

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**Total  
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018								
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														69.3	66.7	67.6	59.5	Decreased, 2013-2018			Not available <sup>§</sup>	Decreased
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)														66.5	63.9	63.4	50.6	Decreased, 2013-2018			Not available	Decreased
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														6.5	2.9	4.1	3.6	No linear change			Not available	No change

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**Total  
Injury and Violence**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018															
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)															20.4	18.5	22.9	18.6	No linear change			Not available <sup>§</sup>			Decreased				
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)															41.2	33.5	41.5	31.6	Decreased, 2013-2018			Not available			Decreased				
QN11: Percentage of students who were ever in a physical fight															49.3	41.6	43.7	41.2	Decreased, 2013-2018			Not available			No change				
QN14: Percentage of students who ever seriously thought about killing themselves															17.5	16.4	20.7	19.4	Increased, 2013-2018			Not available			No change				
QN15: Percentage of students who ever made a plan about how they would kill themselves																					14.2	12.2	No linear change			Not available			No change

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

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

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

**2018 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Maryland Middle School Survey  
Saint Mary's 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			
QN16: Percentage of students who ever tried to kill themselves																	
													8.0	6.9	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**Total  
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																	
													10.5	6.9	Decreased, 2016-2018	Not available <sup>§</sup>	Decreased
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
													3.9	2.5	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
											5.5	2.9	2.8	1.6	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)																	
											1.5	0.5	0.4	0.3	Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															No linear change	Not available <sup>§</sup>	No change
											1.0	0.4	0.3	0.2			
QN21: Percentage of students who ever used an electronic vapor product															Increased, 2014-2018	Not available	No change
												14.7	21.6	20.4			
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)															No linear change	Not available	No change
												8.9	6.7	9.1			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)															No linear change	Not available	No change
												1.0	0.9	1.4			

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
											0.6	0.9	0.7		No linear change	Not available <sup>§</sup>	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)																		
												2.1	2.1		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)																		
											4.3	3.2	2.8	2.0	Decreased, 2013-2018	Not available	No change	

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

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

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## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

<b>Total</b>																<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2016-2018<sup>†</sup></b>
<b>Alcohol and Other Drug Use</b>																		
<b>Health Risk Behavior and Percentages</b>																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN26: Percentage of students who ever drank alcohol (other than a few sips)																No linear change	Not available <sup>§</sup>	Decreased
											26.6	21.2	26.8	21.1				
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
											13.4	10.7	14.0	10.7				
QN28: Percentage of students who ever used marijuana																Decreased, 2013-2018	Not available	No change
											11.0	5.2	7.0	5.1				
QN29: Percentage of students who tried marijuana for the first time before age 11 years																No linear change	Not available	Increased
											4.1	3.0	1.7	2.9				

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

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)																		
											5.0	7.3	Increased, 2016-2018		Not available <sup>§</sup>	Increased		
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
											3.8	3.8	3.9	1.7	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)																		
											10.8	7.4	7.3	6.6	Decreased, 2013-2018		Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																		
											3.8	2.3	2.9	1.5	Decreased, 2013-2018		Not available	Decreased

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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

#### Saint Mary's County

#### Trend Analysis Report

**Total  
Sexual Behaviors**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018					
QN34: Percentage of students who ever had sexual intercourse														5.6	5.4	7.1	No linear change	Not available <sup>§</sup>	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years														2.5	2.6	2.0	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons														1.6	2.3	1.4	No linear change	Not available	No change

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

<b>Total</b>																<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2016-2018<sup>†</sup></b>
<b>Weight Management and Dietary Behaviors</b>																		
<b>Health Risk Behavior and Percentages</b>																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN38: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available <sup>§</sup>	No change
											26.0	27.7	28.1	25.7				
QN39: Percentage of students who were trying to lose weight																No linear change	Not available	No change
											48.1	42.4	42.2	44.0				
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																No linear change	Not available	No change
											11.4	9.7	11.9	10.6				
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2018	Not available	No change
											48.2	53.6	46.2	46.7				

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018									
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)														55.1	56.3	52.1	51.1	Decreased, 2013-2018		Not available <sup>§</sup>		No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														8.3	10.0	11.0	11.0	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)														31.5	35.3	31.5	30.0	No linear change		Not available		No change	

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**Total  
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											35.7	31.6	30.4	23.2	Decreased, 2013-2018	Not available <sup>§</sup>	Decreased
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)																	
											38.7	36.0	42.1	44.1	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)																	
											96.1	97.0	95.0	96.6	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's 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			
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 <sup>§</sup>	No change
								5.9	6.4	6.6	6.0				No linear change	Not available	No change
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)															No linear change	Not available	No change
												63.2	63.6	62.4	No linear change	Not available	No change
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
												18.8	16.3		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

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																		
												22.3	18.8	17.6	16.1	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												46.4	56.5	49.4	51.8	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)																		
												82.5	77.6	84.7	No linear change	Not available	Increased	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																		
												59.3	70.4	53.8	Decreased, 2014-2018	Not available <sup>§</sup>	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)																		
												22.0	21.0	24.7	22.2	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																		
												4.0	3.0	2.5	1.7	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.

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Saint Mary's 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
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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)

						92.6	98.5	Increased, 2016-2018		Not available <sup>§</sup>		Increased		

QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year

						8.0	6.0	No linear change		Not available		No change		
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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)

						3.4	3.5	3.0	1.3	Decreased, 2013-2018		Not available		Decreased
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QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

						4.4	5.4	2.4	No linear change		Not available		Decreased	
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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

#### Saint Mary's County

#### Trend Analysis Report

**Total  
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars															Decreased, 2013-2018	Not available <sup>§</sup>	Decreased	
											43.7	43.8	43.3	34.8				
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)															No linear change	Not available	No change	
												81.4	84.2					
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)															No linear change	Not available	No change	
												24.6	20.4					
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)															No linear change	Not available	No change	
												13.5	10.0	13.4	10.3			

\*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  
Saint Mary's County  
Trend Analysis Report

Total  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											8.2	5.7	5.7	5.3	Decreased, 2013-2018	Not available <sup>§</sup>	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)																	
											5.0	5.1	4.4	4.0	No linear change	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)																	
													74.8	74.4	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)																	
											79.4	76.8	77.9	74.1	No linear change	Not available	No change

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Total  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)														Decreased, 2013-2018	Not available <sup>§</sup>	No change	
											65.1	63.7	61.9	59.1			
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends														No linear change	Not available	No change	
											27.6	24.9	24.9	27.5			
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	
											17.7	17.6	14.8	17.3			
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	
													78.6	78.5			

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**Total  
Site-Added**

#### Health Risk Behavior and Percentages

**Linear Change\***

**Quadratic Change\***

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

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

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

84.8   85.9   86.2   87.8   No linear change   Not available<sup>§</sup>   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

66.3   67.0   74.6   70.5   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

74.9   73.6   77.2   76.2   No linear change   Not available   No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them												83.7	87.8	85.2	88.3	No linear change	Not available <sup>§</sup>	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life												80.0	81.5	79.4	80.5	No linear change	Not available	No change
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)												28.2	30.8	32.9	31.4	No linear change	Not available	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement												55.1	60.2	55.4	59.8	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														No linear change	Not available <sup>§</sup>	No change	
											73.0	69.1	69.3	63.1			
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)														Decreased, 2013-2018	Not available	Decreased	
											70.8	67.6	65.1	49.8			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														No linear change	Not available	No change	
											7.2	3.3	4.4	4.7			
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	
											19.7	15.5	18.9	17.5			

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Saint Mary's County Trend Analysis Report

**Male  
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018								
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														56.1	46.6	58.4	44.8	No linear change		Not available <sup>§</sup>		Decreased
QN11: Percentage of students who were ever in a physical fight														63.2	55.5	56.2	53.0	No linear change		Not available		No change
QN14: Percentage of students who ever seriously thought about killing themselves														11.1	8.8	15.9	15.6	Increased, 2013-2018		Not available		No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																11.2	8.8	No linear change		Not available		No change
QN16: Percentage of students who ever tried to kill themselves																5.9	4.7	No linear change		Not available		No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
													10.0	7.8	No linear change	Not available <sup>§</sup>	No change		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																			
													3.8	3.0	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)																			
											6.7	2.9	3.1	1.8	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)																			
													1.8	0.6	0.6	0.3	No linear change	Not available	No change

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														No linear change	Not available <sup>§</sup>	No change	
											1.1	0.6	0.4	0.2			
QN21: Percentage of students who ever used an electronic vapor product														Increased, 2014-2018	Not available	No change	
											14.4	21.3	20.9				
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)														No linear change	Not available	No change	
											8.2	7.3	10.1				
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)														No linear change	Not available	No change	
											1.3	1.5	2.4				

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's 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)																	
											0.7	1.5	0.9		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)																	
												2.8	2.6		No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											6.1	2.9	2.9	2.0	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

#### Saint Mary's County

#### Trend Analysis Report

#### Male

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26: Percentage of students who ever drank alcohol (other than a few sips)														No linear change	Not available <sup>§</sup>	Decreased	
											28.6	22.7	27.8	21.4			
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	
											15.3	12.2	16.7	13.4			
QN28: Percentage of students who ever used marijuana														Decreased, 2013-2018	Not available	No change	
											14.4	5.8	8.0	6.4			
QN29: Percentage of students who tried marijuana for the first time before age 11 years														No linear change	Not available	No change	
											5.7	3.3	2.1	3.4			

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

Male  
 Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse																	
												7.1	7.3	10.7	Increased, 2014-2018	Not available <sup>§</sup>	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																	
												3.5	3.3	2.9	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons																	
												2.6	3.3	2.3	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Male Weight Management and Dietary Behaviors																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN38: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available <sup>§</sup>	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)																Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
											64.8	68.0	60.9	56.2	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
											6.6	7.5	9.8	8.1	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)																	
											39.9	46.0	38.5	35.1	Decreased, 2013-2018	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's 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)																	
											35.8	31.9	30.1	22.0	Decreased, 2013-2018	Not available§	Decreased
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)																	
											41.8	36.9	42.8	45.6	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)																	
											95.7	96.7	94.7	96.7	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Male  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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 <sup>§</sup>	No change	
											6.1	7.8	6.7	6.1			
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	
												70.0	68.1	66.6			
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	
													24.9	19.6			

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's 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																		
												23.0	20.8	19.9	15.1	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												52.2	57.9	52.1	53.9	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)																		
												81.8	73.9	83.0	No linear change	Not available	Increased	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's 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																	
											55.2	65.1	50.1		No linear change	Not available <sup>§</sup>	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)																	
											15.2	13.5	19.6	15.9	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											5.5	3.5	2.7	2.6	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																	
												7.9	6.4		No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Saint Mary's County Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018									
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)														4.0	3.6	4.1	1.6	Decreased, 2013-2018			Not available <sup>§</sup>		Decreased
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)														4.8	5.0	2.5	No linear change			Not available		Decreased	
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars														40.9	42.8	41.8	34.3	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)														82.0	86.8	No linear change			Not available		Increased		

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
												23.0	17.9		No linear change	Not available <sup>§</sup>	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)																	
											12.6	9.7	13.0	9.3	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)																	
											11.0	5.0	7.2	6.3	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)																	
											5.2	6.5	4.0	5.4	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
												73.0	75.5		No linear change	Not available <sup>§</sup>	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											81.0	78.8	78.9	74.9	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)																	
											61.2	61.4	62.0	57.7	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																	
											29.1	23.1	21.8	25.8	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											19.9	17.7	14.7	15.6	No linear change	Not available <sup>§</sup>	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																	
												72.3	77.4		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																	
											85.5	85.2	84.4	86.5	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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																	
											64.0	63.0	72.6	69.6	Increased, 2013-2018	Not available <sup>§</sup>	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																	
											71.5	72.0	75.4	72.8	No linear change	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																	
											86.3	90.1	86.5	88.5	No linear change	Not available	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																	
											80.7	82.2	77.4	78.5	No linear change	Not available	No change

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's 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)														No linear change	Not available <sup>§</sup>	No change	
											25.4	27.6	28.9	28.3			
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement														No linear change	Not available	Increased	
											58.5	64.5	53.8	61.7			

\*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  
Saint Mary's 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 <sup>§</sup>	Decreased	
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)														Decreased, 2013-2018	Not available	Decreased	
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														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)														No linear change	Not available	Decreased	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														Decreased, 2013-2018	Not available <sup>§</sup>	Decreased	
											26.1	20.7	24.4	17.6			
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available	No change	
											35.6	28.2	30.9	29.0			
QN14: Percentage of students who ever seriously thought about killing themselves														No linear change	Not available	No change	
											23.5	24.1	25.0	23.2			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
													16.9	15.4			
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
													9.5	9.0			

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
													10.7	6.0	Decreased, 2016-2018	Not available <sup>§</sup>	Decreased		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																			
													3.8	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)																			
											4.4	2.9	2.1	1.3	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)																			
													1.3	0.5	0.0	0.2	Not available	Not available	Not available

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											1.0	0.3	0.0	0.2	Not available	Not available <sup>§</sup>	Not available
QN21: Percentage of students who ever used an electronic vapor product																	
												15.1	21.4	19.6	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)																	
												9.6	5.6	8.1	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)																	
												0.8	0.2	0.3	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's 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)																		
												0.6	0.2	0.3	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)																		
												2.6	3.5	2.1	1.7	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

Female Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN26: Percentage of students who ever drank alcohol (other than a few sips)																No linear change	Not available <sup>§</sup>	No change
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
QN28: Percentage of students who ever used marijuana																No linear change	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Female Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
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)																		
											4.6	7.2	Increased, 2016-2018	Not available <sup>§</sup>	Increased			
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
											3.3	4.0	3.4	1.2	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)																		
											12.5	8.1	7.0	6.2	Decreased, 2013-2018	Not available	No change	
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																		
											3.4	2.4	2.0	1.4	No linear change	Not available	No change	

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

Female  
 Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse														No linear change	Not available <sup>§</sup>	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.

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Female Weight Management and Dietary Behaviors																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN38: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available <sup>§</sup>	No change
QN39: Percentage of students who were trying to lose weight																Decreased, 2013-2018	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.

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Female  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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 <sup>§</sup>	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change	

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**Female  
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											35.5	31.3	30.5	24.1	Decreased, 2013-2018	Not available <sup>§</sup>	Decreased
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)																	
											35.6	35.2	41.0	42.4	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)																	
											96.4	97.3	95.4	96.6	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Female  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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 <sup>§</sup>	No change	
											5.7	5.0	6.4	6.1	No linear change	Not available <sup>§</sup>	No change
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														No linear change	Not available	No change	
											57.1	59.9	58.4		No linear change	Not available	No change
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	
												13.0	12.8		No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

Female Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																		
												21.7	16.8	15.1	17.2	No linear change	Not available <sup>§</sup>	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												41.1	55.0	47.6	49.8	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)																		
												83.1	81.1	86.3	No linear change	Not available	No change	

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's 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																	
											63.6	75.9	57.6		No linear change	Not available <sup>§</sup>	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)																	
											28.5	28.6	29.5	28.3	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											2.6	2.5	1.8	0.7	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																	
												7.4	5.4		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's 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)																	
											2.8	3.3	1.7	1.1	Decreased, 2013-2018	Not available <sup>§</sup>	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												4.0	5.4	2.2	No linear change	Not available	Decreased
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											46.3	45.1	44.2	35.4	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)																	
													81.4	81.6	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's 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)																	
												26.1	22.8		No linear change	Not available <sup>§</sup>	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)																	
											14.2	10.3	13.6	11.2	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)																	
											5.1	6.3	4.1	4.2	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)																	
											4.7	3.8	4.5	2.4	No linear change	Not available	Decreased

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

†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  
Saint Mary's County  
Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
												76.3	73.7		No linear change	Not available <sup>§</sup>	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											77.8	75.1	77.5	73.6	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)																	
											68.7	65.6	62.4	60.8	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																	
											26.0	26.5	27.8	29.1	No linear change	Not available	No change

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
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 <sup>§</sup>	No change
											15.6	17.3	14.7	19.0				
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
												84.3	79.4					
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
											84.2	86.4	87.7	89.0				

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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															No linear change	Not available <sup>§</sup>	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															No linear change	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															Increased, 2013-2018	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															No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's 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)														No linear change	Not available <sup>§</sup>	No change	
											30.9	33.7	36.6	34.0			
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement														No linear change	Not available	No change	
											51.7	56.2	57.4	58.3			

\*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  
Saint Mary's County  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
											64.4	63.4	61.6	55.3	Decreased, 2013-2018	Not available <sup>¶</sup>	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
											64.1	64.0	63.2	49.2	Decreased, 2013-2018	Not available	Decreased
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
											4.8	1.2	2.4	2.4	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)																	
											19.4	19.2	24.7	20.2	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														Decreased, 2013-2018	Not available <sup>¶</sup>	Decreased	
											46.5	36.8	45.6	34.2			
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available	No change	
											41.6	36.2	38.0	36.9			
QN14: Percentage of students who ever seriously thought about killing themselves														Increased, 2013-2018	Not available	No change	
											16.3	14.5	19.1	20.4			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
												12.6	12.7				
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
												6.7	7.8				

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
													9.2	6.2	No linear change	Not available <sup>¶</sup>	No change		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																			
													3.2	2.1	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)																			
											4.7	1.9	2.6	1.4	Decreased, 2013-2018	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)																			
													1.5	0.0	0.1	0.3	Not available	Not available	No change

\*Non-Hispanic.

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018						
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														0.8	0.0	0.1	0.1	Not available	Not available <sup>¶</sup>	No change
QN21: Percentage of students who ever used an electronic vapor product														14.8	18.0	19.2		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)														8.8	5.5	9.2		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)														1.2	0.6	1.3		No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

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

0.6 0.6 0.3 No linear change Not available<sup>¶</sup> 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 1.6 No linear change Not available No change

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

2.8 2.2 2.0 1.7 No linear change Not available No change

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**White\***

**Alcohol and Other Drug Use**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN26: Percentage of students who ever drank alcohol (other than a few sips)														24.3	20.5	25.6	22.1					No linear change	Not available <sup>¶</sup>	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														12.3	9.7	14.0	11.4					No linear change	Not available	No change
QN28: Percentage of students who ever used marijuana														10.0	4.0	5.6	3.9					Decreased, 2013-2018	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years														3.6	1.4	1.7	2.5					No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
												4.4	6.6	Increased, 2016-2018	Not available <sup>¶</sup>	No change	
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											3.0	3.3	3.4	1.3	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)																	
											9.5	6.9	6.4	7.4	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											3.2	1.5	2.5	1.2	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*  
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse																	
												3.8	3.7	7.6	Increased, 2014-2018	Not available <sup>¶</sup>	Increased
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																	
												2.2	1.9	1.8	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons																	
												1.4	1.1	1.4	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38: Percentage of students who described themselves as slightly or very overweight												28.7	26.3	28.5	27.4	No linear change	Not available <sup>¶</sup>	No change
QN39: Percentage of students who were trying to lose weight												47.1	41.4	41.2	44.4	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												10.2	9.7	10.7	9.5	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)												49.6	54.3	46.2	45.4	Decreased, 2013-2018	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

White\*  
 Physical Activity

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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 <sup>¶</sup>	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change	

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**White\***

**Physical Activity**

#### Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

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

						30.7	26.8	26.1	17.3	Decreased, 2013-2018	Not available <sup>¶</sup>	Decreased		

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)

						37.4	33.5	39.3	43.2	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)

						96.7	97.6	95.5	98.1	No linear change	Not available	Increased		

\*Non-Hispanic.

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*  
Physical Activity

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

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

4.1 4.8 4.8 4.7 No linear change Not available<sup>¶</sup> No change

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

65.2 65.9 65.8 No linear change Not available No change

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)

18.3 15.1 No linear change Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

White* Other	Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				2018
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												18.0	16.3	15.8	14.1	No linear change	Not available <sup>¶</sup>	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												49.1	58.6	47.4	52.2	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)																	
												85.3	80.7	87.5	No linear change	Not available	Increased	

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																	
											60.5	73.6	58.6		No linear change	Not available <sup>¶</sup>	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)																	
											19.7	18.9	24.5	24.6	Increased, 2013-2018	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											3.3	2.4	1.8	1.8	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																	
												6.8	5.9		No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
											2.4	2.7	2.1	1.4	No linear change	Not available <sup>¶</sup>	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												3.9	5.7	2.5	No linear change	Not available	Decreased
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											44.3	42.2	41.7	35.0	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)																	
												82.8	85.1		No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

White\*  
 Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
												22.6	22.0		No linear change	Not available <sup>¶</sup>	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)																	
											11.6	10.1	13.4	11.3	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)																	
											6.7	4.6	4.0	3.8	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)																	
											4.0	5.0	3.3	3.6	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
												79.7	80.7		No linear change	Not available <sup>¶</sup>	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											82.1	78.1	78.0	77.9	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)																	
											65.3	63.5	61.5	60.4	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																	
											22.0	21.8	22.0	26.6	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											14.4	14.3	13.3	18.8	Increased, 2013-2018	Not available <sup>¶</sup>	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																	
												82.3	79.9		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																	
											85.3	84.8	86.9	88.4	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>‡</sup>

Change from  
2016-2018<sup>§</sup>

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

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

69.0 67.2 76.7 70.9 No linear change Not available<sup>¶</sup> 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

78.9 74.0 78.6 78.5 No linear change 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

85.9 89.8 88.4 89.3 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

81.1 83.4 79.2 82.9 No linear change Not available No change

\*Non-Hispanic.

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

White\*  
 Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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 <sup>¶</sup>	No change	
											27.9	31.1	33.1	31.7			
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement														No linear change	Not available	No change	
											55.7	59.0	56.2	60.7			

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														No linear change	Not available <sup>¶</sup>	No change	
											83.8	86.0	89.3	82.6			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														No linear change	Not available	No change	
											9.5	3.7	6.9	5.5			
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	
											26.5	18.6	22.0	14.9			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														No linear change	Not available	No change	
											28.6	21.7	30.0	21.6			

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available <sup>¶</sup>	No change	
											73.0	59.0	61.2	60.6			
QN14: Percentage of students who ever seriously thought about killing themselves														No linear change	Not available	No change	
											21.0	17.5	20.6	12.8			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
													16.0	10.8			
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
													9.0	5.4			

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Black\*  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																		
												14.8	6.7		No linear change	Not available <sup>¶</sup>	Decreased	
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																		
												5.1	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)																		
										9.2	4.0	2.4	1.3		Decreased, 2013-2018	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)																		
												2.4	0.0	0.6	0.0	Not available	Not available	Not available

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Black\*  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018						
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														2.4	0.0	0.6	0.0	Not available	Not available <sup>¶</sup>	Not available
QN21: Percentage of students who ever used an electronic vapor product														15.7	30.8	21.8	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)														11.4	9.2	9.3	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)														0.0	1.9	1.2	Not available	Not available	No change	

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black\*  
Tobacco Use

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

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

0.0 1.9 0.5 Not available Not available<sup>¶</sup> 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)

1.7 2.3 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)

9.6 5.1 4.0 0.5 Decreased, 2013-2018 Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26: Percentage of students who ever drank alcohol (other than a few sips)														No linear change	Not available <sup>¶</sup>	No change	
											38.2	20.6	33.1	22.5			
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	
											17.5	10.3	15.2	12.0			
QN28: Percentage of students who ever used marijuana														No linear change	Not available	No change	
											16.1	8.2	10.6	7.6			
QN29: Percentage of students who tried marijuana for the first time before age 11 years														No linear change	Not available	No change	
											6.3	4.9	1.3	4.5			

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
												4.4	11.1		Increased, 2016-2018	Not available <sup>¶</sup>	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											6.5	4.7	4.6	1.0	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)																	
											15.5	4.1	9.7	5.8	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											5.7	1.8	3.1	2.6	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

Black\*  
 Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse														No linear change	Not available <sup>¶</sup>	No change	
												9.3	11.0	8.4			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years														No linear change	Not available	No change	
												3.7	4.0	1.4			
QN36: Percentage of students who ever had sexual intercourse with three or more persons														No linear change	Not available	No change	
												0.6	5.8	1.2			

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2016-2018<sup>§</sup>

	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38: Percentage of students who described themselves as slightly or very overweight												20.1	29.5	30.0	19.7	No linear change	Not available <sup>¶</sup>	Decreased
QN39: Percentage of students who were trying to lose weight												52.1	45.2	45.9	45.6	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												11.2	8.1	13.8	10.5	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)												47.0	49.9	41.9	53.4	No linear change	Not available	Increased

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black\*  
Physical Activity

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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 <sup>¶</sup>	Increased	
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.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**Black\*  
Physical Activity**

**Health Risk Behavior and Percentages**

**Linear Change<sup>†</sup>**

**Quadratic Change<sup>†</sup>**

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

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

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

						52.8	47.0	42.9	38.0	Decreased, 2013-2018	Not available <sup>¶</sup>	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)

						45.1	41.3	49.9	52.7	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)

						94.6	97.8	91.5	93.8	No linear change	Not available	No change		

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black\*  
Physical Activity

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2016-2018<sup>§</sup>

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

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

8.6 11.8 11.9 10.4 No linear change Not available<sup>¶</sup> No change

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

60.0 58.5 55.0 No linear change Not available No change

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)

14.8 20.2 No linear change Not available No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				2018
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												35.1	26.6	22.2	23.5	Decreased, 2013-2018	Not available <sup>¶</sup>	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												38.4	49.5	45.6	47.3	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)																	
												75.8	64.5	78.2	No linear change	Not available	Increased	

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																	
												64.7	67.3	48.1	Decreased, 2014-2018	Not available <sup>¶</sup>	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)																	
											25.0	26.0	22.3	17.6	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											7.2	1.2	1.9	1.1	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																	
													11.8	6.6	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
											7.2	3.6	4.7	0.0	Not available	Not available <sup>¶</sup>	Not available
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												5.2	4.4	1.4	No linear change	Not available	No change
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											41.7	53.0	46.5	38.4	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)																	
												78.3	81.9		No linear change	Not available	No change

\*Non-Hispanic.

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

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

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



## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey Saint Mary's County Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
												29.8	17.6	Decreased, 2016-2018	Not available <sup>¶</sup>	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)																	
											16.9	10.8	14.7	6.2	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)																	
											12.8	7.1	9.4	7.8	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)																	
											8.1	4.2	8.0	4.9	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
												63.6	61.9		No linear change	Not available <sup>¶</sup>	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											76.8	77.8	77.7	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)																	
											71.1	63.6	59.2	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																	
											45.9	31.3	35.3	35.4	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											28.4	23.5	23.4	15.3	Decreased, 2013-2018	Not available <sup>¶</sup>	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																	
												62.0	72.9	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																	
											83.9	90.2	84.9	89.2	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

## 2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Maryland Middle School Survey

#### Saint Mary's County

#### Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2016-2018 <sup>§</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
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														58.7	67.4	68.6	69.0					No linear change	Not available <sup>¶</sup>	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														65.2	69.5	73.0	71.7					No linear change	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														79.9	86.0	80.1	85.7					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														77.9	80.8	81.5	78.2					No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

Black\*  
 Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
											29.6	28.4	32.9	33.6	No linear change	Not available <sup>¶</sup>	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																	
											53.5	63.6	47.7	52.8	No linear change	Not available	No change

\*Non-Hispanic.

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														No linear change	Not available <sup>§</sup>	No change	
											12.1	10.7	7.3	6.8			
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	
											23.5	20.6	22.4	17.4			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														No linear change	Not available	Decreased	
											38.1	33.1	41.8	28.4			
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available	No change	
											57.7	44.8	48.4	41.0			

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN14: Percentage of students who ever seriously thought about killing themselves														No linear change	Not available <sup>§</sup>	No change	
											23.1	31.1	24.3	32.6			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
												22.4	18.7				
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
												15.7	11.2				

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																	
												11.8	8.3		No linear change	Not available <sup>§</sup>	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
												6.1	3.2		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)																	
												8.3	2.6	3.6	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)																	
												4.7	1.5	2.2	No linear change	Not available	No change

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

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

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



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
												4.7	1.5	2.2	No linear change	Not available <sup>§</sup>	No change
QN21: Percentage of students who ever used an electronic vapor product																	
												17.4	28.9	27.4	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)																	
												10.7	12.3	13.5	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)																	
												4.7	1.7	5.1	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												4.7	1.7	5.1	No linear change	Not available <sup>§</sup>	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)																	
													5.9	5.0	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)																	
												6.5	3.9	5.6	No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

Hispanic

Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN28: Percentage of students who ever used marijuana															No linear change	Not available <sup>§</sup>	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years															No linear change	Not available	No change
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)															No linear change	Not available	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)															No linear change	Not available	No change

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's 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			
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)																	
											11.9	14.0	13.8	8.0	No linear change	Not available <sup>§</sup>	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											5.4	8.1	5.3	4.7	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's County  
 Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38: Percentage of students who described themselves as slightly or very overweight														No linear change	Not available <sup>§</sup>	No change	
											31.1	28.0	23.5	30.8			
QN39: Percentage of students who were trying to lose weight														No linear change	Not available	No change	
												39.2	42.4	47.4			

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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 <sup>§</sup>	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change	

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

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

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
 Saint Mary's 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																	
											54.2	65.3	53.6		No linear change	Not available <sup>§</sup>	No change
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)																	
											28.5	31.4	36.2	29.4	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											5.1	13.3	4.8	2.9	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																	
												9.0	8.7		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's 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)																		
												10.4	3.2	2.1	No linear change	Not available <sup>§</sup>	No change	
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																		
												9.1	8.4	4.1	No linear change	Not available	No change	
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																		
												52.0	29.5	38.7	28.1	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)																		
													85.9	79.1	No linear change	Not available	No change	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey  
Saint Mary's County  
Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
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)																	
												16.0	19.5		No linear change	Not available <sup>§</sup>	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)																	
											22.3	13.6	12.3	11.5	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)																	
											16.5	10.5	9.0	9.9	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)																	
											10.5	10.0	5.6	9.1	No linear change	Not available	No change

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

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

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