Maryland Middle School Survey
Garrett County
Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2016-2018 [†]

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

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

											62.5	55.3	56.1	54.1	Decreased, 2013-2018	Not available[§]	No change

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

											74.7	62.2	65.5	65.2	No linear change	Not available	No change

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

											11.8	6.0	5.6	4.7	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
Garrett County
Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

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

| | | | | | | | | | | | 27.2 | 20.9 | 27.7 | 25.0 | No linear change | Not available[§] | No change |

QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)

| | | | | | | | | | | | 53.9 | 49.6 | 54.8 | 51.1 | No linear change | Not available | No change |

QN11: Percentage of students who were ever in a physical fight

| | | | | | | | | | | | 44.6 | 36.2 | 38.5 | 38.3 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 16.3 | 14.9 | 17.6 | 21.4 | Increased, 2013-2018 | Not available | No change |

QN15: Percentage of students who ever made a plan about how they would kill themselves

| | | | | | | | | | | | | 12.0 | 13.8 | 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
Garrett 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

2016	2018	Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
7.8	7.9	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
Garrett County
Trend Analysis Report

**Total
Tobacco Use**

																Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**	**2018**				

Health Risk Behavior and Percentages

QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													13.9	14.2	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)

| | | | | | | | | | | | | | 5.9 | 6.9 | 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)

| | | | | | | | | | | | 6.4 | 3.9 | 3.6 | 4.6 | 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)

| | | | | | | | | | | | 1.4 | 0.7 | 0.9 | 0.5 | 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.

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Maryland Middle School Survey
Garrett 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)

												1.1	0.2	0.8	0.3	No linear change	Not available[§]	No change

QN21: Percentage of students who ever used an electronic vapor product

													18.3	22.2	32.0	Increased, 2014-2018	Not available	Increased

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

													9.6	9.4	15.8	Increased, 2014-2018	Not available	Increased

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

													1.5	1.8	3.6	No linear change	Not available	No change

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

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Maryland Middle School Survey
Garrett 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			

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

| | | | | | | | | | | | | 1.0 | 1.5 | 1.9 | No linear change | Not available[§] | No change |

QN23: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products)

| | | | | | | | | | | | | | 4.6 | 3.2 | No linear change | Not available | No change |

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

| | | | | | | | | | | | | | 2.8 | 4.1 | 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
Garrett 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			

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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											5.6	3.6	2.6	2.9	Decreased, 2013-2018	Not available[§]	No change

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

Maryland Middle School Survey
Garrett County
Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

QN26: Percentage of students who ever drank alcohol (other than a few sips)

| | | | | | | | | | | | 32.7 | 25.7 | 25.8 | 26.2 | 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)

| | | | | | | | | | | | 16.7 | 14.4 | 14.2 | 13.3 | No linear change | Not available | No change |

QN28: Percentage of students who ever used marijuana

| | | | | | | | | | | | 6.7 | 6.5 | 5.9 | 8.3 | No linear change | Not available | No change |

QN29: Percentage of students who tried marijuana for the first time before age 11 years

| | | | | | | | | | | | 2.3 | 4.7 | 1.9 | 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
Garrett County
Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

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)

													6.0	7.1	No linear change	Not available[§]	No change

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

											3.8	2.3	2.1	2.2	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)

											7.9	6.1	4.8	5.3	No linear change	Not available	No change

QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

											2.9	2.8	1.0	2.5	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
Garrett County
Trend Analysis Report

Total
Sexual Behaviors

																Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				

QN34: Percentage of students who ever had sexual intercourse

												7.4	6.3	11.0	No linear change	Not available[§]	No change

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

												2.4	2.2	2.5	No linear change	Not available	No change

QN36: Percentage of students who ever had sexual intercourse with three or more persons

												2.7	1.7	4.2	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
Garrett County
Trend Analysis Report

Total
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

| | | | | | | | | | | | 23.1 | 25.0 | 28.7 | 28.9 | Increased, 2013-2018 | Not available[§] | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 44.5 | 43.1 | 47.8 | 44.9 | No linear change | Not available | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 10.8 | 6.3 | 6.9 | 8.3 | No linear change | Not available | No change |

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

| | | | | | | | | | | | 41.3 | 52.9 | 46.8 | 49.8 | 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
Garrett County
Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 56.4 | 63.8 | 60.6 | 55.2 | 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)

| | | | | | | | | | | | 9.8 | 8.0 | 7.3 | 11.1 | No linear change | Not available | Increased |

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 31.7 | 38.2 | 36.3 | 34.4 | 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.

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Maryland Middle School Survey
Garrett 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)

											2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											36.1	26.5	24.7	22.0	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)

											2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											35.6	29.4	31.2	38.5	No linear change	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)

											2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											66.9	57.6	54.6	56.8	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
Garrett 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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											4.3	4.8	4.8	5.4	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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
												64.7	62.7	61.1	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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													17.6	16.2	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
Garrett County
Trend Analysis Report

Total
Other

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

| | | | | | | | | | | | 16.7 | 19.1 | 17.2 | 17.9 | No linear change | Not available[§] | No change |

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | | | | | | | | | | | 61.9 | 66.9 | 67.9 | 61.3 | No linear change | Not available | No change |

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | | | | | | | | | | | | 82.6 | 84.3 | 86.8 | 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
Garrett 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				

QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car

												63.5	75.0	65.4	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)

												18.3	15.5	24.5	22.5	Increased, 2013-2018	Not available	No change

QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

												6.1	2.8	1.9	2.8	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
Garrett County
Trend Analysis Report

Total
Site-Added

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN59: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)

													2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													98.2	92.5	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

2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
7.5	8.6	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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
8.6	6.1	3.1	2.8	Decreased, 2013-2018	Not available	No change

QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
7.7	6.4	4.8	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
Garrett 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			

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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											36.6	47.1	50.0	16.5	Decreased, 2013-2018	Not available[§]	Decreased

QN66: Percentage of students who live with someone who now smokes cigarettes or cigars

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											42.4	40.9	39.6	43.9	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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													76.5	76.7	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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													31.4	28.6	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
Garrett 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			

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)

| | | | | | | | | | | | 17.2 | 10.9 | 13.2 | 13.9 | 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)

| | | | | | | | | | | | 6.4 | 4.7 | 4.2 | 5.9 | 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)

| | | | | | | | | | | | 4.4 | 4.9 | 1.7 | 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)

| | | | | | | | | | | | | | 75.9 | 72.3 | 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
Garrett County
Trend Analysis Report

**Total
Site-Added**

															Linear Change*	Quadratic Change*	Change from 2016-2018 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)

											2013	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
											84.5	83.1	84.4	80.8	No linear change	Not available§	No change

QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)

| | | | | | | | | | | | 65.0 | 62.8 | 68.0 | 63.7 | 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

| | | | | | | | | | | | 17.6 | 20.3 | 14.3 | 19.6 | No linear change | Not available | Increased |

QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in

| | | | | | | | | | | | 12.9 | 12.0 | 7.5 | 9.6 | 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
Garrett 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			

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

| | | | | | | | | | | | | | 75.9 | 75.4 | No linear change | Not available§ | No change |

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

| | | | | | | | | | | | 79.5 | 84.2 | 85.7 | 85.8 | Increased, 2013-2018 | Not available | No change |

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

| | | | | | | | | | | | 66.2 | 66.4 | 75.4 | 72.7 | Increased, 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
Garrett 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			

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

| | | | | | | | | | | | 72.9 | 75.4 | 80.6 | 75.6 | 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 | 90.2 | 88.8 | 87.2 | 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

| | | | | | | | | | | | 84.3 | 83.5 | 86.2 | 82.6 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 26.5 | 25.5 | 30.2 | 27.0 | 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
Garrett 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

| | | | | | | | | | | | 65.5 | 61.3 | 64.8 | 66.2 | 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
Garrett County
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

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

											64.4	56.8	61.0	61.7	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)

											73.1	69.9	63.7	68.1	No linear change	Not available	No change

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

											11.7	5.8	7.7	4.7	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)

											29.2	24.0	30.6	27.2	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
Garrett County
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)

											2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											68.2	64.4	69.7	65.4	No linear change	Not available[§]	No change

QN11: Percentage of students who were ever in a physical fight

											2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											57.1	47.9	53.7	50.3	No linear change	Not available	No change

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

											2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											11.8	12.1	11.4	15.5	Increased, 2013-2018	Not available	No change

QN15: Percentage of students who ever made a plan about how they would kill themselves

												2014	2016		Linear Change	Quadratic Change	Change from 2016-2018
												8.6	8.9		No linear change	Not available	No change

QN16: Percentage of students who ever tried to kill themselves

												2014	2016		Linear Change	Quadratic Change	Change from 2016-2018
												6.4	4.2		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
Garrett County
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)

| | | | | | | | | | | | | | 15.3 | 13.7 | 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)

| | | | | | | | | | | | | | 8.1 | 7.6 | 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)

| | | | | | | | | | | | 8.4 | 5.9 | 4.2 | 5.1 | 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)

| | | | | | | | | | | | 2.5 | 1.0 | 1.1 | 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
Garrett County
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | | | | | | | | | | | | 2.2 | 0.4 | 0.8 | 0.0 | Not available | Not available[§] | Not available |

QN21: Percentage of students who ever used an electronic vapor product

| | | | | | | | | | | | | | 20.2 | 21.2 | 32.9 | Increased, 2014-2018 | Not available | Increased |

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | | | 11.2 | 10.0 | 14.3 | No linear change | Not available | No change |

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

| | | | | | | | | | | | | | 2.3 | 2.7 | 3.4 | 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
Garrett County
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages																Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				

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

| | | | | | | | | | | | | 1.6 | 2.1 | 2.4 | No linear change | Not available[§] | No change |

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

| | | | | | | | | | | | | | 4.5 | 5.7 | 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)

| | | | | | | | | | | | | 7.9 | 4.1 | 3.7 | 3.8 | 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
Garrett County
Trend Analysis Report

Male
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)

	2013	2014	2016	2018	Linear Change	Quadratic Change	Change
	38.9	30.1	29.4	29.5	Decreased, 2013-2018	Not available[§]	No change

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

	2013	2014	2016	2018	Linear Change	Quadratic Change	Change
	21.6	16.2	18.4	16.6	No linear change	Not available	No change

QN28: Percentage of students who ever used marijuana

	2013	2014	2016	2018	Linear Change	Quadratic Change	Change
	9.2	8.0	7.1	9.3	No linear change	Not available	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

	2013	2014	2016	2018	Linear Change	Quadratic Change	Change
	3.9	4.6	3.4	3.1	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
Garrett County
Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2016-2018 †

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

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
5.7	7.3	No linear change	Not available§	No change

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
5.6	1.7	2.5	3.0	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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
8.7	7.2	4.6	4.8	No linear change	Not available	No change

QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
2.1	3.5	1.7	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
Garrett County
Trend Analysis Report

Male
Sexual Behaviors

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN34: Percentage of students who ever had sexual intercourse

												10.9	5.5	12.6	No linear change	Not available[§]	No change

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

												4.2	2.1	3.0	No linear change	Not available	No change

QN36: Percentage of students who ever had sexual intercourse with three or more persons

												4.2	2.6	5.0	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
Garrett 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

| | | | | | | | | | | | 20.9 | 22.3 | 31.0 | 24.8 | Increased, 2013-2018 | Not available[§] | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 40.0 | 33.4 | 45.7 | 36.3 | No linear change | Not available | Decreased |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 9.9 | 5.4 | 5.4 | 7.1 | 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)

| | | | | | | | | | | | 46.1 | 60.0 | 53.7 | 55.3 | 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
Garrett County
Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 60.8 | 66.5 | 63.7 | 57.1 | No linear change | Not available[§] | No change |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 8.6 | 5.9 | 7.1 | 10.5 | 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)

| | | | | | | | | | | | 37.8 | 44.3 | 42.9 | 40.2 | 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
Garrett 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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
40.1	30.1	25.0	20.2	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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
40.6	31.1	30.0	39.1	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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
65.3	59.1	59.3	61.7	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
Garrett 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)

| | | | | | | | | | | | 5.4 | 6.0 | 5.0 | 7.7 | 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)

| | | | | | | | | | | | | 65.4 | 65.5 | 64.4 | No linear change | Not available | No change |

QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

| | | | | | | | | | | | | | 20.9 | 18.4 | 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
Garrett County
Trend Analysis Report

Male
Other

Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											16.4	22.8	18.6	15.4	No linear change	Not available[§]	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											61.5	69.6	70.5	61.8	No linear change	Not available	No change

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
												78.4	81.9	82.4	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
Garrett County
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car

| | | | | | | | | | | | | 61.4 | 72.8 | 66.2 | No linear change | Not available[§] | No change |

QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)

| | | | | | | | | | | | | 12.6 | 10.4 | 16.0 | 14.9 | No linear change | Not available | No change |

QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

| | | | | | | | | | | | | 7.9 | 3.7 | 2.7 | 2.9 | Decreased, 2013-2018 | Not available | No change |

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

| | | | | | | | | | | | | | 7.7 | 9.5 | 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
Garrett County
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018						

QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											13.1	8.0	3.5	3.2	Decreased, 2013-2018	Not available[§]	No change

QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
												9.5	6.5	3.5	Decreased, 2014-2018	Not available	No change

QN66: Percentage of students who live with someone who now smokes cigarettes or cigars

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
												41.9	39.1	37.9	45.3	No linear change	Not available	No change

QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													78.3	77.2	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
Garrett County
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)

													30.2	25.7	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)

												20.6	12.7	12.4	14.4	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)

												8.4	5.4	4.7	4.9	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)

												5.6	7.4	2.2	4.4	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
Garrett County
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)

| | | | | | | | | | | | | | 76.0 | 68.7 | 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)

| | | | | | | | | | | | 83.9 | 83.6 | 84.1 | 80.8 | 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)

| | | | | | | | | | | | 59.9 | 56.3 | 66.6 | 59.3 | 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

| | | | | | | | | | | | 21.5 | 20.1 | 14.1 | 19.8 | 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
Garrett County
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in

| | | | | | | | | | | | 16.2 | 13.5 | 7.9 | 9.1 | Decreased, 2013-2018 | Not available[§] | No change |

QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day

| | | | | | | | | | | | | 69.3 | 73.4 | | No linear change | Not available | No change |

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

| | | | | | | | | | | | | 76.0 | 84.5 | 84.9 | 84.1 | 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
Garrett County
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018						

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

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
63.6	63.0	73.7	72.2	Increased, 2013-2018	Not available[§]	No change

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

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
67.4	69.4	79.1	72.5	No linear change	Not available	No change

QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
89.0	91.7	89.0	88.0	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

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
82.2	82.6	86.8	83.8	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
Garrett County
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

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

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
20.4	23.4	28.7	25.9	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

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
65.8	58.0	67.4	65.4	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
Garrett County
Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											60.6	53.6	50.4	45.0	Decreased, 2013-2018	Not available[§]	No change

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

| | | | | | | | | | | | 76.4 | 54.1 | 67.0 | 61.5 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 12.0 | 6.2 | 3.4 | 4.8 | Decreased, 2013-2018 | Not available | No change |

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

| | | | | | | | | | | | 25.3 | 17.6 | 24.1 | 22.3 | 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
Garrett County
Trend Analysis Report

Female
Injury and Violence

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																	
											39.4	32.5	38.5	35.1	No linear change	Not available[§]	No change
QN11: Percentage of students who were ever in a physical fight																	
											31.9	22.4	21.6	25.2	No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves																	
											21.0	18.1	24.4	27.1	No linear change	Not available	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																	
												15.5	18.9		No linear change	Not available	No change
QN16: Percentage of students who ever tried to kill themselves																	
												9.4	11.8		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
Garrett County
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages																**Linear Change***	**Quadratic Change***	**Change from 2016-2018** [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**	**2018**			

QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)

| | | | | | | | | | | | | | 12.2 | 14.9 | 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)

| | | | | | | | | | | | | | 3.6 | 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)

| | | | | | | | | | | | 4.4 | 1.8 | 3.0 | 4.0 | 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)

| | | | | | | | | | | | 0.3 | 0.4 | 0.7 | 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
Garrett County
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages																Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | | | | | | | | | | | | 0.0 | 0.0 | 0.7 | 0.7 | Not available | Not available[§] | No change |

QN21: Percentage of students who ever used an electronic vapor product

| | | | | | | | | | | | | | 16.4 | 23.1 | 31.0 | 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 | 8.9 | 17.6 | Increased, 2014-2018 | 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)

| | | | | | | | | | | | | | 0.7 | 0.8 | 3.8 | Increased, 2014-2018 | Not available | Increased |

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

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Maryland Middle School Survey
Garrett County
Trend Analysis Report

Female
Tobacco Use

	Health Risk Behavior and Percentages		Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018					

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

2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
0.3	0.8	1.4	No linear change	Not available[§]	No change

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

2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
1.0	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)

2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
3.2	3.2	1.4	1.9 Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey
Garrett County
Trend Analysis Report

Female
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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											26.6	20.7	21.7	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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											11.9	12.1	9.6	9.6	No linear change	Not available	No change

QN28: Percentage of students who ever used marijuana

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											4.3	4.9	4.2	7.4	No linear change	Not available	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											0.6	4.8	0.2	2.4	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
Garrett County
Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

| | | | | | | | | | | | | | 6.5 | 7.1 | No linear change | Not available[§] | No change |

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

| | | | | | | | | | | | 1.9 | 3.0 | 1.7 | 1.3 | 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)

| | | | | | | | | | | | 7.1 | 4.9 | 5.1 | 5.6 | No linear change | Not available | No change |

QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

| | | | | | | | | | | | 3.7 | 2.1 | 0.3 | 2.9 | 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
Garrett County
Trend Analysis Report

Female
Sexual Behaviors

															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

Health Risk Behavior and Percentages

QN34: Percentage of students who ever had sexual intercourse

2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
3.7	7.2	9.4	No linear change	Not available[§]	No change

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
0.4	2.2	1.9	No linear change	Not available	No change

QN36: Percentage of students who ever had sexual intercourse with three or more persons

2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
1.1	0.7	3.3	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
Garrett 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

| | | | | | | | | | | | 25.2 | 28.3 | 26.1 | 33.0 | No linear change | Not available[§] | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 49.4 | 54.7 | 49.9 | 54.3 | No linear change | Not available | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 11.8 | 7.5 | 8.7 | 9.4 | 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)

| | | | | | | | | | | | 36.3 | 45.0 | 39.0 | 44.2 | 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
Garrett County
Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											51.8	60.7	57.5	53.4	No linear change	Not available[§]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											11.0	10.5	7.5	11.5	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)

											25.6	30.9	29.1	28.1	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
Garrett County
Trend Analysis Report

Female
Physical Activity

	Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
											32.1	22.4	24.1	23.6	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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
											30.3	27.6	32.2	37.9	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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
											68.3	55.3	49.2	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.

Maryland Middle School Survey
Garrett County
Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages																Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											3.1	2.9	4.5	3.0	No linear change	Not available[§]	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
												64.3	59.7	57.0	No linear change	Not available	No change

QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													14.1	13.6	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
Garrett County
Trend Analysis Report

Female
Other

	Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2016-2018 †

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

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
16.8	15.4	15.4	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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
62.5	63.8	64.8	61.4	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)

2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
87.0	87.2	91.8	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
Garrett County
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
66.1	77.2	64.1		No linear change	Not available[§]	Decreased

QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)

| 23.9 | 21.5 | 33.6 | 30.2 | Increased, 2013-2018 | Not available | No change |

QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

| 4.3 | 1.8 | 0.9 | 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.

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Maryland Middle School Survey
Garrett County
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

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 | 97.1 | 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

| | | | | | | | | | | | | | 7.3 | 7.7 | 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)

| | | | | | | | | | | | 4.5 | 4.0 | 2.7 | 2.4 | 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 | 6.4 | 6.3 | 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
Garrett County
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages																Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				

QN66: Percentage of students who live with someone who now smokes cigarettes or cigars

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
42.8	42.9	41.2	41.7	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)

2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
74.7	76.6	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)

2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
32.5	31.5	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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
13.8	9.0	13.8	13.1	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
Garrett County
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages																Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				

QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

											4.4	3.9	3.3	7.2	No linear change	Not available[§]	No change

QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

											3.2	2.1	1.2	3.4	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)

													75.7	76.3	No linear change	Not available	No change

QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)

											85.2	82.8	84.9	80.6	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
Garrett County
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)

| | | | | | | | | | | | 70.0 | 69.7 | 69.8 | 68.0 | No linear change | Not available[§] | No change |

QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends

| | | | | | | | | | | | 13.8 | 20.3 | 14.7 | 19.3 | 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

| | | | | | | | | | | | 9.6 | 10.5 | 7.0 | 10.2 | 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

| | | | | | | | | | | | | | 82.8 | 77.3 | 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.

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Maryland Middle School Survey
Garrett County
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											83.0	84.1	86.6	87.9	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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											68.8	70.4	77.8	72.8	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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											78.3	82.0	82.4	79.0	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
Garrett County
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]

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

QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them

											91.2	88.9	88.9	87.0	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

											86.3	84.7	85.8	81.9	No linear change	Not available	No change

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

											32.3	27.6	32.0	27.8	No linear change	Not available	No change

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

											65.0	64.8	62.1	67.9	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
Garrett County
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]

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

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

| | | | | | | | | | | | 62.3 | 54.7 | 57.0 | 51.6 | Decreased, 2013-2018 | Not available[¶] | No change |

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

| | | | | | | | | | | | 75.0 | 63.5 | 65.3 | 64.8 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 9.5 | 5.6 | 3.2 | 4.9 | Decreased, 2013-2018 | Not available | No change |

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

| | | | | | | | | | | | 26.7 | 22.0 | 29.5 | 22.7 | 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
Garrett 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)

											2013	2014	2016	2018	Linear Change	Quadratic Change	Change
											52.3	48.1	54.6	51.0	No linear change	Not available[¶]	No change

QN11: Percentage of students who were ever in a physical fight

| | | | | | | | | | | | 42.6 | 35.2 | 37.1 | 34.7 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 14.8 | 14.0 | 19.2 | 19.2 | Increased, 2013-2018 | Not available | No change |

QN15: Percentage of students who ever made a plan about how they would kill themselves

| | | | | | | | | | | | | 12.9 | 12.3 | | No linear change | Not available | No change |

QN16: Percentage of students who ever tried to kill themselves

| | | | | | | | | | | | | 7.9 | 7.1 | | No linear change | Not available | No change |

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*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
Garrett County
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				

QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													13.0	11.8	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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													5.6	5.0	No linear change	Not available	No change

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											5.4	3.4	3.1	3.3	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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											0.9	0.2	0.5	0.3	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
Garrett County
Trend Analysis Report

White*
Tobacco Use

	Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]

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

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
0.7	0.0	0.5	0.3	Not available	Not available[¶]	No change

QN21: Percentage of students who ever used an electronic vapor product

| | 18.7 | 20.5 | 29.6 | Increased, 2014-2018 | Not available | Increased |

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

| | 9.3 | 6.8 | 14.0 | 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)

| | 1.6 | 1.4 | 2.3 | 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
Garrett 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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
												0.9	1.0	1.1	No linear change	Not available[¶]	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													2.3	3.9	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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											3.7	3.4	1.5	2.4	No linear change	Not available	No change

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

Maryland Middle School Survey
Garrett County
Trend Analysis Report

White*
Alcohol and Other Drug Use

															Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN26: Percentage of students who ever drank alcohol (other than a few sips)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
32.2	26.3	27.0	22.7	Decreased, 2013-2018	Not available[¶]	No change

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

| 16.8 | 15.0 | 14.0 | 11.3 | No linear change | Not available | No change |

QN28: Percentage of students who ever used marijuana

| 6.6 | 6.4 | 4.1 | 6.1 | No linear change | Not available | No change |

QN29: Percentage of students who tried marijuana for the first time before age 11 years

| 1.9 | 3.8 | 1.1 | 2.0 | 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
Garrett County
Trend Analysis Report

White*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

| | | | | | | | | | | | | | 6.4 | 6.0 | No linear change | Not available[¶] | No change |

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

| | | | | | | | | | | | 2.9 | 1.8 | 1.5 | 1.6 | 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)

| | | | | | | | | | | | 6.0 | 6.0 | 4.6 | 4.4 | No linear change | Not available | No change |

QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

| | | | | | | | | | | | 1.9 | 2.8 | 0.4 | 2.3 | 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.

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Maryland Middle School Survey
Garrett 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

| | | | | | | | | | | | | 7.9 | 5.4 | 10.0 | No linear change | Not available[¶] | No change |

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

| | | | | | | | | | | | | 2.2 | 1.7 | 1.5 | No linear change | Not available | No change |

QN36: Percentage of students who ever had sexual intercourse with three or more persons

| | | | | | | | | | | | | 2.8 | 0.5 | 3.5 | 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
Garrett County
Trend Analysis Report

White*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]

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

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 22.3 | 25.4 | 28.0 | 28.9 | Increased, 2013-2018 | Not available[¶] | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 43.7 | 41.1 | 46.5 | 43.5 | No linear change | Not available | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 10.3 | 7.0 | 7.0 | 8.3 | No linear change | Not available | No change |

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

| | | | | | | | | | | | 41.7 | 51.4 | 49.4 | 48.4 | No linear change | Not available | No change |

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

Maryland Middle School Survey
Garrett County
Trend Analysis Report

White*
Physical Activity

															Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**	**2018**			

Health Risk Behavior and Percentages

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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
54.7	63.2	61.1	53.5	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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
9.9	8.2	6.1	11.5	No linear change	Not available	Increased

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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
30.4	39.5	37.4	32.6	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
Garrett 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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
34.9	27.8	23.9	22.0	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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
35.3	31.3	30.5	37.4	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)

2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
67.4	56.1	55.2	56.4	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
Garrett County
Trend Analysis Report

White*
Physical Activity

															Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
Health Risk Behavior and Percentages																	
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2014**	**2016**	**2018**			

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

															Linear Change	Quadratic Change	Change from 2016-2018
											4.6	4.0	4.8	5.0	No linear change	Not available[¶]	No change

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

															Linear Change	Quadratic Change	Change from 2016-2018
												63.6	61.2	61.4	No linear change	Not available	No change

QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

															Linear Change	Quadratic Change	Change from 2016-2018
													17.9	11.8	Decreased, 2016-2018	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
Garrett County
Trend Analysis Report

White*
Other

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

| | | | | | | | | | | | 16.6 | 18.8 | 16.5 | 15.6 | | No linear change | Not available[¶] | No change |

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | | | | | | | | | | | 63.1 | 65.4 | 66.9 | 61.0 | | No linear change | Not available | No change |

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | | | | | | | | | | | | 82.3 | 85.4 | 87.9 | | 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
Garrett County
Trend Analysis Report

White*
Site-Added

	Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]

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

QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car

												63.5	75.8	64.8	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)

												16.1	16.0	24.2	20.2	Increased, 2013-2018	Not available	No change

QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

												4.4	2.4	1.5	1.9	Decreased, 2013-2018	Not available	No change

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

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Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

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)

| | | | | | | | | | | | | | 97.2 | 93.1 | 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

| | | | | | | | | | | | | | 6.3 | 7.6 | 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)

| | | | | | | | | | | | 7.3 | 5.8 | 2.6 | 3.0 | Decreased, 2013-2018 | Not available | No change |

QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)

| | | | | | | | | | | | | 7.8 | 7.6 | 5.0 | 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.

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	Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			

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)

| | | | | | | | | | | | 39.7 | 48.2 | 55.3 | 15.6 | Decreased, 2013-2018 | Not available[¶] | Decreased |

QN66: Percentage of students who live with someone who now smokes cigarettes or cigars

| | | | | | | | | | | | 40.9 | 40.0 | 39.0 | 42.6 | 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)

| | | | | | | | | | | | | 77.8 | 77.9 | | 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)

| | | | | | | | | | | | | 30.6 | 26.8 | | No linear change | Not available | No change |

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[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

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Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]

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

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)

	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	15.7	10.8	13.4	12.1	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)

	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	6.5	5.0	2.3	4.2	No linear change	Not available	No change

QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	3.2	4.2	1.3	3.6	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)

	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
			77.0	75.8	No linear change	Not available	No change

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[¶]Not enough years of data to calculate.

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Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				

QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)

											86.7	84.7	85.3	80.4	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)

											66.5	62.5	66.4	66.8	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

											15.8	20.8	14.7	18.2	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

											11.1	12.4	7.9	9.6	No linear change	Not available	No change

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[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

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																Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018					

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
													75.1	78.9	No linear change	Not available[¶]	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											81.2	83.5	83.3	86.8	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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
											68.4	65.6	78.1	74.1	Increased, 2013-2018	Not available	No change

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[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

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	Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]

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

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

											74.7	75.3	82.9	76.0	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

											91.6	89.7	88.6	87.2	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

											86.0	83.7	85.7	83.2	No linear change	Not available	No change

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

											26.1	24.1	30.9	25.5	No linear change	Not available	No change

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[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

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	Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]

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

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

											67.0	61.1	67.8	67.4	No linear change	Not available[¶]	No change

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[¶]Not enough years of data to calculate.