Hispanic  
Protective Factors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2004	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN101: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems													
			14.2	16.7	13.0	19.5	24.3	23.9			Increased, 2013-2023	No quadratic change	No change
QN102: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem													
						64.2	53.6	54.8			No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.