

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
 Montgomery 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
											51.1	37.1	45.3	38.2	Decreased, 2013-2018	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
											60.8	46.1	53.5	50.0	No linear change	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
											5.9	4.6	4.0	3.8	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery 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 ever rode with a driver who had been drinking alcohol (in a car)														16.6	13.0	15.7	11.6	Decreased, 2013-2018			Not available [§]		Decreased				
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														24.5	21.0	21.8	17.4	Decreased, 2013-2018			Not available		Decreased				
QN11: Percentage of students who were ever in a physical fight														46.9	39.7	43.5	40.9	Decreased, 2013-2018			Not available		No change				
QN14: Percentage of students who ever seriously thought about killing themselves														17.0	15.5	20.0	20.5	Increased, 2013-2018			Not available		No change				
QN15: Percentage of students who ever made a plan about how they would kill themselves																				11.6	13.4	No linear change			Not available		No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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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			
QN16: Percentage of students who ever tried to kill themselves																	
													7.0	6.8	No linear change	Not available [§]	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

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			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																	
													5.2	4.4	No linear change	Not available [§]	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
													3.0	2.0	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
											3.5	1.2	0.8	0.8	Decreased, 2013-2018	Not available	No change
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
											0.8	0.3	0.1	0.0	Decreased, 2013-2018	Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery County Trend Analysis Report

**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										
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															0.8	0.3	0.1	0.0	Decreased, 2013-2018			Not available [§]		No change
QN21: Percentage of students who ever used an electronic vapor product															11.5	15.2	16.3	Increased, 2014-2018			Not available		No change	
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)															5.6	3.1	4.3	No linear change			Not available		No change	
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)															0.6	0.3	0.1	Decreased, 2014-2018			Not available		No change	

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total 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				
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
											0.3	0.3	0.1		No linear change	Not available [§]	No change	
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
												1.2	1.3		No linear change	Not available	No change	
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
											3.6	2.4	1.5	0.8	Decreased, 2013-2018	Not available	No change	

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total
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			
QN26: Percentage of students who ever drank alcohol (other than a few sips)															Decreased, 2013-2018	Not available [§]	No change
											20.2	13.5	16.0	13.5			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															Decreased, 2013-2018	Not available	No change
											11.1	6.5	8.7	6.9			
QN28: Percentage of students who ever used marijuana															Decreased, 2013-2018	Not available	No change
											6.9	4.5	3.9	3.7			
QN29: Percentage of students who tried marijuana for the first time before age 11 years															Decreased, 2013-2018	Not available	No change
											2.7	3.7	1.1	1.8			

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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				
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
											3.5	5.4	Increased, 2016-2018		Not available [§]	No change		
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
											3.7	3.0	3.5	1.6	Decreased, 2013-2018		Not available	Decreased
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																		
											8.7	5.2	5.7	4.2	Decreased, 2013-2018		Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																		
											3.2	2.1	1.6	1.2	Decreased, 2013-2018		Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**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						
QN34: Percentage of students who ever had sexual intercourse															4.5	4.9	2.5	No linear change	Not available [§]	Decreased
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years															1.4	2.3	1.0	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons															2.0	1.4	0.8	Decreased, 2014-2018	Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery 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											
QN38: Percentage of students who described themselves as slightly or very overweight																24.2	23.0	25.2	26.0	No linear change				Not available [§]	No change
QN39: Percentage of students who were trying to lose weight																41.5	38.8	39.6	41.4	No linear change				Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																9.3	6.1	7.3	8.0	No linear change				Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																53.5	58.7	53.8	53.6	No linear change				Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery 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										
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														56.6	61.3	56.7	57.1					No linear change	Not available [§]	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)														9.5	9.3	10.4	10.4					No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														29.5	35.3	31.9	29.2					No linear change	Not available	No change

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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			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											30.7	21.0	20.1	19.7	Decreased, 2013-2018	Not available§	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											34.8	30.7	38.9	40.2	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											92.4	90.6	92.8	93.9	No linear change	Not available	No change

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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			
QN4LYPE: 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§	No change	
								46.8	80.5	76.0	79.7						
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														Decreased, 2014-2018	Not available	No change	
								66.1	62.8	57.5							
QN46: 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	
								15.4	13.6								

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Total 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
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												21.2	18.3	17.1	20.4	No linear change	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												55.3	61.5	60.5	62.5	Increased, 2013-2018	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
													90.3	88.5	89.2	No linear change	Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
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 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			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																		
												45.5	54.1	42.1		No linear change	Not available [§]	Decreased
QN54: 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)																		
												23.8	18.7	23.5	22.4	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																		
												3.4	1.2	1.2	0.9	Decreased, 2013-2018	Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery 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							
QN59: 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)															88.3	94.2	No linear change	Not available [§]	No change		
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year															8.3	4.7	Decreased, 2016-2018	Not available	Decreased		
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)															2.1	1.9	1.5	0.6	Decreased, 2013-2018	Not available	Decreased
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)															2.4	2.6	1.6	No linear change	Not available	No change	

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery 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			
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																		
												27.0	21.3	22.2	18.4	Decreased, 2013-2018	Not available [§]	No change
QN67: 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)																		
														85.7	86.1	No linear change	Not available	No change
QN68: 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)																		
														11.6	9.2	No linear change	Not available	No change
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																		
												9.6	5.4	6.0	4.7	Decreased, 2013-2018	Not available	No change

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Maryland Middle School Survey
Montgomery County
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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									
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)														6.9	4.1	3.4	2.4	Decreased, 2013-2018		Not available [§]		No change	
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)														7.6	4.5	4.5	3.4	Decreased, 2013-2018		Not available		No change	
QN72: 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)																76.7	77.1	No linear change		Not available		No change	
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)														84.0	82.8	77.5	77.3	Decreased, 2013-2018		Not available		No change	

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**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											
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)															60.9	66.5	57.8	60.1				No linear change	Not available [§]	No change	
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends															25.3	19.0	25.0	26.1				No linear change	Not available	No change	
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in															15.7	11.7	12.3	13.7				No linear change	Not available	No change	
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																		83.3	86.2				No linear change	Not available	No change

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

						87.8	89.7	90.6	92.7	Increased, 2013-2018	Not available [§]	No change		

QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day

						71.7	76.6	80.1	78.8	Increased, 2013-2018	Not available	No change		

QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week

						77.9	81.4	84.4	84.4	Increased, 2013-2018	Not available	No change		

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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
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																		
												82.6	87.2	85.7	86.3	No linear change	Not available [§]	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																		
												76.2	82.1	76.9	81.1	No linear change	Not available	No change
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																		
												28.2	32.2	33.2	29.9	No linear change	Not available	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																		
												58.0	63.3	59.6	62.9	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
											54.5	41.0	47.3	37.4	Decreased, 2013-2018	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
											66.0	49.1	54.7	55.8	No linear change	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
											6.4	5.3	3.9	3.5	No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
											16.2	11.6	14.2	10.2	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 Middle School Survey Montgomery 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											
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														33.7	29.1	29.7	24.6	Decreased, 2013-2018			Not available [§]	No change			
QN11: Percentage of students who were ever in a physical fight														60.7	53.0	56.7	51.5	Decreased, 2013-2018			Not available	No change			
QN14: Percentage of students who ever seriously thought about killing themselves														11.6	12.6	15.3	18.5	Increased, 2013-2018			Not available	No change			
QN15: Percentage of students who ever made a plan about how they would kill themselves																				8.1	11.8	Increased, 2016-2018		Not available	Increased
QN16: Percentage of students who ever tried to kill themselves																				5.2	5.5	No linear change		Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																	
													5.8	4.4	No linear change	Not available [§]	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
													3.4	1.8	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
											4.0	1.8	1.1	1.0	Decreased, 2013-2018	Not available	No change
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
											1.1	0.2	0.3	0.1	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 Middle School Survey
Montgomery 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			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											1.1	0.2	0.3	0.1	Decreased, 2013-2018	Not available [§]	No change
QN21: Percentage of students who ever used an electronic vapor product																	
												12.6	14.2	15.5	No linear change	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												6.6	3.1	3.9	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.4	0.5	0.2	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
											0.4	0.5	0.2		No linear change	Not available§	No change
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												1.2	1.7		No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											4.8	3.5	1.8	1.0	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 Middle School Survey Montgomery County Trend Analysis Report

Male 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										
QN26: Percentage of students who ever drank alcohol (other than a few sips)																21.7	14.9	18.6	13.8	Decreased, 2013-2018		Not available [§]		No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																13.4	7.8	10.8	6.9	Decreased, 2013-2018		Not available		No change
QN28: Percentage of students who ever used marijuana																8.6	5.8	4.7	3.8	Decreased, 2013-2018		Not available		No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																3.8	3.6	1.7	2.1	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 Middle School Survey
Montgomery County
Trend Analysis Report

Male 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				
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
												3.5	4.7	No linear change	Not available [§]	No change		
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
											4.2	3.4	4.0	1.8	Decreased, 2013-2018	Not available	No change	
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																		
											8.4	5.5	5.8	3.4	Decreased, 2013-2018	Not available	No change	
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																		
											4.0	2.1	2.3	1.4	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 Middle School Survey
Montgomery 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			
QN34: Percentage of students who ever had sexual intercourse															No linear change	Not available [§]	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years															No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons															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 Middle School Survey
Montgomery County
Trend Analysis Report

Male 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				
QN38: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight																No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																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 Middle School Survey
Montgomery 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			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2013-2018	Not available [§]	No change	
											62.4	69.3	63.2	60.2			
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	
											9.8	6.5	7.0	9.7			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2013-2018	Not available	No change	
											36.2	44.5	37.7	34.3			

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											31.4	19.4	20.4	19.2	Decreased, 2013-2018	Not available§	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											36.3	32.7	41.3	42.2	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											90.9	89.5	92.8	94.0	Increased, 2013-2018	Not available	No change

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN4LYPE: 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§	No change	
											45.7	80.6	73.8	79.4			
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														Decreased, 2014-2018	Not available	No change	
											72.5	67.5	60.4				
QN46: 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	
												18.0	15.4				

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§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Male 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			
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																		
												22.5	19.8	18.4	23.3	No linear change	Not available [§]	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												56.7	63.9	65.3	64.7	Increased, 2013-2018	Not available	No change
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
												89.2	86.1	86.9	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 Middle School Survey Montgomery 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								
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car															44.8	49.3	39.0	Decreased, 2014-2018	Not available [§]	Decreased		
QN54: 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)															17.0	15.1	18.1	17.0	No linear change	Not available	No change	
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)															4.5	1.6	1.9	0.9	Decreased, 2013-2018	Not available	No change	
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year															8.9	5.5				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 Middle School Survey
Montgomery 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			
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																	
											2.8	2.3	1.7	0.5	Decreased, 2013-2018	Not available [§]	Decreased
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												2.9	2.8	1.9	No linear change	Not available	No change
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											28.0	22.6	24.2	18.6	Decreased, 2013-2018	Not available	No change
QN67: 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)																	
													86.2	88.0	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 Middle School Survey
Montgomery 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			
QN68: 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)																	
												10.7	9.0		No linear change	Not available [§]	No change
QN69: 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)																	
											10.0	6.4	6.5	4.8	Decreased, 2013-2018	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											8.5	5.4	3.9	1.8	Decreased, 2013-2018	Not available	Decreased
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											8.8	3.8	5.2	3.7	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 Middle School Survey
Montgomery 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			
QN72: 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)																	
												75.4	76.5		No linear change	Not available [§]	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											81.9	82.3	76.1	78.7	No linear change	Not available	No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																	
											60.7	67.0	57.5	57.4	Decreased, 2013-2018	Not available	No change
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
											24.6	18.6	26.2	26.2	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery 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			
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											16.3	12.8	12.0	14.3	No linear change	Not available [§]	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																	
												80.3	84.7		No linear change	Not available	No change
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month																	
											86.8	90.0	91.3	91.8	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day															Increased, 2013-2018	Not available [§]	No change
											68.9	75.3	76.8	77.2			
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week															Increased, 2013-2018	Not available	No change
											74.2	81.5	82.9	82.9			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them															No linear change	Not available	No change
											83.5	88.1	87.4	88.5			
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life															No linear change	Not available	No change
											78.0	82.7	78.4	81.8			

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																	
											24.8	30.1	29.3	27.6	No linear change	Not available§	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																	
											61.8	63.6	62.6	65.7	No linear change	Not available	No change

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§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														No linear change	Not available [§]	No change	
											47.4	33.1	42.8	39.1			
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)														No linear change	Not available	No change	
											54.2	43.0	51.7	43.3			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														No linear change	Not available	No change	
											4.8	3.8	4.0	3.8			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														Decreased, 2013-2018	Not available	No change	
											16.7	14.6	17.0	12.8			

*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 Middle School Survey Montgomery 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									
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														14.8	12.4	13.3	10.0				No linear change	Not available [§]	No change
QN11: Percentage of students who were ever in a physical fight														32.4	26.0	29.5	29.8				No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves														22.2	18.7	24.8	22.3				No linear change	Not available	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																15.1	14.6				No linear change	Not available	No change
QN16: Percentage of students who ever tried to kill themselves																8.7	8.2				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 Middle School Survey Montgomery County Trend Analysis Report

**Female
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				
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)															No linear change	Not available [§]	No change	
						4.4	4.1											
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)															No linear change	Not available	No change	
						2.3	2.0											
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															Decreased, 2013-2018	Not available	No change	
						2.6	0.7	0.5	0.6									
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)															Not available	Not available	Not available	
						0.3	0.4	0.0	0.0									

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Female
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			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											0.3	0.4	0.0	0.0	Not available	Not available [§]	Not available
QN21: Percentage of students who ever used an electronic vapor product																	
												10.2	16.2	17.1	Increased, 2014-2018	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												4.6	3.1	4.7	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.7	0.0	0.0	Not available	Not available	Not available

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery County Trend Analysis Report

**Female
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			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
											0.2	0.0	0.0		Not available	Not available [§]	Not available
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												1.1	0.7		No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											2.1	1.2	1.2	0.5	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.

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery County Trend Analysis Report

Female 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				
QN26: Percentage of students who ever drank alcohol (other than a few sips)																Decreased, 2013-2018	Not available [§]	No change
											18.1	12.0	13.2	13.3				
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																No linear change	Not available	No change
											8.3	5.2	6.3	6.9				
QN28: Percentage of students who ever used marijuana																No linear change	Not available	No change
											4.9	3.1	3.0	3.6				
QN29: Percentage of students who tried marijuana for the first time before age 11 years																No linear change	Not available	No change
											1.2	3.8	0.5	1.2				

*Based on trend analyses using a logistic regression model controlling 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 Middle School Survey
Montgomery County
Trend Analysis Report

Female 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				
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
												3.5	6.1	No linear change	Not available [§]	No change		
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
											2.7	2.7	2.9	1.0	Decreased, 2013-2018	Not available	Decreased	
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																		
											8.7	4.9	5.5	4.9	Decreased, 2013-2018	Not available	No change	
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																		
											2.1	2.1	0.8	0.9	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 Middle School Survey
Montgomery 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			
QN34: Percentage of students who ever had sexual intercourse															No linear change	Not available [§]	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years															No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons															Not available	Not available	Not available

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Female 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				
QN38: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight																No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																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 Middle School Survey
Montgomery 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			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available [§]	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.

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											29.9	22.7	19.8	20.4	Decreased, 2013-2018	Not available§	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											33.2	28.3	36.3	37.8	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											94.2	91.6	92.7	93.8	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN45: 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 [§]	No change	
											48.2	80.3	78.1	80.2			
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														No linear change	Not available	No change	
												59.6	58.1	55.3			
QN46: 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	
													12.6	11.7			

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Female 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
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												19.6	16.8	15.7	17.3	No linear change	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												53.9	59.2	55.6	60.4	Increased, 2013-2018	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
												91.5	90.8	92.2	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 Middle School Survey Montgomery 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			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car														No linear change	Not available [§]	Decreased	
								46.2				59.4	45.3				
QN54: 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)														No linear change	Not available	No change	
								30.7			22.2	29.0	27.9				
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)														No linear change	Not available	No change	
								1.8			0.9	0.4	0.9				
QN62: 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	
												7.5	3.5				

*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 Middle School Survey
Montgomery 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			
QN63: 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)																	
											1.4	1.4	1.1	0.5	No linear change	Not available [§]	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												2.0	2.3	1.2	No linear change	Not available	No change
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											26.0	19.7	20.2	18.2	Decreased, 2013-2018	Not available	No change
QN67: 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)																	
													85.1	84.2	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 Middle School Survey
Montgomery 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			
QN68: 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)																	
												12.4	9.3		No linear change	Not available [§]	No change
QN69: 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)																	
											8.9	4.2	5.3	4.6	Decreased, 2013-2018	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											5.1	2.8	2.8	3.0	No linear change	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											6.2	5.2	3.7	3.0	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 Middle School Survey Montgomery 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			
QN72: 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)																	
											77.8	78.0			No linear change	Not available [§]	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
										86.1	83.2	79.1	76.4		Decreased, 2013-2018	Not available	No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																	
										60.9	66.1	58.0	63.1		No linear change	Not available	No change
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
										25.8	19.4	23.7	26.0		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 Middle School Survey
Montgomery 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				
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																No linear change	Not available [§]	No change
											15.0	10.7	12.6	12.9				
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																No linear change	Not available	No change
												87.0	87.9					
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month																Increased, 2013-2018	Not available	No change
											89.0	89.6	90.1	93.5				

*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 Middle School Survey
Montgomery 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			
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day																	
											74.9	78.1	83.5	80.5	Increased, 2013-2018	Not available [§]	No change
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week																	
											81.9	81.4	86.3	86.1	Increased, 2013-2018	Not available	No change
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																	
											81.7	86.2	84.0	84.8	No linear change	Not available	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																	
											74.4	81.5	75.4	81.0	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 Middle School Survey
Montgomery 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			
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																	
											31.6	34.6	36.6	32.0	No linear change	Not available§	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																	
											54.8	62.8	56.5	60.2	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 Middle School Survey
Montgomery County
Trend Analysis Report

White*
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

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

28.4 18.0 16.4 13.5 Decreased, 2013-2018 Not available[¶] No change

QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)

42.0 28.8 34.4 33.0 No linear change Not available No change

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

3.2 1.7 0.9 1.0 Decreased, 2013-2018 Not available No change

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

15.4 14.3 11.5 9.9 Decreased, 2013-2018 Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														Decreased, 2013-2018	Not available [¶]	No change	
											28.9	21.5	20.8	18.1			
QN11: Percentage of students who were ever in a physical fight														Decreased, 2013-2018	Not available	No change	
											38.5	30.8	30.8	28.0			
QN14: Percentage of students who ever seriously thought about killing themselves														No linear change	Not available	No change	
											13.2	11.7	12.5	14.5			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
												5.6	8.5				
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
												2.3	2.9				

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
													2.6	1.4	No linear change	Not available [¶]	No change		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																			
													1.6	0.0	Not available	Not available	Not available		
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																			
											1.5	0.4	0.3	0.4	No linear change	Not available	No change		
QNFRClG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
													0.3	0.1	0.0	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											0.3	0.1	0.0	0.0	Not available	Not available [¶]	Not available
QN21: Percentage of students who ever used an electronic vapor product																	
												4.9	8.6	15.4	Increased, 2014-2018	Not available	Increased
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												1.8	0.3	3.6	No linear change	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.0	0.0	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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

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

0.0 0.0 0.0 Not available Not available[¶] Not available

QN24: 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)

0.6 1.1 No linear change Not available No change

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

1.9 2.0 0.9 0.0 Not available Not available Not available

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*

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							
QN26: Percentage of students who ever drank alcohol (other than a few sips)														14.1	9.3	9.1	7.9	Decreased, 2013-2018		Not available [¶]	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														7.3	3.6	5.1	2.5	Decreased, 2013-2018		Not available	No change
QN28: Percentage of students who ever used marijuana														3.9	2.0	0.4	2.6	No linear change		Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years														1.8	2.5	0.0	0.5	Not available		Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*

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			
QN30: 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)																	
												1.7	1.9		No linear change	Not available [¶]	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											2.2	1.7	1.2	0.2	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											5.3	2.1	1.8	2.0	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											1.8	1.9	0.6	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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			
QN34: Percentage of students who ever had sexual intercourse														No linear change	Not available [¶]	No change	
												2.3	1.3	1.4			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years														No linear change	Not available	No change	
												0.1	1.0	0.7			
QN36: Percentage of students who ever had sexual intercourse with three or more persons														No linear change	Not available	No change	
												0.6	0.7	1.0			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*

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			
QN38: Percentage of students who described themselves as slightly or very overweight												16.9	18.5	21.0	18.8	No linear change	Not available [¶]	No change
QN39: Percentage of students who were trying to lose weight												31.4	29.6	33.2	29.8	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												5.7	3.9	4.7	6.8	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)												63.1	65.9	62.0	61.7	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available [¶]	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	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery County Trend Analysis Report

White*
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
------	------	------	------	------	------	------	------	------	------	------	------	------	------	------

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

						19.7	11.6	11.3	12.3	Decreased, 2013-2018	Not available [¶]	No change		

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

						28.7	25.5	29.9	33.2	No linear change	Not available	No change		

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

						94.3	92.8	94.5	96.5	No linear change	Not available	No change		

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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

QN45: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

49.2 76.9 85.3 78.0 No linear change Not available[¶] No change

QN46: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

79.1 76.4 74.2 No linear change Not available No change

QN47: 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)

13.2 11.0 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White* 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			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												16.7	14.3	13.3	15.7	No linear change	Not available [¶]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												62.8	65.4	68.6	67.4	Increased, 2013-2018	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
												95.3	96.8	94.2	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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				
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																		
												47.6	58.0	42.9	Decreased, 2014-2018	Not available [¶]	Decreased	
QN54: 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)																		
												16.6	13.3	13.5	13.5	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																		
												1.5	0.5	0.6	0.2	No linear change	Not available	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																		
													4.5	2.8	No linear change	Not available	No change	

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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			
QN63: 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)																	
											0.4	0.6	0.3	0.0	Not available	Not available [¶]	Not available
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												1.3	1.7	1.2	No linear change	Not available	No change
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											23.8	17.5	18.1	9.9	Decreased, 2013-2018	Not available	Decreased
QN67: 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)																	
													89.2	88.9	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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			
QN68: 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)																	
												10.0	8.6		No linear change	Not available [¶]	No change
QN69: 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)																	
											8.3	3.5	4.1	3.7	Decreased, 2013-2018	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											3.8	1.9	1.3	2.0	No linear change	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											4.8	3.0	1.5	3.9	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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				
QN72: 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)																		
												88.8	87.2		No linear change	Not available [¶]	No change	
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																		
											87.6	84.1	78.7	77.9	Decreased, 2013-2018	Not available	No change	
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																		
												64.2	68.1	59.1	63.0	No linear change	Not available	No change
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																		
												12.0	10.2	12.7	18.2	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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			
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											9.5	7.4	5.2	9.2	No linear change	Not available [¶]	Increased
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																	
													91.0	93.1	No linear change	Not available	No change
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month																	
											89.2	90.6	94.7	93.8	Increased, 2013-2018	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery County Trend Analysis Report

**White*
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
------	------	------	------	------	------	------	------	------	------	------	------	------	------	------

QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day

	77.6	76.5	84.2	83.7	Increased, 2013-2018	Not available [¶]	No change
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QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week

	84.2	85.8	88.9	87.3	No linear change	Not available	No change
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QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them

	89.0	93.3	93.3	94.4	Increased, 2013-2018	Not available	No change
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QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life

	79.2	84.0	86.6	87.6	Increased, 2013-2018	Not available	No change
--	------	------	------	------	----------------------	---------------	-----------

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

White*
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

QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)

29.2 36.2 38.5 30.5 No linear change Not available[¶] Decreased

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

63.9 69.5 66.0 67.5 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														No linear change	Not available [¶]	Decreased	
											71.8	65.3	69.0	58.9			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														No linear change	Not available	No change	
											6.0	5.4	6.0	3.7			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														No linear change	Not available	No change	
											12.2	11.4	14.2	10.1			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														No linear change	Not available	No change	
											16.7	16.2	19.8	15.9			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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			
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available [¶]	No change	
											54.6	52.2	60.4	57.1			
QN14: Percentage of students who ever seriously thought about killing themselves														Increased, 2013-2018	Not available	Increased	
											15.9	18.8	23.2	27.1			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
												12.9	17.0				
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
												8.6	9.7				

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
													6.4	5.4	No linear change	Not available [¶]	No change		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																			
													4.0	4.1	No linear change	Not available	No change		
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																			
											5.1	2.5	0.0	0.7	Not available	Not available	Not available		
QNFRClG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
													1.0	1.0	0.0	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											1.0	1.0	0.0	0.0	Not available	Not available [¶]	Not available
QN21: Percentage of students who ever used an electronic vapor product																	
											18.9	17.4	16.0		No linear change	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
											10.2	2.6	3.8		Decreased, 2014-2018	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
											0.6	0.0	0.0		Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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

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

0.6 0.0 0.0 Not available Not available[¶] Not available

QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)

1.5 0.7 No linear change Not available No change

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

4.4 3.1 0.4 1.2 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*

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			
QN26: Percentage of students who ever drank alcohol (other than a few sips)														No linear change	Not available [¶]	No change	
											20.5	20.4	19.2	18.0			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														No linear change	Not available	No change	
											11.0	11.1	11.8	10.0			
QN28: Percentage of students who ever used marijuana														No linear change	Not available	No change	
											9.3	7.2	4.7	5.8			
QN29: Percentage of students who tried marijuana for the first time before age 11 years														No linear change	Not available	No change	
											2.1	3.9	2.3	4.0			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*

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			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												4.7	8.3		No linear change	Not available [¶]	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											4.2	3.9	5.0	3.4	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											8.2	8.5	5.4	7.2	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											4.5	1.8	2.4	2.4	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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			
QN34: Percentage of students who ever had sexual intercourse															No linear change	Not available [¶]	No change
												8.2	5.0	4.8			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years															No linear change	Not available	No change
												3.4	3.1	2.6			
QN36: Percentage of students who ever had sexual intercourse with three or more persons															No linear change	Not available	No change
												4.1	2.1	1.8			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*

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			
QN38: Percentage of students who described themselves as slightly or very overweight												24.9	23.1	25.4	27.1	No linear change	Not available [¶]	No change
QN39: Percentage of students who were trying to lose weight												44.7	45.6	40.5	47.2	No linear change	Not available	Increased
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												10.0	9.4	5.7	7.3	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)												44.9	49.1	47.3	46.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery County Trend Analysis Report

Black*
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										
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														53.9	63.2	46.2	52.4					No linear change	Not available [¶]	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)														12.5	13.0	13.5	14.9					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)														30.0	39.1	28.8	29.1					No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery County Trend Analysis Report

**Black*
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			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											38.7	36.8	30.1	31.5	No linear change	Not available [¶]	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											36.8	39.5	47.4	46.9	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											92.1	87.6	92.8	92.1	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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			
QN45: 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 [¶]	No change	
								42.9	83.0	65.3	79.4						
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														Decreased, 2014-2018	Not available	Decreased	
								62.0	57.5	48.3							
QN46: 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	
								14.7	13.5								

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black* 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
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												25.6	21.7	22.1	26.9	No linear change	Not available [¶]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												50.6	55.5	54.9	51.7	No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
												89.3	86.2	86.0	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery County Trend Analysis Report

**Black*
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			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																	
												50.4	51.0	41.2	No linear change	Not available [¶]	Decreased
QN54: 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)																	
											23.2	22.1	21.9	26.8	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											4.3	1.2	0.8	1.5	No linear change	Not available	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
													8.9	4.8	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery County Trend Analysis Report

**Black*
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										
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)														3.7	2.1	1.5	0.4	Decreased, 2013-2018				Not available [¶]		No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)														4.7	2.7	0.7	Decreased, 2014-2018				Not available		Decreased	
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars														24.8	25.2	22.7	20.2	No linear change				Not available		No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)														82.7	84.1	No linear change				Not available		No change		

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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			
QN68: 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)																	
												11.6	11.2		No linear change	Not available [¶]	No change
QN69: 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)																	
											7.4	6.0	6.0	4.6	No linear change	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											9.0	6.7	2.2	4.1	Decreased, 2013-2018	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											9.9	8.1	4.2	5.1	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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			
QN72: 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	70.3			No linear change	Not available [¶]	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
						80.5	79.4	77.7	78.6						No linear change	Not available	No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																	
						61.4	69.4	62.5	62.5						No linear change	Not available	No change
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
						30.4	29.8	39.2	32.9						Increased, 2013-2018	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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			
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											21.0	17.5	21.7	20.0	No linear change	Not available [¶]	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																	
													76.6	79.3	No linear change	Not available	No change
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month																	
											88.6	89.6	88.7	89.5	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery County Trend Analysis Report

**Black*
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			
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day																	
											67.0	77.8	78.8	70.5	No linear change	Not available [¶]	No change
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week																	
											71.9	79.3	84.2	84.9	Increased, 2013-2018	Not available	No change
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																	
											76.9	82.2	82.3	82.6	No linear change	Not available	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																	
											73.5	79.6	72.9	76.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Black*
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			
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																	
											27.8	31.8	31.0	30.8	No linear change	Not available [¶]	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																	
											53.8	54.3	55.9	52.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														No linear change	Not available [§]	Decreased	
											76.0	52.9	72.8	59.6			
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)														No linear change	Not available	Decreased	
											77.6	60.6	74.0	58.7			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														No linear change	Not available	No change	
											8.5	7.4	5.9	6.6			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														No linear change	Not available	No change	
											24.7	15.3	20.4	16.2			

*Based on trend analyses using a logistic regression model controlling 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 Middle School Survey
Montgomery 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			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														Decreased, 2013-2018	Not available [§]	Decreased	
											25.5	22.5	24.3	16.1			
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available	No change	
											55.0	46.3	45.5	43.6			
QN14: Percentage of students who ever seriously thought about killing themselves														No linear change	Not available	No change	
											22.6	19.6	27.4	22.8			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
												17.4	12.6				
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
												13.8	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 Middle School Survey
Montgomery 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					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
													9.5	7.2	No linear change	Not available [§]	No change		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																			
													4.9	2.6	No linear change	Not available	No change		
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																			
											5.3	2.3	1.9	1.1	No linear change	Not available	No change		
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
													1.1	0.2	0.2	0.0	Not available	Not available	Not available

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
										1.1	0.2	0.2	0.0		Not available	Not available [§]	Not available
QN21: Percentage of students who ever used an electronic vapor product																	
											17.6	24.7	21.4		Increased, 2014-2018	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
											9.2	7.6	6.3		No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
											1.6	0.7	0.2		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.

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
											0.6	0.7	0.2		No linear change	Not available [§]	No change
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												1.6	1.4		No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											6.2	2.9	3.2	1.1	Decreased, 2013-2018	Not available	Decreased

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[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey Montgomery 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										
QN26: Percentage of students who ever drank alcohol (other than a few sips)															34.1	21.3	26.2	18.8	Decreased, 2013-2018			Not available [§]		Decreased
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															16.8	10.4	13.1	11.3	No linear change			Not available		No change
QN28: Percentage of students who ever used marijuana															10.6	9.2	8.2	3.7	Decreased, 2013-2018			Not available		Decreased
QN29: Percentage of students who tried marijuana for the first time before age 11 years															3.9	7.1	1.4	2.0	Decreased, 2013-2018			Not available		No change

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												6.4	7.8		No linear change	Not available [§]	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											5.4	5.1	6.2	2.1	No linear change	Not available	Decreased
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											15.3	8.3	11.6	5.4	Decreased, 2013-2018	Not available	Decreased
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											4.7	4.0	2.4	1.9	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN34: Percentage of students who ever had sexual intercourse																	
												8.2	9.5	3.4	No linear change	Not available [§]	Decreased
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																	
												2.8	3.6	0.7	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons																	
												4.0	2.3	0.5	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.

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN38: Percentage of students who described themselves as slightly or very overweight														No linear change	Not available [§]	No change	
QN39: Percentage of students who were trying to lose weight														No linear change	Not available	No change	
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)														No linear change	Not available	No change	
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														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 Middle School Survey
Montgomery 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			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available [§]	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)														Decreased, 2013-2018	Not available	No change	

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											47.1	27.7	26.7	24.9	Decreased, 2013-2018	Not available [§]	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											44.1	41.0	48.3	48.4	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											90.0	87.6	90.9	91.8	No linear change	Not available	No change

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[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN4LYPE: 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§	No change	
											45.3	79.6	70.2	77.3			
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														Decreased, 2014-2018	Not available	No change	
											60.3	54.7	45.5				
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)														Decreased, 2016-2018	Not available	Decreased	
											20.6	15.7					

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery 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			
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
											26.8	18.9	21.4	22.5	No linear change	Not available [§]	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
											45.2	55.6	54.5	62.3	Increased, 2013-2018	Not available	Increased
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
											81.7	77.1	81.1		No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Hispanic
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			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																	
											49.3	59.1	42.5		No linear change	Not available [§]	Decreased
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
											31.7	24.5	37.6	31.5	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											5.4	2.8	2.7	1.0	Decreased, 2013-2018	Not available	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
												14.5	6.6		Decreased, 2016-2018	Not available	Decreased

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Hispanic
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			
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																	
											3.8	4.4	2.8	1.3	Decreased, 2013-2018	Not available [§]	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												4.3	4.3	2.6	No linear change	Not available	No change
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											33.9	25.3	28.1	25.3	No linear change	Not available	No change
QN67: 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)																	
													86.3	87.6	No linear change	Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Hispanic
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			
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																	
												13.4	7.7		Decreased, 2016-2018	Not available [§]	Decreased
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
											16.7	9.0	10.2	6.4	Decreased, 2013-2018	Not available	Decreased
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											10.0	6.5	7.3	2.6	Decreased, 2013-2018	Not available	Decreased
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											10.9	4.8	9.5	1.9	Decreased, 2013-2018	Not available	Decreased

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Hispanic
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			
QN72: 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)																	
												65.3	66.4		No linear change	Not available [§]	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											81.4	82.3	74.4	75.0	No linear change	Not available	No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																	
											52.5	58.0	49.3	47.6	No linear change	Not available	No change
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
											41.3	27.8	32.8	31.5	No linear change	Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Hispanic
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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			
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											21.6	17.7	16.7	12.8	Decreased, 2013-2018	Not available [§]	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																	
												73.2	80.7		No linear change	Not available	Increased
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month																	
											85.2	87.1	86.3	91.0	Increased, 2013-2018	Not available	Increased

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Maryland Middle School Survey
Montgomery County
Trend Analysis Report

Hispanic
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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			
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day																	
											59.7	68.6	72.6	72.4	Increased, 2013-2018	Not available [§]	No change
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week																	
											65.9	74.4	77.2	77.3	Increased, 2013-2018	Not available	No change
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																	
											77.8	79.0	78.7	80.4	No linear change	Not available	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																	
											73.9	78.4	70.6	79.4	No linear change	Not available	Increased

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
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Trend Analysis Report

Hispanic
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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			
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)														No linear change	Not available§	No change	
											30.5	31.5	33.3	31.9			
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement														Increased, 2013-2018	Not available	Increased	
											53.2	56.8	53.4	65.4			

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