Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)												79.0	73.1	77.2	77.8	No linear change	Not available§	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)												77.4	75.4	74.4	72.2	No linear change	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)												4.9	3.7	3.7	6.2	No linear change	Not available	Increased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)												24.2	20.8	26.1	18.3	No linear change	Not available§	Decreased
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)												34.2	33.0	38.9	29.2	No linear change	Not available	Decreased
QN11: Percentage of students who were ever in a physical fight												48.5	43.0	47.6	41.3	No linear change	Not available	Decreased
QN14: Percentage of students who ever seriously thought about killing themselves												14.2	16.1	19.0	19.8	Increased, 2013-2018	Not available	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves														13.3	13.0	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN16: Percentage of students who ever tried to kill themselves																	
													8.4	7.8	No linear change	Not available§	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)														11.2	8.9	No linear change	Not available§	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)														5.1	5.1	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)												4.7	3.9	2.0	1.8	Decreased, 2013-2018	Not available	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)												0.6	0.6	0.3	0.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)											0.3	0.3	0.1	0.1	No linear change	Not available§	No change
QN21: Percentage of students who ever used an electronic vapor product												15.5	23.7	23.4	Increased, 2014-2018	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)												8.8	6.3	10.0	No linear change	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)												0.6	0.5	1.5	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													0.5	0.1	1.2	No linear change	Not available§	Increased
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)														2.0	2.3	No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)												2.8	3.4	1.9	2.2	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN26: Percentage of students who ever drank alcohol (other than a few sips)												26.8	21.7	25.4	22.5	No linear change	Not available§	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)												10.7	10.0	11.8	8.7	No linear change	Not available	Decreased
QN28: Percentage of students who ever used marijuana												9.7	7.6	5.9	7.8	No linear change	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years												2.0	3.3	1.2	3.1	No linear change	Not available	Increased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)														3.1	7.2	Increased, 2016-2018	Not available§	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)												1.6	2.9	3.3	2.1	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)												6.1	4.9	7.0	5.7	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)												1.0	1.3	2.2	1.7	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Sexual Behaviors

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN34: Percentage of students who ever had sexual intercourse													8.9	7.9	7.9	No linear change	Not available§	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years													3.2	2.7	2.8	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons													3.4	1.9	1.2	Decreased, 2014-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN38: Percentage of students who described themselves as slightly or very overweight												29.7	27.5	26.7	26.5	No linear change	Not available§	No change
QN39: Percentage of students who were trying to lose weight												52.0	45.8	45.7	46.8	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												10.5	6.3	7.6	10.2	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)												48.7	53.3	51.9	40.9	Decreased, 2013-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total Physical Activity

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												61.0	57.7	58.6	50.5	Decreased, 2013-2018	Not available§	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												6.8	7.0	8.5	11.7	Increased, 2013-2018	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												35.2	31.5	37.4	29.2	No linear change	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)											36.5	32.6	28.1	24.8	Decreased, 2013-2018	Not available§	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)											37.8	34.7	38.6	44.0	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)											98.4	96.0	96.2	87.4	Decreased, 2013-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)											24.2	16.8	6.4	13.3	Decreased, 2013-2018	Not available§	Increased
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)												65.4	66.1	58.8	Decreased, 2014-2018	Not available	Decreased
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)													19.4	18.2	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Other

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma												24.3	22.5	25.0	21.5	No linear change	Not available§	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)												58.8	64.3	53.5	50.8	Decreased, 2013-2018	Not available	No change
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)													89.2	86.1	84.5	Decreased, 2014-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car													65.4	70.8	56.4	Decreased, 2014-2018	Not available§	Decreased
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)												22.0	22.0	25.8	24.3	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)												2.5	3.2	1.8	2.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN59: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)														96.2	97.5	No linear change	Not available§	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year														8.6	6.7	No linear change	Not available	No change
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)												2.6	3.7	2.1	2.2	No linear change	Not available	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)													5.7	4.1	2.5	Decreased, 2014-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN65: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)												40.9	49.9	58.5	32.1	No linear change	Not available§	Decreased
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars												48.5	44.3	44.9	41.5	Decreased, 2013-2018	Not available	No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)														78.0	79.7	No linear change	Not available	No change
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)														26.3	23.0	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)												12.3	11.4	10.8	9.4	No linear change	Not available§	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)												7.8	6.0	4.5	5.4	No linear change	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)												4.1	5.6	2.3	4.1	No linear change	Not available	No change
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)														68.0	69.8	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)												87.8	82.2	78.9	77.2	Decreased, 2013-2018	Not available§	No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)												68.0	59.7	62.5	55.3	Decreased, 2013-2018	Not available	Decreased
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends												26.0	23.4	24.1	30.1	Increased, 2013-2018	Not available	Increased
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in												14.7	11.0	14.4	14.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day														78.5	78.2	No linear change	Not available§	No change
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month												90.4	86.6	87.9	89.7	No linear change	Not available	No change
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day												70.6	68.2	76.4	70.1	No linear change	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week												79.7	71.3	80.0	73.3	No linear change	Not available§	Decreased
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them												90.0	88.0	85.8	82.7	Decreased, 2013-2018	Not available	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life												83.8	82.4	79.1	75.5	Decreased, 2013-2018	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)												32.4	33.2	34.9	29.9	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement											69.4	65.2	64.4	59.6	Decreased, 2013-2018	Not available§	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)												82.3	76.9	81.7	80.2	No linear change	Not available§	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)												78.5	77.2	75.2	77.2	No linear change	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)												6.1	4.2	3.5	9.1	No linear change	Not available	Increased
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)												22.9	20.0	22.5	15.3	Decreased, 2013-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)												48.7	46.4	51.9	40.2	No linear change	Not available§	Decreased
QN11: Percentage of students who were ever in a physical fight												62.4	55.8	60.3	54.1	No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves												7.9	10.5	14.1	16.7	Increased, 2013-2018	Not available	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves														8.5	12.1	No linear change	Not available	No change
QN16: Percentage of students who ever tried to kill themselves														6.3	7.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)														13.0	10.0	No linear change	Not available§	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)														5.6	6.2	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)												3.9	4.4	2.8	2.8	No linear change	Not available	No change
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	0.6	0.2	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)												0.4	0.4	0.3	0.2	No linear change	Not available§	No change
QN21: Percentage of students who ever used an electronic vapor product													17.8	26.4	25.5	Increased, 2014-2018	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)													9.1	7.5	11.6	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													0.8	0.5	1.8	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													0.8	0.0	1.2	Not available	Not available§	Not available
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)														2.7	2.3	No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)												3.5	4.1	2.4	2.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN26: Percentage of students who ever drank alcohol (other than a few sips)												27.3	24.4	24.9	22.2	No linear change	Not available§	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)												12.8	14.4	12.4	9.9	No linear change	Not available	No change
QN28: Percentage of students who ever used marijuana												11.3	7.8	6.3	8.6	No linear change	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years												2.9	3.8	1.2	3.6	No linear change	Not available	Increased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)														2.3	6.4	Increased, 2016-2018	Not available§	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)												2.4	3.3	3.7	1.9	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)												6.4	4.0	6.3	4.0	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)												1.2	0.8	3.2	1.7	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN34: Percentage of students who ever had sexual intercourse													12.9	8.8	9.8	No linear change	Not available§	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years													5.7	2.6	4.2	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons													5.4	2.9	2.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38: Percentage of students who described themselves as slightly or very overweight											28.2	23.3	23.2	25.6	No linear change	Not available§	No change
QN39: Percentage of students who were trying to lose weight											42.4	41.5	38.9	41.1	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)											7.5	4.2	3.3	8.7	No linear change	Not available	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)											57.0	58.3	63.3	45.1	Decreased, 2013-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												68.5	60.8	64.3	51.2	Decreased, 2013-2018	Not available§	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												6.3	6.3	8.9	13.9	Increased, 2013-2018	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												44.8	37.1	46.9	32.5	No linear change	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)											37.3	32.3	28.9	25.7	Decreased, 2013-2018	Not available§	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)											41.0	33.9	39.3	46.9	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)											97.5	95.4	95.9	87.1	Decreased, 2013-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)											23.0	14.9	6.7	13.3	Decreased, 2013-2018	Not available§	Increased
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)												68.2	68.7	58.8	Decreased, 2014-2018	Not available	Decreased
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)													20.1	18.9	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Other

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma												25.7	23.2	28.8	22.9	No linear change	Not available§	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)												56.9	64.2	54.0	48.4	Decreased, 2013-2018	Not available	No change
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)													84.9	81.9	80.9	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car													62.8	66.6	52.6	Decreased, 2014-2018	Not available§	Decreased
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)												12.5	14.8	19.1	18.8	Increased, 2013-2018	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)												2.0	4.3	2.4	2.8	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN59: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)														95.1	95.8	No linear change	Not available§	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year														10.3	7.8	No linear change	Not available	No change
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)												3.0	5.2	3.0	2.3	No linear change	Not available	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)													6.6	4.5	2.1	Decreased, 2014-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars												48.3	44.2	42.9	41.8	Decreased, 2013-2018	Not available§	No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)														79.5	81.1	No linear change	Not available	No change
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)														24.9	20.3	No linear change	Not available	No change
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)												11.5	10.7	9.6	8.2	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)												7.9	6.9	5.1	5.8	No linear change	Not available§	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)												4.0	6.4	2.7	5.2	No linear change	Not available	No change
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)														68.0	67.0	No linear change	Not available	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)												86.2	83.3	79.8	77.5	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)												63.5	58.3	61.2	48.4	Decreased, 2013-2018	Not available§	Decreased
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends												27.2	21.0	24.0	30.3	No linear change	Not available	No change
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in												16.4	10.1	15.6	13.5	No linear change	Not available	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day														74.8	76.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month												89.4	86.1	86.4	90.0	No linear change	Not available§	No change
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day												67.6	65.0	72.0	66.5	No linear change	Not available	No change
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week												79.3	70.0	74.9	68.4	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them												91.6	89.6	85.9	82.1	Decreased, 2013-2018	Not available§	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life												84.3	82.3	79.2	77.0	Decreased, 2013-2018	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)												27.5	30.6	30.4	24.5	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												68.4	64.5	66.2	59.7	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)												75.6	69.1	71.9	75.1	No linear change	Not available§	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)												75.9	73.2	73.6	65.9	No linear change	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)												3.7	3.2	3.7	2.9	No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)												25.5	21.4	30.2	21.4	No linear change	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)												19.5	19.4	25.3	17.4	No linear change	Not available§	Decreased
QN11: Percentage of students who were ever in a physical fight												34.4	30.0	34.0	27.8	No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves												20.7	21.9	24.1	22.8	No linear change	Not available	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves														18.3	13.5	No linear change	Not available	No change
QN16: Percentage of students who ever tried to kill themselves														10.3	7.8	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)														9.4	7.6	No linear change	Not available§	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)														4.7	3.9	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)												5.6	3.0	1.3	0.8	Decreased, 2013-2018	Not available	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)												0.5	0.7	0.0	0.0	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)												0.3	0.2	0.0	0.0	Not available	Not available§	Not available
QN21: Percentage of students who ever used an electronic vapor product													13.0	20.6	20.6	Increased, 2014-2018	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)													8.6	4.9	8.5	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													0.4	0.3	1.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													0.2	0.0	1.3	Not available	Not available§	Not available
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)														1.2	2.4	No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)												2.1	2.1	1.1	2.2	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN26: Percentage of students who ever drank alcohol (other than a few sips)												26.2	18.8	26.1	22.3	No linear change	Not available§	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)												8.5	5.9	11.3	7.6	No linear change	Not available	No change
QN28: Percentage of students who ever used marijuana												8.0	7.3	5.5	6.7	No linear change	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years												1.0	2.9	1.0	2.8	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)														3.9	7.5	Increased, 2016-2018	Not available§	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)												0.8	2.4	2.8	1.7	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)												5.8	5.8	7.9	6.7	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)												0.9	1.8	1.1	1.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN34: Percentage of students who ever had sexual intercourse													4.8	7.1	5.4	No linear change	Not available§	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years													0.9	2.7	1.5	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons													1.3	0.9	0.4	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38: Percentage of students who described themselves as slightly or very overweight																	
											31.4	31.8	30.5	28.0	No linear change	Not available§	No change
QN39: Percentage of students who were trying to lose weight																	
											61.8	50.1	53.0	52.2	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
											13.5	8.6	11.9	11.5	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
											40.3	48.3	40.6	36.5	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												53.5	54.5	53.1	50.1	No linear change	Not available§	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												7.3	7.7	7.9	9.0	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												25.7	26.2	27.7	25.9	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)												35.8	33.1	27.1	24.0	Decreased, 2013-2018	Not available§	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)												34.4	35.6	37.6	41.0	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)												99.3	96.5	96.6	88.0	Decreased, 2013-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)												25.5	18.5	6.2	13.6	Decreased, 2013-2018	Not available§	Increased
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)													62.6	63.9	59.7	No linear change	Not available	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)														18.9	17.4	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Other

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma												22.9	21.8	21.2	20.0	No linear change	Not available§	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)												60.7	64.4	53.0	53.5	Decreased, 2013-2018	Not available	No change
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)													93.6	90.6	88.3	Decreased, 2014-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car													68.3	75.6	60.1	No linear change	Not available§	Decreased
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)												31.7	29.1	32.6	29.4	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)												3.2	2.0	1.2	1.1	No linear change	Not available	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year														6.8	5.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)												2.2	1.9	0.8	2.1	No linear change	Not available§	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)													4.3	3.7	3.0	No linear change	Not available	No change
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars												48.8	44.9	46.9	40.4	No linear change	Not available	No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)														76.7	78.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)														27.8	25.5	No linear change	Not available§	No change
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)												13.2	11.8	12.2	10.9	No linear change	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)												7.7	4.9	3.9	5.1	No linear change	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)												4.3	4.7	2.0	2.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)														68.7	72.8	No linear change	Not available§	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)												89.4	80.9	78.2	76.9	Decreased, 2013-2018	Not available	No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)												72.5	61.4	64.1	62.7	No linear change	Not available	No change
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends												24.7	25.6	24.4	29.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in												13.0	12.0	13.2	15.7	No linear change	Not available§	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day														82.1	80.5	No linear change	Not available	No change
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month												91.4	87.0	89.4	89.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day												73.5	71.7	81.0	73.8	No linear change	Not available§	Decreased
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week												80.0	73.1	85.3	78.5	No linear change	Not available	Decreased
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them												88.3	86.6	85.6	83.4	No linear change	Not available	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life												83.3	83.0	79.4	73.8	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)												37.5	35.9	39.2	35.7	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												70.3	66.2	62.6	59.7	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)												75.6	70.2	75.0	77.5	No linear change	Not available¶	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)												76.2	77.9	70.5	70.6	No linear change	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)												3.6	3.3	3.0	5.3	No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)												23.0	22.3	28.4	20.5	No linear change	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)											39.8	36.3	43.1	33.0	No linear change	Not available¶	Decreased
QN11: Percentage of students who were ever in a physical fight											42.0	38.2	39.3	37.1	No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves											12.8	15.4	14.3	20.5	Increased, 2013-2018	Not available	Increased
QN15: Percentage of students who ever made a plan about how they would kill themselves													10.5	12.8	No linear change	Not available	No change
QN16: Percentage of students who ever tried to kill themselves													4.8	8.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)														9.0	9.2	No linear change	Not available¶	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)														3.8	5.6	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)												5.2	3.7	2.2	1.1	Decreased, 2013-2018	Not available	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)												0.2	0.2	0.6	0.0	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)												0.0	0.2	0.2	0.0	Not available	Not available¶	Not available
QN21: Percentage of students who ever used an electronic vapor product													14.9	22.7	24.7	Increased, 2014-2018	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)													7.9	5.1	11.0	No linear change	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													0.5	0.0	1.5	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)												0.5	0.0	1.3	Not available	Not available¶	Not available
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)													2.2	2.1	No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)											2.4	2.4	1.5	2.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26: Percentage of students who ever drank alcohol (other than a few sips)											27.2	20.9	24.4	22.9	No linear change	Not available¶	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)											10.1	10.3	11.5	9.0	No linear change	Not available	No change
QN28: Percentage of students who ever used marijuana											7.7	5.9	4.8	6.8	No linear change	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years											1.1	3.0	0.7	3.3	No linear change	Not available	Increased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)														1.7	5.3	Increased, 2016-2018	Not available¶	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)												1.3	2.7	2.9	1.2	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)												5.1	4.5	7.8	5.4	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)												1.1	1.0	2.0	0.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse												7.6	6.1	6.2	No linear change	Not available¶	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years												2.3	2.1	2.6	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons												2.5	1.0	0.3	Decreased, 2014-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN38: Percentage of students who described themselves as slightly or very overweight												31.1	27.4	27.2	27.9	No linear change	Not available¶	No change
QN39: Percentage of students who were trying to lose weight												51.0	46.6	45.2	45.8	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												8.8	5.7	5.6	9.3	No linear change	Not available	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)												52.5	54.7	52.6	38.4	Decreased, 2013-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)											63.7	59.9	61.0	53.2	Decreased, 2013-2018	Not available¶	Decreased
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)											4.2	5.5	6.9	8.0	Increased, 2013-2018	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)											35.9	32.1	39.7	33.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)											31.8	31.7	22.0	23.5	Decreased, 2013-2018	Not available¶	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)											35.2	33.8	34.9	44.2	Increased, 2013-2018	Not available	Increased
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)											98.8	96.8	96.6	88.6	Decreased, 2013-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)											22.4	15.3	6.5	12.2	Decreased, 2013-2018	Not available¶	Increased
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)												67.4	68.3	62.1	No linear change	Not available	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)													20.5	17.5	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma												22.7	19.1	20.6	20.1	No linear change	Not available¶	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)												60.7	65.4	57.5	49.2	Decreased, 2013-2018	Not available	Decreased
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)													91.5	88.0	86.3	Decreased, 2014-2018	Not available	No change

*Non-Hispanic.
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§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car													67.9	75.8	62.9	No linear change	Not available¶	Decreased
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)												20.4	21.3	22.5	23.8	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)												2.2	3.4	2.2	2.2	No linear change	Not available	No change

*Non-Hispanic.
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§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN59: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)														94.9	98.7	No linear change	Not available¶	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year														9.3	6.6	No linear change	Not available	No change
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)												2.7	4.5	2.6	2.3	No linear change	Not available	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)													5.8	2.4	2.7	Decreased, 2014-2018	Not available	No change

*Non-Hispanic.
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§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars												48.4	45.5	44.8	44.4	No linear change	Not available¶	No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)														76.2	79.5	No linear change	Not available	No change
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)														28.5	26.4	No linear change	Not available	No change
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)												13.4	11.6	9.7	8.7	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)												7.2	4.0	2.6	4.6	No linear change	Not available¶	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)												3.5	5.5	1.2	3.8	No linear change	Not available	Increased
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)														74.4	76.1	No linear change	Not available	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)												89.9	82.3	81.5	79.6	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)												67.6	62.2	63.0	55.9	Decreased, 2013-2018	Not available¶	No change
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends												21.9	18.6	19.2	27.2	Increased, 2013-2018	Not available	Increased
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in												13.9	10.4	12.6	12.1	No linear change	Not available	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day														80.6	79.6	No linear change	Not available	No change

*Non-Hispanic.
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§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month												91.1	85.2	86.9	89.4	No linear change	Not available¶	No change
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day												72.5	67.5	75.6	72.1	No linear change	Not available	No change
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week												81.4	72.0	78.4	75.1	No linear change	Not available	No change

*Non-Hispanic.
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§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them												91.0	89.3	89.3	85.5	Decreased, 2013-2018	Not available¶	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life												85.6	84.8	81.2	78.4	Decreased, 2013-2018	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)												33.7	32.4	35.1	29.7	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												70.8	65.3	66.8	61.0	Decreased, 2013-2018	Not available	No change

*Non-Hispanic.
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§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)												91.8	84.3	88.1	82.9	No linear change	Not available¶	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)												5.3	3.1	3.2	8.5	No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)												25.9	15.4	20.7	13.8	No linear change	Not available	No change
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)												20.2	17.7	27.5	22.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN11: Percentage of students who were ever in a physical fight												77.6	66.0	65.6	56.2	Decreased, 2013-2018	Not available¶	No change
QN14: Percentage of students who ever seriously thought about killing themselves												18.4	17.3	24.8	25.5	No linear change	Not available	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves														13.8	15.4	No linear change	Not available	No change
QN16: Percentage of students who ever tried to kill themselves														11.4	9.0	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)													17.5	10.4	No linear change	Not available¶	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)													6.1	5.9	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)											3.3	2.6	2.9	2.7	No linear change	Not available	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)											0.0	0.0	0.0	0.0	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)												0.0	0.0	0.0	0.0	Not available	Not available¶	Not available
QN21: Percentage of students who ever used an electronic vapor product													18.5	22.1	20.1	No linear change	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)													11.3	6.1	9.7	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													0.0	1.7	1.3	Not available	Not available	No change

*Non-Hispanic.
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§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.0	0.0	1.3	Not available	Not available¶	Not available
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
													0.7	2.7	No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											2.6	4.5	2.7	1.7	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26: Percentage of students who ever drank alcohol (other than a few sips)											24.4	30.4	31.8	23.6	No linear change	Not available¶	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)											6.8	13.5	11.1	7.5	No linear change	Not available	No change
QN28: Percentage of students who ever used marijuana											14.2	12.7	9.8	17.8	No linear change	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years											2.9	2.9	4.2	5.7	No linear change	Not available	No change

*Non-Hispanic.
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§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)														1.7	16.0	Increased, 2016-2018	Not available¶	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)												1.7	4.0	2.8	3.6	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)												6.7	6.5	2.3	9.8	No linear change	Not available	Increased
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)												0.0	1.9	0.0	3.9	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse												13.6	17.3	16.3	No linear change	Not available¶	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years												8.7	7.2	6.3	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons												8.3	6.8	5.7	No linear change	Not available	No change

*Non-Hispanic.
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§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN38: Percentage of students who described themselves as slightly or very overweight												34.1	30.8	28.0	25.3	No linear change	Not available¶	No change
QN39: Percentage of students who were trying to lose weight												63.4	51.0	42.3	43.7	Decreased, 2013-2018	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												12.6	8.4	5.0	9.6	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)												35.1	50.4	49.7	41.2	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Physical Activity

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)											52.4	53.7	55.8	49.3	No linear change	Not available¶	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)											11.6	12.4	12.0	19.8	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)											29.7	33.5	35.9	23.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Physical Activity

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)											55.3	46.0	42.2	37.2	Decreased, 2013-2018	Not available¶	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)											52.5	40.1	43.3	53.4	No linear change	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)											98.4	95.7	96.9	88.3	No linear change	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Physical Activity

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)											31.5	17.9	4.8	17.8	No linear change	Not available¶	Increased
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)												69.3	65.4	56.3	No linear change	Not available	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)													16.5	21.8	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Other

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
											32.7	35.6	35.7	33.7	No linear change	Not available¶	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
											53.6	57.4	53.5	50.9	No linear change	Not available	No change
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
												84.0	80.6	80.9	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car													66.5	74.1	47.3	Decreased, 2014-2018	Not available¶	Decreased
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)												25.2	21.4	23.7	29.6	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)												1.7	3.6	0.0	1.7	Not available	Not available	Not available
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year														8.8	6.8	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)												2.8	2.4	1.8	0.9	No linear change	Not available¶	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)													4.2	6.3	0.0	Not available	Not available	Not available
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars												51.7	38.6	42.0	32.7	No linear change	Not available	No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)														83.2	78.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)														16.9	14.8	No linear change	Not available¶	No change
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)												10.2	14.9	9.0	12.2	No linear change	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)												11.3	10.7	8.1	10.9	No linear change	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)												3.3	6.0	0.0	5.5	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)														60.6	64.8	No linear change	Not available¶	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)												85.7	87.8	83.6	71.8	Decreased, 2013-2018	Not available	No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)												68.6	64.1	64.8	57.9	No linear change	Not available	No change
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends												43.9	32.5	27.9	40.5	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages															Linear Change†	Quadratic Change†	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											18.3	13.7	15.7	19.0	No linear change	Not available¶	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																	
													71.2	72.1	No linear change	Not available	No change
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month																	
											92.1	86.1	88.0	85.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day												64.2	74.0	81.7	62.0	No linear change	Not available¶	Decreased
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week												71.2	67.6	81.4	64.5	No linear change	Not available	Decreased
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them												92.4	86.7	84.5	74.9	Decreased, 2013-2018	Not available	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life												80.8	83.6	87.0	70.4	No linear change	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change†	Quadratic Change†	Change from 2016-2018 §
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)												32.1	37.8	32.9	36.9	No linear change	Not available¶	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement												68.9	62.6	63.0	58.7	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)												86.2	69.3	76.4	76.2	No linear change	Not available§	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)												9.8	4.5	7.5	7.8	No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)												28.4	14.9	23.8	16.1	No linear change	Not available	No change
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)												25.1	26.0	23.9	17.5	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN11: Percentage of students who were ever in a physical fight												40.9	36.2	48.4	45.3	No linear change	Not available§	No change
QN14: Percentage of students who ever seriously thought about killing themselves												9.5	14.0	25.5	14.3	No linear change	Not available	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves														19.3	10.7	No linear change	Not available	No change
QN16: Percentage of students who ever tried to kill themselves														15.9	5.2	Decreased, 2016-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**	**2018**			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)													8.1	7.3	No linear change	Not available§	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)													3.8	2.7	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)											5.6	3.5	1.8	2.8	No linear change	Not available	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)											4.3	0.0	0.0	1.0	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)												3.0	0.0	0.0	1.0	Not available	Not available§	Not available
QN21: Percentage of students who ever used an electronic vapor product													9.8	21.1	26.5	Increased, 2014-2018	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)													6.6	6.2	10.7	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													1.3	0.0	1.0	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													1.3	0.0	1.0	Not available	Not available§	Not available
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)														1.3	3.5	No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)												5.4	4.6	0.0	1.0	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN26: Percentage of students who ever drank alcohol (other than a few sips)												27.3	16.2	21.3	29.2	No linear change	Not available§	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)												13.0	7.3	10.0	11.1	No linear change	Not available	No change
QN28: Percentage of students who ever used marijuana												15.5	7.6	6.0	9.0	No linear change	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years												6.1	5.3	0.0	1.0	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)														6.2	9.7	No linear change	Not available§	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)												2.3	3.4	3.2	2.6	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)												7.7	5.8	8.8	2.5	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)												1.2	2.6	2.5	1.0	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN34: Percentage of students who ever had sexual intercourse													7.8	2.8	9.5	No linear change	Not available§	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years													1.2	0.0	2.4	Not available	Not available	Not available
QN36: Percentage of students who ever had sexual intercourse with three or more persons													1.2	0.0	4.4	Not available	Not available	Not available

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN38: Percentage of students who described themselves as slightly or very overweight												13.0	23.5	24.1	25.9	No linear change	Not available§	No change
QN39: Percentage of students who were trying to lose weight												49.1	40.2	53.0	59.1	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												13.8	3.8	13.0	13.6	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)												44.1	55.4	54.3	43.9	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												59.7	51.0	54.8	45.2	No linear change	Not available§	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												6.1	8.6	10.1	16.9	Increased, 2013-2018	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												40.3	21.0	27.9	19.4	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											32.6	20.5	29.9	17.6	No linear change	Not available§	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											21.2	23.3	33.9	39.3	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											98.7	98.5	100.0	84.7	Decreased, 2013-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
											19.6	14.5	6.5	12.8	No linear change	Not available§	No change
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																	
												58.9	59.1	46.1	Decreased, 2014-2018	Not available	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
													20.0	13.5	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Other

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma												20.7	18.4	26.0	19.9	No linear change	Not available§	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)												53.6	65.8	54.8	55.9	No linear change	Not available	No change
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)													91.9	90.8	79.9	Decreased, 2014-2018	Not available	Decreased

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car													46.9	50.7	34.6	No linear change	Not available§	Decreased
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)												25.1	23.4	30.9	21.3	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)												2.9	2.5	4.0	1.0	No linear change	Not available	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year														7.3	5.5	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)												4.5	1.3	1.2	2.8	No linear change	Not available§	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)													1.4	6.1	7.1	No linear change	Not available	No change
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars												42.1	33.4	30.6	22.5	Decreased, 2013-2018	Not available	No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)														87.1	86.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)													14.7	11.0	No linear change	Not available§	No change
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)											14.8	4.2	12.3	12.0	No linear change	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)											13.6	7.1	7.0	8.0	No linear change	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)											9.6	4.4	2.2	4.2	No linear change	Not available	No change

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§Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)														62.3	55.7	No linear change	Not available§	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)												80.9	71.9	67.6	73.5	No linear change	Not available	No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)												68.2	53.8	61.6	39.9	Decreased, 2013-2018	Not available	Decreased
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends												26.8	27.3	30.6	32.0	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
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§Not enough years of data to calculate.

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in												16.1	9.3	17.6	20.8	No linear change	Not available§	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day														82.9	75.0	No linear change	Not available	No change
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month												87.8	92.3	89.2	94.8	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day												70.8	72.7	78.2	70.7	No linear change	Not available§	No change
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week												82.1	78.6	88.0	77.8	No linear change	Not available	No change
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them												83.1	87.0	78.1	74.8	Decreased, 2013-2018	Not available	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life												75.7	74.0	72.7	70.5	No linear change	Not available	No change

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

Maryland Middle School Survey

Caroline County

Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 †
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)												29.2	28.4	28.4	23.6	No linear change	Not available§	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement												72.4	72.2	59.4	52.1	Decreased, 2013-2018	Not available	No change

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