Maryland Middle School Survey
Trend Analysis Report

Total
Injury and Violence

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											67.2	59.5	62.7	Decreased, 2013-2016	Not available[§]	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)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											73.5	65.6	68.4	Decreased, 2013-2016	Not available	No change

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											7.7	5.7	5.2	Decreased, 2013-2016	Not available	No change

QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											19.9	16.8	19.7	No linear change	Not available	Increased

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

Maryland Middle School Survey
Trend Analysis Report

**Total
Injury and Violence**

														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
Health Risk Behavior and Percentages																
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			

QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)

											29.4	25.4	29.2	No linear change	Not available[§]	Increased

QN11: Percentage of students who were ever in a physical fight

											54.5	47.8	52.3	No linear change	Not available	Increased

QN14: Percentage of students who ever seriously thought about killing themselves

											19.1	17.6	21.3	Increased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Total Tobacco Use

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											3.9	2.5	1.3	Decreased, 2013-2016	Not available[§]	Decreased

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											0.7	0.4	0.3	Decreased, 2013-2016	Not available	Decreased

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											0.6	0.3	0.2	Decreased, 2013-2016	Not available	No change

QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

												2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
												15.4	18.4	Increased, 2014-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Total Tobacco Use

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | | 7.6 | 4.7 | Decreased, 2014-2016 | Not available[§] | Decreased |

QN25: 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 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Total
Alcohol and Other Drug Use

														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
Health Risk Behavior and Percentages																
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			

QN26: Percentage of students who ever drank alcohol (other than a few sips)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											25.2	17.6	21.7	Decreased, 2013-2016	Not available[§]	Increased

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

| | | | | | | | | | | | 12.4 | 8.6 | 11.1 | No linear change | Not available | Increased |

QN28: Percentage of students who ever used marijuana

| | | | | | | | | | | | 9.0 | 7.0 | 7.0 | Decreased, 2013-2016 | Not available | No change |

QN29: Percentage of students who tried marijuana for the first time before age 11 years

| | | | | | | | | | | | 3.0 | 4.1 | 2.4 | Decreased, 2013-2016 | Not available | Decreased |

QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

| | | | | | | | | | | | 3.8 | 3.5 | 4.2 | No linear change | Not available | Increased |

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

Maryland Middle School Survey
Trend Analysis Report

Total
Alcohol and Other Drug Use

														Linear Change*	Quadratic Change*	Change from 2014-2016 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

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)

2013	2014	2016	Linear Change*	Quadratic Change*	Change from 2014-2016
10.5	6.3	6.7	Decreased, 2013-2016	Not available§	No change

QN32: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

2013	2014	2016	Linear Change*	Quadratic Change*	Change from 2014-2016
3.3	2.4	2.2	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Total
Sexual Behaviors

	Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN34: Percentage of students who ever had sexual intercourse

| | | | | | | | | | | | | 7.4 | 6.8 | No linear change | Not available[§] | No change |

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

| | | | | | | | | | | | | 3.0 | 2.9 | No linear change | Not available | No change |

QN36: Percentage of students who ever had sexual intercourse with three or more persons

| | | | | | | | | | | | | 2.7 | 2.1 | Decreased, 2014-2016 | Not available | Decreased |

QN37: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)

| | | | | | | | | | | | | 63.4 | 55.7 | Decreased, 2014-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Total
Weight Management and Dietary Behaviors

															Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
Health Risk Behavior and Percentages																	
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**				
QN38: Percentage of students who described themselves as slightly or very overweight																	
											24.5	23.6	25.0		No linear change	Not available[§]	Increased
QN39: Percentage of students who were trying to lose weight																	
											43.7	41.2	41.9		Decreased, 2013-2016	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
											10.9	9.1	11.1		No linear change	Not available	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
											47.3	53.3	46.6		Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN41: 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)

| | | | | | | | | | | | 52.5 | 54.0 | 50.5 | Decreased, 2013-2016 | Not available[§] | Decreased |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 11.7 | 11.9 | 13.9 | Increased, 2013-2016 | 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)

| | | | | | | | | | | | 29.4 | 31.7 | 29.6 | No linear change | Not available | Decreased |

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

| | | | | | | | | | | | 39.5 | 32.2 | 28.5 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

| | | | | | | | | | | | 39.5 | 37.4 | 42.7 | Increased, 2013-2016 | Not available[§] | Increased |

QN44: 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 | Decreased, 2013-2016 | Not available | 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 | Increased, 2013-2016 | Not available | No change |

QN45: 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 | 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.

Maryland Middle School Survey
Trend Analysis Report

Total
Other

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

| | | | | | | | | | | | 23.5 | 21.3 | 20.8 | Decreased, 2013-2016 | Not available[§] | No change |

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | | | | | | | | | | | 53.5 | 58.7 | 54.6 | No linear change | Not available | Decreased |

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | | | | | | | | | | | 83.1 | 81.9 | No linear change | Not available | No change |

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

Maryland Middle School Survey
Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages														**Linear Change***	**Quadratic Change***	**Change from 2014-2016 †**
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN50: Percentage of students who respond that their parents or guardians own the home or place where they live

| | | | | | | | | | | | | 65.1 | 63.5 | No linear change | Not available§ | No change |

QN51: 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 | Increased, 2014-2016 | Not available | Increased |

QN58: 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 | No linear change | Not available | Increased |

QN59: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

| | | | | | | | | | | | 3.8 | 2.2 | 1.9 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Total Site-Added

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN61: Percentage of students who were asked to show proof of age (during the 30 days before the survey, among students who bought or tried to buy cigarettes in a store during the 30 days before the survey)

											35.3	32.9	35.0	No linear change	Not available[§]	No change

QN62: 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	No linear change	Not available	No change

QN63: Percentage of students who usually smoked menthol cigarettes (among students who smoked cigarettes during the 30 days before the survey)

											37.2	37.2	48.7	Increased, 2013-2016	Not available	Increased

QN66: Percentage of students who used some flavored tobacco products (such as fruit-, candy-, or alcohol-flavored tobacco products, not counting menthol cigarettes, during the 30 days before the survey)

											3.3	3.1	2.3	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

**Total
Site-Added**

														Health Risk Behavior and Percentages	**Linear Change***	**Quadratic Change***	**Change from 2014-2016 †**
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**				

QN67: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

| | | | | | | | | | | | | 4.2 | 4.1 | No linear change | Not available§ | No change |

QN68: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

| | | | | | | | | | | | 54.1 | 54.2 | 68.1 | Increased, 2013-2016 | Not available | Increased |

QN69: Percentage of students who live with someone who now smokes cigarettes or cigars

| | | | | | | | | | | | 39.0 | 34.9 | 32.8 | Decreased, 2013-2016 | Not available | Decreased |

QN72: 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 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

**Total
Site-Added**

														Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN73: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
8.0	6.2	5.5	Decreased, 2013-2016	Not available[§]	No change

QN74: 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	Decreased, 2013-2016	Not available	Decreased

QN76: Percentage of students who were taught in any of their classes about the dangers of tobacco use (during the last school year)

81.6	80.2	74.0	Decreased, 2013-2016	Not available	Decreased

QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends

30.0	26.8	27.2	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Total
Site-Added

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN78: 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		Decreased, 2013-2016	Not available[§]	Decreased

QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month

											87.1	88.4	88.6		Increased, 2013-2016	Not available	No change

QN81: 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 (beer, wine or liquor) nearly every day

											67.3	69.1	76.2		Increased, 2013-2016	Not available	Increased

QN82: 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 (beer, wine, or liquor) once or twice a week

											74.7	74.4	79.9		Increased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Total Site-Added

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

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 | No linear change | Not available[§] | 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

| | | | | | | | | | | | 80.1 | 81.2 | 79.1 | No linear change | 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)

| | | | | | | | | | | | 31.5 | 31.9 | 33.8 | Increased, 2013-2016 | Not available | Increased |

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 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

**Total
Site-Added**

														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN87: Percentage of students who participate in any extracurricular activities at school (such as sports, band, drama, clubs, or student government)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											62.2	64.3	60.5	No linear change	Not available[§]	Decreased

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

Maryland Middle School Survey
Trend Analysis Report

Male
Injury and Violence

														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
				Health Risk Behavior and Percentages												
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			
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	Decreased, 2013-2016	Not available[§]	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	Decreased, 2013-2016	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																
											8.6	6.6	5.5	Decreased, 2013-2016	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	No linear change	Not available	Increased
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																
											40.0	35.5	38.8	No linear change	Not available	Increased

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

Maryland Middle School Survey
Trend Analysis Report

Male
Injury and Violence

													Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			
QN11: Percentage of students who were ever in a physical fight																
											65.9	59.7	64.3	No linear change	Not available[§]	Increased
QN14: Percentage of students who ever seriously thought about killing themselves																
											13.2	12.6	15.6	Increased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Male
Tobacco Use

						Health Risk Behavior and Percentages									Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
4.2	2.8	1.5	Decreased, 2013-2016	Not available[§]	Decreased

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
0.9	0.5	0.3	Decreased, 2013-2016	Not available	No change

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
0.7	0.3	0.3	Decreased, 2013-2016	Not available	No change

QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
15.9	18.2	Increased, 2014-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Male
Tobacco Use

															Linear Change[*]	**Quadratic Change**[*]	**Change from 2014-2016** [†]
				Health Risk Behavior and Percentages													
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			

QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | | 8.0 | 4.5 | Decreased, 2014-2016 | Not available[§] | Decreased |

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | 5.1 | 4.5 | 2.8 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Male
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			
QN26: Percentage of students who ever drank alcohol (other than a few sips)																
											25.2	17.7	21.8	No linear change	Not available[§]	Increased
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																
											13.6	9.3	11.9	No linear change	Not available	Increased
QN28: Percentage of students who ever used marijuana																
											10.7	7.7	7.5	Decreased, 2013-2016	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																
											4.2	4.6	3.0	Decreased, 2013-2016	Not available	Decreased
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																
											4.4	3.9	4.5	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.

Maryland Middle School Survey
Trend Analysis Report

Male
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages		Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]

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

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)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
9.9	5.9	6.4	Decreased, 2013-2016	Not available[§]	No change

QN32: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
4.0	2.7	2.3	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Male
Sexual Behaviors

														Health Risk Behavior and Percentages	**Linear Change***	**Quadratic Change***	**Change from 2014-2016 †**
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				
QN34: Percentage of students who ever had sexual intercourse																	
												11.0	9.6		Decreased, 2014-2016	Not available§	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																	
												4.7	3.9		Decreased, 2014-2016	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons																	
												4.3	3.4		Decreased, 2014-2016	Not available	Decreased
QN37: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)																	
												67.0	57.9		Decreased, 2014-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			
QN38: Percentage of students who described themselves as slightly or very overweight																
											22.0	21.5	22.7	No linear change	Not available[§]	No change
QN39: Percentage of students who were trying to lose weight																
											35.3	34.6	35.8	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																
											9.9	8.1	9.4	No linear change	Not available	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																
											53.1	58.9	53.2	No linear change	Not available	Decreased

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

Maryland Middle School Survey
Trend Analysis Report

Male
Physical Activity

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN41: 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 | Decreased, 2013-2016 | Not available[§] | Decreased |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 10.8 | 10.3 | 11.8 | No linear change | 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)

| | | | | | | | | | | | 36.4 | 38.8 | 35.9 | No linear change | Not available | Decreased |

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

| | | | | | | | | | | | 39.7 | 31.5 | 27.6 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Male
Physical Activity

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**				

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

											40.8	38.3	43.9		Increased, 2013-2016	Not available[§]	Increased

QN44: 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		No linear change	Not available	No change

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

											21.7	32.3	28.7		No linear change	Not available	Decreased

QN45: 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		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.

Maryland Middle School Survey
Trend Analysis Report

Male
Other

														Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

											25.2	23.0	21.8	Decreased, 2013-2016	Not available[§]	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

											55.2	60.9	56.9	No linear change	Not available	Decreased

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

												80.5	78.4	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.

Maryland Middle School Survey
Trend Analysis Report

Male
Site-Added

															Linear Change*	Quadratic Change*	Change from 2014-2016 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN50: Percentage of students who respond that their parents or guardians own the home or place where they live

												66.9	66.0	No linear change	Not available§	No change

QN51: 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	Increased, 2014-2016	Not available	Increased

QN58: 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	No linear change	Not available	Increased

QN59: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

												4.7	2.6	2.4	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN62: 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	No linear change	Not available[§]	No change

QN63: Percentage of students who usually smoked menthol cigarettes (among students who smoked cigarettes during the 30 days before the survey)

											41.3	44.0	48.6	No linear change	Not available	No change

QN66: Percentage of students who used some flavored tobacco products (such as fruit-, candy-, or alcohol-flavored tobacco products, not counting menthol cigarettes, during the 30 days before the survey)

											3.9	3.6	2.4	Decreased, 2013-2016	Not available	Decreased

QN67: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

												4.4	4.1	No linear change	Not available	No change

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

31

Maryland Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN68: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

| | | | | | | | | | | | 55.9 | 55.4 | 66.2 | Increased, 2013-2016 | Not available[§] | Increased |

QN69: Percentage of students who live with someone who now smokes cigarettes or cigars

| | | | | | | | | | | | 38.0 | 35.0 | 31.7 | Decreased, 2013-2016 | Not available | Decreased |

QN72: 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 | Decreased, 2013-2016 | Not available | No change |

QN73: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

| | | | | | | | | | | | 9.2 | 7.0 | 6.0 | Decreased, 2013-2016 | Not available | No change |

QN74: 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 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages			Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]

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

QN76: Percentage of students who were taught in any of their classes about the dangers of tobacco use (during the last school year)

| | | | | | | | | | | | 80.2 | 79.8 | 73.7 | Decreased, 2013-2016 | Not available[§] | Decreased |

QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends

| | | | | | | | | | | | 29.3 | 25.5 | 26.3 | Decreased, 2013-2016 | Not available | No change |

QN78: 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 | Decreased, 2013-2016 | Not available | Decreased |

QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month

| | | | | | | | | | | | 86.5 | 87.9 | 87.8 | No linear change | Not available | No change |

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

Maryland Middle School Survey
Trend Analysis Report

Male
Site-Added

	Health Risk Behavior and Percentages			Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]

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

QN81: 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 (beer, wine or liquor) nearly every day

											65.4	66.8	73.9	Increased, 2013-2016	Not available[§]	Increased

QN82: 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 (beer, wine, or liquor) once or twice a week

											73.3	73.2	78.4	Increased, 2013-2016	Not available	Increased

QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them

											84.7	86.8	85.8	No linear change	Not available	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

											79.6	80.5	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.

Maryland Middle School Survey
Trend Analysis Report

Male
Site-Added

	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			

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)

| | | | | | | | | | | | 28.0 | 28.7 | 30.7 | Increased, 2013-2016 | Not available§ | Increased |

QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement

| | | | | | | | | | | | 61.8 | 63.5 | 60.2 | No linear change | Not available | Decreased |

QN87: Percentage of students who participate in any extracurricular activities at school (such as sports, band, drama, clubs, or student government)

| | | | | | | | | | | | 62.0 | 62.1 | 58.9 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Female
Injury and Violence

														Health Risk Behavior and Percentages	**Linear Change***	**Quadratic Change***	**Change from 2014-2016 †**
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**				

QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)

											1991–2011	2013	2014	2016			
												64.5	56.3	59.6	Decreased, 2013-2016	Not available§	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	No linear change	Not available	No change

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

											6.5	4.7	4.8	Decreased, 2013-2016	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	No linear change	Not available	Increased

QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)

											18.3	14.8	19.0	Increased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			
QN11: Percentage of students who were ever in a physical fight																
											42.5	35.5	39.6	No linear change	Not available[§]	Increased
QN14: Percentage of students who ever seriously thought about killing themselves																
											25.2	22.8	27.0	Increased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Tobacco Use

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
3.5	2.0	1.2	Decreased, 2013-2016	Not available[§]	Decreased

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
0.5	0.3	0.1	Decreased, 2013-2016	Not available	Decreased

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
0.3	0.3	0.1	Decreased, 2013-2016	Not available	No change

QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
14.8	18.3	Increased, 2014-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Tobacco Use

															Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

Health Risk Behavior and Percentages

QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

															Linear Change	Quadratic Change	Change from 2014-2016
												7.1	4.8		Decreased, 2014-2016	Not available[§]	Decreased

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

															Linear Change	Quadratic Change	Change from 2014-2016
											3.0	2.4	2.1		Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Alcohol and Other Drug Use

														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
Health Risk Behavior and Percentages																
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			

QN26: Percentage of students who ever drank alcohol (other than a few sips)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
25.1	17.4	21.6	Decreased, 2013-2016	Not available[§]	Increased

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

11.1	7.7	10.0	No linear change	Not available	Increased

QN28: Percentage of students who ever used marijuana

7.3	6.2	6.3	No linear change	Not available	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

1.6	3.4	1.6	Decreased, 2013-2016	Not available	Decreased

QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

3.0	2.9	3.7	No linear change	Not available	Increased

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

Maryland Middle School Survey
Trend Analysis Report

Female
Alcohol and Other Drug Use

														Linear Change*	Quadratic Change*	Change from 2014-2016 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

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	Decreased, 2013-2016	Not available§	No change

QN32: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

											2.5	2.0	1.8	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN34: Percentage of students who ever had sexual intercourse

												2014	2016			
												3.7	3.8	No linear change	Not available[§]	No change

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

												1.2	1.7	No linear change	Not available	Increased

QN36: Percentage of students who ever had sexual intercourse with three or more persons

												1.0	0.8	No linear change	Not available	No change

QN37: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)

												52.1	51.7	No linear change	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

Female
Weight Management and Dietary Behaviors

													Health Risk Behavior and Percentages			Linear Change*	Quadratic Change*	Change from 2014-2016 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016					

QN38: Percentage of students who described themselves as slightly or very overweight

2013	2014	2016	Linear Change*	Quadratic Change*	Change from 2014-2016 †
27.1	25.8	27.4	No linear change	Not available§	No change

QN39: Percentage of students who were trying to lose weight

2013	2014	2016	Linear Change*	Quadratic Change*	Change from 2014-2016 †
52.6	47.9	48.1	Decreased, 2013-2016	Not available	No change

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

2013	2014	2016	Linear Change*	Quadratic Change*	Change from 2014-2016 †
11.8	10.1	12.6	No linear change	Not available	Increased

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

2013	2014	2016	Linear Change*	Quadratic Change*	Change from 2014-2016 †
41.4	47.7	40.2	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Physical Activity

														Health Risk Behavior and Percentages		Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016					

QN41: 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)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											45.6	47.6	44.3	No linear change	Not available[§]	Decreased

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

	2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	12.5	13.5	15.7	Increased, 2013-2016	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)

	2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	22.4	24.4	23.2	No linear change	Not available	No change

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

	2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	39.2	33.0	29.5	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Physical Activity

	Health Risk Behavior and Percentages			Linear Change*	Quadratic Change*	Change from 2014-2016 †

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

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

| | | | | | | | | | | | 38.2 | 36.6 | 41.5 | Increased, 2013-2016 | Not available§ | Increased |

QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

| | | | | | | | | | | | 86.5 | 86.6 | 82.8 | Decreased, 2013-2016 | Not available | Decreased |

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

| | | | | | | | | | | | 19.3 | 29.5 | 27.4 | Increased, 2013-2016 | Not available | No change |

QN45: 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)

| | | | | | | | | | | | | 58.9 | 57.8 | No linear change | Not available | No change |

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

Maryland Middle School Survey
Trend Analysis Report

Female
Other

														Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2014-2016 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
21.6	19.6	19.8	No linear change	Not available§	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
51.9	56.6	52.6	No linear change	Not available	Decreased

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	85.9	85.4	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Site-Added

														Health Risk Behavior and Percentages	**Linear Change***	**Quadratic Change***	**Change from 2014-2016 †**
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN50: Percentage of students who respond that their parents or guardians own the home or place where they live

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	Linear Change*	Quadratic Change*	Change from 2014-2016 †
												63.4	61.0	No linear change	Not available§	No change

QN51: 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 | Increased, 2014-2016 | Not available | Increased |

QN58: 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 | No linear change | Not available | Increased |

QN59: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

| | | | | | | | | | | | 2.7 | 1.7 | 1.2 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN63: Percentage of students who usually smoked menthol cigarettes (among students who smoked cigarettes during the 30 days before the survey)

											31.2	27.8	47.4	No linear change	Not available[§]	Increased

QN66: Percentage of students who used some flavored tobacco products (such as fruit-, candy-, or alcohol-flavored tobacco products, not counting menthol cigarettes, during the 30 days before the survey)

											2.6	2.4	1.9	Decreased, 2013-2016	Not available	No change

QN67: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

												3.9	3.9	No linear change	Not available	No change

QN68: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

											52.4	53.1	71.6	Increased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Site-Added

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**				

QN69: Percentage of students who live with someone who now smokes cigarettes or cigars

											40.1	34.7	33.9		Decreased, 2013-2016	Not available[§]	No change

QN72: 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		Decreased, 2013-2016	Not available	Increased

QN73: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

											6.6	5.2	4.8		Decreased, 2013-2016	Not available	No change

QN74: 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		Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Site-Added

														Health Risk Behavior and Percentages	**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2014-2016** [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**				
QN76: Percentage of students who were taught in any of their classes about the dangers of tobacco use (during the last school year)																	
											83.1	80.7	74.3		Decreased, 2013-2016	Not available[§]	Decreased
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
											30.7	28.0	28.1		No linear change	Not available	No change
QN78: 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		Decreased, 2013-2016	Not available	Decreased
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month																	
											87.7	88.9	89.5		Increased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Site-Added

	Health Risk Behavior and Percentages			Linear Change*	Quadratic Change*	Change from 2014-2016 †

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

QN81: 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 (beer, wine or liquor) nearly every day

											69.4	71.6	78.6	Increased, 2013-2016	Not available§	Increased

QN82: 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 (beer, wine, or liquor) once or twice a week

											76.3	75.8	81.4	Increased, 2013-2016	Not available	Increased

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	No linear change	Not available	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

											80.8	82.0	79.0	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

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 | 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

| | | | | | | | | | | | 58.1 | 59.9 | 56.1 | Decreased, 2013-2016 | Not available | Decreased |

QN87: Percentage of students who participate in any extracurricular activities at school (such as sports, band, drama, clubs, or student government)

| | | | | | | | | | | | 62.6 | 66.6 | 62.3 | No linear change | Not available | Decreased |

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

Maryland Middle School Survey
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

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	Decreased, 2013-2016	Not available[¶]	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	No linear change	Not available	No change

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

											4.4	3.1	2.3	Decreased, 2013-2016	Not available	Decreased

QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)

											20.5	18.4	20.4	No linear change	Not available	Increased

QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)

											34.1	30.7	34.9	No linear change	Not available	Increased

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

Maryland Middle School Survey
Trend Analysis Report

White*
Injury and Violence

														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			

Health Risk Behavior and Percentages

QN11: Percentage of students who were ever in a physical fight

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
41.3	35.9	38.2	Decreased, 2013-2016	Not available[¶]	No change

QN14: Percentage of students who ever seriously thought about killing themselves

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
15.9	14.7	17.0	No linear change	Not available	Increased

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

Maryland Middle School Survey
Trend Analysis Report

White*
Tobacco Use

	Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

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 | Decreased, 2013-2016 | Not available[¶] | Decreased |

QNFRCIG: 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 | Decreased, 2013-2016 | Not available | Decreased |

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 | Decreased, 2013-2016 | Not available | No change |

QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

| | | | | | | | | | | | | 12.9 | 15.3 | Increased, 2014-2016 | Not available | Increased |

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

Maryland Middle School Survey
Trend Analysis Report

White*
Tobacco Use

	Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

												2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
												6.2	3.4	Decreased, 2014-2016	Not available[¶]	Decreased

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											2.4	2.6	1.5	Decreased, 2013-2016	Not available	Decreased

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

Maryland Middle School Survey
Trend Analysis Report

White*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages			Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			
QN26: Percentage of students who ever drank alcohol (other than a few sips)																
											21.0	15.3	18.1	No linear change	Not available[¶]	Increased
QN27: 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	No linear change	Not available	Increased
QN28: Percentage of students who ever used marijuana																
											6.2	4.6	4.2	Decreased, 2013-2016	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																
											1.5	2.6	1.3	Decreased, 2013-2016	Not available	Decreased
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																
											2.4	2.5	2.4	No linear change	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

White*
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages													Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]

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

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	Decreased, 2013-2016	Not available[¶]	No change

QN32: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

											2.0	1.7	1.2	Decreased, 2013-2016	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

White*
Sexual Behaviors

	Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN34: Percentage of students who ever had sexual intercourse

												2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
												4.2	3.7	No linear change	Not available[¶]	No change

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	1.4	1.3	No linear change	Not available	No change

QN36: Percentage of students who ever had sexual intercourse with three or more persons

	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	1.3	1.0	No linear change	Not available	No change

QN37: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)

	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	64.3	57.4	No linear change	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

White*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 23.4 | 23.4 | 23.7 | No linear change | Not available[¶] | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 40.8 | 38.3 | 37.8 | Decreased, 2013-2016 | Not available | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 8.6 | 7.5 | 8.4 | No linear change | Not available | No change |

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

| | | | | | | | | | | | 53.6 | 58.0 | 52.1 | Decreased, 2013-2016 | Not available | Decreased |

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

Maryland Middle School Survey
Trend Analysis Report

White*
Physical Activity

														Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2014-2016[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN41: 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)

| | | | | | | | | | | | 61.4 | 62.7 | 59.9 | | No linear change | Not available[¶] | Decreased |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 6.7 | 6.3 | 7.6 | | No linear change | 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)

| | | | | | | | | | | | 34.0 | 36.0 | 33.7 | | No linear change | Not available | Decreased |

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

| | | | | | | | | | | | 28.7 | 23.9 | 21.0 | | Decreased, 2013-2016 | Not available | Decreased |

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

Maryland Middle School Survey
Trend Analysis Report

White*
Physical Activity

														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
Health Risk Behavior and Percentages																
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

| | | | | | | | | | | | 34.8 | 33.9 | 38.9 | Increased, 2013-2016 | Not available[¶] | Increased |

QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

| | | | | | | | | | | | 93.1 | 93.3 | 91.6 | No linear change | Not available | Decreased |

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

| | | | | | | | | | | | 21.9 | 31.6 | 31.4 | Increased, 2013-2016 | Not available | No change |

QN45: 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)

| | | | | | | | | | | | | 71.1 | 69.7 | No linear change | Not available | No change |

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

Maryland Middle School Survey
Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

											19.7	17.6	16.7	Decreased, 2013-2016	Not available[¶]	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

											59.4	62.3	59.3	No linear change	Not available	Decreased

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

												88.8	87.8	No linear change	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

White*
Site-Added

														Health Risk Behavior and Percentages	**Linear Change†**	**Quadratic Change†**	**Change from 2014-2016 §**
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**				

QN50: Percentage of students who respond that their parents or guardians own the home or place where they live

	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	79.1	77.7	No linear change	Not available¶	No change

QN51: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car

	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	56.0	65.6	Increased, 2014-2016	Not available	Increased

QN58: 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)

	2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	21.3	18.0	21.2	No linear change	Not available	Increased

QN59: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

	2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	2.2	1.6	1.4	Decreased, 2013-2016	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

White*
Site-Added

															Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]

Health Risk Behavior and Percentages

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

QN63: Percentage of students who usually smoked menthol cigarettes (among students who smoked cigarettes during the 30 days before the survey)

| | | | | | | | | | | | 48.0 | 54.8 | 51.2 | No linear change | Not available[¶] | No change |

QN66: Percentage of students who used some flavored tobacco products (such as fruit-, candy-, or alcohol-flavored tobacco products, not counting menthol cigarettes, during the 30 days before the survey)

| | | | | | | | | | | | 2.1 | 2.0 | 1.7 | No linear change | Not available | No change |

QN67: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

| | | | | | | | | | | | | 3.3 | 3.4 | No linear change | Not available | No change |

QN68: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

| | | | | | | | | | | | 54.7 | 53.0 | 65.9 | Increased, 2013-2016 | Not available | Increased |

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

Maryland Middle School Survey
Trend Analysis Report

White*
Site-Added

														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
Health Risk Behavior and Percentages																
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			

QN69: Percentage of students who live with someone who now smokes cigarettes or cigars

| | | | | | | | | | | | 38.5 | 35.3 | 33.1 | Decreased, 2013-2016 | Not available[¶] | No change |

QN72: 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 | Decreased, 2013-2016 | Not available | No change |

QN73: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

| | | | | | | | | | | | 5.3 | 4.0 | 3.3 | Decreased, 2013-2016 | Not available | No change |

QN74: 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 | Decreased, 2013-2016 | Not available | Decreased |

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

Maryland Middle School Survey
Trend Analysis Report

White*
Site-Added

	Health Risk Behavior and Percentages			Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]

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

QN76: Percentage of students who were taught in any of their classes about the dangers of tobacco use (during the last school year)

| | | | | | | | | | | | 85.8 | 84.7 | 78.8 | Decreased, 2013-2016 | Not available[¶] | Decreased |

QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends

| | | | | | | | | | | | 17.1 | 17.3 | 16.0 | No linear change | Not available | No change |

QN78: 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 | Decreased, 2013-2016 | Not available | Decreased |

QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month

| | | | | | | | | | | | 88.3 | 88.4 | 89.0 | No linear change | Not available | No change |

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

Maryland Middle School Survey
Trend Analysis Report

White*
Site-Added

														Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]

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

QN81: 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 (beer, wine or liquor) nearly every day

											72.0	71.6	78.8	Increased, 2013-2016	Not available[¶]	Increased

QN82: 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 (beer, wine, or liquor) once or twice a week

											80.7	79.4	84.3	Increased, 2013-2016	Not available	Increased

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	Increased, 2013-2016	Not available	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

											82.7	83.7	83.1	No linear change	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

White*
Site-Added

														Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

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	Increased, 2013-2016	Not available[¶]	Increased

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	No linear change	Not available	No change

QN87: Percentage of students who participate in any extracurricular activities at school (such as sports, band, drama, clubs, or student government)

											66.2	67.4	64.0	No linear change	Not available	Decreased

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Injury and Violence

														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
				Health Risk Behavior and Percentages												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											84.5	79.6	80.2	No linear change	Not available[¶]	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	No linear change	Not available	No change

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

											9.6	8.3	6.7	Decreased, 2013-2016	Not available	Decreased

QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)

											18.2	16.2	18.3	No linear change	Not available	Increased

QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)

											24.2	20.0	23.8	No linear change	Not available	Increased

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Injury and Violence

											Health Risk Behavior and Percentages			Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			
QN11: Percentage of students who were ever in a physical fight																
											71.7	65.3	70.1	No linear change	Not available[¶]	Increased
QN14: Percentage of students who ever seriously thought about killing themselves																
											21.3	19.8	23.8	Increased, 2013-2016	Not available	Increased

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Tobacco Use

	Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | 3.8 | 2.5 | 0.9 | Decreased, 2013-2016 | Not available[¶] | Decreased |

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 | Decreased, 2013-2016 | Not available | No change |

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | | | | | | | | | | | 0.4 | 0.2 | 0.1 | Decreased, 2013-2016 | Not available | No change |

QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

| | | | | | | | | | | | | 18.8 | 20.4 | No linear change | Not available | No change |

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

												2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
												9.3	4.6	Decreased, 2014-2016	Not available[¶]	Decreased

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											5.5	4.6	2.7	Decreased, 2013-2016	Not available	Decreased

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN26: Percentage of students who ever drank alcohol (other than a few sips)

											29.9	21.6	25.4	No linear change	Not available[¶]	Increased

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

											15.1	10.3	12.4	No linear change	Not available	Increased

QN28: Percentage of students who ever used marijuana

											12.4	10.6	9.6	Decreased, 2013-2016	Not available	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

											4.3	5.5	3.4	Decreased, 2013-2016	Not available	Decreased

QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

											4.4	4.2	5.1	No linear change	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

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 | Decreased, 2013-2016 | Not available[¶] | No change |

QN32: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

| | | | | | | | | | | | 4.3 | 2.8 | 2.4 | Decreased, 2013-2016 | Not available | No change |

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Sexual Behaviors

															Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN34: Percentage of students who ever had sexual intercourse

2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
12.6	10.4	Decreased, 2014-2016	Not available[¶]	Decreased

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
5.6	4.5	No linear change	Not available	No change

QN36: Percentage of students who ever had sexual intercourse with three or more persons

2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
4.7	3.3	Decreased, 2014-2016	Not available	Decreased

QN37: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)

2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
66.5	59.4	No linear change	Not available	Decreased

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			
QN38: Percentage of students who described themselves as slightly or very overweight																	
											24.0	21.9	24.8	No linear change	Not available[¶]	Increased
QN39: Percentage of students who were trying to lose weight																	
											45.2	42.5	44.3	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
											12.4	11.0	12.9	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
											40.6	46.4	40.6	No linear change	Not available	Decreased

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Physical Activity

	Health Risk Behavior and Percentages													Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN41: 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 | No linear change | Not available[¶] | Decreased |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 17.2 | 18.1 | 19.4 | No linear change | Not available | No change |

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 25.6 | 28.4 | 26.6 | No linear change | Not available | No change |

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

| | | | | | | | | | | | 55.0 | 47.1 | 40.6 | Decreased, 2013-2016 | Not available | Decreased |

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Physical Activity

	Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

| | | | | | | | | | | | 45.3 | 43.4 | 48.5 | Increased, 2013-2016 | Not available[¶] | Increased |

QN44: 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 | No linear change | Not available | No change |

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

| | | | | | | | | | | | 16.3 | 23.7 | 17.6 | No linear change | Not available | Decreased |

QN45: 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 | No linear change | Not available | No change |

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Other

														Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

											28.9	27.2	27.3	No linear change	Not available[¶]	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

											46.6	52.5	48.1	No linear change	Not available	Decreased

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

												76.1	75.8	No linear change	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Site-Added

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016					

QN50: Percentage of students who respond that their parents or guardians own the home or place where they live

| | | | | | | | | | | | | 51.9 | 53.3 | No linear change | Not available[¶] | No change |

QN51: 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 | Increased, 2014-2016 | Not available | Increased |

QN58: 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 | No linear change | Not available | Increased |

QN59: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

| | | | | | | | | | | | | 4.6 | 2.5 | 1.7 | Decreased, 2013-2016 | Not available | Decreased |

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Site-Added

														Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2014-2016[§]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**				

QN66: Percentage of students who used some flavored tobacco products (such as fruit-, candy-, or alcohol-flavored tobacco products, not counting menthol cigarettes, during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
4.3	3.9	2.3	Decreased, 2013-2016	Not available[¶]	Decreased

QN67: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
5.6	4.9	No linear change	Not available	No change

QN68: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
53.3	56.8	74.3	Increased, 2013-2016	Not available	Increased

QN69: Percentage of students who live with someone who now smokes cigarettes or cigars

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
41.2	38.4	34.5	Decreased, 2013-2016	Not available	Decreased

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Site-Added

	Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN72: 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 | Decreased, 2013-2016 | Not available[¶] | No change |

QN73: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

| | | | | | | | | | | | 10.4 | 9.1 | 7.0 | Decreased, 2013-2016 | Not available | Decreased |

QN74: 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 | Decreased, 2013-2016 | Not available | Decreased |

QN76: Percentage of students who were taught in any of their classes about the dangers of tobacco use (during the last school year)

| | | | | | | | | | | | 76.8 | 74.1 | 68.4 | Decreased, 2013-2016 | Not available | Decreased |

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Site-Added

	Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends

| | | | | | | | | | | | 45.5 | 40.1 | 40.4 | Decreased, 2013-2016 | Not available[¶] | No change |

QN78: 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 | Decreased, 2013-2016 | Not available | Decreased |

QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month

| | | | | | | | | | | | 86.1 | 88.0 | 88.9 | Increased, 2013-2016 | Not available | No change |

QN81: 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 (beer, wine or liquor) nearly every day

| | | | | | | | | | | | 61.8 | 63.4 | 74.3 | Increased, 2013-2016 | Not available | Increased |

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Site-Added

														Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN82: 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 (beer, wine, or liquor) once or twice a week

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											67.1	67.1	76.4	Increased, 2013-2016	Not available[¶]	Increased

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 | No linear change | Not available | 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 | 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 | No linear change | Not available | No change |

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

Maryland Middle School Survey
Trend Analysis Report

Black*
Site-Added

														Health Risk Behavior and Percentages	**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2014-2016** [§]

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

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	No linear change	Not available[¶]	No change

QN87: Percentage of students who participate in any extracurricular activities at school (such as sports, band, drama, clubs, or student government)

											59.0	62.0	59.3	No linear change	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages			Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			
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	No linear change	Not available[§]	Increased
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	No linear change	Not available	Increased
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																
											11.8	7.6	8.1	No linear change	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	No linear change	Not available	Increased
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																
											28.3	22.9	27.0	No linear change	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2014-2016 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			
QN11: Percentage of students who were ever in a physical fight																
											56.6	46.6	50.3	No linear change	Not available§	Increased
QN14: Percentage of students who ever seriously thought about killing themselves																
											24.4	21.4	24.5	No linear change	Not available	Increased

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

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Tobacco Use

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
6.8	3.6	2.8	Decreased, 2013-2016	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)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
1.3	0.7	0.5	No linear change	Not available	No change

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
1.1	0.4	0.5	No linear change	Not available	No change

QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
19.8	23.7	Increased, 2014-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Tobacco Use

															Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

												2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
												10.0	8.6	No linear change	Not available[§]	No change

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											6.8	4.3	4.5	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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN26: Percentage of students who ever drank alcohol (other than a few sips)

| | | | | | | | | | | | 34.3 | 21.4 | 27.1 | No linear change | Not available[§] | Increased |

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

| | | | | | | | | | | | 17.4 | 11.1 | 14.4 | No linear change | Not available | Increased |

QN28: Percentage of students who ever used marijuana

| | | | | | | | | | | | 12.5 | 9.4 | 10.2 | No linear change | Not available | No change |

QN29: Percentage of students who tried marijuana for the first time before age 11 years

| | | | | | | | | | | | 4.0 | 6.1 | 3.2 | No linear change | Not available | Decreased |

QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

| | | | | | | | | | | | 6.4 | 5.4 | 7.3 | Increased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

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)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
17.0	9.0	10.4	Decreased, 2013-2016	Not available[§]	No change

QN32: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
5.6	4.0	3.3	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Sexual Behaviors

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN34: Percentage of students who ever had sexual intercourse

												2014	2016		Linear Change	Quadratic Change	Change from 2014-2016
												8.9	8.6		No linear change	Not available[§]	No change

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

												2014	2016		Linear Change	Quadratic Change	Change from 2014-2016
												3.2	4.1		Increased, 2014-2016	Not available	No change

QN36: Percentage of students who ever had sexual intercourse with three or more persons

												2014	2016		Linear Change	Quadratic Change	Change from 2014-2016
												3.5	3.0		No linear change	Not available	No change

QN37: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)

												2014	2016		Linear Change	Quadratic Change	Change from 2014-2016
												52.7	48.3		No linear change	Not available	No change

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

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016			

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 30.9 | 28.7 | 32.3 | No linear change | Not available[§] | Increased |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 53.8 | 50.3 | 52.5 | No linear change | Not available | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 14.6 | 12.1 | 15.0 | No linear change | Not available | Increased |

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

| | | | | | | | | | | | 40.7 | 48.3 | 39.5 | No linear change | Not available | Decreased |

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

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Physical Activity

														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016[†]

Health Risk Behavior and Percentages

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

QN41: 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	Decreased, 2013-2016	Not available[§]	Decreased

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											14.0	14.6	19.8	Increased, 2013-2016	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)

											25.2	28.8	23.5	No linear change	Not available	Decreased

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

											46.5	32.7	27.9	Decreased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages			Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]

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

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

											44.6	41.1	46.5	No linear change	Not available[§]	Increased

QN44: 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	Decreased, 2013-2016	Not available	No change

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

											24.8	39.3	34.5	No linear change	Not available	No change

QN45: 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	Decreased, 2014-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Other

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

											2013	2014	2016		Linear Change	Quadratic Change	Change from 2014-2016
											23.6	20.4	22.3		No linear change	Not available[§]	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

											2013	2014	2016		Linear Change	Quadratic Change	Change from 2014-2016
											49.2	57.2	53.5		No linear change	Not available	Decreased

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

											2013	2014	2016		Linear Change	Quadratic Change	Change from 2014-2016
												77.8	74.7		Decreased, 2014-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

															Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
Health Risk Behavior and Percentages																	
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**				

QN50: Percentage of students who respond that their parents or guardians own the home or place where they live

												53.7	47.8	Decreased, 2014-2016	Not available[§]	Decreased

QN51: 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	Increased, 2014-2016	Not available	Increased

QN58: 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	Increased, 2013-2016	Not available	Increased

QN59: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

											5.9	3.2	3.3	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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016[†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**				

QN66: Percentage of students who used some flavored tobacco products (such as fruit-, candy-, or alcohol-flavored tobacco products, not counting menthol cigarettes, during the 30 days before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
5.2	4.3	4.1	No linear change	Not available[§]	No change

QN67: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	5.3	4.8	No linear change	Not available	No change

QN68: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
53.4	55.0	62.9	No linear change	Not available	No change

QN69: Percentage of students who live with someone who now smokes cigarettes or cigars

2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
38.3	30.6	29.5	Decreased, 2013-2016	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.

Hispanic
Site-Added

Health Risk Behavior and Percentages			Linear Change*	Quadratic Change*	Change from 2014-2016 †
1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011	2013	2014	2016			

QN72: 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)

	2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
	16.3	9.2	11.5	Decreased, 2013-2016	Not available§	Increased

QN73: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

| | 11.8 | 7.1 | 8.5 | No linear change | Not available | No change |

QN74: 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 | No linear change | Not available | No change |

QN76: Percentage of students who were taught in any of their classes about the dangers of tobacco use (during the last school year)

| | 79.8 | 80.6 | 70.7 | Decreased, 2013-2016 | 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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

														Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											40.0	32.8	36.4	No linear change	Not available[§]	No change

QN78: 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	No linear change	Not available	No change

QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month

											84.5	87.7	86.2	No linear change	Not available	No change

QN81: 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 (beer, wine or liquor) nearly every day

											59.4	66.2	71.6	Increased, 2013-2016	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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

	Health Risk Behavior and Percentages														Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**			

QN82: 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 (beer, wine, or liquor) once or twice a week

| | | | | | | | | | | | 68.5 | 70.5 | 73.7 | Increased, 2013-2016 | Not available[§] | Increased |

QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them

| | | | | | | | | | | | 77.2 | 80.3 | 77.0 | No linear change | Not available | 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

| | | | | | | | | | | | 75.0 | 77.5 | 72.0 | Decreased, 2013-2016 | 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)

| | | | | | | | | | | | 32.3 | 30.7 | 32.4 | 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.

Maryland Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

														Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				

QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											54.8	59.3	53.4	No linear change	Not available[§]	Decreased

QN87: Percentage of students who participate in any extracurricular activities at school (such as sports, band, drama, clubs, or student government)

											2013	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
											54.2	57.4	51.6	Decreased, 2013-2016	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.