

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Total  
Injury and Violence**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
											67.2	59.5	62.7	58.0	58.8	Decreased, 2013-2021	Not available <sup>§</sup>	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																		
											73.5	65.6	68.4	65.3	64.5	Decreased, 2013-2021	Not available	No change
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																		
											42.4	35.1	35.5	35.3	36.1	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Maryland Middle School Survey**

**Trend Analysis Report**

**Total  
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
											19.9	16.8	19.7	15.4	16.1	Decreased, 2013-2021	Not available <sup>§</sup>	No change
QN10: Percentage of students who were ever in a physical fight																		
											54.5	47.8	52.3	46.8	46.8	Decreased, 2013-2021	Not available	No change
QN12: Percentage of students who were ever bullied on school property																		
														38.8	37.5	No linear change	Not available	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																		
														18.3	26.7	Increased, 2018-2021	Not available	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Injury and Violence		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †	
		1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				2018
QN14: Percentage of students who ever seriously thought about killing themselves																			
												19.1	17.6	21.3	22.9	26.8	Increased, 2013-2021	Not available <sup>§</sup>	Increased
QN15: Percentage of students who ever made a plan about how they would kill themselves																			
													14.1	14.3	19.5	Increased, 2016-2021	Not available	Increased	
QN16: Percentage of students who ever tried to kill themselves																			
													8.5	8.8	11.0	Increased, 2016-2021	Not available	Increased	

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																		
												7.9	6.0	5.6	Decreased, 2016-2021	Not available <sup>§</sup>	No change	
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																		
												3.6	2.9	2.4	Decreased, 2016-2021	Not available	Decreased	
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
											3.9	2.5	1.3	1.1	1.3	Decreased, 2013-2021	Not available	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
											0.7	0.4	0.3	0.2	0.1	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

<b>Total Tobacco Use</b>																<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2018-2021 †</b>	
<b>Health Risk Behavior and Percentages</b>																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																			
											0.6	0.3	0.2	0.1	0.1		Decreased, 2013-2021	Not available <sup>§</sup>	No change
QN21: Percentage of students who ever used an electronic vapor product																			
												15.4	18.4	18.9	15.6		No linear change	Not available	Decreased
QN22: 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)																			
												7.6	4.7	5.9	5.2		Decreased, 2014-2021	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																			
												0.7	0.5	0.6	0.6		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.

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																No linear change	Not available <sup>§</sup>	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																Decreased, 2014-2021	Not available	No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																Decreased, 2016-2021	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.

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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																		
													0.3	0.2	0.2	Decreased, 2016-2021	Not available <sup>§</sup>	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																		
													0.2	0.2	0.1	Decreased, 2016-2021	Not available	Decreased
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
											4.2	3.6	2.5	1.8	1.9	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																		
											5.4	7.1	6.3	No linear change	Not available <sup>§</sup>	Decreased		
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																		
											3.1	3.1	2.8	No linear change	Not available	No change		
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																		
											0.8	0.3	0.2	0.2	0.1	Decreased, 2013-2021	Not available	Decreased
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																		
											0.6	0.2	0.2	0.2	0.1	Decreased, 2013-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

<b>Total Alcohol and Other Drug Use</b>																<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2018-2021 †</b>
<b>Health Risk Behavior and Percentages</b>																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)																Decreased, 2013-2021	Not available <sup>§</sup>	No change
											25.2	17.6	21.7	18.1	19.2			
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																Decreased, 2013-2021	Not available	Increased
											12.4	8.6	11.1	9.1	10.1			
QN27: Percentage of students who ever used marijuana																Decreased, 2013-2021	Not available	Decreased
											9.0	7.0	7.0	6.6	5.1			
QN28: Percentage of students who tried marijuana for the first time before age 11 years																Decreased, 2013-2021	Not available	Decreased
											3.0	4.1	2.4	2.7	1.4			

\*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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Total  
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																			
													4.9	7.1	11.5		Increased, 2016-2021	Not available <sup>§</sup>	Increased
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																			
											3.8	3.5	4.2	1.9	2.0		Decreased, 2013-2021	Not available	No change
QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																			
											10.5	6.3	6.7	5.3	5.3		Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Total  
Sexual Behaviors**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN32: Percentage of students who ever had sexual intercourse																		
												7.4	6.8	6.0	5.8	Decreased, 2014-2021	Not available <sup>§</sup>	No change

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

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§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Total**

**Weight Management and Dietary Behaviors**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																Increased, 2013-2021	Not available <sup>§</sup>	Increased
QN37: Percentage of students who were trying to lose weight																No linear change	Not available	No change
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2021	Not available	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	Decreased

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

<b>Total Physical Activity</b>																<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2018-2021 †</b>
<b>Health Risk Behavior and Percentages</b>																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN39: 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)																Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																Increased, 2013-2021	Not available	Increased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																Decreased, 2013-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

<b>Total Physical Activity</b>																<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2018-2021 †</b>
<b>Health Risk Behavior and Percentages</b>																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																		
											86.8	86.4	83.6	85.3	76.7	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																		
											20.5	30.9	28.0	32.3	33.4	Increased, 2013-2021	Not available	No change
QN42: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																		
												62.8	61.7	57.6	50.8	Decreased, 2014-2021	Not available	Decreased
QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																		
													18.4	16.8	17.2	Decreased, 2016-2021	Not available	No change

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

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§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
												53.5	58.7	54.6	55.3	46.0	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																			
															2.2	3.2	Increased, 2018-2021	Not available	Increased

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

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§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QN47: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																				
												51.2	59.6	48.6	52.2		Decreased, 2014-2021	Not available <sup>§</sup>	Increased	
QN48: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who have ever dated or gone out with someone)																				
															10.1	10.6	No linear change	Not available	No change	
QN49: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																				
												24.9	21.3	25.5	25.5	36.8		Increased, 2013-2021	Not available	Increased

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

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Site-Added																Linear Change*	Quadratic Change*	Change from 2018-2021 †					
Health Risk Behavior and Percentages																							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021								
QN50: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey)																8.7	8.8	No linear change	Not available <sup>§</sup>	No change			
QN52: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey)																20.3	20.1	27.5	42.3	37.5	Increased, 2013-2021	Not available	No change
QN53: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)																89.2	94.9	93.9	Increased, 2016-2021	Not available	No change		

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN54: Percentage of students who used electronic vapor products mainly because a friend or family member used them																			
														5.0	3.3		Decreased, 2018-2021	Not available <sup>§</sup>	Decreased
QN55: Percentage of students who think they definitely or probably will use an electronic vapor product in the next year																			
														11.8	9.5		Decreased, 2018-2021	Not available	Decreased
QN56: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																			
											3.3	3.1	2.3	0.9	0.8		Decreased, 2013-2021	Not available	No change

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Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN57: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																		
												4.2	4.1	1.8	1.9	Decreased, 2014-2021	Not available <sup>§</sup>	No change
QN58: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)																		
											54.1	54.2	68.1	33.7	35.5	Decreased, 2013-2021	Not available	No change
QN59: Percentage of students who live with someone who now smokes cigarettes or cigars																		
											39.0	34.9	32.8	29.1	26.8	Decreased, 2013-2021	Not available	Decreased

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Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN60: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																			
													80.8	81.8	79.2		Decreased, 2016-2021	Not available <sup>§</sup>	Decreased
QN61: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																			
													18.3	15.9	16.1		Decreased, 2016-2021	Not available	No change
QN62: 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)																			
											11.7	7.9	9.1	7.5	6.9		Decreased, 2013-2021	Not available	No change
QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																			
											8.0	6.2	5.5	5.2	3.8		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.

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Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN64: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																			
											3.3	2.4	2.2	1.8	1.7	Decreased, 2013-2021	Not available <sup>§</sup>	No change	
QN65: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																			
											7.0	5.3	4.4	4.5	3.6	Decreased, 2013-2021	Not available	Decreased	
QN66: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																			
													70.7	71.5	68.1	Decreased, 2016-2021	Not available	Decreased	
QN69: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																			
											81.6	80.2	74.0	74.1	62.6	Decreased, 2013-2021	Not available	Decreased	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Maryland Middle School Survey  
Trend Analysis Report**

<b>Total Site-Added</b>		<b>Health Risk Behavior and Percentages</b>														<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2018-2021 †</b>	
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2014</b>	<b>2016</b>	<b>2018</b>	<b>2021</b>				
QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																			
											62.2	64.3	60.5	59.9	51.4	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased	
QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey)																			
															19.2	16.8	Decreased, 2018-2021	Not available	Decreased
QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they did not have money to get more (during the 12 months before the survey)																			
															15.8	13.0	Decreased, 2018-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN73: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																		
											30.0	26.8	27.2	29.7	30.9	No linear change	Not available <sup>§</sup>	No change
QN74: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																		
											18.5	16.6	14.5	16.1	14.5	Decreased, 2013-2021	Not available	Decreased
QN75: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																		
													79.1	80.7	79.5	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN76: Percentage of students who reported that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor at least once or twice a month (such as vodka, whiskey, or gin)																		
											87.1	88.4	88.6	89.6	89.0	Increased, 2013-2021	Not available <sup>§</sup>	No change
QN77: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol nearly every day (beer, wine, or liquor)																		
											67.3	69.1	76.2	72.1	71.8	Increased, 2013-2021	Not available	No change
QN78: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol once or twice a week (beer, wine, or liquor)																		
											74.7	74.4	79.9	76.5	77.8	Increased, 2013-2021	Not available	No change

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																		
											84.4	86.5	85.5	85.4	81.8	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																		
											80.1	81.2	79.1	81.2	80.4	No linear change	Not available	No change
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																		
											31.5	31.9	33.8	31.1	30.9	No linear change	Not available	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																		
											59.9	61.7	58.1	59.4	56.2	Decreased, 2013-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Maryland Middle School Survey  
Trend Analysis Report**

**Total  
Site-Added**

**Health Risk Behavior and Percentages**

**Linear Change\***

**Quadratic Change\***

**Change from  
2018-2021 †**

**1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021**

QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)

1.3 1.2 1.2 No linear change Not available<sup>§</sup> No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Male Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
											69.6	62.5	65.4	60.1	59.8	Decreased, 2013-2021	Not available <sup>§</sup>	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																		
											74.4	66.8	68.3	65.9	64.4	Decreased, 2013-2021	Not available	No change
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																		
											43.1	35.1	36.0	35.6	35.5	Decreased, 2013-2021	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
											18.7	15.1	17.2	13.6	13.0	Decreased, 2013-2021	Not available	No change

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Male Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN10: Percentage of students who were ever in a physical fight																Decreased, 2013-2021	Not available <sup>§</sup>	No change
											65.9	59.7	64.3	58.2	57.6			
QN12: Percentage of students who were ever bullied on school property																Decreased, 2018-2021	Not available	Decreased
													34.0	31.6				
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																Increased, 2018-2021	Not available	Increased
													14.0	21.3				
QN14: Percentage of students who ever seriously thought about killing themselves																Increased, 2013-2021	Not available	No change
											13.2	12.6	15.6	18.0	18.0			

\*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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Injury and Violence**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QN15: Percentage of students who ever made a plan about how they would kill themselves															9.8	10.8	11.8	Increased, 2016-2021	Not available <sup>§</sup>	No change
QN16: Percentage of students who ever tried to kill themselves															5.9	6.8	6.6	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Maryland Middle School Survey  
Trend Analysis Report**

**Male  
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																				
													8.0	6.1	5.1	Decreased, 2016-2021	Not available <sup>§</sup>	Decreased		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																				
													4.0	3.1	2.2	Decreased, 2016-2021	Not available	Decreased		
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																				
											4.2	2.8	1.5	1.2	1.0	Decreased, 2013-2021	Not available	No change		
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																				
													0.9	0.5	0.3	0.2	0.1	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																			
											0.7	0.3	0.3	0.1	0.1		Decreased, 2013-2021	Not available <sup>§</sup>	No change
QN21: Percentage of students who ever used an electronic vapor product																			
												15.9	18.2	18.3	13.4		Decreased, 2014-2021	Not available	Decreased
QN22: 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)																			
												8.0	4.5	5.7	4.0		Decreased, 2014-2021	Not available	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																			
												0.8	0.6	0.7	0.3		Decreased, 2014-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.6	0.5	0.5	0.2	Decreased, 2014-2021	Not available <sup>§</sup>	Decreased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												8.3	4.4	5.8	4.2	Decreased, 2014-2021	Not available	Decreased
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													2.3	2.4	1.2	Decreased, 2016-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)															Decreased, 2016-2021	Not available <sup>§</sup>	Decreased	
								0.3					0.3		0.1			
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)															Decreased, 2016-2021	Not available	No change	
								0.3					0.2		0.1			
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)															Decreased, 2013-2021	Not available	No change	
										5.1	4.5	2.8	2.1	1.9				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																				
													5.2	7.0	5.2	No linear change	Not available <sup>§</sup>	Decreased		
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																				
													3.5	3.3	2.6	Decreased, 2016-2021	Not available	Decreased		
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																				
													1.0	0.4	0.3	0.3	0.2	Decreased, 2013-2021	Not available	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																				
													0.9	0.3	0.2	0.2	0.1	Decreased, 2013-2021	Not available	No change

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Male

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)														Decreased, 2013-2021	Not available <sup>§</sup>	No change		
						25.2		17.7		21.8		17.8		16.5				
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														Decreased, 2013-2021	Not available	No change		
						13.6		9.3		11.9		9.9		9.3				
QN27: Percentage of students who ever used marijuana														Decreased, 2013-2021	Not available	Decreased		
						10.7		7.7		7.5		6.7		4.2				
QN28: Percentage of students who tried marijuana for the first time before age 11 years														Decreased, 2013-2021	Not available	Decreased		
						4.2		4.6		3.0		3.0		1.5				

\*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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male**

**Alcohol and Other Drug Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
													4.6	6.5	8.9	Increased, 2016-2021	Not available <sup>§</sup>	Increased
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
											4.4	3.9	4.5	2.3	1.9	Decreased, 2013-2021	Not available	No change
QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																		
											9.9	5.9	6.4	4.8	4.8	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Male  
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN32: Percentage of students who ever had sexual intercourse																		
												11.0	9.6	8.9	6.3	Decreased, 2014-2021	Not available <sup>§</sup>	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Male

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN36: Percentage of students who described themselves as slightly or very overweight														Increased, 2013-2021	Not available <sup>§</sup>	Increased		
											22.0	21.5	22.7	23.6	27.0			
QN37: Percentage of students who were trying to lose weight														Increased, 2013-2021	Not available	Increased		
											35.3	34.6	35.8	36.7	39.2			
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)														Increased, 2013-2021	Not available	Increased		
											9.9	8.1	9.4	9.8	13.3			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														Decreased, 2013-2021	Not available	Decreased		
											53.1	58.9	53.2	52.8	44.5			

\*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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Physical Activity**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021										
QN39: 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)															59.4	60.3	56.8	55.3	51.9				Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															10.8	10.3	11.8	13.4	13.2				Increased, 2013-2021	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															36.4	38.8	35.9	33.7	31.3				Decreased, 2013-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																		
											87.3	86.2	84.5	85.8	77.0	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																		
											21.7	32.3	28.7	33.3	34.6	Increased, 2013-2021	Not available	No change
QN42: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																		
												66.6	65.6	61.0	54.4	Decreased, 2014-2021	Not available	Decreased
QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																		
													21.2	19.4	18.8	Decreased, 2016-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Male Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
												55.2	60.9	56.9	56.6	49.4	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																			
														2.4	4.0		Increased, 2018-2021	Not available	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN47: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																			
												46.9	54.3	45.2	47.8	No linear change	Not available <sup>§</sup>	Increased	
QN48: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who have ever dated or gone out with someone)																			
														10.2	11.4	No linear change	Not available	No change	
QN49: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																			
												18.6	15.9	19.2	19.4	25.2	Increased, 2013-2021	Not available	Increased

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021							
QN50: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey)															7.3	10.3	No linear change	Not available <sup>§</sup>	No change			
QN52: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey)															22.9	21.2	26.0	39.3	37.9	Increased, 2013-2021	Not available	No change
QN53: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)															86.5	94.5	94.0	Increased, 2016-2021	Not available	No change		

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QN54: Percentage of students who used electronic vapor products mainly because a friend or family member used them																				
																4.7	2.5	Decreased, 2018-2021	Not available <sup>§</sup>	Decreased
QN55: Percentage of students who think they definitely or probably will use an electronic vapor product in the next year																				
																11.6	7.3	Decreased, 2018-2021	Not available	Decreased
QN56: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																				
											3.9	3.6	2.4	1.0	0.6	Decreased, 2013-2021	Not available	Decreased		

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN57: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																		
												4.4	4.1	1.7	1.1	Decreased, 2014-2021	Not available <sup>§</sup>	Decreased
QN58: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)																		
											55.9	55.4	66.2	36.3	42.9	Decreased, 2013-2021	Not available	No change
QN59: Percentage of students who live with someone who now smokes cigarettes or cigars																		
											38.0	35.0	31.7	28.5	25.0	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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN60: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																		
													82.1	83.6	82.4	No linear change	Not available <sup>§</sup>	No change
QN61: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																		
													16.5	14.1	13.0	Decreased, 2016-2021	Not available	No change
QN62: 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)																		
											11.2	7.6	8.5	6.9	5.7	Decreased, 2013-2021	Not available	Decreased
QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																		
											9.2	7.0	6.0	5.4	3.4	Decreased, 2013-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Male Site-Added																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN64: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																		
											4.0	2.7	2.3	2.1	1.5	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN65: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
											8.0	5.6	5.0	4.9	3.4	Decreased, 2013-2021	Not available	Decreased
QN66: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
													70.6	70.9	68.3	No linear change	Not available	No change
QN69: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																		
											80.2	79.8	73.7	74.6	64.9	Decreased, 2013-2021	Not available	Decreased

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																		
											62.0	62.1	58.9	56.9	49.5	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey)																		
													17.3	14.4	Decreased, 2018-2021	Not available	Decreased	
QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they did not have money to get more (during the 12 months before the survey)																		
													15.0	12.2	Decreased, 2018-2021	Not available	Decreased	

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN73: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																		
											29.3	25.5	26.3	28.2	26.3	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN74: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																		
											19.7	17.1	14.8	15.8	13.2	Decreased, 2013-2021	Not available	Decreased
QN75: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																		
													76.8	79.8	80.4	Increased, 2016-2021	Not available	No change

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN76: Percentage of students who reported that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor at least once or twice a month (such as vodka, whiskey, or gin)																		
											86.5	87.9	87.8	88.9	89.5	Increased, 2013-2021	Not available <sup>§</sup>	No change
QN77: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol nearly every day (beer, wine, or liquor)																		
											65.4	66.8	73.9	70.7	68.3	Increased, 2013-2021	Not available	Decreased
QN78: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol once or twice a week (beer, wine, or liquor)																		
											73.3	73.2	78.4	74.9	75.9	Increased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Male Site-Added																Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																No linear change	Not available <sup>§</sup>	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																Increased, 2013-2021	Not available	No change
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																No linear change	Not available	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
													1.3	1.3	1.3	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Female Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
											64.5	56.3	59.6	55.6	57.7	Decreased, 2013-2021	Not available <sup>§</sup>	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																		
											72.5	64.5	68.3	64.5	64.6	Decreased, 2013-2021	Not available	No change
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																		
											41.6	35.1	34.8	34.8	36.5	Decreased, 2013-2021	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
											21.1	18.5	22.0	17.1	19.2	Decreased, 2013-2021	Not available	Increased

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

<b>Female Injury and Violence</b>																<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2018-2021 †</b>
<b>Health Risk Behavior and Percentages</b>																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN10: Percentage of students who were ever in a physical fight																Decreased, 2013-2021	Not available <sup>§</sup>	No change
QN12: Percentage of students who were ever bullied on school property																No linear change	Not available	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																Increased, 2018-2021	Not available	Increased
QN14: Percentage of students who ever seriously thought about killing themselves																Increased, 2013-2021	Not available	Increased

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Injury and Violence**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN15: Percentage of students who ever made a plan about how they would kill themselves															Increased, 2016-2021	Not available <sup>§</sup>	Increased	
													18.3	17.8	27.1			
QN16: Percentage of students who ever tried to kill themselves															Increased, 2016-2021	Not available	Increased	
													10.8	10.9	15.3			

\*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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Female Tobacco Use																Linear Change*	Quadratic Change*	Change from 2018-2021 †		
Health Risk Behavior and Percentages																				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																				
													7.6	5.7	6.2	Decreased, 2016-2021	Not available <sup>§</sup>	No change		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																				
													3.1	2.4	2.5	No linear change	Not available	No change		
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																				
											3.5	2.0	1.2	0.9	1.4	Decreased, 2013-2021	Not available	Increased		
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																				
													0.5	0.3	0.1	0.1	0.1	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Female Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																Decreased, 2013-2021	Not available <sup>§</sup>	No change
											0.3	0.3	0.1	0.1	0.1			
QN21: Percentage of students who ever used an electronic vapor product																Increased, 2014-2021	Not available	Decreased
											14.8	18.3	19.4	17.7				
QN22: 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)																No linear change	Not available	No change
											7.1	4.8	6.1	6.4				
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																Increased, 2014-2021	Not available	No change
											0.6	0.3	0.6	0.8				

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.4	0.2	0.4	0.5	No linear change	Not available <sup>§</sup>	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												7.5	4.7	6.0	6.5	No linear change	Not available	No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													1.3	1.8	1.3	No linear change	Not available	No change

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021										
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																0.2	0.2	0.1	No linear change	Not available <sup>§</sup>			No change		
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																0.2	0.1	0.0	Decreased, 2016-2021			Not available	Decreased		
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																3.0	2.4	2.1	1.4	1.8	Decreased, 2013-2021			Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																				
													5.4	7.1	7.3	Increased, 2016-2021	Not available <sup>§</sup>	No change		
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																				
													2.6	2.6	2.9	No linear change	Not available	No change		
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																				
											0.4	0.2	0.1	0.1	0.0	Decreased, 2013-2021	Not available	Decreased		
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																				
													0.3	0.2	0.1	0.1	0.0	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Maryland Middle School Survey**

**Trend Analysis Report**

**Female  
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)																No linear change	Not available <sup>§</sup>	Increased
											25.1	17.4	21.6	18.2	21.8			
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																No linear change	Not available	Increased
											11.1	7.7	10.0	8.3	10.8			
QN27: Percentage of students who ever used marijuana																Decreased, 2013-2021	Not available	No change
											7.3	6.2	6.3	6.4	6.1			
QN28: Percentage of students who tried marijuana for the first time before age 11 years																Decreased, 2013-2021	Not available	Decreased
											1.6	3.4	1.6	2.2	1.3			

\*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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																			
													4.9	7.6	14.0		Increased, 2016-2021	Not available <sup>§</sup>	Increased
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																			
											3.0	2.9	3.7	1.4	2.2		Decreased, 2013-2021	Not available	Increased
QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																			
											11.0	6.7	6.9	5.6	5.9		Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Female  
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN32: Percentage of students who ever had sexual intercourse																		
												3.7	3.8	3.2	5.1	Increased, 2014-2021	Not available <sup>§</sup>	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN36: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available <sup>§</sup>	Increased	
						27.1	25.8	27.4	26.4	28.9									
QN37: Percentage of students who were trying to lose weight																Decreased, 2013-2021	Not available	No change	
						52.6	47.9	48.1	47.9	48.7									
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2021	Not available	Increased	
						11.8	10.1	12.6	12.6	19.1									
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	Decreased	
						41.4	47.7	40.2	40.6	29.8									

\*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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Physical Activity**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN39: 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)																		
											45.6	47.6	44.3	45.7	38.7	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
											12.5	13.5	15.7	15.3	19.1	Increased, 2013-2021	Not available	Increased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
											22.4	24.4	23.2	23.4	19.0	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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)														Decreased, 2013-2021	Not available <sup>§</sup>	Decreased		
											86.5	86.6	82.8	84.8	76.4			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)														Increased, 2013-2021	Not available	No change		
											19.3	29.5	27.4	31.3	32.3			
QN42: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														Decreased, 2014-2021	Not available	Decreased		
												58.9	57.8	54.4	47.4			
QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)														No linear change	Not available	Increased		
												15.4	14.0	15.4				

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Female Other		Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
												51.9	56.6	52.6	54.2	43.1	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN46: 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	2.5	Increased, 2018-2021	Not available	No change

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN47: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																			
												55.8	65.4	52.2	56.9	No linear change	Not available <sup>§</sup>	Increased	
QN48: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who have ever dated or gone out with someone)																			
														9.6	9.7	No linear change	Not available	No change	
QN49: 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)																			
												31.4	26.7	31.9	31.5	48.1	Increased, 2013-2021	Not available	Increased

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021							
QN50: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey)															7.9	5.8	No linear change	Not available <sup>§</sup>	No change			
QN52: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey)															17.0	17.8	31.5	46.0	36.2	Increased, 2013-2021	Not available	Decreased
QN53: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)															93.0	96.1	94.6	No linear change	Not available	No change		

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Female Site-Added																Linear Change*	Quadratic Change*	Change from 2018-2021 †					
Health Risk Behavior and Percentages																							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021								
QN54: Percentage of students who used electronic vapor products mainly because a friend or family member used them																							
																5.1	4.3	Decreased, 2018-2021	Not available <sup>§</sup>	Decreased			
QN55: Percentage of students who think they definitely or probably will use an electronic vapor product in the next year																							
																11.8	11.6	No linear change	Not available	No change			
QN56: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																							
																2.6	2.4	1.9	0.8	1.0	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN57: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																		
												3.9	3.9	1.9	2.5	Decreased, 2014-2021	Not available <sup>§</sup>	Increased
QN58: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)																		
											52.4	53.1	71.6	31.1	30.9	Decreased, 2013-2021	Not available	No change
QN59: Percentage of students who live with someone who now smokes cigarettes or cigars																		
											40.1	34.7	33.9	29.6	28.4	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Female Site-Added																Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN60: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																		
												79.6	80.1	76.2		Decreased, 2016-2021	Not available <sup>§</sup>	Decreased
QN61: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																		
												19.9	17.5	19.1		No linear change	Not available	No change
QN62: 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)																		
											12.1	8.0	9.5	7.8	8.1	Decreased, 2013-2021	Not available	No change
QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																		
											6.6	5.2	4.8	4.7	4.1	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN64: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																		
											2.5	2.0	1.8	1.4	1.8	Decreased, 2013-2021	Not available <sup>§</sup>	No change
QN65: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
											5.8	4.9	3.7	4.1	3.6	Decreased, 2013-2021	Not available	No change
QN66: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
												71.0	72.5	68.4	Decreased, 2016-2021	Not available	Decreased	
QN69: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																		
											83.1	80.7	74.3	74.0	60.5	Decreased, 2013-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
											62.6	66.6	62.3	63.0	53.2			
QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey)																Decreased, 2018-2021	Not available	No change
													20.8	18.7				
QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they did not have money to get more (during the 12 months before the survey)																Decreased, 2018-2021	Not available	Decreased
													16.3	13.5				

\*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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN73: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																		
											30.7	28.0	28.1	31.1	35.6	Increased, 2013-2021	Not available <sup>§</sup>	Increased
QN74: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																		
											17.3	16.0	14.0	16.4	15.8	No linear change	Not available	No change
QN75: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																		
													81.7	81.9	79.1	Decreased, 2016-2021	Not available	Decreased

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Female Site-Added																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN76: Percentage of students who reported that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor at least once or twice a month (such as vodka, whiskey, or gin)																No linear change	Not available <sup>§</sup>	Decreased
											87.7	88.9	89.5	90.5	88.6			
QN77: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol nearly every day (beer, wine, or liquor)																Increased, 2013-2021	Not available	No change
											69.4	71.6	78.6	73.7	75.5			
QN78: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol once or twice a week (beer, wine, or liquor)																Increased, 2013-2021	Not available	No change
											76.3	75.8	81.4	78.2	79.9			

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																		
											84.2	86.3	85.4	85.1	78.4	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																		
											80.8	82.0	79.0	81.3	78.5	Decreased, 2013-2021	Not available	Decreased
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																		
											35.1	35.1	36.6	33.2	32.9	Decreased, 2013-2021	Not available	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																		
											58.1	59.9	56.1	56.6	51.8	Decreased, 2013-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
													1.2	1.1	1.2	No linear change	Not available§	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

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

Health Risk Behavior and Percentages																Linear Change <sup>‡</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
											54.0	47.5	47.2	42.8	44.3	Decreased, 2013-2021	Not available <sup>¶</sup>	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																		
											64.6	58.2	59.7	55.3	55.0	Decreased, 2013-2021	Not available	No change
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																		
											32.9	25.8	26.4	24.8	23.7	Decreased, 2013-2021	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
											20.5	18.4	20.4	16.7	17.3	Decreased, 2013-2021	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

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

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN10: Percentage of students who were ever in a physical fight																Decreased, 2013-2021	Not available <sup>¶</sup>	Increased
QN12: Percentage of students who were ever bullied on school property																No linear change	Not available	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																Increased, 2018-2021	Not available	Increased
QN14: Percentage of students who ever seriously thought about killing themselves																Increased, 2013-2021	Not available	Increased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

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

Health Risk Behavior and Percentages																Linear Change <sup>‡</sup>	Quadratic Change <sup>‡</sup>	Change from			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021						
QN15: Percentage of students who ever made a plan about how they would kill themselves																10.9	11.2	15.4	Increased, 2016-2021	Not available <sup>¶</sup>	Increased
QN16: Percentage of students who ever tried to kill themselves																5.0	5.4	6.8	Increased, 2016-2021	Not available	Increased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

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

Health Risk Behavior and Percentages																	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
													5.6	4.3	4.6		Decreased, 2016-2021	Not available <sup>¶</sup>	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																			
													2.5	1.5	2.1		No linear change	Not available	Increased
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																			
											3.2	2.3	1.2	0.9	0.7		Decreased, 2013-2021	Not available	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
											0.6	0.4	0.2	0.1	0.0		Decreased, 2013-2021	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

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

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
											0.5	0.3	0.2	0.1	0.0	Decreased, 2013-2021	Not available <sup>¶</sup>	No change
QN21: Percentage of students who ever used an electronic vapor product																		
											12.9	15.3	17.7	14.1	No linear change	Not available	Decreased	
QN22: 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)																		
											6.2	3.4	6.3	3.7	Decreased, 2014-2021	Not available	Decreased	
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
											0.8	0.4	0.8	0.6	No linear change	Not available	No change	

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

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

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.5	0.3	0.5	0.4	No linear change	Not available <sup>¶</sup>	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												6.4	3.6	6.2	3.9	Decreased, 2014-2021	Not available	Decreased
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													1.3	1.5	0.9	Decreased, 2016-2021	Not available	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021									
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)															0.2	0.1	0.0	No linear change	Not available <sup>‡</sup>			Decreased		
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)															0.1	0.1	0.0	No linear change	Not available			No change		
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)															2.4	2.6	1.5	1.1	1.4	Decreased, 2013-2021			Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

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

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																		
													4.3	7.0	5.1	No linear change	Not available <sup>‡</sup>	Decreased
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																		
													2.5	2.5	2.3	No linear change	Not available	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																		
											0.4	0.2	0.2	0.1	0.0	Decreased, 2013-2021	Not available	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																		
											0.3	0.1	0.2	0.1	0.0	Decreased, 2013-2021	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021										
QN25: Percentage of students who ever drank alcohol (other than a few sips)															21.0	15.3	18.1	15.2	17.2	Decreased, 2013-2021			Not available <sup>‡</sup>		Increased
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															9.2	6.9	8.9	6.6	8.6	No linear change			Not available		Increased
QN27: Percentage of students who ever used marijuana															6.2	4.6	4.2	4.4	3.7	Decreased, 2013-2021			Not available		No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years															1.5	2.6	1.3	1.4	1.1	Decreased, 2013-2021			Not available		No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**White\***

**Alcohol and Other Drug Use**

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021							
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)															3.2	4.8	8.0	Increased, 2016-2021	Not available <sup>¶</sup>	Increased		
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)															2.4	2.5	2.4	1.1	1.4	Decreased, 2013-2021	Not available	No change
QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)															7.3	4.8	5.0	4.3	4.0	Decreased, 2013-2021	Not available	No change

\*Non-Hispanic.

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

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

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

**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Maryland Middle School Survey  
Trend Analysis Report**

**White\***  
**Sexual Behaviors**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN32: Percentage of students who ever had sexual intercourse														No linear change	Not available <sup>¶</sup>	No change		

\*Non-Hispanic.  
<sup>†</sup>Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  
<sup>§</sup>Based on t-test analysis, p < 0.05.  
<sup>¶</sup>Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

White\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available <sup>¶</sup>	No change
						23.4		23.4		23.7		23.8		24.7				
QN37: Percentage of students who were trying to lose weight																No linear change	Not available	No change
						40.8		38.3		37.8		38.2		37.8				
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2021	Not available	Increased
						8.6		7.5		8.4		9.1		13.4				
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	Decreased
						53.6		58.0		52.1		51.4		41.9				

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**White\***

**Physical Activity**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN39: 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)																Decreased, 2013-2021	Not available <sup>¶</sup>	Decreased
											61.4	62.7	59.9	60.6	56.7			
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																Increased, 2013-2021	Not available	No change
											6.7	6.3	7.6	7.4	8.3			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																Decreased, 2013-2021	Not available	No change
											34.0	36.0	33.7	32.8	31.5			

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**White\***

**Physical Activity**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																Decreased, 2013-2021	Not available <sup>¶</sup>	Decreased	
						93.1		93.3		91.6	91.3	86.2							
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																Increased, 2013-2021	Not available	No change	
						21.9		31.6		31.4	33.4	35.0							
QN42: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																Decreased, 2014-2021	Not available	Decreased	
								71.1		69.7	67.9	62.7							
QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																Decreased, 2016-2021	Not available	No change	
										16.0	13.8	13.4							

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

White\*  
Other

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
											59.4	62.3	59.3	58.6	51.4	Decreased, 2013-2021	Not available <sup>¶</sup>	Decreased
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
														1.1	2.1	Increased, 2018-2021	Not available	Increased

\*Non-Hispanic.

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

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

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

**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Maryland Middle School Survey**

**Trend Analysis Report**

**White\*  
Site-Added**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QN47: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																				
												56.0	65.6	53.2	56.2	Decreased, 2014-2021	Not available <sup>‡</sup>	Increased		
QN48: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who have ever dated or gone out with someone)																				
																8.9	8.0	No linear change	Not available	No change
QN49: 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)																				
												21.3	18.0	21.2	20.6	31.1	Increased, 2013-2021	Not available	Increased	

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**White\*  
Site-Added**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QN50: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey)																				
																8.0	2.9	No linear change	Not available <sup>‡</sup>	No change
QN52: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey)																				
											14.6	14.8	20.8	53.6	48.8		Increased, 2013-2021	Not available	No change	
QN53: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)																				
													91.2	96.6	94.8	No linear change	Not available	No change		

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**White\*  
Site-Added**

Health Risk Behavior and Percentages																Linear Change <sup>‡</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN54: Percentage of students who used electronic vapor products mainly because a friend or family member used them																		
														4.8	3.0	Decreased, 2018-2021	Not available <sup>¶</sup>	Decreased
QN55: Percentage of students who think they definitely or probably will use an electronic vapor product in the next year																		
														10.3	7.1	Decreased, 2018-2021	Not available	Decreased
QN56: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																		
											2.1	2.0	1.7	0.7	0.5	Decreased, 2013-2021	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**White\*  
Site-Added**

Health Risk Behavior and Percentages																Linear Change <sup>‡</sup>	Quadratic Change <sup>‡</sup>	Change from	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN57: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																			
											3.3	3.4	2.0	1.5		Decreased, 2014-2021	Not available <sup>¶</sup>	No change	
QN58: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)																			
											54.7	53.0	65.9	24.5	32.5		Decreased, 2013-2021	Not available	No change
QN59: Percentage of students who live with someone who now smokes cigarettes or cigars																			
											38.5	35.3	33.1	28.7	28.8		Decreased, 2013-2021	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**White\*  
Site-Added**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN60: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																		
													82.5	83.8	79.4	Decreased, 2016-2021	Not available <sup>‡</sup>	Decreased
QN61: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																		
													20.0	17.9	18.4	No linear change	Not available	No change
QN62: 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)																		
											9.8	6.9	8.0	6.6	5.7	Decreased, 2013-2021	Not available	No change
QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																		
											5.3	4.0	3.3	3.9	2.5	Decreased, 2013-2021	Not available	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**White\*  
Site-Added**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN64: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																		
											2.0	1.7	1.2	0.9	1.2	Decreased, 2013-2021	Not available <sup>‡</sup>	No change
QN65: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
											4.9	4.3	3.0	4.0	2.7	Decreased, 2013-2021	Not available	Decreased
QN66: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
													79.0	80.9	77.3	No linear change	Not available	Decreased
QN69: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																		
											85.8	84.7	78.8	79.3	68.6	Decreased, 2013-2021	Not available	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**White\*  
Site-Added**

Health Risk Behavior and Percentages																Linear Change <sup>‡</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																		
											66.2	67.4	64.0	64.3	58.0	Decreased, 2013-2021	Not available <sup>¶</sup>	Decreased
QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey)																		
														12.4	10.1	Decreased, 2018-2021	Not available	Decreased
QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they did not have money to get more (during the 12 months before the survey)																		
														9.3	6.6	Decreased, 2018-2021	Not available	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN73: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																		
											17.1	17.3	16.0	22.3	21.3	Increased, 2013-2021	Not available <sup>‡</sup>	No change
QN74: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																		
											10.7	11.5	8.7	13.9	11.6	Increased, 2013-2021	Not available	Decreased
QN75: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																		
													84.6	85.5	84.2	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN76: Percentage of students who reported that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor at least once or twice a month (such as vodka, whiskey, or gin)																		
											88.3	88.4	89.0	90.2	89.3	Increased, 2013-2021	Not available <sup>‡</sup>	No change
QN77: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol nearly every day (beer, wine, or liquor)																		
											72.0	71.6	78.8	74.4	72.0	No linear change	Not available	Decreased
QN78: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol once or twice a week (beer, wine, or liquor)																		
											80.7	79.4	84.3	80.3	79.8	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**White\*  
Site-Added**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																		
											88.3	90.7	90.6	91.4	88.9	No linear change	Not available <sup>‡</sup>	Decreased
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																		
											82.7	83.7	83.1	84.9	85.0	Increased, 2013-2021	Not available	No change
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																		
											31.3	32.0	34.0	31.1	32.4	No linear change	Not available	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																		
											62.3	62.7	60.5	63.0	59.6	No linear change	Not available	Decreased

\*Non-Hispanic.

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
													0.6	0.5	0.6	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

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

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

**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Maryland Middle School Survey**

**Trend Analysis Report**

**Black\*  
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
											84.5	79.6	80.2	77.2	75.9	Decreased, 2013-2021	Not available <sup>¶</sup>	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																		
											85.1	79.1	79.7	79.1	76.3	Decreased, 2013-2021	Not available	No change
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																		
											49.9	44.4	42.6	44.1	43.6	Decreased, 2013-2021	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
											18.2	16.2	18.3	13.8	14.6	Decreased, 2013-2021	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN10: Percentage of students who were ever in a physical fight																Decreased, 2013-2021	Not available <sup>¶</sup>	No change
QN12: Percentage of students who were ever bullied on school property																No linear change	Not available	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																Increased, 2018-2021	Not available	Increased
QN14: Percentage of students who ever seriously thought about killing themselves																Increased, 2013-2021	Not available	Increased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change <sup>‡</sup>	Quadratic Change <sup>‡</sup>	Change from			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021						
QN15: Percentage of students who ever made a plan about how they would kill themselves																15.3	16.9	21.8	Increased, 2016-2021	Not available <sup>¶</sup>	Increased
QN16: Percentage of students who ever tried to kill themselves																10.5	11.7	13.6	Increased, 2016-2021	Not available	Increased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change <sup>‡</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																Decreased, 2016-2021	Not available <sup>¶</sup>	No change
													9.8	6.9	5.9			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																Decreased, 2016-2021	Not available	No change
													4.2	3.6	2.9			
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																Decreased, 2013-2021	Not available	No change
											3.8	2.5	0.9	0.9	1.2			
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																Decreased, 2013-2021	Not available	No change
													0.5	0.3	0.1	0.1	0.1	

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
											0.4	0.2	0.1	0.1	0.0	Decreased, 2013-2021	Not available <sup>¶</sup>	No change
QN21: Percentage of students who ever used an electronic vapor product																		
												18.8	20.4	19.2	16.8	Decreased, 2014-2021	Not available	Decreased
QN22: 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)																		
												9.3	4.6	4.9	5.7	Decreased, 2014-2021	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
												0.5	0.3	0.3	0.5	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.4	0.3	0.3	0.3	No linear change	Not available <sup>¶</sup>	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												9.9	4.3	5.0	6.0	Decreased, 2014-2021	Not available	No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													2.0	2.6	1.3	Decreased, 2016-2021	Not available	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021								
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)															0.2	0.1	0.1	No linear change	Not available <sup>‡</sup>			No change	
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)															0.1	0.1	0.0	No linear change	Not available			No change	
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)															5.5	4.6	2.7	2.1	2.1	Decreased, 2013-2021			No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																		
													5.2	6.6	6.8	Increased, 2016-2021	Not available <sup>‡</sup>	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																		
													3.2	3.3	2.8	No linear change	Not available	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																		
											0.8	0.4	0.1	0.1	0.1	Decreased, 2013-2021	Not available	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																		
											0.6	0.3	0.1	0.1	0.0	Decreased, 2013-2021	Not available	No change

\*Non-Hispanic.

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)											Decreased, 2013-2021	Not available <sup>¶</sup>	No change					
											29.9	21.6	25.4	21.3	21.7			
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)											Decreased, 2013-2021	Not available	No change					
											15.1	10.3	12.4	11.2	11.4			
QN27: Percentage of students who ever used marijuana											Decreased, 2013-2021	Not available	Decreased					
											12.4	10.6	9.6	9.3	6.7			
QN28: Percentage of students who tried marijuana for the first time before age 11 years											Decreased, 2013-2021	Not available	Decreased					
											4.3	5.5	3.4	3.8	1.3			

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\***

**Alcohol and Other Drug Use**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
												6.0	9.4	13.2		Increased, 2016-2021	Not available <sup>¶</sup>	Increased
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
											4.4	4.2	5.1	2.4	2.3	Decreased, 2013-2021	Not available	No change
QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																		
											12.8	7.2	7.2	6.4	5.5	Decreased, 2013-2021	Not available	No change

\*Non-Hispanic.

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Black\*  
Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change <sup>‡</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN32: Percentage of students who ever had sexual intercourse																		
												12.6	10.4	10.1	7.6	Decreased, 2014-2021	Not available <sup>¶</sup>	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\***

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																Increased, 2013-2021	Not available <sup>‡</sup>	Increased
QN37: Percentage of students who were trying to lose weight																No linear change	Not available	No change
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2021	Not available	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\***

**Physical Activity**

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021										
QN39: 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)															43.4	45.2	41.8	42.0	38.1				Decreased, 2013-2021	Not available <sup>¶</sup>	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															17.2	18.1	19.4	21.8	22.2				Increased, 2013-2021	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															25.6	28.4	26.6	26.1	22.2				Decreased, 2013-2021	Not available	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Physical Activity**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																		
											78.2	77.6	75.1	78.4	68.1	Decreased, 2013-2021	Not available <sup>‡</sup>	Decreased
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																		
											16.3	23.7	17.6	25.2	28.4	Increased, 2013-2021	Not available	No change
QN42: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																		
												57.3	57.6	51.5	45.8	Decreased, 2014-2021	Not available	Decreased
QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																		
													19.5	18.9	18.9	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Black\*  
Other

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
											46.6	52.5	48.1	49.0	39.1	Decreased, 2013-2021	Not available <sup>¶</sup>	Decreased
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
														2.2	3.9	Increased, 2018-2021	Not available	Increased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN47: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																			
												51.0	57.4	48.7	54.4	No linear change	Not available <sup>¶</sup>	Increased	
QN48: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who have ever dated or gone out with someone)																			
														10.3	12.0	No linear change	Not available	No change	
QN49: 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)																			
												25.9	23.0	26.2	28.0	39.6	Increased, 2013-2021	Not available	Increased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021							
QN50: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey)																						
																	2.6	15.0	No linear change	Not available <sup>‡</sup>	No change	
QN52: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey)																						
											21.7	18.9	28.5	41.0	37.4			Increased, 2013-2021	Not available	No change		
QN53: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)																						
																	87.2	94.3	92.4	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QN54: Percentage of students who used electronic vapor products mainly because a friend or family member used them																				
																4.7	4.0	No linear change	Not available <sup>‡</sup>	No change
QN55: Percentage of students who think they definitely or probably will use an electronic vapor product in the next year																				
																12.6	10.5	Decreased, 2018-2021	Not available	Decreased
QN56: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																				
											4.3	3.9	2.3	0.9	0.9	Decreased, 2013-2021	Not available	No change		

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages																Linear Change <sup>‡</sup>	Quadratic Change <sup>‡</sup>	Change from	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN57: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																			
											5.6	4.9	1.2	2.0		Decreased, 2014-2021	Not available <sup>¶</sup>	Increased	
QN58: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)																			
											53.3	56.8	74.3	40.0	37.5		Decreased, 2013-2021	Not available	No change
QN59: Percentage of students who live with someone who now smokes cigarettes or cigars																			
											41.2	38.4	34.5	31.5	28.2		Decreased, 2013-2021	Not available	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN60: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																		
													76.7	78.3	75.7	No linear change	Not available <sup>‡</sup>	Decreased
QN61: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																		
													18.7	16.2	16.6	No linear change	Not available	No change
QN62: 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)																		
											13.3	8.9	9.9	8.3	7.6	Decreased, 2013-2021	Not available	No change
QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																		
											10.4	9.1	7.0	6.8	4.6	Decreased, 2013-2021	Not available	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN64: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																		
											4.3	2.8	2.4	2.2	1.4	Decreased, 2013-2021	Not available <sup>‡</sup>	Decreased
QN65: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
											8.0	6.2	4.7	5.2	3.7	Decreased, 2013-2021	Not available	Decreased
QN66: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
													64.7	62.6	61.4	No linear change	Not available	No change
QN69: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																		
											76.8	74.1	68.4	68.6	56.3	Decreased, 2013-2021	Not available	Decreased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages																Linear Change <sup>‡</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																Decreased, 2013-2021	Not available <sup>¶</sup>	Decreased
											59.0	62.0	59.3	55.9	50.8			
QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey)																Decreased, 2018-2021	Not available	Decreased
													25.7	19.7				
QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they did not have money to get more (during the 12 months before the survey)																Decreased, 2018-2021	Not available	Decreased
													23.1	17.4				

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN73: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																		
											45.5	40.1	40.4	38.4	39.9	Decreased, 2013-2021	Not available <sup>‡</sup>	No change
QN74: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																		
											28.5	24.8	21.7	19.7	18.1	Decreased, 2013-2021	Not available	No change
QN75: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																		
												74.0	76.0	76.2	No linear change	Not available	No change	

\*Non-Hispanic.

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN76: Percentage of students who reported that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor at least once or twice a month (such as vodka, whiskey, or gin)																		
											86.1	88.0	88.9	88.4	89.2	Increased, 2013-2021	Not available <sup>¶</sup>	No change
QN77: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol nearly every day (beer, wine, or liquor)																		
											61.8	63.4	74.3	68.8	71.0	Increased, 2013-2021	Not available	No change
QN78: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol once or twice a week (beer, wine, or liquor)																		
											67.1	67.1	76.4	72.7	76.3	Increased, 2013-2021	Not available	Increased

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																		
											82.0	82.8	83.0	80.9	79.4	Decreased, 2013-2021	Not available <sup>¶</sup>	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																		
											79.0	80.3	78.4	79.6	79.5	No linear change	Not available	No change
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																		
											33.1	33.3	35.5	32.7	30.5	Decreased, 2013-2021	Not available	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																		
											58.1	60.0	56.6	55.4	54.0	Decreased, 2013-2021	Not available	No change

\*Non-Hispanic.

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
													1.9	2.1	1.6	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021†		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
											79.3	63.4	74.9	67.7	70.4	No linear change	Not available <sup>§</sup>	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																		
											80.0	67.0	75.4	69.4	72.8	No linear change	Not available	No change
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																		
											53.5	41.2	42.5	41.1	44.4	Decreased, 2013-2021	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
											26.2	17.5	22.7	18.3	19.6	Decreased, 2013-2021	Not available	No change

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN10: Percentage of students who were ever in a physical fight																Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN12: Percentage of students who were ever bullied on school property																No linear change	Not available	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																Increased, 2018-2021	Not available	Increased
QN14: Percentage of students who ever seriously thought about killing themselves																Increased, 2013-2021	Not available	Increased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN15: Percentage of students who ever made a plan about how they would kill themselves																			
													18.1	15.8	23.8		Increased, 2016-2021	Not available <sup>§</sup>	Increased
QN16: Percentage of students who ever tried to kill themselves																			
													13.0	12.2	14.4		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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																				
													11.4	8.9	7.3	Decreased, 2016-2021	Not available <sup>§</sup>	No change		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																				
													5.2	4.1	2.2	Decreased, 2016-2021	Not available	Decreased		
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																				
											6.8	3.6	2.8	1.7	2.1	Decreased, 2013-2021	Not available	No change		
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																				
													1.3	0.7	0.5	0.3	0.3	Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
											1.1	0.4	0.5	0.2	0.2	No linear change	Not available <sup>§</sup>	No change
QN21: Percentage of students who ever used an electronic vapor product																		
												19.8	23.7	23.6	18.0	Decreased, 2014-2021	Not available	Decreased
QN22: 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)																		
												10.0	8.6	7.6	7.4	Decreased, 2014-2021	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
												1.4	1.1	1.0	0.6	Decreased, 2014-2021	Not available	No change

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																			
												1.0	1.0	0.9	0.5		Decreased, 2014-2021	Not available <sup>§</sup>	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																			
												10.5	8.3	7.9	7.2		Decreased, 2014-2021	Not available	No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																			
													3.0	2.6	1.8		Decreased, 2016-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Hispanic Tobacco Use																Linear Change*	Quadratic Change*	Change from 2018-2021 †								
Health Risk Behavior and Percentages																										
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021											
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																0.7	0.6	0.4	No linear change				Not available <sup>§</sup>	No change		
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																0.6	0.5	0.3	Decreased, 2016-2021				Not available	No change		
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																6.8	4.3	4.5	2.6	2.3				Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																No linear change	Not available <sup>§</sup>	No change
												9.2	8.9	7.9				
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
												5.0	3.6	3.3				
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																No linear change	Not available	No change
											1.4	0.5	0.6	0.5	0.3			
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																Decreased, 2013-2021	Not available	No change
											1.4	0.4	0.4	0.4	0.2			

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)														Decreased, 2013-2021	Not available <sup>§</sup>	No change		
						34.3		21.4		27.1		22.8		23.0				
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														Decreased, 2013-2021	Not available	No change		
						17.4		11.1		14.4		11.9		12.2				
QN27: Percentage of students who ever used marijuana														Decreased, 2013-2021	Not available	No change		
						12.5		9.4		10.2		7.1		5.9				
QN28: Percentage of students who tried marijuana for the first time before age 11 years														Decreased, 2013-2021	Not available	Decreased		
						4.0		6.1		3.2		3.1		1.7				

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																			
													7.5	8.9	15.7		Increased, 2016-2021	Not available <sup>§</sup>	Increased
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																			
											6.4	5.4	7.3	3.1	3.1		Decreased, 2013-2021	Not available	No change
QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																			
											17.0	9.0	10.4	6.0	7.1		Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Hispanic  
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN32: Percentage of students who ever had sexual intercourse																		
												8.9	8.6	6.1	5.7	Decreased, 2014-2021	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																Increased, 2013-2021	Not available <sup>§</sup>	Increased
											30.9	28.7	32.3	30.3	34.7			
QN37: Percentage of students who were trying to lose weight																Increased, 2013-2021	Not available	Increased
											53.8	50.3	52.5	50.0	56.7			
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2021	Not available	Increased
											14.6	12.1	15.0	15.0	21.8			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	Decreased
											40.7	48.3	39.5	41.4	33.0			

\*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 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN39: 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)																		
											46.8	49.1	41.6	41.2	35.9	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
											14.0	14.6	19.8	20.3	22.0	Increased, 2013-2021	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
											25.2	28.8	23.5	22.6	20.1	Decreased, 2013-2021	Not available	No change

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																		
											84.3	81.4	76.6	80.2	70.6	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																		
											24.8	39.3	34.5	38.9	34.7	No linear change	Not available	No change
QN42: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																		
												56.4	50.7	46.2	42.2	Decreased, 2014-2021	Not available	Decreased
QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																		
													23.1	19.8	22.3	No linear change	Not available	No change

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Hispanic Other		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
											49.2	57.2	53.5	57.2	44.4	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
														3.0	3.5	No linear change	Not available	No change

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Hispanic  
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021†			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN47: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																			
												47.8	55.0	43.1	47.9	No linear change	Not available <sup>§</sup>	Increased	
QN48: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who have ever dated or gone out with someone)																			
														10.7	10.5	No linear change	Not available	No change	
QN49: 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)																			
												33.0	27.5	35.1	33.3	44.4	Increased, 2013-2021	Not available	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Hispanic  
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2018-2021 †					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021							
QN50: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey)															8.7	13.5	No linear change	Not available <sup>§</sup>	No change			
QN52: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey)															23.5	23.7	25.6	36.0	26.8	No linear change	Not available	No change
QN53: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)															92.0	95.0	95.3	No linear change	Not available	No change		

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

#### Hispanic Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN54: Percentage of students who used electronic vapor products mainly because a friend or family member used them																			
													6.2	4.0		Decreased, 2018-2021	Not available <sup>§</sup>	Decreased	
QN55: Percentage of students who think they definitely or probably will use an electronic vapor product in the next year																			
													15.6	13.0		Decreased, 2018-2021	Not available	Decreased	
QN56: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																			
											5.2	4.3	4.1	1.6	1.2		Decreased, 2013-2021	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Hispanic  
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN57: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																		
												5.3	4.8	2.7	2.1	Decreased, 2014-2021	Not available <sup>§</sup>	No change
QN58: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)																		
											53.4	55.0	62.9	37.3	32.3	Decreased, 2013-2021	Not available	No change
QN59: Percentage of students who live with someone who now smokes cigarettes or cigars																		
											38.3	30.6	29.5	25.7	22.1	Decreased, 2013-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Hispanic  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021								
QN60: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																84.9	85.8	84.5	No linear change	Not available <sup>§</sup>	No change		
QN61: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																13.5	11.4	12.3	No linear change	Not available	No change		
QN62: 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)																16.3	9.2	11.5	9.4	8.9	Decreased, 2013-2021	Not available	No change
QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																11.8	7.1	8.5	5.5	4.7	Decreased, 2013-2021	Not available	No change

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

Hispanic Site-Added																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021				
QN64: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																			
											5.6	4.0	3.3	3.3	2.6	Decreased, 2013-2021	Not available <sup>§</sup>	No change	
QN65: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																			
											12.0	7.3	8.3	5.4	5.5	Decreased, 2013-2021	Not available	No change	
QN66: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																			
														61.8	65.3	63.2	No linear change	Not available	No change
QN69: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																			
											79.8	80.6	70.7	70.0	59.9	Decreased, 2013-2021	Not available	Decreased	

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																		
											54.2	57.4	51.6	50.8	37.8	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey)																		
													27.0	25.9	No linear change	Not available	No change	
QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they did not have money to get more (during the 12 months before the survey)																		
													21.2	18.8	Decreased, 2018-2021	Not available	Decreased	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Hispanic  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN73: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																		
											40.0	32.8	36.4	35.5	37.2	No linear change	Not available <sup>§</sup>	No change
QN74: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																		
											22.0	18.1	19.3	16.6	13.8	Decreased, 2013-2021	Not available	Decreased
QN75: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																		
													70.4	74.3	73.5	Increased, 2016-2021	Not available	No change

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

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

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

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Hispanic  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN76: Percentage of students who reported that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor at least once or twice a month (such as vodka, whiskey, or gin)																Increased, 2013-2021	Not available <sup>§</sup>	No change
						84.5		87.7		86.2		89.4		88.4				
QN77: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol nearly every day (beer, wine, or liquor)																Increased, 2013-2021	Not available	No change
						59.4		66.2		71.6		67.3		68.2				
QN78: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol once or twice a week (beer, wine, or liquor)																Increased, 2013-2021	Not available	No change
						68.5		70.5		73.7		71.0		73.9				

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

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

§Not enough years of data to calculate.

## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Trend Analysis Report

**Hispanic  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																No linear change	Not available	No change
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																No linear change	Not available	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																No linear change	Not available	Decreased

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
													1.3	0.8	1.6	No linear change	Not available <sup>§</sup>	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.