

Maryland Youth Pandemic Behavior Survey 2021 (YPBS-21)

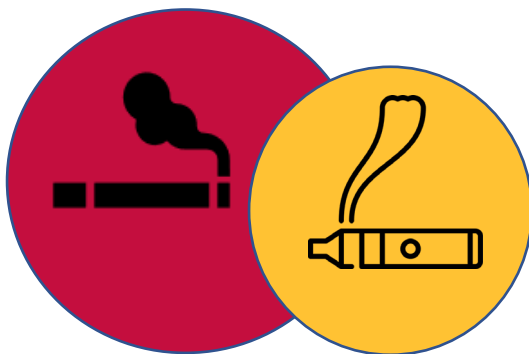
SUBSTANCE USE



The Maryland Department of Health conducted an online survey in the spring of 2021 that collected information about the health behaviors and risk factors of high school students in the state during the COVID-19 pandemic.

Substance use by teens can have a big impact on their health and well-being. It is associated with an increase in other risky behaviors, negative health outcomes, and poor growth and development.

Used more **tobacco** during the pandemic



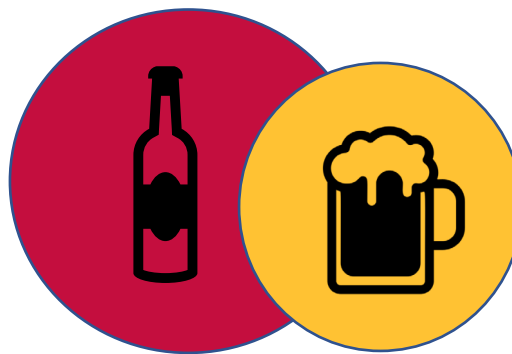
44%

27%

Black/African American students

Overall Surveyed Students

Used more **alcohol** during the pandemic



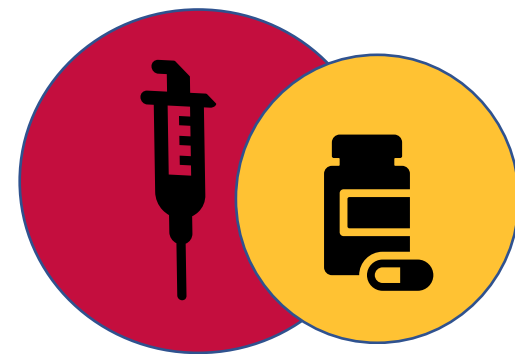
47%

29%

Students with 4 or more ACEs

Overall Surveyed Students

Used more **drugs** during the pandemic



56%

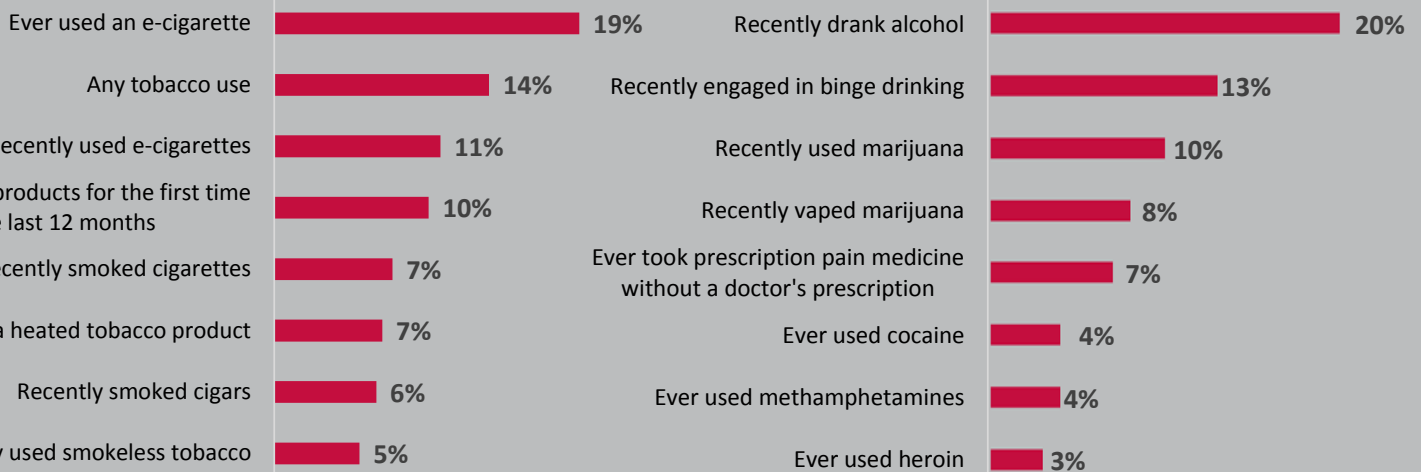
37%

LGBT students

Overall Surveyed Students

Environmental stressors, a family history of substance use, discrimination, family rejection, and stigma can all influence substance use, leading some students to report greater use than others.

Substance Use by Surveyed Students



The pandemic has significantly affected Maryland high school students in many ways, including struggles with mental health, tobacco use, alcohol and drug use, trouble with schoolwork, and verbal or physical abuse at home.

For more information about the MD YPBS-21 please contact mdh.tobaccocontrol@maryland.gov

High school students should continue to have access to substance use education and/or treatment. Those who said they received mostly grades of D's and F's were more likely to use tobacco, marijuana and other drugs.



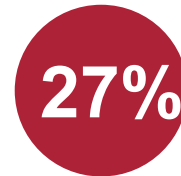
have ever taken **prescription pain meds** recreationally.



have recently used **marijuana**.



have recently used an **e-cigarette**.



have recently used **tobacco**.

Definitions

Adverse Childhood Experiences (ACEs): Childhood exposures to physical, emotional, or sexual abuse, neglect, and other traumatic events.

Heated Tobacco Products: Heated tobacco products heat tobacco sticks (“heatsticks”) or capsules to produce a vapor. They are different from e-cigarettes, which heat a liquid to produce a vapor.

Any Tobacco Use: Cigarettes, cigars, smokeless tobacco and e-cigarettes.

Binge Drinking: Four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours.

LGBT: Lesbian, Gay, Bisexual, Transgender.

Recent: Defined within the past 30 days of a respondent completing the survey.

Methodology

608 students completed the survey.

All students were recruited through targeted social media ads.

Eligible students consisted of youth between the ages of 14-19 living in Maryland who attend a public or private high school.

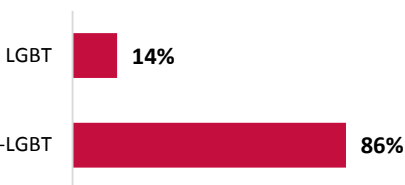
Data collection ran from May 10th, 2021 to June 13th, 2021.

The YPBS-21 contained 70 total survey questions.

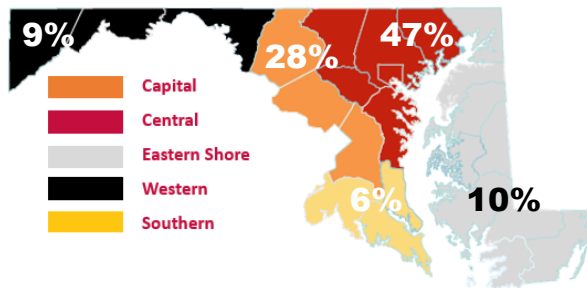
Demographics

Sexual and Transgender Identity

14% identified as LGBT



Region



Race and Ethnicity

