

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Total  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																	
											20.6	19.5	12.8	14.2	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																	
											10.2	8.5	6.5	5.4	Decreased, 2013-2018	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.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Total  
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018									
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)														41.0	30.1	32.2	29.6	Decreased, 2013-2018				Not available <sup>§</sup>	No change
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)														4.3	4.1	5.8	3.7	No linear change				Not available	Decreased
QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)																4.7	3.4	No linear change				Not available	Decreased

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

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

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

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**Total  
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018									
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)														8.9	6.9	8.2	6.9	Decreased, 2013-2018				Not available <sup>§</sup>	No change
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)														10.4	8.1	9.5	9.0	No linear change				Not available	No change
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)														9.9	9.0	8.4	9.7	No linear change				Not available	No change

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

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

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

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Total  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																	
											24.7	22.4	20.3	18.9	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																	
											16.9	16.6	15.5	14.3	Decreased, 2013-2018	Not available	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
											24.5	27.9	29.0	31.2	Increased, 2013-2018	Not available	No change

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

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

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

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Total  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)															No linear change	Not available <sup>§</sup>	No change
											15.8	16.7	16.8	16.9			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)															Increased, 2013-2018	Not available	No change
											12.1	13.1	14.3	14.2			

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

Total Tobacco Use	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				2018
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
												14.3	10.1	8.6	4.8	Decreased, 2013-2018	Not available <sup>§</sup>	Decreased
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
												4.8	2.7	2.5	1.2	Decreased, 2013-2018	Not available	Decreased
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
												3.5	2.1	1.7	0.8	Decreased, 2013-2018	Not available	Decreased
QN34: 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])																		
												38.9	36.5	44.3	Increased, 2014-2018	Not available	Increased	

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

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

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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN35: 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)																		
												23.8	16.6	31.4	Increased, 2014-2018	Not available <sup>§</sup>	Increased	
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
												3.4	3.3	9.5	Increased, 2014-2018	Not available	Increased	
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												2.5	2.7	6.1	Increased, 2014-2018	Not available	Increased	
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												26.9	20.0	32.4	Increased, 2014-2018	Not available	Increased	

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

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**Total  
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018						
QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years)														8.4	5.4	No linear change	Not available <sup>§</sup>	No change		
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)														6.6	4.1	Decreased, 2016-2018	Not available	Decreased		
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)														12.1	9.6	8.6	6.0	Decreased, 2013-2018	Not available	Decreased

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

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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																		
											19.4	14.3	12.6	8.5	Decreased, 2013-2018	Not available <sup>§</sup>	Decreased	

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

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

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## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

Total Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																Decreased, 2013-2018	Not available <sup>§</sup>	No change
										17.5	16.4	14.5	12.9					
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																Decreased, 2013-2018	Not available	No change
										36.3	31.3	31.9	30.9					
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
												17.1	17.6					

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

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey  
Frederick County  
Trend Analysis Report

Total  
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN45: Percentage of students who ever used marijuana (one or more times during their life)																	
											33.9	32.2	31.4	30.5	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years																	
											7.5	7.0	5.9	4.5	Decreased, 2013-2018	Not available	Decreased
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											19.0	19.3	19.6	19.6	No linear change	Not available	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)																	
												9.8	6.8	5.3	Decreased, 2014-2018	Not available	No change

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

<b>Total</b>																<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2016-2018 †</b>
<b>Alcohol and Other Drug Use</b>																		
<b>Health Risk Behavior and Percentages</b>																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)																		
												12.7	13.1		No linear change	Not available <sup>§</sup>	No change	
QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)																		
											6.1	4.8	4.7	3.7	Decreased, 2013-2018	Not available	No change	
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)																		
											4.2	3.4	3.8	2.5	Decreased, 2013-2018	Not available	Decreased	
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)																		
											4.7	3.7	4.3	2.7	Decreased, 2013-2018	Not available	Decreased	

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

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§Not enough years of data to calculate.

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Total Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2016-2018 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)																		
											8.0	5.6	5.1	3.8	Decreased, 2013-2018	Not available <sup>§</sup>	No change	
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)																		
											3.4	3.0	3.0	2.8	No linear change	Not available	No change	
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
											27.2	26.3	21.8	21.8	Decreased, 2013-2018	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.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Total  
Sexual Behaviors**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018									
QN58: Percentage of students who ever had sexual intercourse															36.5	29.7	29.3	28.5	Decreased, 2013-2018			Not available <sup>§</sup>	No change
QN59: Percentage of students who had sexual intercourse for the first time before age 13 years															5.0	2.9	3.4	2.8	Decreased, 2013-2018			Not available	No change
QN60: Percentage of students who had sexual intercourse with four or more persons during their life															10.0	6.9	7.6	6.0	Decreased, 2013-2018			Not available	No change
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)															26.6	21.2	21.5	20.4	Decreased, 2013-2018			Not available	No change

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Total  
Sexual Behaviors**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)														26.9	25.7	26.5	24.0					No linear change	Not available <sup>§</sup>	No change
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)														55.7	61.8	52.4	51.2					Decreased, 2013-2018	Not available	No change
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)														27.3	21.8	27.7	29.7					No linear change	Not available	No change
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)														1.6	1.5	4.1	6.7					Increased, 2013-2018	Not available	No change

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

Total Sexual Behaviors		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
		1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))												3.3	2.2	1.6	2.6	No linear change	Not available <sup>§</sup>	No change	
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)												32.1	25.5	33.5	39.1	Increased, 2013-2018	Not available	No change	
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)												10.6	10.3	11.2	11.2	No linear change	Not available	No change	

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

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

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Total  
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)																	
											13.0	12.8	13.7	12.3	No linear change	Not available <sup>§</sup>	No change
QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)																	
												8.9	11.1	9.7	No linear change	Not available	No change

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§Not enough years of data to calculate.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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#### Frederick County

#### Trend Analysis Report

<b>Total</b>																<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2016-2018<sup>†</sup></b>
<b>Weight Management and Dietary Behaviors</b>																		
<b>Health Risk Behavior and Percentages</b>																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																		
											13.1	14.5	14.0	13.4	No linear change	Not available <sup>¶</sup>	No change	
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																		
											10.0	9.1	10.4	9.9	No linear change	Not available	No change	
QN67: Percentage of students who described themselves as slightly or very overweight																		
											27.8	26.6	27.5	25.5	No linear change	Not available	No change	
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																		
											25.8	27.4	32.1	34.8	Increased, 2013-2018	Not available	Increased	

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

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Weight Management and Dietary Behaviors																Linear Change*	Quadratic Change*	Change from 2016-2018 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																		
											11.7	12.1	12.3	12.9	No linear change	Not available <sup>§</sup>	No change	
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
											6.0	6.2	6.7	7.2	No linear change	Not available	No change	
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
											63.4	60.0	57.4	54.5	Decreased, 2013-2018	Not available	Decreased	

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Frederick County

Trend Analysis Report

Total Weight Management and Dietary Behaviors																Linear Change*	Quadratic Change*	Change from 2016-2018 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
											32.7	29.1	27.4	25.2	Decreased, 2013-2018	Not available <sup>§</sup>	No change	
QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																		
											33.1	37.3	40.1	43.4	Increased, 2013-2018	Not available	Increased	
QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)																		
											30.5	29.1	34.1	36.2	Increased, 2013-2018	Not available	No change	
QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)																		
											45.6	46.8	50.2	49.1	Increased, 2013-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Total																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Weight Management and Dietary Behaviors																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)																No linear change	Not available <sup>§</sup>	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																Increased, 2013-2018	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																Decreased, 2013-2018	Not available	No change

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

Total Weight Management and Dietary Behaviors																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>								
Health Risk Behavior and Percentages																										
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018												
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																28.8	27.9	25.7	24.4	Decreased, 2013-2018			Not available <sup>§</sup>			No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																14.1	13.2	12.0	10.9	Decreased, 2013-2018			Not available			No change
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																29.5	28.3	31.5	34.1	Increased, 2013-2018			Not available			No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Total																Linear Change*	Quadratic Change*	Change from 2016-2018 †
Weight Management and Dietary Behaviors																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
											17.7	15.0	14.0	11.5	Decreased, 2013-2018	Not available <sup>§</sup>	Decreased	
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
											10.5	9.5	8.1	7.0	Decreased, 2013-2018	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.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Total  
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN78: 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)														48.6	43.8	43.1	44.6	No linear change				Not available <sup>§</sup>		No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														14.5	16.5	19.5	17.6	Increased, 2013-2018				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)														26.1	22.4	22.0	23.2	No linear change				Not available		No change

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Total  
Physical Activity

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2016-2018<sup>†</sup>

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

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

25.1 22.8 18.1 16.8 Decreased, 2013-2018 Not available<sup>§</sup> No change

QN80: 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)

33.1 38.0 37.1 41.6 Increased, 2013-2018 Not available Increased

QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

31.2 26.3 25.7 25.5 Decreased, 2013-2018 Not available No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Total  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
											25.3	21.5	19.8	20.9	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
												15.1	15.2	No linear change	Not available	No change	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Total Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
													81.4	82.5	82.5	No linear change	Not available <sup>§</sup>	No change	
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
													1.4	1.8	1.3	No linear change	Not available	No change	
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																		
													23.3	24.6	23.9	23.1	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.

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Total  
Site-Added

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2016-2018<sup>†</sup>

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

QN90: Percentage of students who are transgender

2.8 1.3 Decreased, 2016-2018 Not available<sup>§</sup> Decreased

QN93: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)

33.2 35.2 No linear change Not available No change

QN94: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)

7.9 6.8 6.4 3.3 Decreased, 2013-2018 Not available Decreased

QN97: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey)

23.9 29.9 17.3 21.3 Decreased, 2013-2018 Not available No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Total  
Site-Added

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2016-2018 †

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

QN98: Percentage of students who smoked tobacco in a hookah, narghile, or other type of waterpipe (on at least 1 day during the 30 days before the survey)

5.2 3.0 Decreased, 2016-2018 Not available<sup>§</sup> Decreased

QN99: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)

94.4 96.8 96.2 Increased, 2014-2018 Not available No change

QN101: Percentage of students who have ever used an electronic vapor product to smoke marijuana, THC or hash oil, or THC wax

9.5 18.3 Increased, 2016-2018 Not available Increased

QN102: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year

18.3 13.8 Decreased, 2016-2018 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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Total  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN103: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																	
											14.1	13.1	9.1	5.5	Decreased, 2013-2018	Not available <sup>§</sup>	Decreased
QN104: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												12.0	8.5	7.9	Decreased, 2014-2018	Not available	No change
QN105: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)																	
											35.1	33.9	36.2	8.9	Decreased, 2013-2018	Not available	Decreased
QN106: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											35.4	33.2	27.8	27.1	Decreased, 2013-2018	Not available	No change

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Total  
Site-Added**

#### Health Risk Behavior and Percentages

**Linear Change\***

**Quadratic Change\***

**Change from  
2016-2018<sup>†</sup>**

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

QN107: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)

											85.2	85.8	No linear change	Not available <sup>§</sup>	No change

QN108: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)

											23.6	24.8	No linear change	Not available	No change

QN110: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)

										71.0	67.7	64.5	59.9	Decreased, 2013-2018	Not available	No change

QN117: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends

										31.2	27.6	27.8	37.2	Increased, 2013-2018	Not available	Increased

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Total  
Site-Added

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2016-2018 †

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

QN118: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in

19.3 15.8 17.6 23.6 Increased, 2013-2018 Not available<sup>§</sup> Increased

QN119: 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

81.1 79.6 79.8 78.9 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.



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)														Decreased, 2013-2018	Not available§	No change	
											21.0	18.3	13.2	13.4			
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)														Decreased, 2013-2018	Not available	No change	
											12.9	10.9	7.0	6.2			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)														Decreased, 2013-2018	Not available	No change	
											41.8	32.9	31.8	28.8			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Male  
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)														6.7	5.9	7.2	5.7					No linear change	Not available <sup>§</sup>	No change
QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)																		6.4	5.4			No linear change	Not available	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)														10.4	8.0	9.9	8.1					No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)														No linear change	Not available§	No change	
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)														No linear change	Not available	No change	
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)														Decreased, 2013-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																	
											12.9	11.1	12.2	11.3	No linear change	Not available <sup>§</sup>	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
											19.3	18.7	20.0	23.4	Increased, 2013-2018	Not available	Increased
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																	
											11.3	11.3	12.5	12.5	No linear change	Not available	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																	
											9.7	9.5	10.4	11.0	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male Tobacco Use															Linear Change*	Quadratic Change*	Change from 2016-2018 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
											15.5	10.4	9.3	4.9	Decreased, 2013-2018	Not available <sup>§</sup>	Decreased
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
											5.9	3.2	3.2	1.4	Decreased, 2013-2018	Not available	Decreased
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											4.6	2.6	2.2	1.0	Decreased, 2013-2018	Not available	Decreased
QN34: 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])																	
											40.5	37.9	42.1		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.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN35: 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)															25.7	17.9	28.7	No linear change			Not available <sup>§</sup>			Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)															4.5	4.6	9.7	Increased, 2014-2018			Not available			Increased
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)															3.4	3.9	6.4	Increased, 2014-2018			Not available			Increased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)															28.5	21.5	29.9	No linear change			Not available			Increased

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years)																	
												12.0	7.6		No linear change	Not available <sup>§</sup>	No change
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												10.4	5.8		Decreased, 2016-2018	Not available	Decreased
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											15.8	12.3	11.0	7.2	Decreased, 2013-2018	Not available	Decreased

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																	
											22.5	16.3	14.8	9.8	Decreased, 2013-2018	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.



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																	
											19.8	17.6	15.9	14.6	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
											36.4	28.4	29.2	26.9	Decreased, 2013-2018	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																	
													16.3	15.3	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN45: Percentage of students who ever used marijuana (one or more times during their life)																	
											36.4	32.5	31.4	28.6	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years																	
											9.9	9.0	7.7	5.4	Decreased, 2013-2018	Not available	Decreased
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											21.7	19.1	19.9	19.5	No linear change	Not available	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)																	
												9.9	7.3	5.3	Decreased, 2014-2018	Not available	Decreased

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)																	
												12.2	12.4		No linear change	Not available <sup>§</sup>	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)																	
											7.5	6.4	6.4	4.3	Decreased, 2013-2018	Not available	Decreased
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)																	
											5.7	4.5	4.9	3.2	Decreased, 2013-2018	Not available	Decreased
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)																	
											6.3	4.7	5.4	3.6	Decreased, 2013-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey  
Frederick County  
Trend Analysis Report

Male  
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)																	
											9.7	6.8	6.1	4.5	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)																	
											4.5	4.1	3.4	3.6	No linear change	Not available	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											30.1	26.9	23.4	23.5	Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN58: Percentage of students who ever had sexual intercourse															Decreased, 2013-2018	Not available <sup>§</sup>	No change
											38.4	29.9	31.5	29.0			
QN59: Percentage of students who had sexual intercourse for the first time before age 13 years															Decreased, 2013-2018	Not available	No change
											6.7	4.2	4.7	3.9			
QN60: Percentage of students who had sexual intercourse with four or more persons during their life															Decreased, 2013-2018	Not available	Decreased
											11.0	8.1	8.7	6.0			
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)															Decreased, 2013-2018	Not available	No change
											27.0	20.4	21.3	19.1			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)															No linear change	Not available <sup>§</sup>	No change
											28.5	29.1	27.7	24.7			
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)															Decreased, 2013-2018	Not available	No change
											60.6	65.3	56.1	54.9			
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)															Increased, 2013-2018	Not available	No change
											20.3	18.1	26.2	28.7			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)															No linear change	Not available	No change
											1.8	0.6	1.8	3.9			

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))																	
											3.6	2.5	1.3	1.7	Decreased, 2013-2018	Not available§	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																	
											25.7	21.2	29.4	34.3	Increased, 2013-2018	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																	
											7.2	8.0	10.4	11.4	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)														No linear change	Not available <sup>§</sup>	No change	
											12.1	14.3	13.8	12.2			
QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)														No linear change	Not available	No change	
												9.7	12.6	10.8			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

#### Male

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>														No linear change	Not available <sup>¶</sup>	No change	
						14.1	15.0	14.8	13.4								
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>														No linear change	Not available	No change	
						13.8	12.5	14.7	13.1								
QN67: Percentage of students who described themselves as slightly or very overweight														No linear change	Not available	No change	
						22.9	21.9	24.9	22.1								
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)														Increased, 2013-2018	Not available	Increased	
						24.7	24.2	29.1	32.7								

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

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																	
											13.7	12.8	14.7	13.5	No linear change	Not available <sup>§</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
											7.5	6.7	7.8	8.1	No linear change	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
											63.4	59.9	58.0	55.6	Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
											32.4	29.0	27.7	26.1	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																	
											38.1	43.0	46.0	48.2	Increased, 2013-2018	Not available	No change
QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)																	
											29.7	29.6	31.8	34.1	Increased, 2013-2018	Not available	No change
QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)																	
											44.7	45.8	49.7	49.7	Increased, 2013-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)														No linear change	Not available <sup>§</sup>	No change	
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)														No linear change	Not available	No change	
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)														Decreased, 2013-2018	Not available	No change	

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																	
											29.2	27.4	26.1	23.4	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																	
											14.0	14.2	13.1	11.3	Decreased, 2013-2018	Not available	No change
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
											23.0	23.7	28.5	28.7	Increased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
											21.6	19.6	16.5	14.7	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
											12.7	12.3	9.6	8.6	Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available <sup>§</sup>	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														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)														No linear change	Not available	No change	

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											25.4	23.4	17.8	14.1	Decreased, 2013-2018	Not available§	Decreased
QN80: 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)																	
											36.2	40.0	40.5	45.7	Increased, 2013-2018	Not available	Increased
QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											42.1	34.1	34.4	30.1	Decreased, 2013-2018	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.



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
											34.6	28.0	26.6	24.5	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
												16.2	16.4	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey  
Frederick County  
Trend Analysis Report

Male  
Other

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
												79.7	80.8	81.4	No linear change	Not available <sup>§</sup>	No change	
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
												1.5	2.5	1.7	No linear change	Not available	No change	
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																		
												23.0	25.3	25.1	23.9	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN90: Percentage of students who are transgender																	
													3.4	1.0	Decreased, 2016-2018	Not available <sup>§</sup>	Decreased
QN93: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)																	
													32.1	33.6	No linear change	Not available	No change
QN94: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)																	
											10.7	8.0	7.9	4.5	Decreased, 2013-2018	Not available	Decreased
QN98: Percentage of students who smoked tobacco in a hookah, narghile, or other type of waterpipe (on at least 1 day during the 30 days before the survey)																	
													5.5	2.6	Decreased, 2016-2018	Not available	Decreased

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN99: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)																	
											93.1	96.0	95.5		Increased, 2014-2018	Not available <sup>§</sup>	No change
QN101: Percentage of students who have ever used an electronic vapor product to smoke marijuana, THC or hash oil, or THC wax																	
												10.4	19.1		Increased, 2016-2018	Not available	Increased
QN102: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
												20.7	16.6		Decreased, 2016-2018	Not available	Decreased
QN103: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																	
											18.6	15.8	11.2	5.8	Decreased, 2013-2018	Not available	Decreased

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN104: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
											12.3	7.8	5.6	Decreased, 2014-2018	Not available <sup>§</sup>	Decreased	
QN105: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)																	
										31.7	33.0	34.8	12.4	Decreased, 2013-2018	Not available	Decreased	
QN106: Percentage of students who live with someone who now smokes cigarettes or cigars																	
										34.3	31.8	27.7	25.8	Decreased, 2013-2018	Not available	No change	
QN107: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																	
											83.5	85.3	No linear change	Not available	No change		

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN108: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																	
												23.9	23.7		No linear change	Not available <sup>§</sup>	No change
QN110: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											71.4	67.1	65.5	61.8	Decreased, 2013-2018	Not available	No change
QN117: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
											34.3	29.8	29.4	39.5	Increased, 2013-2018	Not available	Increased
QN118: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											22.6	17.9	20.6	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2016-2018 †

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

QN119: 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

80.2 78.9 79.5 79.9 No linear change Not available<sup>§</sup> No change

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

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

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																	
											19.8	20.7	12.0	14.7	Decreased, 2013-2018	Not available§	Increased
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																	
											6.6	5.5	5.3	4.0	Decreased, 2013-2018	Not available	No change
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																	
											40.2	26.6	32.2	30.0	Decreased, 2013-2018	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.



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)														No linear change	Not available <sup>§</sup>	Decreased	
											1.6	2.0	3.7	1.2			
QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)														Decreased, 2016-2018	Not available	Decreased	
												2.2	0.9				
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)														No linear change	Not available	No change	
											6.8	5.4	5.8	5.3			

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)														No linear change	Not available§	No change	
											5.7	4.8	5.4	5.2			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)														No linear change	Not available	No change	
											11.7	10.0	7.6	10.3			
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)														Decreased, 2013-2018	Not available	No change	
											26.0	26.1	20.0	19.8			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																	
											21.0	22.3	18.3	17.3	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
											29.8	37.5	37.6	39.3	Increased, 2013-2018	Not available	No change
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																	
											20.2	22.4	20.4	21.4	No linear change	Not available	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																	
											14.6	16.7	17.7	17.3	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															Decreased, 2013-2018	Not available <sup>§</sup>	Decreased
											12.6	9.6	7.1	4.3			
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)															Decreased, 2013-2018	Not available	No change
											3.7	2.3	1.6	0.8			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															Decreased, 2013-2018	Not available	No change
											2.3	1.6	1.0	0.5			
QN34: 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])															Increased, 2014-2018	Not available	Increased
												37.0	35.0	46.5			

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QNS5: 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)															21.8	14.9	34.0	Increased, 2014-2018			Not available <sup>§</sup>			Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)															2.1	1.8	9.3	Increased, 2014-2018			Not available			Increased
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)															1.5	1.3	5.8	Increased, 2014-2018			Not available			Increased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)															25.0	17.7	34.7	Increased, 2014-2018			Not available			Increased

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years)																	
												3.9	3.0	No linear change	Not available <sup>§</sup>	No change	
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												2.3	1.9	No linear change	Not available	No change	
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											7.6	6.6	5.8	4.4	Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																	
											15.4	11.9	9.6	6.8	Decreased, 2013-2018	Not available <sup>§</sup>	Decreased

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																		
											14.9	14.9	12.6	10.7	Decreased, 2013-2018	Not available <sup>§</sup>	No change	
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																		
											36.1	34.5	34.5	35.0	No linear change	Not available	No change	
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																		
												17.9	19.8	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.

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN45: Percentage of students who ever used marijuana (one or more times during their life)																No linear change	Not available <sup>§</sup>	No change
											31.2	32.0	31.1	32.3				
QN46: Percentage of students who tried marijuana for the first time before age 13 years																Decreased, 2013-2018	Not available	No change
											4.9	4.9	3.7	3.3				
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																No linear change	Not available	No change
											16.0	19.5	18.8	19.6				
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)																Decreased, 2014-2018	Not available	No change
												9.5	5.7	5.2				

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Alcohol and Other Drug Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)																		
											5.7	3.9	3.4	2.7	Decreased, 2013-2018	Not available <sup>§</sup>	No change	
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)																		
											1.9	1.7	2.2	1.8	No linear change	Not available	No change	
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
											23.9	25.5	19.8	19.6	Decreased, 2013-2018	Not available	No change	

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

#### Female Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018									
QN58: Percentage of students who ever had sexual intercourse															34.7	29.4	26.9	27.7	Decreased, 2013-2018			Not available <sup>§</sup>	No change
QN59: Percentage of students who had sexual intercourse for the first time before age 13 years															3.2	1.7	1.9	1.6	Decreased, 2013-2018			Not available	No change
QN60: Percentage of students who had sexual intercourse with four or more persons during their life															9.1	5.7	6.1	5.9	Decreased, 2013-2018			Not available	No change
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)															26.5	22.0	21.2	21.5	Decreased, 2013-2018			Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)														No linear change	Not available <sup>§</sup>	No change	
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)														No linear change	Not available	No change	
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)														No linear change	Not available	No change	
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)														Increased, 2013-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))																	
											2.9	2.0	2.0	3.5	No linear change	Not available <sup>§</sup>	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																	
											38.5	29.6	38.3	43.1	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																	
											14.0	12.3	12.3	10.9	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)														No linear change	Not available <sup>§</sup>	No change	
											13.9	11.2	13.0	12.7			
QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)														No linear change	Not available	No change	
												8.0	9.3	8.5			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

<b>Female</b>																		
<b>Weight Management and Dietary Behaviors</b>																		
<b>Health Risk Behavior and Percentages</b>																		
																<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2016-2018<sup>†</sup></b>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																		
											12.1	14.0	13.0	13.4	No linear change	Not available <sup>¶</sup>	No change	
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																		
											5.8	5.5	5.9	6.4	No linear change	Not available	No change	
QN67: Percentage of students who described themselves as slightly or very overweight																		
											32.9	31.7	30.0	29.2	Decreased, 2013-2018	Not available	No change	
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																		
											27.3	30.7	35.0	37.1	Increased, 2013-2018	Not available	No change	

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

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female																Linear Change*	Quadratic Change*	Change from 2016-2018 †
Weight Management and Dietary Behaviors																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																		
											9.3	11.2	9.6	12.1	No linear change	Not available <sup>§</sup>	Increased	
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
											4.5	5.6	5.4	6.2	No linear change	Not available	No change	
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
											63.5	60.2	56.9	53.2	Decreased, 2013-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female																Linear Change*	Quadratic Change*	Change from 2016-2018 †
Weight Management and Dietary Behaviors																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
											32.9	29.2	27.1	24.3	Decreased, 2013-2018	Not available <sup>§</sup>	No change	
QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																		
											28.1	31.5	34.3	38.3	Increased, 2013-2018	Not available	Increased	
QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)																		
											31.3	28.5	36.5	38.5	Increased, 2013-2018	Not available	No change	
QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)																		
											46.8	47.8	50.8	48.7	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Weight Management and Dietary Behaviors																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)																		
											11.5	11.8	13.4	15.0	Increased, 2013-2018	Not available <sup>§</sup>	No change	
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																		
											3.5	3.2	4.3	6.3	Increased, 2013-2018	Not available	Increased	
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																		
											68.6	66.7	63.1	62.6	Decreased, 2013-2018	Not available	No change	

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																	
											28.2	28.4	25.0	25.1	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																	
											14.0	12.2	10.8	10.2	Decreased, 2013-2018	Not available	No change
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
											36.2	33.2	34.6	39.7	Increased, 2013-2018	Not available	Increased

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Weight Management and Dietary Behaviors																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
											13.7	9.9	11.0	8.2	Decreased, 2013-2018	Not available <sup>§</sup>	Decreased	
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
											8.2	6.4	6.2	5.3	Decreased, 2013-2018	Not available	No change	

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available <sup>§</sup>	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Increased, 2013-2018	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)														No linear change	Not available	No change	

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											24.9	22.0	18.3	19.9	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN80: 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)																	
											29.8	35.9	33.6	36.9	Increased, 2013-2018	Not available	No change
QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											19.5	17.8	16.7	20.5	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)														No linear change	Not available <sup>§</sup>	Increased	
											15.8	14.6	13.1	17.1			
QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)														No linear change	Not available	No change	
												13.7	13.9				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
													83.4	84.6	84.1	No linear change	Not available <sup>§</sup>	No change	
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
													1.0	1.0	0.8	No linear change	Not available	No change	
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																		
													23.9	24.0	22.7	22.2	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN90: Percentage of students who are transgender																	
													1.8	1.3	No linear change	Not available <sup>§</sup>	No change
QN93: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)																	
													33.8	36.5	No linear change	Not available	No change
QN94: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)																	
											4.6	5.4	4.5	1.9	Decreased, 2013-2018	Not available	Decreased
QN98: Percentage of students who smoked tobacco in a hookah, narghile, or other type of waterpipe (on at least 1 day during the 30 days before the survey)																	
													4.3	3.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN99: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)															No linear change	Not available <sup>§</sup>	No change
QN101: Percentage of students who have ever used an electronic vapor product to smoke marijuana, THC or hash oil, or THC wax															Increased, 2016-2018	Not available	Increased
QN102: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year															Decreased, 2016-2018	Not available	Decreased
QN103: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)															Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN104: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
											11.5	9.3	10.5		No linear change	Not available <sup>§</sup>	No change
QN105: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)																	
											40.2	34.7	37.1	5.4	Decreased, 2013-2018	Not available	Decreased
QN106: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											36.5	34.9	27.7	28.2	Decreased, 2013-2018	Not available	No change
QN107: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																	
												87.4	86.3		No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN108: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																	
												22.2	25.6		No linear change	Not available <sup>§</sup>	No change
QN110: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											70.9	68.4	63.6	57.8	Decreased, 2013-2018	Not available	Decreased
QN117: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
											27.7	25.3	26.1	34.7	Increased, 2013-2018	Not available	Increased
QN118: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											15.7	13.3	14.4	22.4	Increased, 2013-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2016-2018 †

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

QN119: 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

82.3 80.8 80.2 78.1 Decreased, 2013-2018 Not available<sup>§</sup> No change

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

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

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)

19.6 19.2 11.7 14.1 Decreased, 2013-2018 Not available<sup>¶</sup> Increased

QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

8.5 7.9 4.6 4.3 Decreased, 2013-2018 Not available No change

QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

42.8 30.7 32.4 31.7 Decreased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

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

#### Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
<hr/>																	
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																	
											3.5	3.2	4.4	2.9	No linear change	Not available <sup>¶</sup>	Decreased
<hr/>																	
QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)																	
												3.3	2.7	No linear change	Not available	No change	
<hr/>																	
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																	
										7.0	5.0	6.6	6.2	No linear change	Not available	No change	

\*Non-Hispanic.

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*

Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)																	
											8.0	5.9	6.8	6.8	No linear change	Not available <sup>¶</sup>	No change
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																	
											8.5	7.8	6.5	7.8	No linear change	Not available	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																	
											25.7	22.5	20.5	19.2	Decreased, 2013-2018	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey  
Frederick County  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>‡</sup>

Change from  
2016-2018<sup>§</sup>

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

QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)

18.0 17.1 15.3 15.2 Decreased, 2013-2018 Not available<sup>¶</sup> No change

QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)

23.5 27.0 26.9 30.7 Increased, 2013-2018 Not available Increased

QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)

15.2 15.8 15.3 16.9 No linear change Not available No change

QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)

11.8 11.8 13.0 13.1 No linear change Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

14.0 10.0 7.4 4.4 Decreased, 2013-2018 Not available<sup>¶</sup> Decreased

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

5.1 2.4 1.7 0.9 Decreased, 2013-2018 Not available No change

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

3.6 1.8 1.0 0.6 Decreased, 2013-2018 Not available No change

QN34: 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])

38.5 35.0 45.4 Increased, 2014-2018 Not available Increased

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**White\***

**Tobacco Use**

#### Health Risk Behavior and Percentages

**Linear Change<sup>†</sup>**

**Quadratic Change<sup>†</sup>**

**Change from  
2016-2018<sup>§</sup>**

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

QN35: 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)

	23.9	16.0	33.3	Increased, 2014-2018	Not available <sup>¶</sup>	Increased
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QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

	3.3	3.0	11.2	Increased, 2014-2018	Not available	Increased
--	-----	-----	------	----------------------	---------------	-----------

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

	2.4	2.3	7.2	Increased, 2014-2018	Not available	Increased
--	-----	-----	-----	----------------------	---------------	-----------

QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)

	26.3	18.9	34.0	Increased, 2014-2018	Not available	Increased
--	------	------	------	----------------------	---------------	-----------

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

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White\*  
Tobacco Use

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>‡</sup>

Change from  
2016-2018<sup>§</sup>

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

QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years)

6.3 5.1 No linear change Not available<sup>¶</sup> No change

QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)

5.7 3.7 Decreased, 2016-2018 Not available Decreased

QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

11.3 9.2 6.9 5.3 Decreased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

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White\*  
Tobacco Use

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)

18.9 14.3 10.9 7.7 Decreased, 2013-2018 Not available<sup>¶</sup> Decreased

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																	
											15.3	14.4	13.2	10.8	Decreased, 2013-2018	Not available <sup>¶</sup>	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
											37.4	33.6	34.2	34.2	No linear change	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																	
												18.3	20.5		No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN45: Percentage of students who ever used marijuana (one or more times during their life)																	
											31.7	29.7	29.5	29.8	No linear change	Not available <sup>¶</sup>	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years																	
											5.9	5.1	4.3	2.9	Decreased, 2013-2018	Not available	Decreased
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											17.5	18.3	18.2	19.4	No linear change	Not available	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)																	
												7.7	5.1	3.9	Decreased, 2014-2018	Not available	No change

\*Non-Hispanic.

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

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

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



## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**White\***

**Alcohol and Other Drug Use**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018						
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)														11.0	11.6	No linear change	Not available <sup>¶</sup>	No change		
QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)														4.7	3.7	3.2	2.9	Decreased, 2013-2018	Not available	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)														2.8	2.1	2.5	1.6	No linear change	Not available	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)														3.5	2.4	2.6	1.8	Decreased, 2013-2018	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

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

QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)

6.6 4.4 3.0 2.9 Decreased, 2013-2018 Not available<sup>¶</sup> No change

QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)

2.3 1.9 1.7 2.1 No linear change Not available No change

QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

25.3 24.4 21.1 20.1 Decreased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN58: Percentage of students who ever had sexual intercourse															Decreased, 2013-2018	Not available <sup>¶</sup>	No change
											35.9	28.5	27.9	28.4			
QN59: Percentage of students who had sexual intercourse for the first time before age 13 years															Decreased, 2013-2018	Not available	No change
											3.3	1.9	2.3	1.9			
QN60: Percentage of students who had sexual intercourse with four or more persons during their life															Decreased, 2013-2018	Not available	No change
											8.4	6.0	6.2	5.3			
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)															Decreased, 2013-2018	Not available	No change
											27.2	21.1	21.1	21.5			

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*

Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)														No linear change	Not available <sup>¶</sup>	No change	
											27.2	21.4	23.4	24.5			
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)														No linear change	Not available	No change	
											56.6	62.1	54.4	53.7			
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)														No linear change	Not available	No change	
											31.3	25.0	33.2	32.2			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)														Increased, 2013-2018	Not available	No change	
											1.9	1.5	4.0	6.6			

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

#### White\*

#### Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))														3.1	2.4	1.9	3.1					No linear change	Not available <sup>¶</sup>	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)														36.2	28.9	39.1	41.9					Increased, 2013-2018	Not available	No change
QNQUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)														11.5	11.4	12.3	13.4					No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*

Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)														No linear change	Not available <sup>¶</sup>	No change	
											9.8	10.2	9.1	8.7			
QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)														No linear change	Not available	No change	
											7.8	9.3	8.5				

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018							
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>†</sup>															11.6	14.1	13.0	12.7	No linear change	Not available	No change
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>†</sup>															9.7	8.0	9.6	8.5	No linear change	Not available	No change
QN67: Percentage of students who described themselves as slightly or very overweight															27.7	26.3	26.8	25.4	No linear change	Not available	No change
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)															27.1	28.1	33.9	37.1	Increased, 2013-2018	Not available	No change

\*Non-Hispanic.

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

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

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

\*\*Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

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

QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

10.3 10.1 11.0 12.1 No linear change Not available<sup>¶</sup> No change

QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

5.8 5.5 6.3 7.2 No linear change Not available No change

QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

63.6 60.7 57.5 56.0 Decreased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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



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White\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

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

QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

31.5 27.9 26.5 25.1 Decreased, 2013-2018 Not available<sup>¶</sup> No change

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

31.6 35.4 38.2 41.3 Increased, 2013-2018 Not available No change

QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

28.2 26.0 31.1 34.3 Increased, 2013-2018 Not available Increased

QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

44.1 43.5 48.7 46.3 Increased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)																		
												11.6	12.4	14.0	13.7	No linear change	Not available <sup>¶</sup>	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																		
												3.5	3.6	5.5	5.7	Increased, 2013-2018	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																		
												70.0	68.2	65.0	64.5	Decreased, 2013-2018	Not available	No change

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**White\***

**Weight Management and Dietary Behaviors**

**Health Risk Behavior and Percentages**

**Linear Change<sup>†</sup>**

**Quadratic Change<sup>‡</sup>**

**Change from  
2016-2018<sup>§</sup>**

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1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018
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QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

											29.1	27.6	24.2	25.2	Decreased, 2013-2018	Not available <sup>¶</sup>	No change

QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

											13.0	12.1	10.1	10.0	Decreased, 2013-2018	Not available	No change

QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

											29.4	28.2	31.7	34.0	Increased, 2013-2018	Not available	No change

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\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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White\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

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

QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

17.9 14.7 13.3 11.4 Decreased, 2013-2018 Not available<sup>¶</sup> No change

QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

10.3 8.8 7.2 6.7 Decreased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**White\***

**Physical Activity**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN78: 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)														50.6	46.3	45.8	48.8					No linear change	Not available <sup>¶</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														13.2	13.7	16.4	13.8					No linear change	Not available	Decreased
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)														26.6	24.4	23.1	25.1					No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Physical Activity

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

21.9 20.5 15.9 14.9 Decreased, 2013-2018 Not available<sup>¶</sup> No change

QN80: 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)

31.5 35.9 36.5 40.8 Increased, 2013-2018 Not available Increased

QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

29.5 25.6 24.6 25.7 No linear change Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Physical Activity

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

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 22.1 20.2 22.2 No linear change Not available<sup>¶</sup> No change

QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

13.9 15.0 No linear change Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Other

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)

85.0 85.7 84.8 No linear change Not available<sup>¶</sup> No change

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

0.5 1.1 0.7 No linear change Not available No change

QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma

22.4 24.6 22.3 21.5 No linear change Not available No change

\*Non-Hispanic.

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages																Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN90: Percentage of students who are transgender																		
													2.1	1.0	Decreased, 2016-2018	Not available <sup>¶</sup>	Decreased	
QN93: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)																		
													33.8	37.0	No linear change	Not available	No change	
QN94: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)																		
										6.4	5.4	5.2	2.3	Decreased, 2013-2018	Not available	Decreased		
QN98: Percentage of students who smoked tobacco in a hookah, narghile, or other type of waterpipe (on at least 1 day during the 30 days before the survey)																		
													3.2	2.4	No linear change	Not available	No change	

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN99: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)

95.0 97.7 97.0 No linear change Not available<sup>¶</sup> No change

QN101: Percentage of students who have ever used an electronic vapor product to smoke marijuana, THC or hash oil, or THC wax

8.6 18.8 Increased, 2016-2018 Not available Increased

QN102: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year

17.2 13.4 Decreased, 2016-2018 Not available Decreased

QN103: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)

13.8 13.3 7.6 5.5 Decreased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN104: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

12.5 8.5 9.0 Decreased, 2014-2018 Not available<sup>¶</sup> No change

QN105: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)

33.1 33.3 35.8 7.9 Decreased, 2013-2018 Not available Decreased

QN106: Percentage of students who live with someone who now smokes cigarettes or cigars

35.0 32.3 27.8 26.9 Decreased, 2013-2018 Not available No change

QN107: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)

86.0 86.4 No linear change Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN108: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																		
												24.9	26.5		No linear change	Not available <sup>¶</sup>	No change	
QN110: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																		
											70.2	68.1	65.5	60.2	Decreased, 2013-2018	Not available	No change	
QN117: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																		
												25.4	21.7	22.6	32.4	Increased, 2013-2018	Not available	Increased
QN118: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																		
											15.7	13.2	14.7	21.6	Increased, 2013-2018	Not available	Increased	

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN119: 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

83.7 82.7 82.5 82.5 No linear change Not available<sup>¶</sup> No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)

19.1 15.4 13.2 10.3 Decreased, 2013-2018 Not available<sup>¶</sup> No change

QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

11.5 6.3 5.3 1.7 Decreased, 2013-2018 Not available No change

QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

30.1 22.4 27.4 20.0 No linear change Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																	
											6.2	5.5	7.3	3.8	No linear change	Not available <sup>¶</sup>	No change
QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)																	
													4.8	4.4	No linear change	Not available	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																	
											14.2	10.3	10.6	6.2	Decreased, 2013-2018	Not available	Decreased

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)																	
											16.1	10.8	12.3	14.0	No linear change	Not available <sup>¶</sup>	No change
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																	
											11.7	12.0	11.3	12.0	No linear change	Not available	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																	
											20.3	15.9	16.0	14.6	Decreased, 2013-2018	Not available	No change

\*Non-Hispanic.

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

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

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



## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

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

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)														11.9	10.6	13.9	10.0					No linear change	Not available <sup>¶</sup>	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)														25.2	26.0	29.6	26.8					No linear change	Not available	No change
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)														15.3	14.5	18.2	15.0					No linear change	Not available	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)														9.8	12.3	16.5	12.2					No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)														Decreased, 2013-2018	Not available <sup>¶</sup>	No change	
											12.5	7.1	7.4	4.0			
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														No linear change	Not available	No change	
											2.7	1.7	1.0	0.8			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														No linear change	Not available	No change	
											2.5	1.0	0.6	0.3			
QN34: 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])														No linear change	Not available	No change	
											41.2	42.0	39.5				

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Black\***  
**Tobacco Use**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018					
QNFREVP: 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)														22.0	16.0	27.4	No linear change	Not available <sup>¶</sup>	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)														2.1	1.2	4.8	No linear change	Not available	Increased
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)														1.5	1.2	2.7	No linear change	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)														25.7	19.6	28.9	No linear change	Not available	Increased

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Tobacco Use

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)

6.3 2.6 Decreased, 2016-2018 Not available<sup>¶</sup> Decreased

QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

11.5 7.8 11.2 5.4 No linear change Not available Decreased

QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)

17.4 10.8 14.8 7.1 Decreased, 2013-2018 Not available Decreased

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																	
											22.0	18.2	15.8	13.2	Decreased, 2013-2018	Not available <sup>¶</sup>	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
											33.0	22.4	26.7	18.0	Decreased, 2013-2018	Not available	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																	
												14.2	7.1	Decreased, 2016-2018	Not available	Decreased	

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN45: Percentage of students who ever used marijuana (one or more times during their life)																	
											43.7	41.5	41.3	29.3	Decreased, 2013-2018	Not available <sup>¶</sup>	Decreased
QN46: Percentage of students who tried marijuana for the first time before age 13 years																	
											11.3	10.0	10.3	6.4	Decreased, 2013-2018	Not available	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											25.0	20.7	25.8	18.6	No linear change	Not available	Decreased
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)																	
												13.1	8.9	6.4	Decreased, 2014-2018	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)																	
												14.3	14.6		No linear change	Not available <sup>¶</sup>	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)																	
											6.0	4.5	6.0	3.1	No linear change	Not available	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)																	
											4.7	3.2	3.9	2.8	No linear change	Not available	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)																	
											5.6	3.9	4.7	2.7	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)																	
											8.7	5.3	6.0	3.5	Decreased, 2013-2018	Not available <sup>¶</sup>	No change
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)																	
											4.4	3.0	4.5	2.1	No linear change	Not available	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											35.6	25.8	19.9	19.5	Decreased, 2013-2018	Not available	No change

\*Non-Hispanic.

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN58: Percentage of students who ever had sexual intercourse															Decreased, 2013-2018	Not available <sup>¶</sup>	Decreased
											42.9	30.0	35.6	26.3			
QN59: Percentage of students who had sexual intercourse for the first time before age 13 years															No linear change	Not available	No change
											9.9	5.2	6.3	4.6			
QN60: Percentage of students who had sexual intercourse with four or more persons during their life															Decreased, 2013-2018	Not available	Decreased
											17.0	9.7	12.6	5.9			
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)															Decreased, 2013-2018	Not available	Decreased
											29.4	19.1	23.3	15.9			

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Sexual Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

12.7 14.6 13.1 No linear change Not available<sup>¶</sup> No change

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

#### Black\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>†</sup>														19.5	16.2	19.5	16.7	No linear change				Not available		No change
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>†</sup>														10.4	11.3	10.8	11.9	No linear change				Not available		No change
QN67: Percentage of students who described themselves as slightly or very overweight														24.7	22.6	26.4	21.3	No linear change				Not available		No change
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)														24.2	23.9	24.9	30.2	No linear change				Not available		No change

\*Non-Hispanic.

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

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

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

\*\*Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

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

QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

18.1 19.2 23.0 19.4 No linear change Not available<sup>¶</sup> No change

QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

9.7 8.6 10.9 8.3 No linear change Not available No change

QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

60.9 54.8 54.3 47.9 Decreased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

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

QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

35.3 29.0 29.5 26.5 Decreased, 2013-2018 Not available<sup>¶</sup> No change

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

47.5 48.5 49.9 51.8 No linear change Not available No change

QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

37.3 39.7 45.7 48.9 Increased, 2013-2018 Not available No change

QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

61.6 66.3 62.2 62.6 No linear change Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)																		
												20.1	26.3	21.1	22.2	No linear change	Not available <sup>¶</sup>	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																		
												7.5	11.9	7.8	10.3	No linear change	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																		
												54.5	51.7	55.1	49.6	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

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

QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

20.1 21.9 23.7 19.7 No linear change Not available<sup>¶</sup> No change

QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

10.5 11.3 11.8 11.2 No linear change Not available No change

QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

24.6 29.2 29.2 34.8 Increased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey  
Frederick County  
Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

16.8 16.4 18.9 13.9 No linear change Not available<sup>¶</sup> No change

QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

12.4 12.8 13.3 10.4 No linear change Not available No change

\*Non-Hispanic.

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Physical Activity

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2013-2018	Not available <sup>¶</sup>	No change	
											45.0	42.0	38.9	38.0			
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)														No linear change	Not available	No change	
											22.1	21.0	26.6	25.1			
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)														No linear change	Not available	No change	
											25.7	20.1	20.2	21.3			

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Physical Activity

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

40.7 38.8 28.5 27.7 Decreased, 2013-2018 Not available<sup>¶</sup> No change

QN80: 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)

36.1 43.1 39.0 43.8 No linear change Not available No change

QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

40.3 32.7 31.2 30.7 Decreased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey  
Frederick County  
Trend Analysis Report

Black\*  
Physical Activity

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

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

30.6 26.1 22.3 23.4 Decreased, 2013-2018 Not available<sup>¶</sup> No change

QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

14.9 14.8 No linear change Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																	
												71.3	78.3	75.9		No linear change	Not available <sup>¶</sup>	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																	
												4.4	1.6	3.4		No linear change	Not available	No change
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												25.8	23.1	31.5	26.1	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN90: Percentage of students who are transgender																	
													4.1	0.7	Decreased, 2016-2018	Not available <sup>¶</sup>	Decreased
QN93: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)																	
													31.9	23.4	No linear change	Not available	No change
QN94: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)																	
											12.5	5.9	5.1	3.7	Decreased, 2013-2018	Not available	No change
QN98: Percentage of students who smoked tobacco in a hookah, narghile, or other type of waterpipe (on at least 1 day during the 30 days before the survey)																	
													6.6	3.2	Decreased, 2016-2018	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

QN99: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)

96.6 96.0 98.2 No linear change Not available<sup>¶</sup> No change

QN101: Percentage of students who have ever used an electronic vapor product to smoke marijuana, THC or hash oil, or THC wax

9.7 15.3 No linear change Not available No change

QN102: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year

21.2 13.4 Decreased, 2016-2018 Not available Decreased

QN103: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)

13.2 7.5 11.4 4.0 Decreased, 2013-2018 Not available Decreased

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN104: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																		
												7.1	8.6	7.0	No linear change	Not available <sup>¶</sup>	No change	
QN106: Percentage of students who live with someone who now smokes cigarettes or cigars																		
												37.2	33.9	29.9	26.9	Decreased, 2013-2018	Not available	No change
QN107: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																		
													84.7	82.9	No linear change	Not available	No change	
QN108: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																		
													21.1	21.9	No linear change	Not available	No change	

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN110: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											75.7	65.2	64.8	58.1	Decreased, 2013-2018	Not available <sup>¶</sup>	No change
QN117: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
											52.0	45.4	42.5	46.6	No linear change	Not available	No change
QN118: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											31.4	21.7	26.5	24.7	No linear change	Not available	No change
QN119: 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																	
											74.9	71.8	75.5	74.5	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																	
											29.0	25.8	16.2	15.7	Decreased, 2013-2018	Not available§	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																	
											19.0	16.2	14.9	9.9	Decreased, 2013-2018	Not available	No change
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																	
											49.1	37.8	35.1	25.6	Decreased, 2013-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)														No linear change	Not available§	No change	
											8.2	8.7	10.5	6.9			
QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)														No linear change	Not available	Decreased	
												8.8	4.9				
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)														Decreased, 2013-2018	Not available	No change	
											13.2	12.1	10.3	8.6			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)																	
											16.5	16.2	16.1	12.4	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																	
											14.3	14.0	15.3	11.9	No linear change	Not available	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																	
											23.4	26.5	22.0	21.7	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2016-2018 †

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

QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)

15.7 19.4 15.8 13.9 No linear change Not available<sup>§</sup> No change

QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)

30.6 31.3 35.7 35.1 No linear change Not available No change

QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)

20.9 19.4 20.9 18.2 No linear change Not available No change

QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)

15.4 16.5 17.8 19.1 No linear change Not available No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															Decreased, 2013-2018	Not available <sup>§</sup>	Decreased
											19.0	14.4	12.8	7.3			
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)															Decreased, 2013-2018	Not available	Decreased
											6.4	6.6	5.4	2.5			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															Decreased, 2013-2018	Not available	Decreased
											3.9	5.4	4.6	1.7			
QN34: 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])															No linear change	Not available	No change
											43.3	39.3	45.6				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

**Hispanic  
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN35: 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)															28.3	19.3	28.5	No linear change			Not available <sup>§</sup>			Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)															5.8	5.3	7.4	No linear change			Not available			No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)															4.5	5.0	4.9	No linear change			Not available			No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)															33.1	24.5	30.2	No linear change			Not available			No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												8.5	6.0	No linear change	Not available <sup>§</sup>	No change	
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											17.9	15.5	11.8	7.8	Decreased, 2013-2018	Not available	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																	
											25.5	19.0	16.6	11.4	Decreased, 2013-2018	Not available	Decreased

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																	
											26.7	24.6	16.8	18.6	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
											40.3	30.4	29.0	27.9	Decreased, 2013-2018	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																	
												16.0	14.8	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.

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic

Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN45: Percentage of students who ever used marijuana (one or more times during their life)																	
											41.3	39.5	33.2	33.5	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years																	
											14.2	11.9	9.7	8.9	Decreased, 2013-2018	Not available	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											24.5	24.6	20.9	21.9	No linear change	Not available	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)																	
												17.5	11.6	9.6	Decreased, 2014-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)																	
													16.7	16.5	No linear change	Not available <sup>§</sup>	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)																	
											14.1	10.3	8.2	6.3	Decreased, 2013-2018	Not available	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)																	
											10.6	9.0	7.5	5.0	Decreased, 2013-2018	Not available	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)																	
											9.6	8.4	8.8	5.2	Decreased, 2013-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)																	
											16.4	10.8	10.4	6.6	Decreased, 2013-2018	Not available§	Decreased
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)																	
											8.0	7.2	6.6	5.8	No linear change	Not available	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											31.5	37.2	26.9	28.1	Decreased, 2013-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN58: Percentage of students who ever had sexual intercourse																	
											45.4	37.6	35.1	33.0	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN59: Percentage of students who had sexual intercourse for the first time before age 13 years																	
											11.2	7.7	4.9	4.5	Decreased, 2013-2018	Not available	No change
QN60: Percentage of students who had sexual intercourse with four or more persons during their life																	
											17.5	11.1	10.5	7.4	Decreased, 2013-2018	Not available	No change
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																	
											30.1	26.8	22.3	21.2	Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)																	
												11.2	15.8	11.0	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland High School Survey

#### Frederick County

#### Trend Analysis Report

#### Hispanic

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>														16.7	16.9	16.6	15.9					No linear change	Not available <sup>¶</sup>	No change
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>														11.1	13.8	13.7	14.4					No linear change	Not available	No change
QN67: Percentage of students who described themselves as slightly or very overweight														31.4	31.4	30.9	29.2					No linear change	Not available	No change
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)														21.7	24.3	27.9	28.1					Increased, 2013-2018	Not available	No change

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

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																	
											13.7	17.0	13.3	9.7	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
											5.9	8.5	7.7	4.7	No linear change	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
											63.0	59.8	56.8	55.6	Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
											35.3	34.6	27.1	26.0	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																	
											30.2	36.4	41.7	46.6	Increased, 2013-2018	Not available	No change
QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)																	
											35.9	31.8	37.3	37.2	No linear change	Not available	No change
QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)																	
											46.0	51.2	54.0	51.8	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.

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)														No linear change	Not available <sup>§</sup>	No change	
											17.8	18.3	18.4	17.2			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)														No linear change	Not available	No change	
											6.7	8.6	7.6	9.1			
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)														No linear change	Not available	No change	
											62.1	62.2	57.1	59.0			

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																	
											31.1	30.7	27.9	23.8	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																	
											19.2	19.0	15.8	11.8	Decreased, 2013-2018	Not available	No change
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
											30.3	25.0	27.0	32.1	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.

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from 2016-2018 †

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

QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

19.3 16.3 13.6 11.3 Decreased, 2013-2018 Not available<sup>§</sup> No change

QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

12.4 11.8 7.6 6.9 Decreased, 2013-2018 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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available <sup>§</sup>	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Increased, 2013-2018	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)														No linear change	Not available	No change	

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											33.4	25.9	19.2	18.5	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN80: 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)																	
											35.6	41.7	38.3	43.2	No linear change	Not available	No change
QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											35.4	24.4	26.6	23.5	Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
											26.8	17.0	18.0	16.6	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
													16.8	15.3	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Other

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2016-2018 †

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

QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)

74.8 74.3 79.4 No linear change Not available<sup>§</sup> No change

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

2.8 4.0 2.0 No linear change Not available No change

QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma

23.3 27.1 26.5 26.1 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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN90: Percentage of students who are transgender																	
													4.8	2.4	No linear change	Not available <sup>§</sup>	Decreased
QN93: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)																	
													34.3	32.5	No linear change	Not available	No change
QN94: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)																	
											13.8	12.7	9.7	7.5	Decreased, 2013-2018	Not available	No change
QN98: Percentage of students who smoked tobacco in a hookah, narghile, or other type of waterpipe (on at least 1 day during the 30 days before the survey)																	
													10.2	3.6	Decreased, 2016-2018	Not available	Decreased

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN99: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)																	
											92.0	95.8	93.4		No linear change	Not available <sup>§</sup>	No change
QN101: Percentage of students who have ever used an electronic vapor product to smoke marijuana, THC or hash oil, or THC wax																	
												13.3	19.9		Increased, 2016-2018	Not available	Increased
QN102: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
											21.3	16.7			No linear change	Not available	No change
QN103: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																	
											16.7	17.2	11.7	6.2	Decreased, 2013-2018	Not available	Decreased

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN104: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
											13.2	8.6	6.5		Decreased, 2014-2018	Not available <sup>§</sup>	No change
QN106: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											35.4	33.2	25.3	27.0	Decreased, 2013-2018	Not available	No change
QN107: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																	
												84.9	87.7		No linear change	Not available	No change
QN108: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																	
												18.4	21.2		No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland High School Survey

Frederick County

Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN110: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											68.0	66.0	59.5	59.1	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN117: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
											44.5	42.0	38.5	46.3	No linear change	Not available	Increased
QN118: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											27.8	21.4	22.1	27.6	No linear change	Not available	No change
QN119: 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																	
											77.8	73.7	72.6	71.0	No linear change	Not available	No change

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

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

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