# Maryland Middle School Survey Trend Analysis Report

Total **Injury and Violence Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 1991 1993 1995 1997 1999 QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle) Not available§ 67.2 59.5 62.7 58.0 58.8 Decreased, No change 2013-2021 QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard) 73.5 65.6 68.4 65.3 64.5 Decreased, Not available No change 2013-2021 QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else) 42.4 35.1 35.5 35.3 36.1 Decreased. Not available No change

2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

# Maryland Middle School Survey Trend Analysis Report

**Total Injury and Violence Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 1991 1993 1995 1997 1999 QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) Not available§ 19.9 16.8 19.7 15.4 16.1 Decreased. No change 2013-2021 QN10: Percentage of students who were ever in a physical fight 54.5 47.8 52.3 46.8 46.8 Decreased, Not available No change 2013-2021 QN12: Percentage of students who were ever bullied on school property No linear change Not available No change QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media) 18.3 26.7 Not available Increased. Increased 2018-2021

<sup>\*</sup>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.

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

### **Maryland Middle School Survey Trend Analysis Report**

Total

	y and Violence  Health Risk Behavior and Percentages  1003 1005 1007 1000 2001 2003 2005 2007 2000 2011 2013 2014 2016 2018 200															Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	•		
QN14:	Percei	ntage of	student	ts who	ever seri	iously tl	nought a	ıbout ki	lling the	emselve	es							
											19.1	17.6	21.3	22.9	26.8	Increased, 2013-2021	Not available§	Increased
QN15:	Percei	ntage of	student	ts who	ever ma	de a pla	n about	how the	ey woul	d kill tl	nemselv	es					-	
													14.1	14.3	19.5	Increased, 2016-2021	Not available	Increased
QN16:	Percei	ntage of	student	ts who e	ever trie	d to kill	themse	lves							-			
													8.5	8.8	11.0	Increased, 2016-2021	Not available	Increased

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

# Maryland Middle School Survey Trend Analysis Report

Total Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs) 7.9 6.0 Not available§ No change 5.6 Decreased. 2016-2021 QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs) 3.6 2.9 2.4 Decreased, Not available Decreased 2016-2021 QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) 3.9 2.5 1.3 1.1 1.3 Decreased, Not available No change 2013-2021 QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) 0.7 0.4 0.3 0.2 0.1 Decreased, Not available No change 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

**Total** Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) Not available§ 0.6 0.3 0.2 0.1 0.1 Decreased. No change 2013-2021 QN21: Percentage of students who ever used an electronic vapor product 15.4 18.4 18.9 15.6 No linear change Not available Decreased QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey) 7.6 4.7 5.9 5.2 Decreased, Not available No change 2014-2021 QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) 0.7 0.6 No linear change 0.5 0.6 Not available No change

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Total Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) 0.5 0.4 0.5 0.4 No linear change Not available§ No change QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) 7.9 4.6 5.9 5.4 Decreased, Not available No change 2014-2021 QN23: 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) Not available 1.9 2.2 1.4 Decreased. Decreased 2016-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Total Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 1991 1993 1995 1997 1999 QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey) 0.3 0.2 0.2 Not available§ Decreased. No change 2016-2021 QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey) 0.2 0.2 0.1 Decreased. Not available Decreased 2016-2021 QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) 4.2 3.6 2.5 1.8 1.9 Not available Decreased. No change 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

**Total** Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) 5.4 7.1 6.3 No linear change Not available§ Decreased QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) 3.1 3.1 2.8 No linear change Not available No change QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey) 0.8 0.3 0.2 0.2 0.1 Decreased, Not available Decreased 2013-2021 QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey) 0.6 0.2 0.2 0.1 0.2 Decreased. Not available Decreased 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

**Total Alcohol and Other Drug Use Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN25: Percentage of students who ever drank alcohol (other than a few sips) 25.2 17.6 21.7 18.1 19.2 Not available§ No change Decreased. 2013-2021 QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) 11.1 9.1 12.4 8.6 10.1 Decreased, Not available Increased 2013-2021 QN27: Percentage of students who ever used marijuana 7.0 7.0 6.6 5.1 Decreased, Not available Decreased 2013-2021 QN28: Percentage of students who tried marijuana for the first time before age 11 years 3.0 Decreased. Not available 4.1 2.4 2.7 1.4 Decreased 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Total **Alcohol and Other Drug Use Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN29: 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) 4.9 7.1 11.5 Increased, Not available§ Increased 2016-2021 QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase) 3.8 3.5 4.2 1.9 2.0 Decreased. Not available No change 2013-2021 QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) 10.5 6.3 5.3 5.3 Decreased, Not available No change 2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

### **Maryland Middle School Survey Trend Analysis Report**

Total Sexua	l Behav	iors																
					Heal	th Risk	Behav	ior and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN32:	Percei	ntage of	studen	ts who e	ever had	l sexual	interco	urse				7.4	6.8	6.0	5.8	Decreased, 2014-2021	Not available§	No change

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

### **Maryland Middle School Survey Trend Analysis Report**

, , c.g	Management and Dietary Behaviors  Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN36:	Percei	ntage of	studen	ts who	describe	ed thems	selves a	s slightl	y or ver	y overw	eight							
											24.5	23.6	25.0	25.0	28.0	Increased, 2013-2021	Not available§	Increased
N37:	Percei	ntage of	studen	ts who	were try	ing to l	ose weig	ght								-		
											43.7	41.2	41.9	42.3	44.1	No linear change	Not available	No change
N38:	Percei	ntage of	studen	ts who	did not	eat brea	kfast (d	uring th	e 7 days	s before	the sur	vey)				· · · · · · · · · · · · · · · · · · ·		
											10.9	9.1	11.1	11.2	16.3	Increased, 2013-2021	Not available	Increased
 NBK	7DAY:	: Perce	ntage of	f studen	ts who a	ate brea	kfast on	all 7 da	ays (dur	ing the 7	days l	pefore t	he surve	ey)		<del>.</del>	_	
											47.3	53.3	46.6	46.6	36.9	Decreased, 2013-2021	Not available	Decreased

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

### Maryland Middle School Survey Trend Analysis Report

Total **Physical Activity Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 52.5 54.0 50.5 50.4 45.2 Decreased, Not available§ Decreased 2013-2021 QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 11.7 11.9 13.9 14.5 16.2 Increased, Not available Increased 2013-2021 QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 29.4 31.7 29.6 28.5 25.2 Decreased, Not available Decreased 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Total **Physical Activity Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) Not available§ 86.8 86.4 83.6 85.3 76.7 Decreased. Decreased 2013-2021 QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) 20.5 30.9 28.0 32.3 33.4 Increased, Not available No change 2013-2021 QN42: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey) 62.8 61.7 57.6 50.8 Decreased. Not available Decreased 2014-2021 QN43: 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) 18.4 16.8 17.2 Decreased, Not available No change 2016-2021

<sup>\*</sup>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.

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

### **Maryland Middle School Survey Trend Analysis Report**

Other					Healt	th Risk	Behavi	ior and	Percen	itages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
	-																	
N45:	Percer	itage of	student	s who g	got 8 or	more h	ours of	sleep (o	n an av	erage scl	hool nig	ght)						
N45:	Percer	ntage of	student	s who g	got 8 or	more h	ours of	sleep (c	on an av	erage scl	hool nig 53.5	ght) 58.7	54.6	55.3	46.0	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
N46:		ntage of								erage scl	53.5	58.7				,	Not available <sup>§</sup>	Decreased

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

# Maryland Middle School Survey Trend Analysis Report

**Total** Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN47: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car 51.2 59.6 48.6 52.2 Decreased. Not available§ Increased 2014-2021 QN48: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who have ever dated or gone out with someone) 10.1 10.6 No linear change Not available No change QN49: Percentage of students who felt sad or hopeless (almost every day for >= 2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) 24.9 21.3 25.5 25.5 36.8 Increased, Not available Increased 2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

# Maryland Middle School Survey Trend Analysis Report

**Total** Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 1991 1993 1995 1997 1999 QN50: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey) 8.7 No linear change Not available§ No change QN52: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey) 20.3 20.1 27.5 42.3 37.5 Increased. Not available No change 2013-2021 QN53: 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) 89.2 94.9 93.9 Increased. Not available No change 2016-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Total Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN54: Percentage of students who used electronic vapor products mainly because a friend or family member used them Not available§ 5.0 3.3 Decreased. Decreased 2018-2021 QN55: Percentage of students who think they definitely or probably will use an electronic vapor product in the next year 11.8 9.5 Decreased, Not available Decreased 2018-2021 QN56: 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) 3.3 2.3 0.9 0.8 Decreased, Not available No change

2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

# Maryland Middle School Survey Trend Analysis Report

Total Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN57: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey) Not available§ 4.2 4.1 1.8 1.9 Decreased. No change 2014-2021 QN58: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey) 54.1 54.2 68.1 33.7 35.5 Decreased. Not available No change 2013-2021 QN59: Percentage of students who live with someone who now smokes cigarettes or cigars 39.0 34.9 32.8 29.1 26.8 Decreased, Not available Decreased

2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

# Maryland Middle School Survey Trend Analysis Report

Total Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN60: 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) 80.8 81.8 79.2 Decreased, Not available§ Decreased 2016-2021 QN61: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey) 18.3 15.9 16.1 Decreased. Not available No change 2016-2021 QN62: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) 11.7 7.9 9.1 7.5 6.9 Decreased, Not available No change 2013-2021

8.0

6.2

5.5

5.2

3.8

Decreased.

2013-2021

Not available

QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

Decreased

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

### **Maryland Middle School Survey Trend Analysis Report**

Total

Site-A	dded								_									
					Healt	th Risk	Behavi	ior and	Percen	itages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN64:	Percei	ntage of	student	s who h	nave eve	er taken	steroid	pills or	shots w	vithout :	a doctor	's presc	ription					
											3.3	2.4	2.2	1.8	1.7	Decreased, 2013-2021	Not available <sup>§</sup>	No change
		ntage of the sur		s who v	were off	ered, so	old, or g	iven an	illegal	drug on	school	propert	y (durir	g the 12	2			
											7.0	5.3	4.4	4.5	3.6	Decreased, 2013-2021	Not available	Decreased
			student		saw a de	entist (fo	or a che	ck-up,	exam, te	eeth clea	aning, o	other o	lental w	ork, du	ıring			
													70.7	71.5	68.1	Decreased, 2016-2021	Not available	Decreased
QN69: school		ntage of	student	s who v	were tau	ight in t	heir cla	sses abo	out the c	dangers	of tobac	cco use	(during	the last	t			

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

# Maryland Middle School Survey Trend Analysis Report

Total Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government) Not available§ 62.2 64.3 60.5 59.9 51.4 Decreased. Decreased 2013-2021 QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey) 19.2 16.8 Decreased. Not available Decreased 2018-2021 QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they did not have money to get more (during the 12 months before the survey)

15.8

13.0

Decreased.

2018-2021

Not available

Decreased

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Total Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN73: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends 30.0 26.8 27.2 29.7 30.9 No linear change Not available§ No change QN74: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in 18.5 16.6 14.5 16.1 14.5 Decreased, Not available Decreased 2013-2021 QN75: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day 80.7 79.5 No linear change Not available No change

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

### **Maryland Middle School Survey Trend Analysis Report**

Total Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
										t would b lka, whisk			ery wro	ng for tl	hem to			
											87.1	88.4	88.6	89.6	89.0	Increased, 2013-2021	Not available§	No change
										isk of har er, wine, o			lves (ph	ysically	or in	-		
											67.3	69.1	76.2	72.1	71.8	Increased, 2013-2021	Not available	No change
										isk of har week (bee				ysically	and			
											74.7	74.4	79.9	76.5	77.8	Increased, 2013-2021	Not available	No change

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

### **Maryland Middle School Survey Trend Analysis Report**

Total Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	_		
QN83: them	Perce	ntage of	f studen	ts who l	have an	adult o	itside of	f school	they ca	an talk t	to about	things	that are	importa	ant to			
											84.4	86.5	85.5	85.4	81.8	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
						eel com		seeking	g help f	rom on	e or moi	re adult	s beside	s their p	parents	·		
ii uiej			ant que.	, <b>11011 111</b>	eeung t						80.1	81.2	79.1	81.2	80.4	No linear change	Not available	No change
				ts who		a teach	ner or ot	her adu	lt in the	eir scho	ol about	t a perso	onal pro	blem th	ey had			
					3,						31.5	31.9	33.8	31.1	30.9	No linear change	Not available	No change
		ntage of		ts who	strongly	agree o	or agree	that the	ir teach	ers real	lly care	about tl	nem and	give th	em a			
											59.9	61.7	58.1	59.4	56.2	Decreased, 2013-2021	Not available	Decreased

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

# Maryland Middle School Survey Trend Analysis Report

Total Site-Added

Health Risk Behavior and Percentages

Health Risk Behavior and Percentages

Linear Change\*
Quadratic Change\*
Change from 2018-2021†

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021

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

1.3 1.2 1.2 No linear change Not available No change

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

Male **Injury and Violence Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 1991 1993 1995 1997 1999 QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle) Not available§ 69.6 62.5 65.4 60.1 59.8 Decreased. No change 2013-2021 QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard) 74.4 66.8 68.3 65.9 64.4 Decreased, Not available No change 2013-2021 QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else) 43.1 35.1 36.0 35.6 35.5 Decreased. Not available No change 2013-2021 QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) 18.7 15.1 17.2 13.6 13.0 Decreased, Not available No change 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

**Injury and Violence Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN10: Percentage of students who were ever in a physical fight 64.3 58.2 57.6 Not available§ No change 59.7 Decreased. 2013-2021 QN12: Percentage of students who were ever bullied on school property 34.0 31.6 Decreased. Not available Decreased 2018-2021

13.2 12.6

14.0

15.6 18.0 18.0

21.3

Increased.

2018-2021

Increased, 2013-2021

Not available

Not available

Increased

No change

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting,

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

Male

Instagram, Facebook, or other social media)

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male **Injury and Violence** Linear Change\* **Quadratic Change\*** Change from **Health Risk Behavior and Percentages** 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN15: Percentage of students who ever made a plan about how they would kill themselves Not available§ 9.8 10.8 11.8 Increased, No change 2016-2021 QN16: Percentage of students who ever tried to kill themselves 5.9 6.8 6.6 No linear change Not available No change

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

Male Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs) 8.0 6.1 Not available§ 5.1 Decreased. Decreased 2016-2021 QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs) 4.0 3.1 2.2 Decreased, Not available Decreased 2016-2021 QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) 4.2 2.8 1.5 1.2 1.0 Decreased, Not available No change 2013-2021 QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) 0.9 0.5 0.3 0.2 0.1 Decreased, Not available No change 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) Not available§ 0.7 0.3 0.3 0.1 0.1 Decreased. No change 2013-2021 QN21: Percentage of students who ever used an electronic vapor product 15.9 18.2 18.3 13.4 Decreased, Not available Decreased 2014-2021 QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey) 8.0 4.5 5.7 4.0 Decreased, Not available Decreased 2014-2021 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 Not available 0.6 0.7 0.3 Decreased. Decreased 2014-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) Not available§ 0.6 0.5 0.5 0.2 Decreased. Decreased 2014-2021 QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) 8.3 5.8 4.2 Decreased, Not available Decreased 2014-2021 QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) 2.3 2.4 1.2 Decreased. Not available Decreased 2016-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey) 0.3 0.3 Not available§ 0.1 Decreased. Decreased 2016-2021 QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey) 0.3 0.2 0.1 Decreased. Not available No change 2016-2021 QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) 5.1 4.5 2.8 2.1 1.9 Not available Decreased. No change 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) 5.2 7.0 5.2 No linear change Not available§ Decreased QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) 3.5 3.3 2.6 Decreased. Not available Decreased 2016-2021 QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey) 1.0 0.4 0.3 0.3 0.2 Decreased, Not available No change 2013-2021 QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey) 0.9 0.3 0.2 0.1 0.2 Decreased. Not available No change 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male **Alcohol and Other Drug Use Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN25: Percentage of students who ever drank alcohol (other than a few sips) 25.2 17.7 21.8 17.8 16.5 Not available§ No change Decreased. 2013-2021 QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) 13.6 9.3 11.9 9.9 9.3 Decreased, Not available No change 2013-2021 QN27: Percentage of students who ever used marijuana 7.7 7.5 6.7 4.2 Decreased, Not available Decreased 2013-2021 QN28: Percentage of students who tried marijuana for the first time before age 11 years 3.0 3.0 Decreased. Not available 4.2 4.6 1.5 Decreased 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male **Alcohol and Other Drug Use Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN29: 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 6.5 8.9 Increased, Not available§ Increased 2016-2021 QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase) 4.4 3.9 4.5 2.3 1.9 Decreased. Not available No change 2013-2021 QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) 9.9 5.9 4.8 4.8 Decreased, Not available No change 2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

Male Sexual Behavi	ors																
				Healt	th Risk	Behavi	ior and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
1991 1993	1995					2005 interco		2009	2011	2013	2014	2016	2018	2021			

<sup>\*</sup>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.

Male Weigh	t Mana	ngemen	t and D	Dietary	Behavi	ors												
					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN36:	Percei	ntage of	studen	ts who	describe	d thems	selves a	s slightl	y or ver	ry overw	eight							
											22.0	21.5	22.7	23.6	27.0	Increased, 2013-2021	Not available <sup>§</sup>	Increased
QN37:	Percei	ntage of	studen	ts who	were try	ing to l	ose wei	ght							-	-		
											35.3	34.6	35.8	36.7	39.2	Increased, 2013-2021	Not available	Increased
QN38:	Percei	ntage of	studen	ts who	did not	eat brea	kfast (d	uring th	e 7 days	s before	the sur	vey)						
											9.9	8.1	9.4	9.8	13.3	Increased, 2013-2021	Not available	Increased
QNBK	7DAY	Perce	ntage of	f studen	ts who	ate brea	kfast on	all 7 da	ays (dur	ing the	7 days	before t	he surv	ey)				
											53.1	58.9	53.2	52.8	44.5	Decreased, 2013-2021	Not available	Decreased

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

# Maryland Middle School Survey Trend Analysis Report

Male **Physical Activity Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 59.4 60.3 56.8 55.3 51.9 Decreased, Not available§ Decreased 2013-2021 QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 10.8 10.3 11.8 13.4 13.2 Increased, Not available No change 2013-2021 QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 36.4 38.8 35.9 33.7 31.3 Decreased, Not available Decreased 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male **Physical Activity Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) Not available§ 87.3 86.2 84.5 85.8 77.0 Decreased. Decreased 2013-2021 QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) 21.7 32.3 28.7 33.3 34.6 Increased, Not available No change 2013-2021 QN42: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey) 66.6 65.6 61.0 54.4 Decreased. Not available Decreased 2014-2021 QN43: 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) 21.2 19.4 18.8 Decreased, Not available No change 2016-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male Other

Health Risk Behavior and Percentages

Linear Change\*

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021

QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)

55.2 60.9 56.9 56.6 49.4 Decreased, Not available Decreased 2013-2021

QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

 $\begin{array}{ccc} 2.4 & 4.0 & \text{Increased,} & \text{Not available} & \text{Increased} \\ & 2018\text{-}2021 & \end{array}$ 

**Quadratic Change**\* Change from

2018-2021 <sup>†</sup>

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

Male Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	_		
_	: Perceng the ca	_	f studen	ts who l	have ev	er ridde	n in a ca	ar drive	n by sor	neone v	who was	texting	while	they we	re			
												46.9	54.3	45.2	47.8	No linear change	Not available§	Increased
purpos	se (coun	iting su	ch thing	s as bei	ng hit, s		l into so				ing out i					No linear change	Not available	No change
														10.2		Tro moun change	1 (0) 4 (41)4010	Tvo enunge
						or hope 12 mon				for >=2	2 weeks	in a rov	so tha	t they st	opped	-		
											18.6	15.9	19.2	19.4	25.2	Increased, 2013-2021	Not available	Increased

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

# Maryland Middle School Survey Trend Analysis Report

Male Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 1991 1993 1995 1997 1999 QN50: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey) 7.3 10.3 No linear change Not available§ No change QN52: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey) 22.9 21.2 26.0 39.3 37.9 Increased. Not available No change 2013-2021 QN53: 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) 86.5 94.5 94.0 Increased. Not available No change 2016-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN54: Percentage of students who used electronic vapor products mainly because a friend or family member used them Not available§ 4.7 2.5 Decreased. Decreased 2018-2021 QN55: Percentage of students who think they definitely or probably will use an electronic vapor product in the next year 11.6 7.3 Decreased, Not available Decreased 2018-2021 QN56: 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) 3.9 3.6 2.4 1.0 0.6 Decreased, Not available Decreased 2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

# Maryland Middle School Survey Trend Analysis Report

Male Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN57: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey) Not available§ 4.4 4.1 1.7 1.1 Decreased, Decreased 2014-2021 QN58: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey) 55.9 55.4 66.2 36.3 42.9 Decreased. Not available No change 2013-2021 QN59: Percentage of students who live with someone who now smokes cigarettes or cigars 28.5 25.0 38.0 35.0 31.7 Decreased, Not available Decreased 2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

# Maryland Middle School Survey Trend Analysis Report

Male Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN60: 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) 82.1 83.6 82.4 No linear change Not available§ No change QN61: 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) 16.5 14.1 13.0 Decreased. Not available No change 2016-2021 QN62: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) 11.2 7.6 8.5 6.9 5.7 Decreased, Not available Decreased 2013-2021 QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) 9.2 7.0 6.0 5.4 3.4 Decreased. Not available Decreased 2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

# Maryland Middle School Survey Trend Analysis Report

Male Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN64: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription Not available§ 4.0 2.7 2.3 2.1 1.5 Decreased. Decreased 2013-2021 QN65: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) Not available 8.0 5.6 5.0 4.9 3.4 Decreased, Decreased 2013-2021 QN66: 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) 70.6 70.9 68.3 No linear change Not available No change QN69: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year) 80.2 79.8 73.7 74.6 64.9 Decreased, Not available Decreased 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Male Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government) Not available§ 62.0 62.1 58.9 56.9 49.5 Decreased. Decreased 2013-2021 QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey) 17.3 14.4 Decreased. Not available Decreased 2018-2021 QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they did not have money to get more (during the 12 months before the survey)

15.0 12.2

Decreased.

2018-2021

Not available

Decreased

<sup>\*</sup>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.

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

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN73:	Percei	ntage of	student	ts who s	say defi	nitely y	es or pro	bably :	yes that	young p	people v	vho smo	oke hav	e more	friends			
											29.3	25.5	26.3	28.2	26.3	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
QN74: fit in	Percei	ntage of	student	ts who s	say defi	nitely y	es or pro	obably :	yes that	smokin	g make	s young	people	look co	ool or	-		
											19.7	17.1	14.8	15.8	13.2	Decreased, 2013-2021	Not available	Decreased
			student			at or str	ongly d	isappro	ve of so	omeone	their ag	e havin	g one or	two dr	rinks			
													76.8	79.8	80.4	Increased, 2016-2021	Not available	No change

<sup>\*</sup>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.

Male Site-Added																	
				Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021 $^{\dagger}$
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN76: Percedrink beer, wi												ery wro	ng for tl	nem to			
										86.5	87.9	87.8	88.9	89.5	Increased, 2013-2021	Not available <sup>§</sup>	No change
QN77: Percent												lves (pł	ysically	or in	-		
										65.4	66.8	73.9	70.7	68.3	Increased, 2013-2021	Not available	Decreased
QN78: Percein other ways)													ysically	and			
										73.3	73.2	78.4	74.9	75.9	Increased, 2013-2021	Not available	No change

<sup>\*</sup>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.

Male Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	ıtages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN83: them	Percei	ntage of	studen	ts who l	have an	adult o	itside o	f school	they ca	an talk	to about	things	that are	importa	ant to			
											84.7	86.8	85.8	86.0	85.7	No linear change	Not available§	No change
						eel com		seekin	g help f	rom on	e or mor	re adult	s beside	s their p	parents			
											79.6	80.5	79.5	81.3	82.5	Increased, 2013-2021	Not available	No change
				ts who to		a teach	ner or ot	her adu	ılt in the	eir scho	ol about	t a perso	onal pro	blem th	ey had			
											28.0	28.7	30.7	29.0	28.7	No linear change	Not available	No change
		ntage of gement	studen	ts who	strongly	agree o	or agree	that the	eir teach	ners real	lly care	about th	nem and	give th	em a			
											61.8	63.5	60.2	62.3	61.2	No linear change	Not available	No change

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

# Maryland Middle School Survey Trend Analysis Report

Male Site-Added

Health Risk Behavior and Percentages

Linear Change\*
Quadratic Change\*
Change from 2018-2021 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021

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

1.3 1.3 No linear change Not available No change

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

ınjury	ana v	iolence			Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		2010-2021
QN6:	Percent	tage of	students	who ra	rely or	never w	ore a bi	cycle he	elmet (a	mong s	tudents	who ha	d riddei	a bicy	cle)			
											64.5	56.3	59.6	55.6	57.7	Decreased, 2013-2021	Not available <sup>§</sup>	No change
				who ra		never w	ore a he	lmet w	nen roll	erbladir	ng or sk	ateboar	ding (ar	nong st	ıdents	-	-	
wno u	seu ron	eroraces	or roue	e a skale	eboard)						72.5	64.5	68.3	64.5	64.6	Decreased, 2013-2021	Not available	No change
	Percent	tage of	students	who di	d not al	lways w	ear a se	at belt (	when ri	ding in	a car dr	iven by	someo	ne else)		-	-	
QN8:																		
QN8:											41.6	35.1	34.8	34.8	36.5	Decreased, 2013-2021	Not available	No change
	Percent	tage of	students	s who ev	ver rode	with a c	driver w	ho had	been dr	inking :				34.8	36.5	,	Not available	No change

<sup>\*</sup>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.

Femal Injury		iolence																
					Heal	th Risk	Behavi	ior and	Percen	itages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN10:	Percei	ntage of	studen	ts who	were ev	er in a p	hysical	fight										
											42.5	35.5	39.6	34.8	35.6	Decreased, 2013-2021	Not available§	No change
QN12:	Percei	ntage of	studen	ts who	were ev	er bullie	ed on sc	hool pr	operty	•	•	•	•	•	•	·		
														43.6	43.2	No linear change	Not available	No change
				ts who ver social			onically	y bullie	d (coun	ting bei	ng bulli	ed throu	ıgh text	ing,		,		
														22.6	31.8	Increased, 2018-2021	Not available	Increased
QN14:	Percei	ntage of	studen	ts who	ever ser	iously tl	nought	about k	illing th	emselve	es							
											25.2	22.8	27.0	27.8	35.3	Increased, 2013-2021	Not available	Increased

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

# Maryland Middle School Survey Trend Analysis Report

Female **Injury and Violence Quadratic Change**\* Change from **Health Risk Behavior and Percentages** Linear Change\* 2018-2021 <sup>†</sup> 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN15: Percentage of students who ever made a plan about how they would kill themselves Not available§ 18.3 17.8 27.1 Increased. Increased 2016-2021 QN16: Percentage of students who ever tried to kill themselves 10.8 10.9 15.3 Increased. Not available Increased 2016-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

Femal Tobac	e co Use																	
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN17:	Percei	ntage of	studen	ts who e	ever trie	d cigare	ette smo	king (e	ven one	or two	puffs)							
													7.6	5.7	6.2	Decreased, 2016-2021	Not available <sup>§</sup>	No change
QN18: puffs)	Percei	ntage of	studen	ts who t	ried cig	arette si	moking	for the	first tim	e before	e age 1	l years	even o	ne or tw	70			
													3.1	2.4	2.5	No linear change	Not available	No change
QN19: survey		ntage of	studen	ts who	currently	y smoke	ed cigar	ettes (oi	n at leas	t 1 day	during	the 30 d	ays bef	ore the				
											3.5	2.0	1.2	0.9	1.4	Decreased, 2013-2021	Not available	Increased
		ercenta e surve		udents v	who cur	rently s	moked o	cigarette	es frequ	ently (o	n 20 or	more da	ys dur	ing the	30			
											0.5	0.3	0.1	0.1	0.1	Decreased, 2013-2021	Not available	No change

<sup>\*</sup>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.

Femal Tobac	e co Use																	
					Heal	th Risk	Behavi	ior and	Percer	ntages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QNDA the sur		Percei	ntage of	student	ts who c	currently	/ smoke	ed cigar	ettes da	ily (on a	11 30 da	ays duri	ng the 3	0 days	oefore			
											0.3	0.3	0.1	0.1	0.1	Decreased, 2013-2021	Not available <sup>§</sup>	No change
ON21:	Percei	ntage of	studen	ts who	ever use	ed an ele	ectronic	vapor r	product									
Q1121.	1 01001	nuge of	studen	us Wilo	over asc	ou un ore	cuome	vapor p	ground			14.8	18.3	19.4	17.7	Increased, 2014-2021	Not available	Decreased
pens, e	-cigars,	e-hool	cahs, ho		ens, and					duct (ind								
												7.1	4.8	6.1	6.4	No linear change	Not available	No change
				tudents survey		rrently u	ised ele	ctronic	vapor p	products	freque	ntly (on	20 or n	ore day	s			
												0.6	0.3	0.6	0.8	Increased, 2014-2021	Not available	No change

<sup>\*</sup>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.

Fema Tobac	le co Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
_	YEVP: efore th		_	fstuden	ts who	currently	y used e	electron	ic vapoi	r produc	ets daily	(on all	30 days	during	the 30			
												0.4	0.2	0.4	0.5	No linear change	Not available§	No change
_	5: Pero the 30	_				itly smo	ked cig	arettes (	or used	electron	nic vapo	r produ	ets (on	at least	1 day			
												7.5	4.7	6.0	6.5	No linear change	Not available	No change
dissol	vable to	bacco p	roducts	[such a		hagen,	Grizzly	, Skoal,			obacco, s s], not co		any ele	ectronic	_			
													1.3	1.8	1.3	No linear change	Not available	No chang

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

# Maryland Middle School Survey Trend Analysis Report

**Female** Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey) 0.2 0.2 No linear change Not available§ No change QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey) 0.20.1 0.0 Decreased. Not available Decreased 2016-2021 QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) 3.0 2.4 2.1 1.4 1.8 Decreased. Not available No change 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

**Female** Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) 5.4 7.1 7.3 Increased, Not available§ No change 2016-2021 QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) 2.6 2.6 2.9 No linear change Not available No change QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey) 0.4 0.2 0.1 0.1 0.0 Decreased, Not available Decreased 2013-2021 QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey) 0.3 0.2 0.1 0.1 0.0 Decreased. Not available No change 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

**Female** Alcohol and Other Drug Use **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 <sup>†</sup> 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN25: Percentage of students who ever drank alcohol (other than a few sips) 25.1 17.4 21.6 18.2 21.8 No linear change Not available§ Increased QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) 11.1 7.7 10.0 8.3 10.8 No linear change Not available Increased QN27: Percentage of students who ever used marijuana 7.3 6.2 6.3 6.4 6.1 Decreased, Not available No change 2013-2021 QN28: Percentage of students who tried marijuana for the first time before age 11 years Not available 1.6 3.4 1.6 2.2 1.3 Decreased, Decreased 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Female **Alcohol and Other Drug Use Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN29: 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) 4.9 7.6 14.0 Increased, Not available§ Increased 2016-2021 QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase) 3.0 2.9 3.7 1.4 2.2 Decreased. Not available Increased 2013-2021 QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) 11.0 6.7 6.9 5.6 5.9 Decreased, Not available No change 2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

Female Sexual Bel	haviors	s															
				Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991 199	93 19	95 19	97 1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	•		
QN32: Per	rcentag	e of stu	dents who	ever had	l sexual	interco	urse										

<sup>\*</sup>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.

	ight Management and Dietary Behaviors  Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2018-2021			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN36:	Percei	ntage of	student	ts who c	describe	d thems	selves as	s slightl	y or ver	y overwe	eight							
											27.1	25.8	27.4	26.4	28.9	No linear change	Not available§	Increased
(N37:	Percei	ntage of	student	ts who v	were try	ing to lo	ose weig	ght			50.6	47.0	40.1	47.0	40.7	Б	N	N. 1
											52.6	47.9	48.1	47.9	48.7	Decreased, 2013-2021	Not available	No change
N38:	Percei	ntage of	student	ts who c	did not e	eat brea	kfast (d	uring th	e 7 days	s before t	he sur	vey)						
											11.8	10.1	12.6	12.6	19.1	Increased,	Not available	Increased
																2013-2021		
			-		-	•									•	-		
NBK	7DAY	Perce	ntage of	studen	ts who a	ate brea	kfast on	all 7 da	ıys (dur	ing the 7	days t	pefore t	he surve	ey)				

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

# Maryland Middle School Survey Trend Analysis Report

Female **Physical Activity Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN39: 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) 45.6 47.6 44.3 45.7 38.7 Decreased, Not available§ Decreased 2013-2021 QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 12.5 13.5 15.7 15.3 19.1 Increased, Not available Increased 2013-2021 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) 22.4 24.4 23.2 23.4 19.0 Decreased, Not available Decreased 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

**Female Physical Activity Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) 86.5 86.6 82.8 84.8 76.4 Decreased. Not available§ Decreased 2013-2021 QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) 19.3 29.5 27.4 31.3 32.3 Increased, Not available No change 2013-2021 QN42: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey) 58.9 57.8 54.4 47.4 Decreased. Not available Decreased 2014-2021 QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey) 15.4 14.0 15.4 No linear change Not available Increased

<sup>\*</sup>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.

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

	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
N45:	Percei	ntage of	student	s who g	got 8 or	more h	ours of	sleep (o	n an av	erage sch	hool nig	ght)						
)N45:	Percei	ntage of	student	s who g	got 8 or	more ho	ours of	sleep (o	on an av	erage sch	hool nig	ght) 56.6	52.6	54.2	43.1	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
)N46:		ntage of								erage sch	51.9	56.6				,	Not available <sup>§</sup>	Decreased

<sup>\*</sup>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.

Femal Site-A																		
					Heal	th Risk	Behavi	or and	Percen	itages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
	Perce		f studen	ts who l	have ev	er ridde	n in a ca	ar drive	n by sor	meone v	who was	texting	while	they we	re			
												55.8	65.4	52.2	56.9	No linear change	Not available§	Increased
purpos	se (cour	iting suc		s as bei	ng hit, s	lamme	d into so				ing out vith an ol					No linear change	Not available	No change
			f studen ivities, e							for >=2	2 weeks	in a rov	so tha	t they st	opped			
											31.4	26.7	31.9	31.5	48.1	Increased, 2013-2021	Not available	Increased

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

# Maryland Middle School Survey Trend Analysis Report

**Female** Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 1991 1993 1995 1997 1999 QN50: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey) 7.9 No linear change Not available§ No change QN52: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey) 17.0 17.8 31.5 46.0 36.2 Increased. Not available Decreased 2013-2021 QN53: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)

93.0

96.1 94.6 No linear change

Not available

No change

<sup>\*</sup>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.

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

Femal																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN54: them	Percei	ntage of	studen	ts who t	used ele	ctronic	vapor p	roducts	mainly	becaus	e a frier	d or far	mily me	mber us	sed			
														5.1	4.3	Decreased, 2018-2021	Not available <sup>§</sup>	Decreased
QN55: year	Percei	ntage of	studen	ts who t	hink the	ey defin	itely or	probab	ly will u	ise an e	lectroni	c vapor	produc	t in the	next			
														11.8	11.6	No linear change	Not available	No change
							bacco p								avored			
											2.6	2.4	1.9	0.8	1.0	Decreased, 2013-2021	Not available	No change

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

## **Maryland Middle School Survey Trend Analysis Report**

Famala

Femal Site-A					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	•		
QN57: survey		ntage of	f studen	ts who t	ried or	used tob	pacco pi	oducts	for the	first tim	e (durin	g the 12	2 month	s before	e the			
												3.9	3.9	1.9	2.5	Decreased, 2014-2021	Not available <sup>§</sup>	Increased
											uring the		nths be	fore the				
											52.4	53.1	71.6	31.1	30.9	Decreased, 2013-2021	Not available	No change
QN59:	Percei	ntage of	fstuden	ts who l	ive with	n someo	ne who	now sr	nokes c	igarette	s or ciga	ırs				-		
											40.1	34.7	33.9	29.6	28.4	Decreased, 2013-2021	Not available	No change

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

# Maryland Middle School Survey Trend Analysis Report

**Female** Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN60: 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) 79.6 80.1 76.2 Decreased, Not available§ Decreased 2016-2021 QN61: 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) 19.9 17.5 19.1 No linear change Not available No change QN62: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) 8.0 12.1 9.5 7.8 8.1 Decreased, Not available No change 2013-2021 QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) 6.6 5.2 4.8 4.7 4.1 Decreased. Not available No change 2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

Female Site-Ad																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN64:	Percei	ntage of	student	ts who h	nave eve	er taken	steroid	pills or	shots w	vithout a	doctor	's presc	ription					
											2.5	2.0	1.8	1.4	1.8	Decreased, 2013-2021	Not available <sup>§</sup>	No change
QN65: months				ts who v	were off	fered, so	old, or g	iven an	illegal	drug on	school	propert	y (durir	ig the 12	2	-		
											5.8	4.9	3.7	4.1	3.6	Decreased, 2013-2021	Not available	No change
QN66: the 12 r					saw a de	entist (fo	or a che	ck-up,	exam, te	eth clea	ning, o	r other o	dental v	ork, du	ring	-	-	
													71.0	72.5	68.4	Decreased, 2016-2021	Not available	Decreased
QN69: school		ntage of	student	ts who v	were tau	ight in t	heir cla	sses abo	out the c	langers	of tobac	cco use	(during	the last	t	<del>.</del>		
											83.1	80.7	74.3	74.0	60.5	Decreased, 2013-2021	Not available	Decreased

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

# Maryland Middle School Survey Trend Analysis Report

Female Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government) Not available§ 62.6 66.6 62.3 63.0 53.2 Decreased. Decreased 2013-2021 QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey) 20.8 18.7 Decreased. Not available No change

2018-2021

Decreased.

2018-2021

Not available

16.3

13.5

did not have money to get more (during the 12 months before the survey)

QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they

Decreased

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

**Female** Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN73: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends Not available§ 30.7 28.0 28.1 31.1 35.6 Increased, Increased 2013-2021 QN74: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in 17.3 16.0 14.0 16.4 15.8 No linear change Not available No change QN75: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day 81.7 81.9 79.1 Decreased. Not available Decreased 2016-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

**Female** Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN76: Percentage of students who reported that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor at least once or twice a month (such as vodka, whiskey, or gin) 87.7 88.9 89.5 90.5 88.6 No linear change Not available§ Decreased QN77: 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 nearly every day (beer, wine, or liquor) 69.4 71.6 78.6 73.7 75.5 Increased, Not available No change 2013-2021 QN78: 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 once or twice a week (beer, wine, or liquor)

76.3 75.8 81.4 78.2 79.9

Increased,

2013-2021

Not available

No change

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

## **Maryland Middle School Survey Trend Analysis Report**

Famala

Femal																		
					Heal	th Risk	Behav	ior and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN83: them	Percei	ntage of	studen	ts who	nave an	adult o	utside o	f schoo	l they ca	an talk t	o about	things	that are	importa	ant to			
											84.2	86.3	85.4	85.1	78.4	Decreased, 2013-2021	Not available§	Decreased
						eel com		e seekin	g help f	rom one	e or moi	e adults	beside	s their p	parents			
											80.8	82.0	79.0	81.3	78.5	Decreased, 2013-2021	Not available	Decreased
	Perceig the 12					o a teacl	her or o	ther adu	ılt in the	eir schoo	ol about	a perso	nal pro	blem th	ey had	-	_	
											35.1	35.1	36.6	33.2	32.9	Decreased, 2013-2021	Not available	No change
	Percei			ts who	strongly	agree (	or agree	that the	eir teach	ers real	ly care	about th	em and	give th	em a			
											58.1	59.9	56.1	56.6	51.8	Decreased, 2013-2021	Not available	Decreased

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

# Maryland Middle School Survey Trend Analysis Report

Female Site-Added

Health Risk Behavior and Percentages

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Quadratic Change\*

2018-2021 †

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

1.2

1.1

1.2 No linear change

Not available§

No change

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

White Injury		iolence																
					Heal	h Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN6:	Percent	tage of	students	s who ra	arely or	never w	ore a bi	cycle h	elmet (a	among s	students	who ha	d ridde	n a bicy	cle)			
											54.0	47.5	47.2	42.8	44.3	Decreased, 2013-2021	Not available <sup>¶</sup>	No change
					arely or eboard)	never w	ore a he	lmet w	hen roll	erbladi	ng or sk	ateboar	ding (ar	nong st	udents			
wiio us	sed Tolk	croraces	or rode	c a skao	cooard)						64.6	58.2	59.7	55.3	55.0	Decreased, 2013-2021	Not available	No change
QN8:	Percent	tage of s	students	s who di	id not al	ways w	ear a se	at belt (	when ri	ding in	a car dr	iven by	someo	ne else)				
											32.9	25.8	26.4	24.8	23.7	Decreased, 2013-2021	Not available	No change
QN9:	Percent	tage of s	students	s who e	ver rode	with a	driver w	ho had	been di	rinking	alcohol	(in a ca	r)					
											20.5	18.4	20.4	16.7	17.3	Decreased, 2013-2021	Not available	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

## **Maryland Middle School Survey Trend Analysis Report**

White\*

					Heal	th Risk	Behav	ior and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN10:	Perce	ntage of	studen	ts who	were ev	er in a p	hysical	fight		-		:	-		-	,		
											41.3	35.9	38.2	33.1	35.5	Decreased, 2013-2021	Not available <sup>¶</sup>	Increased
QN12:	: Perce	ntage of	studen	ts who	were ev	er bullie	ed on sc	hool pr	operty	:		:		-	:			
														41.3	40.4	No linear change	Not available	No change
					were ev media)		ronicall	y bullie	d (coun	ting bei	ng bulli	ed throu	igh text	ng,		-		
														22.0	30.4	Increased, 2018-2021	Not available	Increased
QN14:	: Perce	ntage of	studen	ts who	ever ser	iously t	hought	about k	illing th	emselve	es				,	-		
											15.9	14.7	17.0	17.9	21.7	Increased, 2013-2021	Not available	Increased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

White\* **Injury and Violence Health Risk Behavior and Percentages** Linear Change<sup>†</sup> Quadratic Change<sup>†</sup> Change from 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN15: Percentage of students who ever made a plan about how they would kill themselves 10.9 11.2 15.4 Increased, Not available<sup>¶</sup> Increased 2016-2021 QN16: Percentage of students who ever tried to kill themselves Not available 5.0 5.4 6.8 Increased, Increased 2016-2021

<sup>\*</sup>Non-Hispanic.

<sup>&</sup>lt;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.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

White\* Tobacco Use Quadratic Change<sup>†</sup> Change from **Health Risk Behavior and Percentages** Linear Change<sup>†</sup> 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs) 5.6 4.3 4.6 Decreased, Not available ¶ No change 2016-2021 QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs) 2.5 2.1 No linear change Not available 1.5 Increased QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) 3.2 1.2 0.9 0.7 Decreased, Not available No change 2.3 2013-2021 QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) 0.6 0.4 0.2 0.1 0.0 Decreased, Not available No change 2013-2021

<sup>\*</sup>Non-Hispanic.

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.

Not enough years of data to calculate.

White Tobae	e* cco Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QND.		Percer	ntage of	student	s who c	currently	smoke	d cigare	ettes dai	ly (on all	1 30 da	ıys durii	ng the 3	0 days 1	before	:		
											0.5	0.3	0.2	0.1	0.0	Decreased, 2013-2021	Not available <sup>¶</sup>	No change
QN21	: Perce	ntage of	f studen	ts who e	ever use	ed an ele	ectronic	vapor p	roduct									
												12.9	15.3	17.7	14.1	No linear change	Not available	Decreased
pens,	e-cigars	, e-hook	cahs, ho		ens, and					luct (incl Suorin,								
												6.2	3.4	6.3	3.7	Decreased, 2014-2021	Not available	Decreased
									-			.1 /	20	1				
	REVP: I			tudents v survey)		rrently ı	ised elec	ctronic	vapor pi	roducts f	requer	itly (on	20 OF II	ore day	S			

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

White Tobae	eco Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
	AYEVP before th			f studen	ts who	currentl	y used e	lectron	ic vapor	produc	ts daily	(on all	30 days	during	the 30			
uu jo c		io gai ro	<i>37</i>									0.5	0.3	0.5	0.4	No linear change	Not available <sup>¶</sup>	No change
				ents who		ntly smo	ked cig	arettes (	or used o	electron	ic vapo	r produc	2.6 on	at least	1 day 3.9	Decreased, 2014-2021	Not available	Decreased
dissol	vable to	bacco p	roducts	[such a	s Cope	y used s nhagen, vs before	Grizzly	, Skoal,		_			•		vapor			
													1.3	1.5	0.9	Decreased, 2016-2021	Not available	Decreased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

## Maryland Middle School Survey Trend Analysis Report

White\* Tobacco Use Quadratic Change<sup>†</sup> Change from **Health Risk Behavior and Percentages** Linear Change<sup>†</sup> 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey) 0.2 0.1 No linear change Not available ¶ Decreased QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey) 0.1 0.1 No linear change Not available No change 0.0QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) 2.4 2.6 1.5 1.1 1.4 Decreased, Not available No change 2013-2021

<sup>\*</sup>Non-Hispanic.

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.

Not enough years of data to calculate.

## Maryland Middle School Survey Trend Analysis Report

White\* Tobacco Use Quadratic Change<sup>†</sup> Change from **Health Risk Behavior and Percentages** Linear Change<sup>†</sup> 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) 5.1 No linear change Not available ¶ 4.3 Decreased QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) 2.5 2.5 No linear change Not available No change QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey) 0.4 0.2 0.2 0.1 0.0 Decreased. Not available No change 2013-2021 QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey) 0.3 0.1 0.2 0.1 0.0 Decreased, Not available No change 2013-2021

<sup>\*</sup>Non-Hispanic.

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.

Not enough years of data to calculate.

## **Maryland Middle School Survey Trend Analysis Report**

White\*

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN25	Perce	ntage o	f studen	ts who	ever dra	nk alco	hol (oth	er than	a few s	ips)	:					,		
											21.0	15.3	18.1	15.2	17.2	Decreased, 2013-2021	Not available <sup>¶</sup>	Increased
		-																
QN26	Perce	ntage of	f studen	ts who	drank al	cohol fo	or the fi	rst time	before	age 11	years (o	ther tha	ın a few	sips)				
QN26	Perce	ntage o	f studen	ts who	drank al	cohol fo	or the fi	rst time	before	age 11	years (o	ther tha	n a few	sips) 6.6	8.6	No linear change	Not available	Increased
					drank al			rst time	before	age 11				-	8.6	No linear change	Not available	Increased
								rst time	before	age 11				-	3.7	No linear change  Decreased, 2013-2021	Not available  Not available	Increased  No change
QN27	Perce	ntage o	f studen	ts who	ever use	ed marij	uana			age 11	9.2 6.2	6.9	8.9	6.6		Decreased,		

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
	Percerow a do														ently			
	,												3.2	4.8	8.0	Increased, 2016-2021	Not available¶	Increased
QN30	: Percei	ntage of	student	s who e	ever use	d cocai	ne (any	form of	cocaine	e, includ	ding pov	vder, cr	ack, or	freebase	e)	-		
QN30	: Percei	ntage of	student	s who e	ever use	d cocaiı	ne (any	form of	cocaine	e, includ	ding pov	vder, cr 2.5	ack, or	freebase	e) 1.4	Decreased, 2013-2021	Not available	No change
QN31	: Percei	ntage of	student	es who e							2.4	2.5	2.4	1.1	1.4	,	Not available	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

White Sexua	* l Behav	iors																
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN32:	Percei	ntage of	studen	ts who	ever had	d sexual	interco	urse	:		:	4.2	3.7	3.8	4.5	No linear change	Not available¶	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN36:	Percei	ntage of	student	ts who	describe	d thems	selves as	s slightl	ly or ver	ry overw	eight	:				•		
											23.4	23.4	23.7	23.8	24.7	No linear change	Not available <sup>¶</sup>	No change
)N37:	Percei	ntage of	student	ts who	were try	ing to l	ose weig	ght	-			-						
		C			J	Ü					40.8	38.3	37.8	38.2	37.8	No linear change	Not available	No change
QN38:	Percei	ntage of	student	ts who	did not e	eat brea	kfast (d	uring th	ie 7 days	s before	the sur	vey)						
											8.6	7.5	8.4	9.1	13.4	Increased, 2013-2021	Not available	Increased
QNBK	7DAY	: Perce	ntage of	studen	ts who a	ate brea	kfast on	all 7 da	ays (dur	ing the 7	days t	oefore t	he surve	ey)				
											53.6	58.0	52.1	51.4	41.9	Decreased, 2013-2021	Not available	Decrease

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

٠					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
of phy	Percer sical act	ivity th																
		•									61.4	62.7	59.9	60.6	56.7	Decreased, 2013-2021	Not available <sup>¶</sup>	Decreased
lay (ir	ODAY: any kii the 7 da	nd of pl	nysical a	activity														
											6.7	6.3	7.6	7.4	8.3	Increased, 2013-2021	Not available	No change
	7DAY:	al activ																
before	the surv	, cy,																

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

					Heal	th Risk	Behavi	or and	Percenta	ges					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991 1	1993	1995	1997	1999	2001	2003	2005	2007	2009 2	2011 2013	2014	2016	2018	2021			
QN41: 1				ts who a	attended	physic	al educa	ntion (PE	E) classes	on 1 or mo	re days (	in an av	erage w	reek			
										93.1	93.3	91.6	91.3	86.2	Decreased, 2013-2021	Not available <sup>¶</sup>	Decreased
NDLY when the				tudents	who att	ended p	hysical	educatio	on (PE) c	lasses on all	5 days (	in an av	erage v	reek			
										21.9	31.6	31.4	33.4	35.0	Increased, 2013-2021	Not available	No change
							st one spectage		ım (count	ing any tear	ns run b	y their s	chool o	r			
											71.1	69.7	67.9	62.7	Decreased, 2014-2021	Not available	Decreased
QN43: 1							n from j	playing	a sport oi	being phys	ically ac	tive (on	e or mo	re	<del></del>		
												16.0	13.8	13.4	Decreased.	Not available	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

White\*
Other

Health Risk Behavior and Percentages

Health Risk Behavior and Percentages

Linear Change† Quadratic Change† Change from

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021

QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)

59.4 62.3 59.3 58.6 51.4 Decreased, 2013-2021

QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

1.1

2.1

Increased, 2018-2021

Not available

Increased

<sup>\*</sup>Non-Hispanic.

<sup>&</sup>lt;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.

Not enough years of data to calculate.

White <sup>3</sup> Site-A																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN47: driving			studen	ts who l	nave ev	er ridde	n in a ca	ar drive	n by sor	neone v	vho was	s texting	g while	they we	re			
												56.0	65.6	53.2	56.2	Decreased, 2014-2021	Not available¶	Increased
purpos	e (coun	ting suc	ch thing	s as bei	ng hit, s		d into so							hurt the				
														8.9	8.0	No linear change	Not available	No change
						or hope 12 mon				for >=2	e weeks	in a rov	v so tha	t they st	opped			
											21.3	18.0	21.2	20.6	31.1	Increased, 2013-2021	Not available	Increased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

White Site-A																		
					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
											ng them ng the 3							
														8.0	2.9	No linear change	Not available¶	No change
_		_	f studen						m cigare	ettes bed	cause of	their a	ge (amo	ong stud	ents		_	
		.,				,		7			14.6	14.8	20.8	53.6	48.8	Increased, 2013-2021	Not available	No change
			f studen							an toba	acco flav	or with	an elec	etronic v	vapor			
													91.2	96.6	94.8	No linear change	Not available	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

White Site-A																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	•		
QN54: them	Percei	ntage of	f studen	ts who	used ele	ectronic	vapor p	roducts	mainly	becaus	e a frier	nd or fai	nily me	mber us	sed			
														4.8	3.0	Decreased, 2018-2021	Not available <sup>¶</sup>	Decreased
QN55: /ear	Percei	ntage of	f studen	ts who	think th	ey defin	itely or	probabl	y will u	ise an e	lectroni	c vapor	product	t in the	next			
														10.3	7.1	Decreased, 2018-2021	Not available	Decreased
					used fla										avored			
											2.1	2.0	1.7	0.7	0.5	Decreased, 2013-2021	Not available	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

## **Maryland Middle School Survey Trend Analysis Report**

White\*

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN57 survey		ntage of	fstuden	ts who t	ried or	used tob	pacco pr	oducts	for the f	first tim	e (durin	g the 1	2 month	s before	e the			
												3.3	3.4	2.0	1.5	Decreased, 2014-2021	Not available <sup>¶</sup>	No change
									co prod				nths be	fore the				
											54.7	53.0	65.9	24.5	32.5	Decreased, 2013-2021	Not available	No change
QN59	: Perce	ntage of	f studen	ts who l	ive witl	n someo	ne who	now sn	nokes ci	igarette	s or ciga	ars	-					

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

White* Site-Added	d																	
					Heal	th Risk	Behavi	ior and	Percen	itages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991 199	93	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN60: Peronywhere ir										neir hom	ne is that	t smoki	ng is no	t allowe	ed			
													82.5	83.8	79.4	Decreased, 2016-2021	Not available <sup>¶</sup>	Decreased
QN61: Peroluting the 7					vere in	the sam	e room	with so	meone	who wa	s smoki	ng (on a	it least o	one day		-		
													20.0	17.9	18.4	No linear change	Not available	No change
QN62: Pero				s who c	currently	y drank	alcohol	l (at leas	st one di	rink of a	alcohol,	on at le	ast 1 da	y durin	g the			
											9.8	6.9	8.0	6.6	5.7	Decreased, 2013-2021	Not available	No change
QN63: Per	rcent	age of	student	s who c	currently	y used r	narijuar	na (one	or more	times d	luring th	e 30 da	ys befo	re the si	urvey)			
											5.3	4.0	3.3	3.9	2.5	Decreased, 2013-2021	Not available	Decreased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN64:	Percei	ntage of	f studen	ts who l	have ev	er taken	steroid	pills or	shots v	vithout a	doctor	s presci	ription					
											2.0	1.7	1.2	0.9	1.2	Decreased, 2013-2021	Not available¶	No chang
QN65:	Percei	ntage of	f studen	ts who v	were of	fered so	old or o	iven an	illegal	drug on	school	nroperty	/ (durin	g the 12	2	-		
month	hefore				were or	icica, sc	na, or g	i ven an	megai	urug on	school	property	(GGIII	5 110 12	_			
month	s before	the sur			were or	iereu, se	, or g	rven an	megar	urug on	4.9	4.3	3.0	4.0	2.7	Decreased, 2013-2021	Not available	Decrease
QN66:	Percei	the sur	rvey)	ts who s						eeth clea	4.9	4.3	3.0	4.0	2.7	,	Not available	Decreased
QN66:	Percei	the sur	rvey)	ts who s							4.9	4.3	3.0	4.0	2.7	,	Not available  Not available	Decrease
QN66: he 12	Percei months  Percei	ntage of before	student the surv	ts who s	saw a do	entist (fo	or a che	ck-up, e	exam, te		4.9	4.3	3.0 lental w	4.0 Fork, du: 80.9	2.7 ring 77.3	2013-2021		

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

Site-Added Quadratic Change<sup>†</sup> Change from **Health Risk Behavior and Percentages** Linear Change<sup>†</sup> 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government) 66.2 67.4 64.0 64.3 58.0 Decreased, Not available ¶ Decreased 2013-2021 QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey)

12.4

9.3

10.1

6.6

Decreased,

2018-2021

Decreased,

2018-2021

Not available

Not available

Decreased

Decreased

White\*

did not have money to get more (during the 12 months before the survey)

QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they

<sup>\*</sup>Non-Hispanic.

 $<sup>^{\</sup>dagger}$ 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.

Not enough years of data to calculate.

					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
N73:	Percei	ntage of	studen	ts who s	say defi	nitely y	es or pro	obably :	yes that	young p	people v	vho smo	oke hav	e more	friends			
											17.1	17.3	16.0	22.3	21.3	Increased, 2013-2021	Not available <sup>¶</sup>	No chang
N74:	Percei	ntage of	f studen	ts who s	say defi	nitely y	es or pro	obably :	yes that	smokin	g makes	s young	people	look co	ool or	-		
											10.7	11.5	8.7	13.9	11.6	Increased, 2013-2021	Not available	Decrease
									C		thair an	a havin	T One O	r two dr	inks	·		
			f studen age near			at or st	rongly d	lisappro	ve or so	meone	men ag	e navin	g one of	two ui	IIIKS			

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

JILC-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
_		_									l be wro	_	ery wro	ng for th	nem to			
											88.3	88.4	89.0	90.2	89.3	Increased, 2013-2021	Not available¶	No chang
					-				-									
											arming e, or liqu		ves (ph	ysically	or in			
													ves (ph 78.8	ysically 74.4	or in 72.0	No linear change	Not available	Decrease
QN78:	vays) if Percer	they ha	ve one	or two o	drinks o	f alcoho	ol nearly	every	day (be	er, wine	e, or liqu	71.6	78.8	74.4	72.0	No linear change	Not available	Decrease

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

Site-Added Quadratic Change<sup>†</sup> Change from **Health Risk Behavior and Percentages** Linear Change<sup>†</sup> 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them 88.3 90.7 90.6 91.4 88.9 No linear change Not available ¶ Decreased QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life 82.7 83.7 83.1 84.9 85.0 No change Increased. Not available 2013-2021

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

31.3 32.0 34.0 31.1 32.4 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

62.3 62.7 60.5 63.0 59.6 No linear change Not available Decreased

White\*

<sup>\*</sup>Non-Hispanic.

 $<sup>^{\</sup>dagger}$ 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.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

White\* Site-Added

**Health Risk Behavior and Percentages** 

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup> Change from

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021

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

0.6 0.5 0.6 No linear change

Not available<sup>¶</sup>

No change

\*Non-Hispanic.

 $<sup>^{\</sup>dagger}$ 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.

Not enough years of data to calculate.

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN6:	Percen	tage of	students	s who ra	rely or	never w	ore a bi	cycle h	elmet (a	mong s	tudents	who ha	d ridde	n a bicy	cle)			
											84.5	79.6	80.2	77.2	75.9	Decreased, 2013-2021	Not available¶	No change
	Percent sed roll					never w	ore a he	lmet w	hen roll	erbladir	ng or sk	ateboar	ding (ar	nong st	udents	<del> </del>		
wiio u	sed for	cibiades	s of rou	c a skaw	cooard)						85.1	79.1	79.7	79.1	76.3	Decreased, 2013-2021	Not available	No change
QN8:	Percen	tage of	students	s who di	id not a	lways w	ear a se	at belt (	when ri	ding in	a car dr	iven by	someo	ne else)				
											49.9	44.4	42.6	44.1	43.6	Decreased, 2013-2021	Not available	No change
						1.1			1 1		.111	(in a ac	)					
QN9:	Percen	tage of	stuaents	s who ev	ver rode	with a	driver w	ho had	been di	rinking a	aiconoi	(III a Ca	11)					

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

## **Maryland Middle School Survey Trend Analysis Report**

Rlack\*

Black Injury		iolence																
					Heal	th Risk	Behav	ior and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN10:	: Perce	ntage of	studen	ts who	were ev	er in a p	hysical	fight			:				:			
											71.7	65.3	70.1	64.4	63.6	Decreased, 2013-2021	Not available <sup>¶</sup>	No change
QN12:	: Perce	ntage of	studen	ts who	were ev	er bullie	ed on sc	hool pr	operty				-			-		
														36.5	35.6	No linear change	Not available	No change
		ntage of					ronicall	y bullie	d (coun	ting bei	ng bulli	ed throu	ıgh text	ing,				
														15.3	22.9	Increased, 2018-2021	Not available	Increased
QN14:	: Perce	ntage of	studen	ts who	ever ser	iously t	hought	about k	illing th	emselve	es				,	-		
											21.3	19.8	23.8	27.8	30.2	Increased, 2013-2021	Not available	Increased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

Black\* **Injury and Violence** Quadratic Change<sup>†</sup> Change from **Health Risk Behavior and Percentages** Linear Change<sup>†</sup> 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN15: Percentage of students who ever made a plan about how they would kill themselves 15.3 16.9 21.8 Increased, Not available<sup>¶</sup> Increased 2016-2021 QN16: Percentage of students who ever tried to kill themselves Not available 10.5 11.7 13.6 Increased Increased,

2016-2021

<sup>\*</sup>Non-Hispanic.

<sup>&</sup>lt;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.

Not enough years of data to calculate.

Tobac	co Use																	
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN17:	Percer	ntage of	student	ts who e	ever trie	d cigare	ette smo	king (e	ven one	or two	puffs)			:				
													9.8	6.9	5.9	Decreased, 2016-2021	Not available <sup>¶</sup>	No chang
N18: uffs)	Percer	ntage of	student	ts who t	ried cig	arette si	moking	for the	first tim	ne befor	e age 1	years	(even o	ne or tw	0			
													4.2	3.6	2.9	Decreased, 2016-2021	Not available	No chang
QN19: urvey		ntage of	student	ts who c	currently	y smoke	ed cigar	ettes (or	n at leas	t 1 day	during t	the 30 d	ays bef	ore the				
											3.8	2.5	0.9	0.9	1.2	Decreased, 2013-2021	Not available	No chang
NFR		Percenta le surve		udents v	who cur	rently s	moked o	cigarette	es frequ	ently (o	n 20 or	more d	ays duri	ing the 3	80			

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
	AYCIG:	Percer	itage of	student	s who c	urrently	smoke	d cigare	ettes dai	ly (on all	30 da	ys durir	ig the 3	0 days t	efore			
											0.4	0.2	0.1	0.1	0.0	Decreased, 2013-2021	Not available <sup>¶</sup>	No chang
QN21	: Percei	ntage of	student	ts who e	ever use	d an ele	ectronic	vapor p	roduct									
												18.8	20.4	19.2	16.8	Decreased, 2014-2021	Not available	Decrease
)N/2		e-hook	ahs, ho	okah pe	ns, and					luct (incl Suorin, '								
ens,	the 30											9.3	4.6	4.9	5.7	Decreased, 2014-2021	Not available	No chang
ens,																2014 2021		
pens, during	g the 30	Percenta				rently u	ısed ele	ctronic	vapor pr	roducts fr	equen	tly (on	20 or m	ore day	s	2014 2021		

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

Tobac	cco Use				Hook	th Diale	Dahari	on and	Damaan	toggg						Linear Change	Ovedvetic Change	Changa fuam
					неап	th Risk	Бепауі	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
	AYEVP: efore th			studen	ts who	currently	y used e	lectron	ic vapor	produc	cts daily	(on all	30 days	during	the 30	:		
												0.4	0.3	0.3	0.3	No linear change	Not available <sup>¶</sup>	No change
	35: Perc the 30					tly smo	ked ciga	arettes (	or used	electron	nic vapoi	produc 9.9	ets (on 4.3	at least	1 day 6.0	Decreased, 2014-2021	Not available	No change
dissolv		bacco p	roducts	[such a	s Coper	hagen,	Grizzly	, Skoal,			obacco, s s], not co				vapor			
													2.0	2.6	1.3	Decreased, 2016-2021	Not available	Decreased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

Black <sup>;</sup> Fobac	* co Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	_		
snus, c	or dissol	vable to		products	s [such	as Cope	nhagen	, Grizzl	y, Skoa	l, or Caı	ntly (cho mel Snu y)				dip,			
													0.2	0.1	0.1	No linear change	Not available¶	No change
or diss	olvable	tobacco		cts [suc]	h as Co	penhage	n, Griz	zly, Sko	oal, or C		y (chewinus], no							
													0.1	0.1	0.0	No linear change	Not available	No change
			f studen e survey		currentl	y smoke	ed cigar	s (cigar	s, cigari	llos, or	little cig	ars, on	at least	1 day o	during			
											5.5	4.6	2.7	2.1	2.1	Decreased, 2013-2021	Not available	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

Black <sup>a</sup> Tobac	* cco Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	_		
				ents who						s or used	d smoke	eless tol	pacco oi	electro	onic			
													5.2	6.6	6.8	Increased, 2016-2021	Not available¶	No change
				ents who		tly smo	ked ciga	arettes (	or cigars	s or used	d smoke	eless tol	pacco (c	n at lea	st 1			
day da	aring un	o so day	5 octor	e the su	ivey)								3.2	3.3	2.8	No linear change	Not available	No change
				tudents ays befo			smoked	cigars 1	frequent	tly (ciga	ars, ciga	rillos, o	or little c	cigars, c	on 20			
											0.8	0.4	0.1	0.1	0.1	Decreased, 2013-2021	Not available	No change
				f studen		currentl	y smok	ed ciga	rs daily	(cigars,	cigarill	os, or li	ttle ciga	ars, on a	all 30	,		
											0.6	0.3	0.1	0.1	0.0	Decreased, 2013-2021	Not available	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# **Maryland Middle School Survey Trend Analysis Report**

Black\* **Alcohol and Other Drug Use** 

					Healt	th Risk	Behavi	ior and	Percer	ntages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN25:	Percei	ntage of	student	ts who e	ever dra	nk alcol	hol (oth	er than	a few s	ips)	29.9	21.6	25.4	21.3	21.7	Decreased, 2013-2021	Not available¶	No change
QN26:	Percei	ntage of	student	ts who c	drank al	cohol fo	or the fi	rst time	before	age 11	years (o	ther tha	n a few	sips)				
											15.1	10.3	12.4	11.2	11.4	Decreased, 2013-2021	Not available	No change
QN27:	Percei	ntage of	student	ts who e	ever use	d marij	uana				12.4	10.6	9.6	9.3	6.7	Decreased, 2013-2021	Not available	Decreased
QN28:	Percei	ntage of	student	ts who t	ried ma	rijuana	for the	first tim	ne befor	re age 1	1 years 4.3	5.5	3.4	3.8	1.3	Decreased, 2013-2021	Not available	Decreased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
	: Percei ow a do														rently	1		
	ŕ												6.0	9.4	13.2	Increased, 2016-2021	Not available¶	Increased
N30	: Percei	ntage of	studen	ts who e	ever use	d cocai	ne (any	form of	cocain	e, includ	ding pov	vder, cı	ack, or	freebas	e)			
											4.4	4.2	5.1	2.4	2.3	Decreased, 2013-2021	Not available	No change
	: Percen				ever use	d inhala	ants (sni	ffed glu	ie, breat	hed the	content	s of spi	ray cans	s, or inh	aled			
											12.8	7.2	7.2	6.4	5.5	Decreased,	Not available	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN32:	Percer	ntage of	student	ts who e	ever had	l sexual	interco	urse				12.6	10.4	10.1	7.6	Decreased, 2014-2021	Not available¶	Decreased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN36:	Perce	ntage of	studen	ts who	lescribe	d thems	selves as	s slightl	y or ver	y overw	eight	:			:	:		
											24.0	21.9	24.8	23.4	28.2	Increased, 2013-2021	Not available <sup>¶</sup>	Increase
QN37:	Perce	ntage of	studen	ts who v	were try	ing to l	ose weig	ght		-							-	
											45.2	42.5	44.3	43.7	44.7	No linear change	Not available	No chang
QN38:	Perce	ntage of	studen	ts who d	did not	eat brea	kfast (dı	uring th	e 7 days	s before	the sur	vey)						
											12.4	11.0	12.9	13.0	17.7	Increased, 2013-2021	Not available	Increase
QNBK	7DAY	Perce	ntage of	f studen	ts who a	ate brea	kfast on	all 7 da	ays (dur	ing the 7	days l	before t	he surve	ey)				
											40.6	46.4	40.6	40.6	30.4	Decreased, 2013-2021	Not available	Decrease

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
of phy		tivity th				ysically t rate an												
											43.4	45.2	41.8	42.0	38.1	Decreased, 2013-2021	Not available¶	Decreased
day (iı	n any ki	nd of pl		activity	that inc	did not preased t										_		
											17.2	18.1	19.4	21.8	22.2	Increased, 2013-2021	Not available	No change
kind o		al activ				were phy heart ra												
											25.6	28.4	26.6	26.1	22.2	Decreased, 2013-2021	Not available	Decreased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

Physic	al Acti	vity																
					Heal	th Risk	Behavi	ior and	Percen	itages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
		ntage of re in sc		ts who a	attended	l physic	al educa	ation (P	E) class	ses on 1	or more	days (	in an av	erage w	eek			
											78.2	77.6	75.1	78.4	68.1	Decreased, 2013-2021	Not available¶	Decreased
									_									
		Percentare in scl		tudents	who att	ended p	hysical	educati	on (PE)	) classes	s on all	5 days (	in an av	erage w	eek			
				tudents	who att	ended p	hysical	educati	on (PE)	) classe:	s on all :	5 days ( 23.7	in an av 17.6	erage w	zeek 28.4	Increased, 2013-2021	Not available	No change
when to	Perce	re in sci	hool) f studen		played o	on at lea	st one s	ports te				23.7	17.6	25.2	28.4	,	Not available	No change
when to	Perce	re in sci	hool) f studen	ts who j	played o	on at lea	st one s	ports te			16.3	23.7	17.6 y their s	25.2	28.4	,	Not available  Not available	No change
QN42 comm	Percenunity gr	ntage of	f studen uring th	ts who jue past 1	played (2 month	on at lea	st one s	ports te	am (cou	unting a	16.3	23.7 s run by 57.3	17.6 y their s 57.6	25.2 chool o	28.4 r 45.8	Decreased,		

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

Other					Healt	h Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN45:	Percer	ntage of	student	s who g	ot 8 or	more h	ours of s	sleep (o	n an avo	erage scl	hool nig	ght)						
QN45:	Percer	ntage of	student	s who g	got 8 or	more h	ours of s	sleep (o	on an ave	erage scl	hool nig	ght) 52.5	48.1	49.0	39.1	Decreased, 2013-2021	Not available <sup>¶</sup>	Decreased
)N46:		ntage of			,					erage scl	46.6	52.5				,	Not available¶	Decreased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

Black* Site-Ac																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN47: driving			studen	ts who l	nave ev	er ridde	n in a ca	ar drivei	n by sor	neone v	who was	s texting	g while	they we	re			
												51.0	57.4	48.7	54.4	No linear change	Not available¶	Increased
purpos	e (coun	ting suc	ch thing	s as bei	ng hit, s		l into so							hurt the n, among				
														10.3	12.0	No linear change	Not available	No change
						or hope				for >=2	2 weeks	in a row	v so tha	t they st	opped			
											25.9	23.0	26.2	28.0	39.6	Increased, 2013-2021	Not available	Increased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

Black* Site-A																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
									arettes b									
														2.6	15.0	No linear change	Not available¶	No change
	Percer								n cigare	ettes bec	cause of	their ag	ge (amo	ong stud	ents			
											21.7	18.9	28.5	41.0	37.4	Increased, 2013-2021	Not available	No change
	Percer et (amor								other th	an toba	cco flav	or with	an elec	etronic v	vapor			
													87.2	94.3	92.4	No linear change	Not available	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# **Maryland Middle School Survey Trend Analysis Report**

					Healt	h Risk	Behavio	or and	Percent	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN54: them	Percer	ntage of	student	s who u	sed elec	etronic v	vapor pr	oducts	mainly	because	a frien	d or fan	nily me	mber us	ed	:		
									•				,					
									·				j	4.7	4.0	No linear change	Not available¶	No chang
	Percer	ntage of	student	s who t	hink the	y defini	itely or p	orobabl			ectronic			4.7	4.0	No linear change	Not available¶	No chang

4.3 3.9 2.3 0.9

0.9

Decreased,

2013-2021

No change

Not available

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

 $<sup>^{\</sup>S}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN57 survey		ntage of	student	ts who t	ried or	used tol	oacco pr	oducts	for the	first tim	e (durin	g the 12	2 month	s before	e the			
												5.6	4.9	1.2	2.0	Decreased, 2014-2021	Not available¶	Increased
						tely quit							nths be	fore the				
											53.3	56.8	74.3	40.0	37.5	Decreased, 2013-2021	Not available	No change
QN59	: Percei	ntage of	student	ts who l	ive with	h someo	ne who	now sr	nokes c	igarette	s or ciga	ars						
											41.2	38.4	34.5	31.5	28.2	Decreased,	Not available	Decreased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

Black\* Site-Added Quadratic Change<sup>†</sup> Change from **Health Risk Behavior and Percentages** Linear Change<sup>†</sup> 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN60: 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) 76.7 78.3 75.7 No linear change Not available ¶ Decreased QN61: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey) 18.7 16.2 16.6 No linear change Not available No change QN62: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) 13.3 8.9 9.9 8.3 7.6 Decreased. Not available No change 2013-2021 QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) 10.4 9.1 7.0 6.8 4.6 Decreased, Not available Decreased

2013-2021

<sup>\*</sup>Non-Hispanic.

 $<sup>^{\</sup>dagger}$ 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.

Not enough years of data to calculate.

Black* Site-A																		
					Heal	th Risk	Behav	ior and	Percen	ntages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN64:	Perce	ntage o	f studen	ts who l	have ev	er taken	steroid	pills o	r shots v	without a	a doctor	's presc	ription			,		
											4.3	2.8	2.4	2.2	1.4	Decreased, 2013-2021	Not available¶	Decreased
		ntage of		ts who	were of	fered, so	old, or g	given an	illegal	drug on	school	propert	y (durii	ng the 12	2		-	
monuns	, belore	the sur	(vey)								8.0	6.2	4.7	5.2	3.7	Decreased, 2013-2021	Not available	Decreased
			f studen the sur		saw a de	entist (fo	or a che	ck-up,	exam, to	eeth clea	aning, o	r other o	dental v	vork, du	ring			
													64.7	62.6	61.4	No linear change	Not available	No change
QN69: school		ntage of	f studen	ts who	were tai	ıght in t	heir cla	sses abo	out the o	dangers	of toba	cco use	(during	the last	t			
											76.8	74.1	68.4	68.6	56.3	Decreased, 2013-2021	Not available	Decreased
		:													:	2013-2021		

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

Black <sup>*</sup> Site-A																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
	Percei or stude				participa	ate in ex	tracurri	cular ac	ctivities	at scho	ol (such	as spoi	rts, band	l, drama	1,			
											59.0	62.0	59.3	55.9	50.8	Decreased, 2013-2021	Not available¶	Decreased
							eir famil during tl						at their 1	ood mo	oney			
														25.7	19.7	Decreased, 2018-2021	Not available	Decreased
							ten or so			ood thei	r family	/ bough	t did no	last an	d they			
														23.1	17.4	Decreased, 2018-2021	Not available	Decreased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change fron
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
N73	Percei	ntage of	studen	ts who s	say defi	nitely y	es or pro	obably :	yes that	young p	people v	vho sm	oke hav	e more	friends			
											45.5	40.1	40.4	38.4	39.9	Decreased, 2013-2021	Not available <sup>¶</sup>	No chang
N74 t in	Percei	ntage of	studen	ts who s	say defi	nitely y	es or pro	obably :	yes that	smoking	g make	s young	people	look co	ool or	·		
											28.5	24.8	21.7	19.7	18.1	Decreased, 2013-2021	Not available	No chang
	Percei					nat or sti	rongly d	lisappro	ove of so	omeone	their ag	e havin	g one or	two dr	rinks			
	lcoholi	c bevera	age near	Ty CVCI.	y uay													

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

Black <sup>a</sup> Site-A																		
					Heal	th Risk	Behavi	ior and	Percer	ntages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
							eir parei e a mor					ong or v	ery wro	ng for tl	nem to			
											86.1	88.0	88.9	88.4	89.2	Increased, 2013-2021	Not available¶	No change
							e at mod ol nearly					themse uor)	lves (ph	ysically	or in			
											61.8	63.4	74.3	68.8	71.0	Increased, 2013-2021	Not available	No change
												themse		ysically	and	_		
											67.1	67.1	76.4	72.7	76.3	Increased, 2013-2021	Not available	Increased

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ 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.

Black* Site-Add	led																	
					Heal	th Risk	Behav	ior and	Percen	itages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
1991 19	993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN83: Po	ercen	tage of	studen	ts who l	nave an	adult o	utside o	of school	l they ca	an talk to	o about	things	hat are	importa	int to			
											82.0	82.8	83.0	80.9	79.4	Decreased, 2013-2021	Not available <sup>¶</sup>	No change
QN84: Po								e seekin	g help f	rom one	or mor	e adults	beside	s their p	parents			
											79.0	80.3	78.4	79.6	79.5	No linear change	Not available	No change
QN85: Po						o a teacl	her or o	ther adu	ılt in the	eir schoo	ol about	a perso	nal pro	blem the	ey had	-		
											33.1	33.3	35.5	32.7	30.5	Decreased, 2013-2021	Not available	No change
QN86: Policy				ts who s	strongly	agree o	or agree	that the	eir teach	ners real	ly care a	about th	em and	give th	em a			
											58.1	60.0	56.6	55.4	54.0	Decreased, 2013-2021	Not available	No change

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

Black\* Site-Added

**Health Risk Behavior and Percentages** 

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup> Change from

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021

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

1.9 2.1 1.6 No linear change

Not available ¶

No change

\*Non-Hispanic.

<sup>&</sup>lt;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.

Not enough years of data to calculate.

Hispa Injury		iolence	:															
					Heal	th Risk	Behavi	or and	Percen	ıtages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	_		
QN6:	Percent	tage of	students	s who ra	arely or	never w	ore a bi	cycle h	elmet (a	among s	students	who ha	ıd ridde	n a bicy	cle)			
											79.3	63.4	74.9	67.7	70.4	No linear change	Not available§	No change
					arely or eboard)		ore a he	elmet w	hen roll	lerbladi	ng or sk	ateboar	rding (ar	nong st 69.4	72.8	No linear change	Not available	No change
QN8:	Percent	tage of	students	s who d	id not a	lways w	ear a se	at belt (	when ri	iding in	a car dı	riven by	someo	ne else)				
											53.5	41.2	42.5	41.1	44.4	Decreased, 2013-2021	Not available	No change
QN9:	Percen	tage of	students	s who e	ver rode	with a	driver w	ho had	been di	rinking	alcohol	(in a ca	ur)					
											26.2	17.5	22.7	18.3	19.6	Decreased, 2013-2021	Not available	No change

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic **Injury and Violence Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN10: Percentage of students who were ever in a physical fight 56.6 46.1 41.5 Not available§ 46.6 50.3 Decreased. Decreased 2013-2021 QN12: Percentage of students who were ever bullied on school property 36.4 No linear change Not available No change QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media) 16.9 26.4 Increased. Not available Increased 2018-2021 QN14: Percentage of students who ever seriously thought about killing themselves 24.4 21.4 24.5 26.0 30.2 Not available Increased, Increased 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic **Injury and Violence** Linear Change\* **Quadratic Change\*** Change from **Health Risk Behavior and Percentages** 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN15: Percentage of students who ever made a plan about how they would kill themselves 18.1 15.8 23.8 Not available§ Increased, Increased 2016-2021 QN16: Percentage of students who ever tried to kill themselves 13.0 12.2 14.4 No linear change Not available No change

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

# Maryland Middle School Survey Trend Analysis Report

Hispanic Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs) 11.4 8.9 7.3 Not available§ No change Decreased. 2016-2021 QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs) 5.2 4.1 2.2 Decreased, Not available Decreased 2016-2021 QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) 6.8 3.6 2.8 1.7 2.1 Decreased, Not available No change 2013-2021 QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) 1.3 0.7 0.5 0.3 0.3 Decreased, Not available No change 2013-2021

<sup>\*</sup>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.

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

Hispa Tobac	nic co Use																	
					Heal	th Risk	Behavi	or and	Percen	itages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QNDA the sur		Percei	ntage of	student	ts who c	currently	smoke	d cigare	ettes dai	ily (on al	1 30 da	ıys duri	ng the 3	30 days	oefore			
											1.1	0.4	0.5	0.2	0.2	No linear change	Not available§	No change
QN21	Perce	ntage of	f studen	ts who	ever use	ed an ele	ectronic	vapor p	roduct	· · · · · ·								
												19.8	23.7	23.6	18.0	Decreased, 2014-2021	Not available	Decreased
pens,	e-cigars	, e-hool	cahs, ho		ens, and					duct (inc , Suorin,								
												10.0	8.6	7.6	7.4	Decreased, 2014-2021	Not available	No change
				tudents survey		rrently u	ised ele	ctronic	vapor p	roducts 1	frequer	ntly (on	20 or n	nore day	s			
												1.4	1.1	1.0	0.6	Decreased, 2014-2021	Not available	No change

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic **Tobacco Use Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) Not available§ 1.0 1.0 0.9 0.5 Decreased. No change 2014-2021 QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) 10.5 8.3 7.9 7.2 Decreased, Not available No change 2014-2021 QN23: 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) 3.0 2.6 1.8 Decreased. Not available No change 2016-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey) 0.7 0.6 No linear change Not available§ No change QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey) 0.6 0.5 0.3 Decreased. Not available No change 2016-2021 QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) 6.8 4.3 4.5 2.6 2.3 Decreased. Not available No change 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) 9.2 8.9 No linear change Not available§ No change QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) 5.0 3.6 3.3 No linear change Not available No change QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey) 1.4 0.5 0.6 0.5 No linear change Not available No change QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey) 1.4 0.4 0.2 0.4 0.4 Decreased. Not available No change 2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic **Alcohol and Other Drug Use Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN25: Percentage of students who ever drank alcohol (other than a few sips) 34.3 21.4 27.1 22.8 23.0 Not available§ No change Decreased. 2013-2021 QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) 17.4 11.1 14.4 11.9 12.2 Decreased, Not available No change 2013-2021 QN27: Percentage of students who ever used marijuana 12.5 9.4 10.2 7.1 5.9 Decreased, Not available No change 2013-2021 QN28: Percentage of students who tried marijuana for the first time before age 11 years Not available 4.0 6.1 3.2 3.1 1.7 Decreased. Decreased 2013-2021

<sup>\*</sup>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.

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

Hispai Alcoh		Other I	Orug Us	se														
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
	ow a do										a doctor xycontir				rently			
	ŕ												7.5	8.9	15.7	Increased, 2016-2021	Not available§	Increased
QN30:	Perce	ntage of	studen	ts who e	ever use	ed cocai	ne (any	form of	cocain	e, inclu	ding pov	vder, cr	ack, or	freebas	se)	-		
											6.4	5.4	7.3	3.1	3.1	Decreased, 2013-2021	Not available	No change
			studen o get hi		ever use	ed inhala	ants (sni	iffed glu	ie, brea	thed the	content	s of spr	ay cans	, or inh	aled			
											17.0	9.0	10.4	6.0	7.1	Decreased, 2013-2021	Not available	No change

<sup>\*</sup>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.

Hispan Sexual	nic I Behav	iors																
					Heal	th Risk	Behav	ior and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021			
QN32:	Percei	ntage of	studen	ts who e	ever had	l sexual	interco	urse				8.9	8.6	6.1	5.7	Decreased, 2014-2021	Not available <sup>§</sup>	No change

<sup>\*</sup>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.

Weight Management and Dietary Behaviors  Health Risk Behavior and Percentages														Linear Change*	Quadratic Change <sup>*</sup>	Change from 2018-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	•		
QN36:	Percei	ntage of	studen	ts who	describe	d them:	selves a	s slightl	y or ver	y overv	veight							
											30.9	28.7	32.3	30.3	34.7	Increased, 2013-2021	Not available <sup>§</sup>	Increased
QN37:	Percei	ntage of	studen	ts who	were try	ing to l	ose wei	ght								<del>-</del>		
											53.8	50.3	52.5	50.0	56.7	Increased, 2013-2021	Not available	Increased
QN38:	Percei	ntage of	studen	ts who	did not	eat brea	kfast (d	uring th	e 7 days	s before	the sur	vey)						
											14.6	12.1	15.0	15.0	21.8	Increased, 2013-2021	Not available	Increased
QNBK	7DAY	: Perce	ntage of	f studen	ts who	ate brea	kfast on	all 7 da	ays (dur	ing the	7 days	before t	he surve	ey)	-	-	_	
											40.7	48.3	39.5	41.4	33.0	Decreased, 2013-2021	Not available	Decreased

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic **Physical Activity Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 46.8 49.1 41.6 41.2 35.9 Decreased, Not available§ Decreased 2013-2021 QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 14.0 14.6 19.8 20.3 22.0 Increased, Not available No change 2013-2021 QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 25.2 28.8 23.5 22.6 20.1 Decreased, Not available No change

2013-2021

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic **Physical Activity Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) 84.3 81.4 76.6 80.2 70.6 Decreased. Not available§ Decreased 2013-2021 QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) 24.8 39.3 34.5 38.9 34.7 No linear change Not available No change QN42: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey) 56.4 50.7 46.2 42.2 Decreased. Not available Decreased 2014-2021 QN43: 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) 23.1 19.8 22.3 No linear change Not available No change

<sup>\*</sup>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.

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

## **Maryland Middle School Survey Trend Analysis Report**

	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2018-2021 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	•		
N45:	Percer	ntage of	student	s who g	ot 8 or	more ho	ours of	sleep (o	n an av	erage sch	nool nig	ght)						
)N45:	Percer	ntage of	student	s who g	got 8 or	more ho	ours of	sleep (o	n an av	· ·		, ,	53.5	57.2	44.4	Decreased, 2013-2021	Not available <sup>§</sup>	Decreased
)N46:		ntage of						• `		· ·	49.2	57.2				,	Not available <sup>§</sup>	Decreased

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN47: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car 47.8 55.0 43.1 47.9 No linear change Not available§ Increased QN48: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who have ever dated or gone out with someone) 10.7 10.5 No linear change Not available No change QN49: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) 33.0 27.5 35.1 33.3 44.4 Increased, Not available Increased 2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 1991 1993 1995 1997 1999 QN50: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey) 13.5 No linear change Not available§ No change QN52: Percentage of students who had someone refuse to sell them cigarettes because of their age (among students who tried to buy cigarettes during the 30 days before the survey) 23.5 23.7 25.6 36.0 26.8 No linear change Not available No change

92.0

95.0 95.3 No linear change

Not available

No change

product (among students who have ever used an electronic vapor product)

QN53: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Health Risk Behavior and Percentages

Health Risk Behavior and Percentages

Linear Change\*
Quadratic Change\*
Change from 2018-2021†

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021

QN54: Percentage of students who used electronic vapor products mainly because a friend or family member used them

QN55: Percentage of students who think they definitely or probably will use an electronic vapor product in the next

5.2

15.6 13.0

1.2

1.6

Decreased,

2018-2021

Decreased,

2013-2021

Not available

Not available

Decreased

No change

QN56: 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)

Hispanic

year

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

## **Maryland Middle School Survey Trend Analysis Report**

			Health Risk Behavior and Percentages														Quadratic Change*	Change from 2018-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	•		
QN57 survey		ntage of	studen	ts who t	ried or	used tol	pacco pr	oducts	for the f	first tim	e (durin	g the 12	2 month	s before	e the			
												5.3	4.8	2.7	2.1	Decreased, 2014-2021	Not available§	No change
											uring the		nths bef	Fore the			-	
											53.4	55.0	62.9	37.3	32.3	Decreased, 2013-2021	Not available	No change
		ntogo of	student	ts who l	ive with	h someo	ne who	now sr	nokes ci	garette	s or ciga	ırs			-			
QN59	Percei	mage of	studen		1110 11111					0								

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN60: 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) 85.8 84.5 No linear change Not available§ No change QN61: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey) 13.5 11.4 12.3 No linear change Not available No change QN62: 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) 16.3 9.2 11.5 9.4 8.9 Decreased, Not available No change 2013-2021 QN63: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) 11.8 7.1 8.5 5.5 4.7 Decreased. Not available No change 2013-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

## **Maryland Middle School Survey Trend Analysis Report**

Hispanic

	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2018-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	-		
QN64	Percei	ntage of	f studen	ts who l	nave eve	er taken	steroid	pills or	shots w	ithout a	doctor	s presci	ription					
											5.6	4.0	3.3	3.3	2.6	Decreased, 2013-2021	Not available§	No change
	Percer s before			ts who	were off	ered, so	old, or g	iven an	illegal	drug on	school	property	y (durin	g the 12	2			
				ts who	were off	ered, so	old, or g	iven an	illegal o	drug on	school	property 7.3	y (durin	g the 12	5.5	Decreased, 2013-2021	Not available	No change
nonth QN66	s before	the sur	rvey) f studen	ts who				,		drug on	12.0	7.3	8.3	5.4	5.5	,	Not available	No change
nonth QN66	Percei	the sur	rvey) f studen	ts who				,			12.0	7.3	8.3	5.4	5.5	,	Not available  Not available	No change
QN66 he 12	Percer months	ntage of before	f studen the sur	ts who s	saw a de	entist (fo	or a che	ck-up, o	exam, te		12.0	7.3	8.3 lental w 61.8	5.4 Fork, du: 65.3	5.5 ring 63.2	2013-2021		

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 1991 1993 1995 1997 1999 QN70: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government) Not available§ 54.2 57.4 51.6 50.8 37.8 Decreased. Decreased 2013-2021 QN71: Percentage of students who reported that their family was often or sometimes worried that their food money would run out before they got money to buy more (during the 12 months before the survey) 27.0 25.9 No linear change Not available No change

21.2 18.8

Decreased.

2018-2021

did not have money to get more (during the 12 months before the survey)

QN72: Percentage of students who reported that often or sometimes the food their family bought did not last and they

Decreased

Not available

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN73: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends 40.0 32.8 36.4 35.5 37.2 No linear change Not available§ No change QN74: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in 22.0 18.1 19.3 16.6 13.8 Decreased, Not available Decreased 2013-2021 QN75: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day 70.4 74.3 73.5 Increased. Not available No change 2016-2021

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

## **Maryland Middle School Survey Trend Analysis Report**

	-Added  Health Risk Behavior and Percentages											Linear Change*	Quadratic Change <sup>*</sup>	Change from 2018-2021 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	2021	•		
							eir parer ce a mon						ery wro	ng for th	nem to			
											84.5	87.7	86.2	89.4	88.4	Increased, 2013-2021	Not available§	No change
							e at mod ol nearly						lves (ph	ysically	or in	-		
											59.4	66.2	71.6	67.3	68.2	Increased, 2013-2021	Not available	No change
							e at mod							ysically	and	<del>.</del>		
											68.5	70.5	73.7	71.0	73.9	Increased.	Not available	No change

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2018-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021 QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them 77.2 80.3 77.0 79.4 74.7 Decreased. Not available§ Decreased 2013-2021 QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life 75.0 77.5 72.0 77.4 75.4 No linear change Not available No change QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey) 32.3 30.7 32.4 30.7 29.5 No linear change Not available No change QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement 54.8 59.3 53.4 57.4 51.9 No linear change Not available Decreased

<sup>\*</sup>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.

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

# Maryland Middle School Survey Trend Analysis Report

Hispanic Site-Added

**Health Risk Behavior and Percentages** 

Linear Change\*

**Quadratic Change**\* Change from

hange from 2018-2021 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 2021

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

1.3 0.8 1.6 No linear change

Not available§

Increased

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.