

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
22.9	18.3	18.2	14.4	15.4	11.2	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	7.1	9.4	5.7	5.1	3.0	Decreased, 2013-2021	Not available§	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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)						No linear change	Not available [§]	Decreased
	32.3	39.3	35.6	38.4	27.3			
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)						Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	No change
	4.8	3.6	4.8	4.5	6.4			
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)						No linear change	Decreased, 2011-2015 No change, 2015-2021	No change
	6.8	4.3	4.1	4.8	4.5			

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

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§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
25.4	20.3	19.2	17.8	17.5	14.0	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
7.1	4.6	5.6	5.8	6.4	3.5	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
		5.5	6.8	10.0	7.0	Increased, 2015-2021	Not available§	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

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PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			10.4	9.8	10.8	No linear change	Not available§	No change
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)								
		7.5	5.8	6.0	9.5	No linear change	Not available	Increased

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

†Based on t-test analysis, p < 0.05.

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2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
		6.7	5.6	6.9	6.8	No linear change	Not available [§]	No change
Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
18.1	16.6	15.6	14.6	16.3	11.2	Decreased, 2011-2021	No quadratic change	Decreased
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)								
	13.8	13.0	13.6	13.9	14.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
25.2	21.7	27.4	27.4	33.8	38.5	Increased, 2011-2021	Increased, 2011-2017 Increased, 2017-2021	Increased
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
13.3	12.0	14.9	12.4	17.5	18.4	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	No change
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
12.2	11.0	11.9	10.9	14.8	14.0	Increased, 2011-2021	No quadratic change	No change
Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
6.8	5.5	7.0	5.4	7.3	7.6	No linear change	No change, 2011-2017 Increased, 2017-2021	No change

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
2.3	1.9	2.8	1.9	2.6	1.5	No linear change	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
23.2	17.3	17.7	14.1	15.7	8.7	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	9.1	12.1	7.4	7.1	3.5	Decreased, 2013-2021	Not available§	Decreased
Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	32.0	40.4	36.8	39.4	27.4	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.

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2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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)						No linear change	No change, 2011-2017 Increased, 2017-2021	No change
5.0	2.8	3.8	3.3	4.8	5.8			
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)						Decreased, 2011-2021	No quadratic change	No change
9.0	5.4	5.0	6.5	5.5	4.8			
Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)						Decreased, 2011-2021	No quadratic change	Decreased
32.5	26.5	26.8	23.0	23.0	18.6			

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

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PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
9.8	6.4	7.7	8.0	8.8	4.6	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
		3.3	4.3	8.2	2.7	No linear change	Not available§	Decreased
Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			6.5	5.8	5.1	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.

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PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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)								
		3.7	2.3	3.6	4.7	No linear change	Not available [§]	No change
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)								
		4.1	5.6	6.7	5.9	No linear change	Not available	No change
Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
15.9	15.0	12.6	11.5	14.6	8.4	Decreased, 2011-2021	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

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2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
	9.0	8.8	9.0	10.7	10.7	No linear change	Not available [§]	No change
Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
19.0	14.4	19.9	19.0	26.4	26.6	Increased, 2011-2021	No quadratic change	No change
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
10.5	7.8	12.2	9.2	15.4	11.5	Increased, 2011-2021	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

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PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)						No linear change	No quadratic change	Decreased
10.5	8.3	9.8	9.7	13.5	10.0			
Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)						No linear change	No quadratic change	No change
5.2	4.2	5.4	4.4	6.5	5.5			
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)						No linear change	No quadratic change	No change
2.4	1.3	2.5	1.8	2.2	0.8			

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
22.5	19.4	18.5	14.5	14.3	13.7	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	4.8	6.5	3.8	2.4	2.5	Decreased, 2013-2021	Not available§	No change
Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	32.7	38.2	34.0	36.9	27.6	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)								
4.4	4.4	5.8	5.7	7.3	9.8	Increased, 2011-2021	No quadratic change	No change
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)								
4.2	3.2	2.8	3.1	2.9	5.6	No linear change	Decreased, 2011-2015 Increased, 2015-2021	Increased
Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
17.9	13.8	11.4	12.4	11.3	9.3	Decreased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

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PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)						No linear change	No quadratic change	No change
4.1	2.6	3.3	3.6	3.5	2.2			
Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)						Increased, 2015-2021	Not available§	No change
		7.6	9.2	11.3	11.2			
Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)						No linear change	Not available	No change
			14.4	13.6	16.6			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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)								
		11.2	9.3	8.3	14.8	No linear change	Not available [§]	Increased
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)								
		9.3	5.6	6.3	7.3	No linear change	Not available	No change
Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
20.4	18.0	18.7	17.8	17.4	13.9	Decreased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
	18.7	17.4	18.2	16.7	17.1	No linear change	Not available [§]	No change
Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
31.5	29.2	34.8	36.0	41.1	50.1	Increased, 2011-2021	Increased, 2011-2017 Increased, 2017-2021	Increased
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
16.1	16.0	17.4	15.7	19.2	25.1	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)						No linear change	No change, 2011-2017 Increased, 2017-2021	No change
13.9	13.7	14.0	12.2	15.0	17.7			
Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)						No linear change	No change, 2011-2017 Increased, 2017-2021	No change
8.2	6.6	8.2	6.2	7.8	9.6			
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)						No linear change	No quadratic change	No change
2.1	2.4	2.9	2.1	3.0	2.0			

*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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
24.4	18.5	17.7	13.7	14.4	11.3	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	6.6	8.9	5.4	4.1	3.4	Decreased, 2013-2021	Not available [¶]	No change
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)								
	36.2	41.9	37.8	41.0	30.0	No linear change	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
3.7	3.2	3.9	3.6	4.7	6.1	Increased, 2011-2021	No quadratic change	No change
Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
5.9	3.8	3.2	4.0	3.2	4.9	No linear change	Decreased, 2011-2015 No change, 2015-2021	Increased
Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
24.0	19.9	17.5	17.0	16.4	12.9	Decreased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
6.0	3.8	4.3	4.4	4.3	2.9	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
		4.4	4.9	8.6	4.9	No linear change	Not available [¶]	Decreased
Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			11.4	9.4	11.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
		6.6	6.0	4.9	9.5	No linear change	Not available [¶]	Increased
Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
		5.7	4.8	6.0	6.6	No linear change	Not available	No change
Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
19.7	17.2	16.6	15.5	16.6	11.7	Decreased, 2011-2021	No quadratic change	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
	15.4	14.6	14.1	15.2	15.8	No linear change	Not available [¶]	No change
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	20.6	25.1	25.0	32.8	36.1	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	No change
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
13.0	11.7	14.4	11.9	16.7	17.5	Increased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
11.7	9.9	10.7	9.9	14.2	12.8	Increased, 2011-2021	No change, 2011-2015 Increased, 2015-2021	No change
Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
6.3	5.0	5.3	3.8	5.7	5.7	No linear change	No quadratic change	No change
Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
1.8	1.9	1.8	1.7	2.0	1.0	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
16.0	18.8	16.5	15.9	17.5	11.9	No linear change	No quadratic change	No change
Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	9.3	6.3	0.0	5.0	4.4	Not available	Not available [¶]	No change
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)								
	12.8	28.4	27.4	28.3	20.1	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
7.3	4.0	6.2	5.0	7.6	12.5	No linear change	No change, 2011-2017 Increased, 2017-2021	No change
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)								
8.9	5.4	5.4	4.7	5.7	5.1	No linear change	No quadratic change	No change
Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
27.6	22.6	23.5	20.5	23.4	17.3	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
8.4	7.7	8.7	9.2	11.6	5.5	No linear change	No quadratic change	No change
Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
		8.3	9.5	9.4	10.7	No linear change	Not available [¶]	No change
Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			8.9	8.8	8.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
		9.9	5.1	4.5	10.0	No linear change	Not available [¶]	No change
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)								
		11.4	6.2	5.0	5.2	No linear change	Not available	No change
Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
10.7	12.9	10.1	11.1	13.0	9.8	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
	8.9	7.1	9.7	6.8	10.3	No linear change	Not available [¶]	No change
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)								
30.0	20.7	29.4	28.6	27.9	34.6	No linear change	No quadratic change	No change
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
11.1	9.7	16.8	10.8	22.0	18.0	Increased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
13.2	13.7	15.8	12.1	11.6	15.6	No linear change	No quadratic change	No change
Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
5.6	3.4	7.4	5.0	6.3	9.4	No linear change	No quadratic change	No change
Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
1.5	0.0	2.9	1.4	2.2	3.5	Not available	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
23.6	19.5	22.6	15.8	16.2	12.2	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	7.3	13.2	7.3	6.6	2.3	Decreased, 2013-2021	Not available [§]	No change
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)								
	24.8	32.7	30.0	30.7	22.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
7.4	5.9	8.2	6.9	11.7	10.6	Increased, 2011-2021	No quadratic change	No change
Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
7.6	6.2	6.4	6.9	7.4	6.8	No linear change	No quadratic change	No change
Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
29.9	24.9	25.9	19.1	20.8	15.9	Decreased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)						No linear change	No change, 2011-2017 Decreased, 2017-2021	Decreased
8.3	7.1	9.2	7.7	11.7	4.0			
Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)						Increased, 2015-2021	Not available§	Decreased
		7.0	10.9	14.6	10.6			
Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)						No linear change	Not available	No change
			7.9	12.8	12.7			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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)								
		9.3	5.1	9.2	10.3	No linear change	Not available [§]	No change
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)								
		9.6	7.1	10.1	7.4	No linear change	Not available	No change
Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
16.2	15.0	15.4	11.5	18.6	10.9	No linear change	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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)								
	10.3	11.5	13.0	14.8	12.2	No linear change	Not available§	No change
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)								
29.6	28.1	34.9	35.0	40.9	46.4	Increased, 2011-2021	No quadratic change	No change
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
15.7	15.0	16.8	13.3	17.8	19.7	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: INJURY AND VIOLENCE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
12.0	15.5	13.8	11.6	16.7	15.8	No linear change	No quadratic change	No change
Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
10.5	7.8	11.2	9.1	10.8	11.4	No linear change	No quadratic change	No change
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)								
4.5	3.8	5.0	3.2	5.3	1.8	No linear change	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			5.7	5.1	3.7	Decreased, 2017-2021	Not available [§]	Decreased
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
14.0	10.7	7.7	6.4	5.0	3.5	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
5.6	3.2	2.3	1.0	0.6	0.5	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
4.0	2.3	1.7	0.8	0.4	0.5	Decreased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigarettes, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])						Decreased, 2015-2021	Not available§	Decreased
		44.8	41.1	50.7	31.0			
Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigarettes, 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)						No linear change	Not available	Decreased
		23.7	20.1	32.2	17.2			
Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)						Increased, 2015-2021	Not available	Decreased
		2.6	3.3	11.0	4.5			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		1.8	2.1	8.2	3.0	Increased, 2015-2021	Not available [§]	Decreased
Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		25.9	21.7	32.6	17.8	Decreased, 2015-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			7.1	6.2	3.9	Decreased, 2017-2021	Not available [§]	Decreased
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
15.6	12.1	8.6	8.7	5.2	3.8	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
7.2	3.6	2.8	1.8	1.0	0.6	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
5.2	2.9	2.1	1.5	0.8	0.6	Decreased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigarettes, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])						Decreased, 2015-2021	Not available§	Decreased
		48.2	42.2	50.4	28.2			
Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigarettes, 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)						Decreased, 2015-2021	Not available	Decreased
		27.3	21.9	31.9	14.2			
Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)						Increased, 2015-2021	Not available	Decreased
		4.2	5.7	13.6	4.0			

*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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		2.8	3.8	10.1	2.6	Increased, 2015-2021	Not available [§]	Decreased
Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		29.1	23.8	32.3	14.9	Decreased, 2015-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			4.2	3.8	3.4	No linear change	Not available [§]	No change
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
12.4	9.3	6.7	3.9	4.5	3.1	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
4.0	2.8	1.8	0.2	0.2	0.5	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
2.8	1.8	1.2	0.1	0.0	0.3	Not available	Not available	Not available

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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])						No linear change	Not available§	Decreased
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)						Increased, 2015-2021	Not available	Decreased
Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)						Increased, 2015-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		0.7	0.4	5.9	3.4	Increased, 2015-2021	Not available [§]	Decreased
Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		22.5	19.5	32.6	21.0	No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			4.5	4.6	2.5	Decreased, 2017-2021	Not available [¶]	Decreased
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
16.1	11.7	8.0	6.8	5.9	4.5	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
6.6	3.6	2.4	1.1	0.5	0.6	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
4.5	2.6	1.8	0.8	0.5	0.4	Decreased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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])								
		44.2	43.4	52.7	31.3	Decreased, 2015-2021	Not available [¶]	Decreased
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)								
		24.8	23.2	36.3	19.1	No linear change	Not available	Decreased
Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		2.6	3.9	14.8	5.3	Increased, 2015-2021	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		1.6	2.5	10.9	3.6	Increased, 2015-2021	Not available [¶]	Decreased
Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		27.1	24.6	36.7	19.6	No linear change	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			7.4	7.5	3.3	No linear change	Not available [¶]	No change
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
7.0	6.9	4.5	1.9	1.4	0.1	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	No change
Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
1.8	1.7	1.1	0.4	0.7	0.0	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
1.8	1.2	0.4	0.0	0.6	0.0	Not available	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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])								
		45.4	38.1	39.5	24.7	Decreased, 2015-2021	Not available [¶]	Decreased
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)								
		15.5	11.8	20.6	10.1	No linear change	Not available	Decreased
Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		0.3	1.9	5.2	1.9	Increased, 2015-2021	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		0.2	1.0	5.2	0.9	Increased, 2015-2021	Not available [¶]	No change
Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		16.1	12.1	21.1	10.1	No linear change	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			7.9	4.5	6.6	No linear change	Not available [§]	No change
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
9.4	11.5	8.2	6.6	3.9	2.9	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
3.8	2.9	2.5	0.8	0.6	0.7	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
2.6	2.7	1.9	0.7	0.6	0.7	Decreased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigarettes, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])								
		48.8	41.8	50.0	36.1	Decreased, 2015-2021	Not available§	Decreased
Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigarettes, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
		26.0	17.5	28.9	18.6	No linear change	Not available	Decreased
Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		4.3	1.5	4.8	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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: TOBACCO USE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
		3.6	0.8	3.5	2.4	No linear change	Not available [§]	No change
Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		28.9	20.5	29.4	19.6	No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
				12.0	9.5	Decreased, 2019-2021	Not available [§]	Decreased
Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
40.1	35.6	33.9	31.4	29.8	22.5	Decreased, 2011-2021	No quadratic change	Decreased
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)								
			15.9	15.0	11.4	Decreased, 2017-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who tried marijuana for the first time before age 13 years								
6.9	6.6	6.3	4.4	4.0	3.8	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
27.9	24.8	24.5	24.1	26.0	16.6	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased
Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		7.9	5.0	7.5	4.7	Decreased, 2015-2021	Not available [§]	Decreased
Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)								
5.0	3.7	4.5	4.1	3.7	1.3	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
		1.7	1.4	1.9	0.6	Decreased, 2015-2021	Not available [§]	Decreased
Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
2.7	1.6	2.1	1.7	2.2	0.8	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)								
5.8	4.7	4.3	2.8	3.4	2.0	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
27.1	23.0	20.3	20.1	21.8	9.6	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
				13.5	9.8	Decreased, 2019-2021	Not available [§]	Decreased
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)								
41.3	34.3	33.7	29.8	28.8	19.5	Decreased, 2011-2021	No quadratic change	Decreased
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)								
			17.1	15.1	10.7	Decreased, 2017-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who tried marijuana for the first time before age 13 years								
8.8	8.5	8.5	6.0	5.1	3.8	Decreased, 2011-2021	No change, 2011-2015 Decreased, 2015-2021	No change
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
32.6	27.6	26.3	24.9	26.8	16.1	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		9.5	5.7	7.5	4.3	Decreased, 2015-2021	Not available [§]	Decreased
Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)								
7.1	4.4	6.1	5.6	4.8	1.4	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
		2.3	2.3	2.4	0.7	Decreased, 2015-2021	Not available [§]	Decreased
Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
3.4	1.9	2.8	2.8	2.7	0.9	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)								
7.4	5.5	5.6	3.8	3.7	2.6	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
31.4	25.1	22.9	21.7	23.0	10.3	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
				9.9	9.1	No linear change	Not available [§]	No change
Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
39.0	36.8	34.0	33.0	30.6	25.5	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			14.8	14.9	12.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who tried marijuana for the first time before age 13 years								
5.0	4.7	4.0	2.8	2.6	3.7	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
23.1	21.8	23.0	23.2	25.1	16.9	No linear change	No change, 2011-2017 Decreased, 2017-2021	Decreased
Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		5.8	4.2	7.3	5.2	No linear change	Not available [§]	No change
Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)								
2.9	2.9	2.6	2.4	2.4	0.9	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)						No linear change	Not available§	No change
Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)						Decreased, 2011-2021	No quadratic change	No change
1.8	1.3	1.0	0.5	1.0	0.6			
Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)						Decreased, 2011-2021	No quadratic change	No change
4.0	3.7	2.5	1.7	2.8	1.4			
Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)						Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased
22.8	20.5	17.6	18.6	20.6	8.8			

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

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

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
				10.8	7.8	No linear change	Not available [¶]	Decreased
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)								
41.1	38.2	36.8	35.4	32.0	26.8	Decreased, 2011-2021	No quadratic change	No change
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)								
			19.3	17.4	15.4	Decreased, 2017-2021	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who tried marijuana for the first time before age 13 years								
5.4	6.2	5.2	3.7	3.2	3.0	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
28.7	26.1	24.9	25.5	27.8	18.3	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		7.0	4.3	8.0	5.9	No linear change	Not available [¶]	No change
Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)								
5.1	4.0	3.7	3.4	3.3	0.9	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)						No linear change	Not available [¶]	Decreased
Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)						Decreased, 2011-2021	No quadratic change	Decreased
2.4	1.7	1.1	1.0	2.0	0.7			
Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)						Decreased, 2011-2021	No quadratic change	No change
5.9	5.1	3.2	2.1	3.5	2.4			
Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)						Decreased, 2011-2021	No quadratic change	Decreased
26.9	21.9	19.2	18.9	20.5	9.7			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
				18.6	11.6	No linear change	Not available [¶]	No change
Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
37.0	28.7	23.9	20.4	24.8	10.5	Decreased, 2011-2021	No quadratic change	Decreased
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)								
			7.4	9.6	2.4	Decreased, 2017-2021	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who tried marijuana for the first time before age 13 years								
7.6	9.1	8.6	6.6	7.2	3.9	No linear change	No quadratic change	No change
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
29.9	23.0	21.2	21.6	20.4	11.3	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		7.0	5.6	7.3	2.7	No linear change	Not available [¶]	No change
Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)								
2.2	3.1	3.0	4.9	5.6	2.3	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)						No linear change	Not available [¶]	No change
		1.7	2.7	3.2	0.5			
Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)						No linear change	No quadratic change	No change
0.8	1.7	2.2	1.8	3.3	0.7			
Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)						No linear change	Increased, 2011-2017 No change, 2017-2021	No change
1.1	2.6	2.8	4.2	3.5	1.6			
Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)						Decreased, 2011-2021	No quadratic change	Decreased
26.7	26.6	20.6	22.5	20.4	7.5			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
				14.4	14.6	No linear change	Not available [§]	No change
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)								
42.9	37.4	31.1	29.0	29.3	19.1	Decreased, 2011-2021	No quadratic change	Decreased
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)								
			12.1	14.4	8.3	No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who tried marijuana for the first time before age 13 years								
12.3	9.6	10.2	6.4	5.7	5.8	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
25.5	27.1	27.2	26.7	27.4	17.1	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased
Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		11.2	7.8	6.1	3.3	Decreased, 2015-2021	Not available [§]	No change
Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)								
5.9	2.0	7.6	5.2	5.1	1.3	Decreased, 2011-2021	No change, 2011-2015 Decreased, 2015-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: ALCOHOL AND OTHER DRUG USE

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
		3.5	2.7	3.2	0.9	Decreased, 2015-2021	Not available [§]	No change
Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
3.4	1.5	4.3	3.0	2.5	1.0	No linear change	No change, 2011-2017 Decreased, 2017-2021	No change
Percentage of students who ever used ecstasy (also called "MDMA" or "Molly," one or more times during their life)								
6.4	3.7	6.4	3.8	3.3	1.6	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
27.9	24.9	27.4	22.8	26.4	10.3	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who had sexual intercourse for the first time before age 13 years								
4.2	3.0	2.9	2.4	2.5	2.7	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who had sexual intercourse with four or more persons during their life								
11.4	9.3	7.9	6.7	7.8	4.3	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
30.4	27.7	27.7	25.0	26.9	18.6	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
22.7	23.5	21.8	18.2	23.4	20.7	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)						No linear change	No quadratic change	No change
57.7	57.6	62.5	57.8	51.4	58.0			
Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)						Decreased, 2019-2021	Not available§	Decreased
				12.7	5.3			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who had sexual intercourse for the first time before age 13 years								
6.2	4.2	4.3	3.4	3.9	3.2	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who had sexual intercourse with four or more persons during their life								
13.3	10.1	9.8	8.1	9.3	4.9	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
30.7	26.2	27.6	23.7	26.3	18.1	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
28.9	29.1	23.7	17.9	29.5	19.4	No linear change	No quadratic change	Decreased

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)						No linear change	No quadratic change	No change
64.5	65.2	67.6	61.7	59.1	64.7			
Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)						Decreased, 2019-2021	Not available§	Decreased
				11.9	5.0			

*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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who had sexual intercourse for the first time before age 13 years						No linear change	No quadratic change	No change
2.1	1.9	1.6	1.3	1.0	2.0			
Percentage of students who had sexual intercourse with four or more persons during their life						Decreased, 2011-2021	No quadratic change	No change
9.5	8.2	6.0	5.3	6.3	3.8			
Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)						Decreased, 2011-2021	No quadratic change	Decreased
30.3	29.0	27.9	26.3	27.3	19.1			
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)						No linear change	No quadratic change	No change
16.7	18.2	19.4	18.2	17.7	21.7			

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)						No linear change	No quadratic change	No change
51.0	50.8	57.4	54.6	44.5	52.1			
Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)						Decreased, 2019-2021	Not available§	Decreased
				13.4	5.7			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who had sexual intercourse for the first time before age 13 years								
2.5	2.1	1.7	1.3	1.3	1.6	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who had sexual intercourse with four or more persons during their life								
8.1	7.8	6.7	5.8	7.6	3.7	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
29.4	27.6	27.3	25.5	26.9	19.9	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
24.2	22.6	20.3	17.4	25.2	20.8	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
57.5	58.5	63.6	60.3	56.8	62.4	No linear change	No quadratic change	No change
Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				11.6	5.0	Decreased, 2019-2021	Not available [¶]	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who had sexual intercourse for the first time before age 13 years								
10.4	6.7	7.8	6.4	5.9	4.6	No linear change	No quadratic change	No change
Percentage of students who had sexual intercourse with four or more persons during their life								
30.6	16.5	14.0	9.6	8.6	4.3	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
38.0	31.6	23.3	22.0	20.5	11.6	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
19.6	23.0	30.0	33.0	12.3	22.1	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
66.4	52.0	64.9	54.2	45.0	55.5	No linear change	No quadratic change	No change
Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				19.5	7.4	Decreased, 2019-2021	Not available [¶]	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who had sexual intercourse for the first time before age 13 years								
7.7	6.5	6.5	4.9	5.3	4.9	No linear change	No quadratic change	No change
Percentage of students who had sexual intercourse with four or more persons during their life								
17.1	14.2	11.5	9.6	9.5	5.9	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
36.2	33.3	31.3	29.5	33.1	19.9	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
17.8	23.9	19.2	19.1	21.6	23.8	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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SEXUAL BEHAVIORS

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)						No linear change	No quadratic change	No change
52.9	55.1	57.4	50.8	39.0	50.1			
Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)						Decreased, 2019-2021	Not available§	Decreased
				14.5	5.8			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who described themselves as slightly or very overweight						No linear change	Increased, 2011-2015 No change, 2015-2021	Decreased
27.6	29.4	31.5	28.1	32.8	27.7			
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) [§]						No linear change	No quadratic change	No change
14.6	12.9	15.3	14.0	14.8	15.2			
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) [§]						Increased, 2011-2021	No quadratic change	No change
9.9	10.2	11.0	11.7	14.2	13.6			
Percentage of students who were trying to lose weight						No linear change	No quadratic change	No change
45.3	44.5	46.0	43.8	45.8	42.8			

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

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

§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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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	29.6	34.0	38.2	Increased, 2015-2021	Not available [§]	No change
Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
		10.4	10.6	13.4	13.9	Increased, 2015-2021	Not available	No change
Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		5.5	5.8	7.4	7.2	Increased, 2015-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
		62.6	60.5	55.9	51.8	Decreased, 2015-2021	Not available [§]	Decreased
Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		31.4	27.8	25.9	23.8	Decreased, 2015-2021	Not available	No change
Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
33.6	35.1	36.5	36.4	41.5	41.7	Increased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
28.7	30.5	33.4	36.1	38.0	38.8	Increased, 2011-2021	No quadratic change	No change
Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		48.5	51.6	53.4	51.2	No linear change	Not available§	No change
Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
		19.4	17.1	18.4	17.4	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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
		6.0	6.9	8.6	8.1	Increased, 2015-2021	Not available [§]	No change
Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		62.4	61.6	59.5	60.2	No linear change	Not available	No change
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	25.4	24.7	25.0	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		12.0	12.3	10.7	12.5	No linear change	Not available§	No change
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)								
24.9	28.3	32.6	37.1	34.7	39.6	Increased, 2011-2021	No quadratic change	Increased
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
18.3	14.2	13.8	10.5	11.2	8.9	Decreased, 2011-2021	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
12.5	9.3	9.1	6.3	7.5	4.9	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who did not drink milk (during the 7 days before the survey)								
17.7	18.1	21.0	26.1	32.1	37.3	Increased, 2011-2021	Increased, 2011-2015 Increased, 2015-2021	Increased
Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
44.2	42.4	38.0	31.9	27.1	22.9	Decreased, 2011-2021	No quadratic change	Decreased

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
14.0	11.6	10.9	9.0	6.7	4.8	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased
Percentage of students who did not eat breakfast (during the 7 days before the survey) 12.3								
11.1	13.7	12.9	16.2	17.4		Increased, 2011-2021	No quadratic change	No change
Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
36.5	40.2	34.9	36.3	30.8	30.8	Decreased, 2011-2021	No quadratic change	No change

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who described themselves as slightly or very overweight								
23.4	24.2	27.3	23.2	28.4	24.7	No linear change	No quadratic change	No change
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) [§]								
15.1	14.2	16.0	13.5	14.3	14.5	No linear change	No quadratic change	No change
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) [§]								
13.5	13.2	14.7	14.5	17.0	17.3	Increased, 2011-2021	No quadratic change	No change
Percentage of students who were trying to lose weight								
31.5	28.0	32.7	30.8	34.1	32.7	No linear change	No quadratic change	No change

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

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
		20.6	28.2	35.0	34.2	Increased, 2015-2021	Not available [§]	No change
Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
		11.6	12.7	18.0	14.7	Increased, 2015-2021	Not available	No change
Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		5.9	7.0	9.4	7.2	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
		65.0	59.5	53.4	54.8	Decreased, 2015-2021	Not available [§]	No change
Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		31.9	26.8	27.4	26.1	Decreased, 2015-2021	Not available	No change
Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
39.1	42.8	41.7	40.8	48.7	47.4	Increased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
27.0	8.6	30.1	34.8	36.9	36.5	Increased, 2011-2021	No quadratic change	No change
Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		48.1	50.6	53.9	49.9	No linear change	Not available§	No change
Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
		20.8	19.7	22.6	17.7	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
		6.3	8.8	12.0	9.2	Increased, 2015-2021	Not available [§]	No change
Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		62.9	60.9	57.1	61.3	No linear change	Not available	No change
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)								
		26.3	25.5	23.8	26.6	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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)						No linear change	Not available§	No change
12.6	12.0	10.9	13.8					
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)						Increased, 2011-2021	No quadratic change	No change
19.3	21.4	24.6	31.4	32.0	34.8			
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)						Decreased, 2011-2021	No quadratic change	No change
23.1	17.9	17.7	12.8	12.5	10.5			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
15.9	11.9	11.4	7.4	7.6	6.2	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who did not drink milk (during the 7 days before the survey)								
12.9	12.9	13.8	19.9	23.8	22.2	Increased, 2011-2021	No quadratic change	No change
Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
51.4	50.4	48.2	39.9	35.9	32.4	Decreased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
19.3	15.8	15.4	12.9	10.4	7.3	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who did not eat breakfast (during the 7 days before the survey)								
11.5	11.7	12.9	12.5	19.4	16.1	Increased, 2011-2021	No quadratic change	No change
Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
37.9	42.6	35.8	38.0	31.2	35.4	Decreased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who described themselves as slightly or very overweight								
31.9	34.6	35.9	33.2	37.4	31.1	No linear change	No change, 2011-2015 No change, 2015-2021	Decreased
Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
14.0	11.5	14.7	14.6	15.4	15.9	No linear change	No quadratic change	No change
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) [§]								
6.2	7.0	7.2	8.9	11.3	9.6	Increased, 2011-2021	No quadratic change	No change
Percentage of students who were trying to lose weight								
59.6	61.3	59.5	57.1	57.4	53.0	Decreased, 2011-2021	No quadratic change	No change

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

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

§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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
		30.6	31.0	33.1	42.1	Increased, 2015-2021	Not available [§]	Increased
Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
		9.1	8.5	8.9	13.3	Increased, 2015-2021	Not available	Increased
Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		5.1	4.6	5.4	7.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
		60.2	61.7	58.3	48.5	Decreased, 2015-2021	Not available [§]	Decreased
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)								
		30.6	28.9	24.4	21.2	Decreased, 2015-2021	Not available	No change
Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
28.1	27.1	31.7	31.8	34.7	36.1	Increased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
30.4	32.3	36.9	37.5	39.0	41.3	Increased, 2011-2021	No quadratic change	No change
Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		49.2	52.8	53.2	53.3	No linear change	Not available§	No change
Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
		17.9	14.4	14.2	17.4	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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
		5.7	5.0	5.3	7.3	No linear change	Not available [§]	No change
Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		61.8	62.4	61.5	58.7	No linear change	Not available	No change
Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		24.7	25.3	25.5	22.9	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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)						No linear change	Not available§	No change
30.6	35.4	40.3	42.8	37.6	44.4	Increased, 2011-2021	No quadratic change	Increased
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)						Decreased, 2011-2021	No quadratic change	No change
13.5	10.6	9.7	8.2	9.4	7.3			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
9.0	6.6	6.7	5.3	6.9	3.5	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who did not drink milk (during the 7 days before the survey)								
22.6	23.3	28.1	32.2	40.0	51.9	Increased, 2011-2021	Increased, 2011-2017 Increased, 2017-2021	Increased
Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
36.7	34.4	27.6	23.9	18.4	13.5	Decreased, 2011-2021	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
8.5	7.2	6.4	4.9	2.9	2.2	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who did not eat breakfast (during the 7 days before the survey)								
13.1	10.5	14.3	13.0	13.3	18.6	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased
Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
35.3	38.0	34.0	34.7	30.9	26.2	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	No change

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who described themselves as slightly or very overweight								
28.6	29.5	30.5	28.7	31.8	25.6	No linear change	No change, 2011-2015 No change, 2015-2021	Decreased
Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
13.9	12.2	13.5	12.3	14.4	12.5	No linear change	No quadratic change	No change
Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
9.0	8.8	9.6	10.7	12.2	11.3	Increased, 2011-2021	No quadratic change	No change
Percentage of students who were trying to lose weight								
46.1	44.6	43.6	43.9	46.4	39.2	Decreased, 2011-2021	No quadratic change	Decreased

*Non-Hispanic.

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

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

[¶]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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
		26.5	29.4	33.9	42.4	Increased, 2015-2021	Not available [¶]	Increased
Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
		9.2	9.3	11.6	11.4	Increased, 2015-2021	Not available	No change
Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		5.3	5.4	6.3	6.3	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
		64.0	61.9	58.6	52.3	Decreased, 2015-2021	Not available [¶]	Decreased
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)								
		32.2	25.8	26.7	22.2	Decreased, 2015-2021	Not available	No change
Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
31.4	30.9	32.6	32.6	38.8	36.5	Increased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
25.2	26.7	29.4	32.6	34.3	35.7	Increased, 2011-2021	No quadratic change	No change
Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		44.7	48.1	50.5	45.4	No linear change	Not available [¶]	Decreased
Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
		15.3	13.7	14.7	12.4	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
		4.2	5.0	7.0	5.7	Increased, 2015-2021	Not available [¶]	No change
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)								
		66.9	65.0	63.5	66.1	No linear change	Not available	No change
Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		28.2	26.6	25.8	26.3	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		12.6	11.2	10.6	11.4	No linear change	Not available [¶]	No change
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)								
27.0	30.0	33.6	39.3	35.6	42.0	Increased, 2011-2021	No quadratic change	Increased
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)								
17.6	13.4	13.3	10.4	9.4	7.8	Decreased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
11.8	8.0	8.5	5.9	5.8	4.4	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who did not drink milk (during the 7 days before the survey)								
16.0	16.1	19.2	24.3	32.9	36.2	Increased, 2011-2021	No quadratic change	No change
Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
48.4	46.3	42.2	33.9	29.1	24.1	Decreased, 2011-2021	Decreased, 2011-2015 Decreased, 2015-2021	Decreased

*Non-Hispanic.

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

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

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2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
15.2	12.4	12.2	10.0	6.7	5.2	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	No change
Percentage of students who did not eat breakfast (during the 7 days before the survey)								
11.0	10.2	12.1	12.2	14.6	15.6	Increased, 2011-2021	No quadratic change	No change
Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
38.8	41.3	36.8	37.7	32.8	33.6	Decreased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

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PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who described themselves as slightly or very overweight								
20.1	23.4	32.6	23.6	32.7	32.3	Increased, 2011-2021	No quadratic change	No change
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) [¶]								
15.7	17.5	18.9	17.2	19.9	18.3	No linear change	No quadratic change	No change
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) [¶]								
13.7	13.7	15.5	12.9	19.8	21.9	Increased, 2011-2021	No quadratic change	No change
Percentage of students who were trying to lose weight								
40.5	38.0	47.3	39.6	40.9	46.4	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
		26.7	23.3	30.3	32.6	No linear change	Not available [¶]	No change
Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
		16.5	15.8	18.2	21.8	No linear change	Not available	No change
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)								
		8.2	6.5	11.0	10.5	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
		54.5	60.5	49.0	46.2	Decreased, 2015-2021	Not available [¶]	No change
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)								
		26.5	36.4	27.2	26.5	No linear change	Not available	No change
Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
38.5	45.6	49.4	50.5	46.4	51.2	Increased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
40.0	46.8	44.3	49.0	54.8	51.7	Increased, 2011-2021	No quadratic change	No change
Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		59.1	62.3	69.2	63.2	No linear change	Not available [¶]	No change
Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
		29.9	26.1	32.5	29.5	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
		11.4	13.7	17.2	15.3	No linear change	Not available [¶]	No change
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)								
		50.4	48.5	44.9	48.8	No linear change	Not available	No change
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)								
		16.7	17.7	16.0	19.9	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
		8.7	11.8	8.9	13.7	No linear change	Not available [¶]	No change
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)								
18.7	25.0	33.2	28.4	33.4	35.7	Increased, 2011-2021	No quadratic change	No change
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)								
25.1	17.9	13.7	10.5	14.6	11.1	Decreased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
18.8	14.9	9.9	7.1	9.3	6.3	Decreased, 2011-2021	No quadratic change	No change
Percentage of students who did not drink milk (during the 7 days before the survey)								
27.9	27.6	30.0	32.9	35.0	42.6	Increased, 2011-2021	No quadratic change	No change
Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
30.7	28.8	23.6	22.1	22.9	20.9	Decreased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

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2011 - 2021

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Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
11.8	9.4	9.5	8.5	10.6	3.8	No linear change	No quadratic change	Decreased
Percentage of students who did not eat breakfast (during the 7 days before the survey)								
14.4	12.9	17.0	16.7	18.4	21.5	Increased, 2011-2021	No quadratic change	No change
Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
27.4	35.6	24.9	27.9	27.6	21.9	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who described themselves as slightly or very overweight								
25.9	33.1	35.6	30.4	37.3	34.4	Increased, 2011-2021	No quadratic change	No change
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)§								
15.7	14.6	19.9	20.0	16.2	23.3	Increased, 2011-2021	No quadratic change	Increased
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)§								
12.2	15.6	15.0	17.5	19.0	18.8	Increased, 2011-2021	No quadratic change	No change
Percentage of students who were trying to lose weight								
44.2	49.9	54.1	47.2	47.6	53.8	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.

§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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
		20.2	29.4	29.9	30.2	Increased, 2015-2021	Not available [§]	No change
Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
		13.1	13.7	15.2	18.7	Increased, 2015-2021	Not available	No change
Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		5.0	6.3	7.7	8.9	Increased, 2015-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
		63.5	53.5	55.4	49.7	Decreased, 2015-2021	Not available [§]	No change
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)								
		30.6	27.2	25.2	25.0	No linear change	Not available	No change
Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
40.8	47.1	43.1	42.7	44.5	50.3	Increased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
38.0	36.9	37.4	41.3	40.8	41.4	No linear change	No quadratic change	No change
Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		60.1	60.8	58.2	63.9	No linear change	Not available§	No change
Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
		33.8	29.3	27.2	29.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
		11.6	13.1	11.4	12.8	No linear change	Not available [§]	No change
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)								
		49.2	50.7	50.6	44.6	No linear change	Not available	No change
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)								
		19.7	20.8	22.2	19.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)						No linear change	Not available [§]	No change
		10.4	11.9	11.3	12.0			
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)						Increased, 2011-2021	No quadratic change	No change
17.1	17.2	25.7	27.3	27.6	32.1			
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)						Decreased, 2011-2021	No quadratic change	No change
17.2	19.1	16.9	12.5	14.2	11.4			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
11.3	14.3	12.9	9.0	10.5	5.8	Decreased, 2011-2021	No change, 2011-2015 Decreased, 2015-2021	No change
Percentage of students who did not drink milk (during the 7 days before the survey)								
19.2	22.6	22.9	28.9	29.5	40.4	Increased, 2011-2021	No quadratic change	Increased
Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
33.5	27.8	29.7	26.9	23.2	16.6	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: WEIGHT MANAGEMENT AND DIETARY BEHAVIORS

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
10.1	8.0	7.8	5.3	6.9	3.4	Decreased, 2011-2021	No quadratic change	Decreased
Percentage of students who did not eat breakfast (during the 7 days before the survey)								
13.2	13.6	16.1	13.7	20.6	21.2	Increased, 2011-2021	No quadratic change	No change
Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
33.8	34.5	32.4	34.1	28.8	24.2	Decreased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
43.3	44.3	45.2	45.7	43.4	45.0	No linear change	No quadratic change	No change
Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
14.9	13.2	15.1	15.1	15.7	16.5	No linear change	No quadratic change	No change
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)								
22.4	23.0	24.1	22.7	21.7	23.5	No linear change	No quadratic change	No change

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
55.7	56.1	55.0	59.5	57.1	46.5	No linear change	No change, 2011-2017 Decreased, 2017-2021	Decreased
Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
17.6	16.7	20.1	16.6	22.8	14.7	No linear change	No quadratic change	No change

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
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)						No linear change	No quadratic change	No change
53.1	50.7	52.9	53.2	48.9	53.3			
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)						No linear change	No quadratic change	No change
11.7	11.1	12.0	12.7	14.9	12.0			
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)						No linear change	No quadratic change	No change
30.6	29.4	30.4	28.3	27.3	31.0			

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
57.5	56.8	57.6	61.1	56.6	47.2	No linear change	No change, 2011-2017 Decreased, 2017-2021	Decreased
Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
18.4	18.9	22.1	18.2	23.1	14.5	No linear change	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
33.6	37.8	37.4	38.4	38.2	36.6	Increased, 2011-2021	No quadratic change	No change
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)								
18.3	15.3	18.0	17.4	16.4	21.1	No linear change	No change, 2011-2017 No change, 2017-2021	Increased
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)								
14.2	16.4	17.6	17.1	16.2	15.9	No linear change	Increased, 2011-2015 No change, 2015-2021	No change

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
53.9	55.5	52.4	57.9	57.2	46.0	No linear change	No quadratic change	Decreased
Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
16.6	14.6	18.4	15.1	22.4	14.9	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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
45.2	47.9	50.8	50.9	50.2	52.3	Increased, 2011-2021	No quadratic change	No change
Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
13.0	10.3	10.7	11.7	12.2	11.8	No linear change	No quadratic change	No change
Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
23.3	24.4	27.2	24.6	25.3	27.2	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
56.4	55.6	56.1	61.2	58.2	47.5	No linear change	No quadratic change	Decreased
Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
17.1	17.0	19.6	16.7	22.7	13.2	No linear change	No quadratic change	Decreased

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
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)								
35.5	36.9	32.4	34.2	28.5	33.6	No linear change	No quadratic change	No change
Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
21.3	19.8	27.9	24.0	28.3	26.7	No linear change	No quadratic change	No change
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)								
17.2	20.8	16.6	19.7	13.5	15.3	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
45.2	58.9	49.4	59.4	57.2	46.0	No linear change	No quadratic change	No change
Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
14.0	13.4	17.4	14.7	19.7	16.8	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
39.7	34.7	31.8	36.9	32.4	35.6	No linear change	No quadratic change	No change
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)								
19.2	18.7	22.0	20.6	20.1	25.1	No linear change	No quadratic change	No change
Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
22.9	19.1	17.4	20.1	17.8	19.0	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: PHYSICAL ACTIVITY

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
57.4	53.2	53.7	54.6	58.8	45.2	No linear change	No quadratic change	Decreased
Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
21.2	15.9	22.8	17.9	26.8	17.9	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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SLEEP

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who got 8 or more hours of sleep (on an average school night)								
		22.0	19.8	19.7	20.4	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.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SLEEP

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who got 8 or more hours of sleep (on an average school night)								
		25.0	22.3	21.6	22.8	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SLEEP

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who got 8 or more hours of sleep (on an average school night)								
		19.1	17.3	18.0	17.9	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SLEEP

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who got 8 or more hours of sleep (on an average school night)								
		23.3	20.4	19.9	21.1	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SLEEP

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who got 8 or more hours of sleep (on an average school night)								
		16.5	20.2	18.1	22.3	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: SLEEP

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who got 8 or more hours of sleep (on an average school night)								
		19.3	18.1	21.4	18.6	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			1.9	3.3	1.1	Decreased, 2017-2021	Not available [§]	Decreased
Percentage of students who are transgender								
			1.6	2.0	2.6	No linear change	Not available	No change
Percentage of students who drove a car or other vehicle when they had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			15.2	20.1	9.8	Decreased, 2017-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who rode in a car or other vehicle driven by someone who had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey)								
				27.6	14.0	Decreased, 2019-2021	Not available [§]	Decreased
Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
12.3	11.6	12.6	11.1	10.0	6.4	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased
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)								
17.8	14.2	18.0	14.5	16.4	19.7	No linear change	No change, 2011-2017 Increased, 2017-2021	Increased

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

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

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †						
2011	2013	2015	2017	2019	2021									
Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)						24.3	11.3	Decreased, 2019-2021	Not available [§]	Decreased				
Percentage of students who currently used tobacco products on school property (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, on at least 1 day during the 30 days before the survey)						11.5	7.9	Decreased, 2019-2021	Not available	Decreased				
Percentage of students who currently had at least one drink of alcohol on school property (on at least 1 day during the 30 days before the survey)						3.6	3.2	3.4	2.9	4.2	2.1	Decreased, 2011-2021	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who used marijuana on school property (one or more times during the 30 days before the survey)						No linear change	No quadratic change	Decreased
6.3	4.5	4.9	5.0	9.4	5.2			
Percentage of students who reported their parents or other adults in their family would disapprove if they smoked marijuana						No linear change	Not available§	Increased
			71.0	66.7	71.0			
Percentage of students who have had sex education in school						No linear change	Not available	No change
				75.2	69.6			
Percentage of students who have ever been taught in school about how to use condoms						Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	No change
48.8	57.0	52.1	57.0	49.7	43.8			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
69.4	72.5	73.4	75.2	77.2	80.8	Increased, 2011-2021	No quadratic change	No change
Percentage of students who have long-term learning disabilities (meaning 6 months or more)								
6.6	7.9	13.2	12.1	10.9	10.9	Increased, 2011-2021	Increased, 2011-2015 No change, 2015-2021	No change
Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)								
8.8	9.2	12.8	11.3	11.7	9.0	No linear change	Increased, 2011-2015 Decreased, 2015-2021	Decreased
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								
		73.3	75.0	74.4	64.2	Decreased, 2015-2021	Not available§	Decreased

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

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

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Total

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who can talk with at least one of their parents or other adult family members about things that are important to them								
82.9	82.1	82.1	81.7	80.8	76.1	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			2.0	2.9	1.4	No linear change	Not available [§]	No change
Percentage of students who are transgender								
			1.9	2.0	1.7	No linear change	Not available	No change
Percentage of students who drove a car or other vehicle when they had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			20.2	24.5	11.0	Decreased, 2017-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who rode in a car or other vehicle driven by someone who had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey)								
				28.6	13.9	Decreased, 2019-2021	Not available§	Decreased
Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
19.9	18.1	19.9	18.2	14.7	8.9	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased
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)								
12.5	8.0	11.5	10.2	14.1	11.0	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†						
2011	2013	2015	2017	2019	2021									
Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)						23.4	6.7	Decreased, 2019-2021	Not available [§]	Decreased				
Percentage of students who currently used tobacco products on school property (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, on at least 1 day during the 30 days before the survey)						14.5	7.3	Decreased, 2019-2021	Not available	Decreased				
Percentage of students who currently had at least one drink of alcohol on school property (on at least 1 day during the 30 days before the survey)						4.5	3.0	4.5	3.8	4.6	2.3	No linear change	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who used marijuana on school property (one or more times during the 30 days before the survey)								
8.9	5.5	5.9	6.9	11.6	5.6	No linear change	No quadratic change	Decreased
Percentage of students who reported their parents or other adults in their family would disapprove if they smoked marijuana								
			69.5	67.3	71.3	No linear change	Not available§	No change
Percentage of students who have had sex education in school								
				77.7	72.4	No linear change	Not available	No change
Percentage of students who have ever been taught in school about how to use condoms								
51.7	57.4	53.8	59.4	53.1	45.9	No linear change	No change, 2011-2017 Decreased, 2017-2021	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
63.6	67.3	69.3	68.5	72.7	78.5	Increased, 2011-2021	No quadratic change	No change
Percentage of students who have long-term learning disabilities (meaning 6 months or more)								
6.3	8.0	13.8	14.9	13.1	9.9	Increased, 2011-2021	Increased, 2011-2015 Decreased, 2015-2021	No change
Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)								
7.0	7.7	12.2	10.6	10.7	7.4	No linear change	Increased, 2011-2015 Decreased, 2015-2021	No change
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								
		71.6	74.7	73.7	64.0	Decreased, 2015-2021	Not available§	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Male

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who can talk with at least one of their parents or other adult family members about things that are important to them								
83.5	81.7	84.3	81.6	82.2	79.8	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, $p < 0.05$.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			1.8	3.2	0.8	Decreased, 2017-2021	Not available [§]	Decreased
Percentage of students who are transgender								
			1.2	1.5	2.6	No linear change	Not available	No change
Percentage of students who drove a car or other vehicle when they had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			9.5	15.2	8.7	No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who rode in a car or other vehicle driven by someone who had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey)								
				26.4	14.2	Decreased, 2019-2021	Not available§	Decreased
Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
4.4	4.8	5.0	3.8	4.6	3.7	No linear change	No quadratic change	No change
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)								
23.3	20.4	24.4	18.7	18.5	28.1	No linear change	No change, 2011-2017 Increased, 2017-2021	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)								
				24.4	14.1	Decreased, 2019-2021	Not available [§]	Decreased
Percentage of students who currently used tobacco products on school property (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, on at least 1 day during the 30 days before the survey)								
				8.4	8.6	No linear change	Not available	No change
Percentage of students who currently had at least one drink of alcohol on school property (on at least 1 day during the 30 days before the survey)								
2.6	3.0	2.2	1.8	3.3	1.8	No linear change	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who used marijuana on school property (one or more times during the 30 days before the survey)								
3.6	3.4	3.6	3.0	7.3	4.8	Increased, 2011-2021	No quadratic change	No change
Percentage of students who reported their parents or other adults in their family would disapprove if they smoked marijuana								
			72.6	66.9	71.0	No linear change	Not available§	No change
Percentage of students who have had sex education in school								
				73.0	66.6	No linear change	Not available	No change
Percentage of students who have ever been taught in school about how to use condoms								
45.9	56.6	50.5	54.4	46.1	41.9	No linear change	No change, 2011-2017 Decreased, 2017-2021	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
75.4	77.8	77.6	81.8	82.2	83.3	Increased, 2011-2021	No quadratic change	No change
Percentage of students who have long-term learning disabilities (meaning 6 months or more)								
6.9	7.7	12.3	9.1	8.8	11.3	Increased, 2011-2021	No quadratic change	No change
Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)								
10.5	10.8	13.2	11.9	12.5	10.3	No linear change	No quadratic change	No change
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								
		75.2	75.5	75.2	64.3	Decreased, 2015-2021	Not available§	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Female

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who can talk with at least one of their parents or other adult family members about things that are important to them								
82.4	82.7	80.0	82.0	79.8	72.0	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			1.6	2.2	0.6	Decreased, 2017-2021	Not available [¶]	Decreased
Percentage of students who are transgender								
			1.5	1.9	2.8	No linear change	Not available	No change
Percentage of students who drove a car or other vehicle when they had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			15.9	19.7	10.3	Decreased, 2017-2021	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who rode in a car or other vehicle driven by someone who had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey)								
				29.3	14.7	Decreased, 2019-2021	Not available [¶]	Decreased
Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
10.9	11.8	12.4	11.9	11.4	7.1	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased
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)								
18.2	14.7	18.4	14.1	16.6	20.0	No linear change	No change, 2011-2017 Increased, 2017-2021	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)								
				23.1	12.9	Decreased, 2019-2021	Not available [¶]	No change
Percentage of students who currently used tobacco products on school property (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, on at least 1 day during the 30 days before the survey)								
				12.7	9.1	Decreased, 2019-2021	Not available	No change
Percentage of students who currently had at least one drink of alcohol on school property (on at least 1 day during the 30 days before the survey)								
3.1	2.1	2.4	2.0	3.6	1.9	No linear change	No quadratic change	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who used marijuana on school property (one or more times during the 30 days before the survey)								
6.4	3.8	3.6	4.0	9.3	5.5	No linear change	Decreased, 2011-2015 Increased, 2015-2021	Decreased
Percentage of students who reported their parents or other adults in their family would disapprove if they smoked marijuana								
			71.5	65.7	68.6	No linear change	Not available [¶]	No change
Percentage of students who have had sex education in school								
				75.0	73.3	No linear change	Not available	No change
Percentage of students who have ever been taught in school about how to use condoms								
46.4	54.0	48.8	56.4	46.1	44.5	No linear change	No change, 2011-2017 Decreased, 2017-2021	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
74.3	75.5	78.6	79.6	81.6	85.6	Increased, 2011-2021	No quadratic change	No change
Percentage of students who have long-term learning disabilities (meaning 6 months or more)								
7.4	7.9	14.6	12.2	11.3	12.5	Increased, 2011-2021	Increased, 2011-2015 No change, 2015-2021	No change
Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)								
9.1	9.1	12.3	11.1	11.5	9.3	No linear change	Increased, 2011-2015 Decreased, 2015-2021	No change
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								
		75.7	77.5	76.4	69.8	Decreased, 2015-2021	Not available [¶]	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

White*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who can talk with at least one of their parents or other adult family members about things that are important to them								
84.5	85.2	85.0	85.6	83.2	80.9	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	No change

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			1.9	7.7	1.1	No linear change	Not available [¶]	Decreased
Percentage of students who are transgender								
			0.9	2.1	1.6	No linear change	Not available	No change
Percentage of students who drove a car or other vehicle when they had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			11.5	18.7	7.7	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who rode in a car or other vehicle driven by someone who had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey)								
				22.4	11.9	No linear change	Not available [¶]	Decreased
Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
11.1	9.8	11.3	8.8	7.8	5.7	No linear change	No quadratic change	No change
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)								
10.2	7.8	10.3	9.9	9.7	15.4	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)								
				13.4	10.9	No linear change	Not available [¶]	No change
Percentage of students who currently used tobacco products on school property (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, on at least 1 day during the 30 days before the survey)								
				12.1	3.0	Decreased, 2019-2021	Not available	Decreased
Percentage of students who currently had at least one drink of alcohol on school property (on at least 1 day during the 30 days before the survey)								
6.4	7.2	6.6	0.7	4.5	3.7	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who used marijuana on school property (one or more times during the 30 days before the survey)								
5.5	6.6	5.1	5.4	8.0	4.4	No linear change	No quadratic change	No change
Percentage of students who reported their parents or other adults in their family would disapprove if they smoked marijuana								
			68.8	72.8	76.3	No linear change	Not available [¶]	No change
Percentage of students who have had sex education in school								
				71.8	55.9	No linear change	Not available	No change
Percentage of students who have ever been taught in school about how to use condoms								
60.7	74.8	63.6	55.1	43.4	36.1	Decreased, 2011-2021	No change, 2011-2015 Decreased, 2015-2021	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
56.6	62.0	59.3	62.3	70.7	70.3	Increased, 2011-2021	No quadratic change	No change
Percentage of students who have long-term learning disabilities (meaning 6 months or more)								
4.7	8.0	5.0	13.4	14.1	6.9	No linear change	Increased, 2011-2017 Decreased, 2017-2021	No change
Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)								
7.1	9.6	9.7	8.8	16.6	5.7	No linear change	No quadratic change	Decreased
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								
		70.6	65.9	71.0	54.3	Decreased, 2015-2021	Not available [¶]	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Black*

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
Percentage of students who can talk with at least one of their parents or other adult family members about things that are important to them								
82.2	76.6	77.3	68.5	79.5	62.2	Decreased, 2011-2021	No quadratic change	Decreased

*Non-Hispanic.

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

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

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
			1.9	4.6	2.3	No linear change	Not available [§]	No change
Percentage of students who are transgender								
			1.6	2.3	2.2	No linear change	Not available	No change
Percentage of students who drove a car or other vehicle when they had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			14.2	19.4	10.9	No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who rode in a car or other vehicle driven by someone who had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey)								
				24.6	13.5	Decreased, 2019-2021	Not available§	Decreased
Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
15.2	12.4	13.9	10.4	10.4	5.8	Decreased, 2011-2021	No quadratic change	Decreased
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)								
18.5	16.3	21.4	17.2	16.8	20.6	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)								
				33.1	6.9	Decreased, 2019-2021	Not available§	Decreased
Percentage of students who currently used tobacco products on school property (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, on at least 1 day during the 30 days before the survey)								
				7.9	8.3	No linear change	Not available	No change
Percentage of students who currently had at least one drink of alcohol on school property (on at least 1 day during the 30 days before the survey)								
4.0	4.6	6.8	6.4	5.7	2.4	No linear change	Increased, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who used marijuana on school property (one or more times during the 30 days before the survey)								
5.1	6.9	9.6	8.3	10.2	6.1	No linear change	Increased, 2011-2015 No change, 2015-2021	Decreased
Percentage of students who reported their parents or other adults in their family would disapprove if they smoked marijuana								
			68.7	67.1	74.1	No linear change	Not available§	No change
Percentage of students who have had sex education in school								
				76.0	60.6	Decreased, 2019-2021	Not available	Decreased
Percentage of students who have ever been taught in school about how to use condoms								
51.8	62.9	65.9	62.9	60.4	44.5	No linear change	No change, 2011-2017 Decreased, 2017-2021	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
53.3	59.1	58.4	63.6	66.4	69.5	Increased, 2011-2021	No quadratic change	No change
Percentage of students who have long-term learning disabilities (meaning 6 months or more)								
4.1	8.5	12.1	11.1	7.2	9.5	No linear change	Increased, 2011-2015 No change, 2015-2021	No change
Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)								
9.1	10.2	15.0	12.5	12.0	10.2	No linear change	Increased, 2011-2015 Decreased, 2015-2021	No change
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								
		69.1	71.9	66.9	52.7	Decreased, 2015-2021	Not available§	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 MASSACHUSETTS YOUTH RISK BEHAVIOR SURVEY RESULTS

PREVALENCE TRENDS REPORT: MA ADDED

2011 - 2021

Hispanic

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
Percentage of students who can talk with at least one of their parents or other adult family members about things that are important to them								
79.3	77.9	75.9	75.3	72.2	66.8	Decreased, 2011-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.