Maryland Middle School Survey Montgomery County Trend Analysis Report

1991 199 QN6: Percer		95 1997	1999	2001												2016-2018
				2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
bicycle)	entage of	f students v	who rarel	y or nev	er wore	a bicyc	le helme	et (amoi	ng stude	ents who	had ric	lden a		,		
										51.1	37.1	45.3	38.2	Decreased, 2013-2018	Not available§	No change
QN7: Percer						a helme	et when	rollerbl	ading or	r skateb	oarding	(among				
										60.8	46.1	53.5	50.0	No linear change	Not available	No change
QN8: Percer	ntage of	f students v	who rarel	y or nev	er wore	a seat b	elt (whe	en riding	g in a ca	ar)						

^{*}Based on trend analyses using a logistic regression model controlling 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 Montgomery County Trend Analysis Report

Injury ar	ıd Viole	ence															
				Н	ealth Ri	isk Beha	avior an	d Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN9: F	ercenta	ge of stu	udents w	ho ever	rode wi	th a driv	er who	had bee	n drinki	ing alco	hol (in	a car)					
											16.6	13.0	15.7	11.6	Decreased, 2013-2018	Not available [§]	Decreased
QN10:	Percent	age of s	tudents	who eve	er carrie	d a wear	on (suc	h as a gi	un, knif	e, or clu							
											24.5	21.0	21.8	17.4	Decreased, 2013-2018	Not available	Decreased
QN11:	Percent	age of s	tudents	who we	re ever i	n a phys	ical figh	nt			46.9	39.7	43.5	40.9	Decreased, 2013-2018	Not available	No change
											10.7	37.1		10.5		1 tot available	- Two change
QN14:	Percent	age of s	tudents	who eve	r seriou	sly thou	ght abou	ıt killing	g thems	elves	17.0	15.5	20.0	20.5	Increased, 2013-2018	Not available	No change
01115																	<u>-</u>
QN15:	Percent	age of s	tudents	who eve	r made	a plan al	out hov	v they v	vould ki	II them	selves		11.6	13.4	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.

Total Injury an	d Viole	ence															
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN16: 1	Percent	age of s	tudents	who eve	er tried t	o kill the	emselve	S					7.0	6.8	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 Montgomery County Trend Analysis Report

Tobacco Use	!																
				Н	ealth R	isk Beha	avior ar	nd Perc	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018 †
1991 199	93 19	995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN17: Perc	centage	of stu	ıdents v	who eve	r tried c	igarette	smokin	g (even	one or t	wo puff	rs)						
													5.2	4.4	No linear change	Not available [§]	No change
QN18: Perc	centage	of stu	ıdents v	who trie	d cigare	ette smol	king for	the firs	time be	efore ag	e 11 ye	ars (eve	n one or	two			,
puffs)													3.0	2.0	No linear change	Not available	No change
QN19: Perc survey)	centage	of stu	ıdents v	who cur	rently si	moked c	igarette	s (on at	least 1 o	lay duri	ng the 3	30 days	before t	he			
											3.5	1.2	0.8	0.8	Decreased, 2013-2018	Not available	No change
QNFRCIG: days before			of stude	ents who	o curren	ntly smol	ked ciga	rettes fi	equentl	y (on 20	or moi	re days o	during t	he 30			
											0.8	0.3	0.1	0.0	Decreased, 2013-2018	Not available	No change

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

[§]Not enough years of data to calculate.

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obacco l	Use				Не	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	199	7	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	- 3		
QNDAY before th			age of	stud	lents w	ho curi	rently sn	noked c	garettes	daily (on all 30) days d	luring th	ne 30 da	ıys			
												0.8	0.3	0.1	0.0	Decreased, 2013-2018	Not available§	No change
QN21: I	Percent	age of	studen	ts wl	ho eve	r used a	ın electr	onic var	or prod	uct		,				,		
													11.5	15.2	16.3	Increased, 2014-2018	Not available	No change
QN22: I before th			studen	ts wl	ho curi	rently u	sed an e	lectroni	c vapor	product	(on at 1	east 1 d	lay durii	ng the 3	0 days	,		,
													5.6	3.1	4.3	No linear change	Not available	No change
QNFRE'during th						o currei	ntly used	l electro	nic vap	or produ	icts freq	uently ((on 20 c	or more	days			
													0.6	0.3	0.1	Decreased, 2014-2018	Not available	No change

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

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					.,101	u I CICC	entages						Linear Change*	Quadratic Change [*]	Change from 2016-2018
1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
	_	udents v	vho curr	ently us	ed elect	ronic va	por pro	ducts da	aily (on	all 30 c	lays dur	ing			
										0.3	0.3	0.1	No linear change	Not available§	No chang
	ercenta		Percentage of students v	Percentage of students who curr	ercentage of students who currently us	ercentage of students who currently used elect	ercentage of students who currently used electronic va	Percentage of students who currently used electronic vapor pro	Percentage of students who currently used electronic vapor products da	Percentage of students who currently used electronic vapor products daily (on	Percentage of students who currently used electronic vapor products daily (on all 30 cre the survey)	Percentage of students who currently used electronic vapor products daily (on all 30 days during the survey)	Percentage of students who currently used electronic vapor products daily (on all 30 days during re the survey)	Percentage of students who currently used electronic vapor products daily (on all 30 days during re the survey)	Percentage of students who currently used electronic vapor products daily (on all 30 days during re the survey)

1.2

1.3

during the 30 days before the survey) 3.6

2.4 1.5 0.8 Decreased, 2013-2018 Not available No change

Not available

No linear change

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day

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 Montgomery County Trend Analysis Report

				Н	ealth Ri	isk Beha	avior an	d Perco	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26:	Percenta	age of st	udents v	who eve	er drank	alcohol	(other th	nan a fe	w sips)		20.2	13.5	16.0	13.5	Decreased, 2013-2018	Not available [§]	No change
QN27:	Percenta	age of st	udents v	who dra	nk alcol	nol for th	ne first t	ime bef	ore age	11 year	s (other	than a f	ew sips)			
											11.1	6.5	8.7	6.9	Decreased, 2013-2018	Not available	No change
QN28:	Percenta	age of st	udents v	who eve	er used n	narijuan	a				6.9	4.5	3.9	3.7	Decreased, 2013-2018	Not available	No change

2.7

3.7 1.1 1.8 Decreased, 2013-2018

No change

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.

lcohol a	nd Oth	er Druş	g Use	Н	ealth Ri	isk Beha	avior ar	nd Perc	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN30: I	ly than	how a c	loctor to														
nydroco	done, ai	id i cico	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,										3.5	5.4	Increased, 2016-2018	Not available§	No change
QN31: 1	Percenta	age of s	tudents	who eve	er used c	cocaine (any fori	m of coo	caine, in	cluding	powder	r, crack,	or freeb	oase)			
											3.7	3.0	3.5	1.6	Decreased, 2013-2018	Not available	Decreased
QN32: I						nhalants	(sniffed	d glue, b	reathed	the con	itents of	spray c	ans, or				
											8.7	5.2	5.7	4.2	Decreased, 2013-2018	Not available	No change
QN33: 1	Percenta	age of s	tudents	who eve	er took s	teroids v	without	a docto	's presci	ription (pills or	shots)					
											3.2	2.1	1.6	1.2	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.

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Sexual B	ehavior	s		Н	ealth Ri	isk Beha	avior an	d Perce	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN34:	Percenta	age of st	tudents	who eve	r had se	xual into	ercourse	;			,	4.5	4.9	2.5	No linear change	Not available [§]	Decreased
QN35:	Percenta	age of si	udents	who had	l sexual	intercou	irse for t	he first	time be	fore age	e 11 yea	rs 1.4	2.3	1.0	No linear change	Not available	No change
QN36:	Percenta	age of st	udents	who eve	r had se	xual into	ercourse	with th	ree or n	nore per	rsons	2.0	1.4	0.8	Decreased, 2014-2018	Not available	No change

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

[§]Not enough years of data to calculate.

				Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38:	Percenta	age of st	tudents	who des	cribed t	hemselv	es as sli	ghtly or	r very o	verweig	ght 24.2	23.0	25.2	26.0	No linear change	Not available [§]	No change
QN39:	Percenta	age of st	tudents	who we	re trying	g to lose	weight				41.5	38.8	39.6	41.4	No linear change	Not available	No change
QN40:	Percenta	age of st	tudents	who did	not eat	breakfa	st (durin	g the 7	days be	fore the	survey)	•	:			
											9.3	6.1	7.3	8.0	No linear change	Not available	No change
QNBK7	DAY:	Percenta	age of st	tudents v	who ate	breakfa	st on all	7 days	(during	the 7 da	ays befo	ore the s	urvey)				
											53.5	58.7	53.8	53.6	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.

Fotal Physical A	Activity	7		Н	ealth Ri	isk Beh	avior ar	nd Perc	entages	i					Linear Change [*]	Quadratic Change [*]	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN41: kind of j days bef	physical	activity	that in														
											56.6	61.3	56.7	57.1	No linear change	Not available§	No change
QNPA0 1 day (in during th	n any ki	nd of ph	iysical a	activity t													
											9.5	9.3	10.4	10.4	No linear change	Not available	No change
QNPA7 kind of j days bef	physical	activity	that in														
-		•									29.5	35.3	31.9	29.2	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.

Physical A	Activity			Н	ealth Ri	isk Beha	avior an	nd Perc	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN42:	Percenta	age of st	udents v	who wat	tched tel	levision	3 or mo	ore hours	s per da	y (on an	averag	e schoo	l day)				
											30.7	21.0	20.1	19.7	Decreased, 2013-2018	Not available§	No change
QN43: (countin smartphe average	g time s one, con	pent on nputer,	things s	uch as p	playing	games, v	watching	g videos	s, texting	g, or usi	ng socia	al media	a on the	ir	Increased, 2013-2018	Not available	No change
QN44:					ended ph	ıysical e	ducation	n (PE) c	lasses o	n 1 or n	nore day	ys (in ar	ı averag	e			
week wh	nen tney	were in	scnool))													

^{*}Based on trend analyses using a logistic regression model controlling 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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				Н	ealth Ri	isk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
		ercentage were ir			o atteno	led phys	sical edu	cation ((PE) cla	sses on	all 5 da	ys (in a	ı averaş	e			
											16.0	90.5	76.0	79.7	No linear change	Not available§	No ahanga
											46.8	80.5	76.0	19.1	No linear change	Not available	No change
		age of st							(countir	ng any te					No mear change	Not available	No change
									(countir	ng any te					Decreased, 2014-2018	Not available	No change
QN46:	nity grou		tudents	who had	a conci	pefore th	ne surve	y)			eams ru	n by the	eir schoo 62.8	ol or 57.5			

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

[§]Not enough years of data to calculate.

Total Other																	
				Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	5 2018	3		
QN47:	Percenta	age of s	tudents	who hac	l ever be	en told	by a do	ctor or n	urse tha	at they l	nad asth	ma					
											21.2	18.3	17.1	20.4	No linear change	Not available [§]	No change
QN48:	Percenta	age of s	tudents	who got	8 or mo	ore hour	s of slee	p (on ar	n averag	e schoo	ol night)						•
											55.3	61.5	60.5	62.5	Increased, 2013-2018	Not available	No change
QN49: before the			tudents	who des	scribed t	heir gra	des in so	chool as	mostly	A's or I	B's (dur	ng the	12 mon	ths			+
												90.3	88.5	89.2	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.

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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 45.5 54.1 42.1 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)

23.8

3.4

18.7

1.2

23.5 22.4

1.2

No linear change

Decreased, 2013-2018

Not available

Not available

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

Total

No change

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.

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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 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) 88.3 94.2 No linear change Not available§ No change QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year 8.3 Decreased, 2016-2018 Not available Decreased QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey) 2.1 1.9 1.5 0.6 Decreased, 2013-2018 Not available Decreased QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey) 2.4 2.6 1.6 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.

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Total Site-Added

				H	ealth R	isk Beha	avior an	d Perce	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN66:	Percent	age of	students	who liv	e with so	omeone	who nov	w smoke	es cigare	ettes or	cigars	,		:	,		
											27.0	21.3	22.2	18.4	Decreased, 2013-2018	Not available [§]	No change
ON67:	Doroont	ogo of	ctudonto	who ror	ort the	ula abou	ıt amalai	na incid	la thair l	nomo is	that am	okina i	not all	owad			
anywhe	re inside	e their	home (n	ot count	ing deck	rule abou	es, or po	orches)					85.7	86.1	No linear change	Not available	No change
anywhe	re inside	e their	home (n	ot count	ing deck		es, or po	orches)					85.7	86.1	No linear change No linear change	Not available Not available	No change
QN68: during t	Percent:	age of age of	students re the su	who we	re in the	s, garage	oom with	n someo	one who	was sn	noking (on at le	85.7 ast one o	86.1 day			

^{*}Based on trend analyses using a logistic regression model controlling 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 Montgomery County Trend Analysis Report

				Н	ealth R	isk Beha	avior ar	d Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	8		
QN70:	Percenta	ige of st	udents	who cur	rently u	sed mari	ijuana (d	one or m	ore tim	es durin	g the 30) days b	efore th	e			
											6.9	4.1	3.4	2.4	Decreased, 2013-2018	Not available§	No change
	Percenta before tl			who wei	re offere	ed, sold,	or give	n an ille	gal drug	on scho	ool prop	erty (dı	uring the	e 12			
											7.6	4.5	4.5	3.4	Decreased, 2013-2018	Not available	No change
	Percenta					ist (for a	check-ı	ıp, exan	n, teeth	cleaning	g, or oth	er denta	al work,				
													76.7	77.1	No linear change	Not available	No change
N73.		ige of st	udents	who wei	re taugh	t in their	r classes	about t	he dang	ers of to	bacco u	ıse (dur	ing the	ast			
chool y	ear)																

^{*}Based on trend analyses using a logistic regression model controlling 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 Montgomery County Trend Analysis Report

Total Cita Addad

				Н	ealth Ri	sk Beha	vior an	d Perce	entages						Linear Change*	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	-		
	Percentar r studen			who part	ticipate	in extrac	curricula	r activit	ties at so	chool (s	uch as	sports,	oand, dr	ama,			
											60.9	66.5	57.8	60.1	No linear change	Not available [§]	No change
QN77:	Percent	age of st	tudents	who say	definite	ly yes o	r probab	oly yes t	hat you	ng peop	ole who	smoke	have m	ore			
irichas											25.3	19.0	25.0	26.1	No linear change	Not available	No change
	Percent	age of st	tudents	who say	definite	ly yes o	r probab	oly yes t	hat smo	king ma	akes yo	oung pe	ple loo	k cool			
QN78: or fit in		age of st	tudents	who say	definite	ly yes o	r probat	oly yes t	hat smo	king ma	akes yo		ople loo	k cool	No linear change	Not available	No change
or fit in QN79:		age of s	tudents	who son	newhat	or strong	-				15.7	11.7	12.3	13.7	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 Montgomery County Trend Analysis Report

				Н	ealth Ri	sk Beha	avior an	d Perce	entages						Linear Change*	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
												g or very e a mon		for			

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

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

77.9 81.4 84.4 84.4 Increased, 2013-2018 Not available No change

Not available

71.7 76.6 80.1 78.8 Increased, 2013-2018

Total

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 Montgomery County Trend Analysis Report

				Н	ealth Ri	sk Beha	avior ar	nd Perce	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN83: Pe	ercenta	ge of st	udents	who hav	e an adı	ılt outsi	de of scl	hool the	y can ta	lk to ab	out thin	gs that	are imp	ortant			
											82.6	87.2	85.7	86.3	No linear change	Not available [§]	No change
QN84: Pe								king he	lp from	one or r	nore ad	ults bes	sides the	eir			
											76.2	82.1	76.9	81.1	No linear change	Not available	No change
QN85: Pe						teacher	or other	adult in	their so	chool ab	out a po	ersonal	problen	n they			
											28.2	32.2	33.2	29.9	No linear change	Not available	No change
QN86: Pe		-	udents v	who stro	ngly ag	ree or a	gree that	t their te	achers 1	eally ca	ire abou	it them	and give	e them			
a lot of en	icourag	CITICIT															

^{*}Based on trend analyses using a logistic regression model controlling 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 Montgomery 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 QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle) 54.5 41.0 47.3 37.4 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) 49.1 54.7 55.8 No linear change Not available No change QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) No change 6.4 5.3 3.9 3.5 No linear change Not available QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) 16.2 11.6 14.2 10.2 Decreased, 2013-2018 Not available Decreased

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

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Male

injury an	1 a V 10	olen	ce			Healt	th Ris	sk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	3	1995	1997	199	9 20	001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN10:	Percei	ntag	e of st	udents	who e	ver ca	arried	a wear	on (suc	h as a g	un, knif	e, or clu	ıb)		:				
													33.7	29.1	29.7	24.6	Decreased, 2013-2018	Not available [§]	No change
QN11:	Percer	ntag	e of st	udents	who v	ere ev	ver in	a phys	sical fig	ht	-	-	-	-	-				
													60.7	53.0	56.7	51.5	Decreased, 2013-2018	Not available	No change
QN14:	Percei	ntag	ge of st	udents	who e	ver se	rious	ly thou	ght abo	ut killin	g thems	elves			•				
													11.6	12.6	15.3	18.5	Increased, 2013-2018	Not available	No change
QN15:	Percer	ntag	ge of st	udents	who e	ver ma	ade a	plan a	bout ho	w they v	vould ki	ll them:	selves						
															8.1	11.8	Increased, 2016-2018	Not available	Increased
QN16:	Percer	ntag	e of st	udents	who e	ver tri	ied to	kill th	emselve	S									
															5.2	5.5	No linear change	Not available	No change

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Male Fobacco	Use			Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change [*]	Quadratic Change [*]	Change from
																	2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN17:	Percenta	age of st	udents '	who eve	er tried c	rigarette	smokin	g (even	one or t	wo puff	fs)		5.8	4.4	No linear change	Not available [§]	No change
QN18: puffs)	Percenta	age of st	udents	who trie	d cigare	ette smol	king for	the first	t time be	efore ag	e 11 ye	ars (eve	en one on	1.8	No linear change	Not available	No change
QN19: survey)	Percenta	age of st	udents	who cur	rently s	moked c	cigarette	s (on at	least 1 c	lay duri	ng the	30 days 1.8	before t	he 1.0	Decreased, 2013-2018	Not available	No change
QNFRC days bef				ents wh	o curren	ntly smo	ked ciga	rettes fi	equentl	y (on 20) or mo	re days	during t	0.1	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 Montgomery County Trend Analysis Report

Male

				Н	ealth Ri	isk Beh	avior ar	d Perc	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QNDAY before th			ge of st	udents v	vho curr	ently sn	noked ci	garettes	daily (on all 30) days d	uring th	e 30 da	ys			
		•									1.1	0.2	0.3	0.1	Decreased, 2013-2018	Not available [§]	No change
QN21: 1	Percent	age of st	udents	who eve	r used a	n electro	onic vap	or prod	uct			;					,
												12.6	14.2	15.5	No linear change	Not available	No change
QN22: I before th			udents	who cur	rently u	sed an e	lectronic	e vapor	product	(on at l	east 1 d	ay durir	ig the 30	0 days			
												6.6	3.1	3.9	No linear change	Not available	No change
QNFRE'					o currer	ntly used	l electro	nic vapo	or produ	cts freq	uently ((on 20 o	r more	days			
												0.4	0.5	0.2	No linear change	Not available	No change

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Male Tobacco	Use			н	ealth R	isk Beh	avior ar	ıd Perc	entages						Linear Change [*]	Quadratic Change*	Change from
									·						Zameni Ominge	Quiunuic Oninge	2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	8		
QNDAY the 30 da				udents	who cur	rently u	sed elect	ronic va	apor pro	ducts d	aily (on	all 30 d	ays dur	ing	,		
the 50 th	iys ocic	ne the s	uivey)									0.4	0.5	0.2	No linear change	Not available§	No change
QN24: I														nic			
vapor pr										,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	0.00011						
													1.2	1.7	No linear change	Not available	No change
QN25: I					rently s	moked c	eigars (c	igars, ci	garillos	or little	e cigars,	on at le	east 1 da	ıy			
											4.8	3.5	1.8	1.0	Decreased, 2013-2018	Not available	No change

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Male Alcohol and Other Drug Use Linear Change* **Health Risk Behavior and Percentages** Quadratic Change* Change from 2016-2018 [†] 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 QN26: Percentage of students who ever drank alcohol (other than a few sips) 21.7 14.9 18.6 13.8 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) 13.4 7.8 10.8 6.9 Decreased, 2013-2018 Not available No change QN28: Percentage of students who ever used marijuana Not available No change 8.6 5.8 4.7 Decreased, 2013-2018 QN29: Percentage of students who tried marijuana for the first time before age 11 years 3.8 3.6 Decreased, 2013-2018 Not available No change 1.7 2.1

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

lcohol a	nd Oth	er Drug	g Use	Н	ealth R	isk Beha	avior ar	nd Perc	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
differen		how a d	loctor to			prescripti t (counti											
11) u 10 0 0	uo, u.		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,										3.5	4.7	No linear change	Not available§	No change
QN31:	Percenta	age of st	tudents	who eve	r used c	cocaine (any fori	m of coo	caine, in	cluding	powder	r, crack,	or freel	oase)			,
											4.2	3.4	4.0	1.8	Decreased, 2013-2018	Not available	No change
				who eve		nhalants	(sniffed	d glue, b	reathed	the con	itents of	spray c	ans, or		, , , , , , , , , , , , , , , , , , , ,		
		•									8.4	5.5	5.8	3.4	Decreased, 2013-2018	Not available	No change
	Dorgante	age of st	tudents	who eve	r took s	teroids v	without	a doctor	's presc	ription (pills or	shots)	.				
QN33:	reiceila																

^{*}Based on trend analyses using a logistic regression model controlling 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 Montgomery County Trend Analysis Report

Male

Sexual B	ehavior	s		Н	ealth R	isk Beha	avior an	nd Perc	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34:	Percent	age of si	tudents	who eve	er had se	xual int	ercourse	;				7.0	6.3	3.8	No linear change	Not available [§]	No change
QN35:	Percent	age of st	tudents	who had	l sexual	intercou	irse for t	he first	time be	fore age	e 11 yea	rs					
												2.5	2.9	1.7	No linear change	Not available	No change
QN36:	Percent	age of st	tudents	who eve	r had se	xual int	ercourse	with th	ree or n	nore per	rsons	3.1	1.8	1.5	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

	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: 1	Percenta	age of st	tudents v	who des	cribed t	hemselv	es as sli	ghtly or	very o	verweig	ht 22.8	22.9	22.9	25.3	No linear change	Not available [§]	No change
QN39: 1	Percenta	age of st	udents v	who wei	re trying	g to lose	weight	,			34.6	34.0	35.6	36.3	No linear change	Not available	No change
QN40: 1	Percenta	age of st	udents v	who did	not eat	breakfa	st (durin	g the 7	days be	fore the	survey)		•			
											8.9	4.6	7.0	7.6	No linear change	Not available	No change
QNBK7	DAY: I	Percenta	age of st	udents v	who ate	breakfa	st on all	7 days	(during	the 7 da	ys befo	re the si	ırvey)				•
											60.4	63.9	58.4	59.7	No linear change	Not available	No change

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Male Physical	Activity	7															
				Н	ealth Ri	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN41: kind of days bet	physical	activity															
											62.4	69.3	63.2	60.2	Decreased, 2013-2018	Not available [§]	No change
QNPA0 1 day (in during t	n any ki	nd of ph	ysical a	ctivity t													
											9.8	6.5	7.0	9.7	No linear change	Not available	No change
QNPA7 kind of j days bet	physical	activity	that in												,		
											36.2	44.5	37.7	34.3	Decreased, 2013-2018	Not available	No change

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

[§]Not enough years of data to calculate.

Male Physical	ical 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:	Percenta	age of st	tudents	who wat	tched te	levision	3 or mo	re hours	s per da	y (on an	averag	e schoo	l day)				
											31.4	19.4	20.4	19.2	Decreased, 2013-2018	Not available§	No change
QN43: (counting smartph average	g time s one, cor	spent on nputer,	things s	such as p	playing	games,	watching	g videos	, texting	g, or usi	ng socia s not sc	al media hool wo	on the ork, on a	ir in	January 2012 2019	Not available	No shows
											36.3	32.7	41.3	42.2	Increased, 2013-2018	Not available	No change
QN44: week w					ended ph	iysical e	ducation	n (PE) c	lasses o	n 1 or n	nore day	ys (in ar	averag	je	, , , , , , , , , , , , , , , , , , , ,		-
											90.9	89.5	92.8	94.0	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 Montgomery 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) 45.7 80.6 73.8 79.4 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) 67.5 60.4 Decreased, 2014-2018 Not available No change QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey) 18.0 15.4 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.

Male Other																	
				Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN47:	Percent	age of s	tudents	who had	l ever be	een told	by a do	ctor or n	nurse tha	at they h	nad asth	ma	·				
											22.5	19.8	18.4	23.3	No linear change	Not available [§]	No change
QN48:	Percent	age of s	tudents	who got	8 or mo	ore hour	s of slee	p (on ar	n averag	e schoo	ol night)		•	•			
											56.7	63.9	65.3	64.7	Increased, 2013-2018	Not available	No change
QN49: before the			tudents	who des	cribed t	heir gra	des in so	chool as	mostly	A's or E	B's (duri	ng the	12 mont	hs			-
		-										89.2	86.1	86.9	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.

Aale Site-Add	e d																
				Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN52: driving		age of s	tudents	who hav	ve ever 1	idden in	a car d	riven by	someo	ne who	was tex	ting wh	ile they	were			
												44.8	49.3	39.0	Decreased, 2014-2018	Not available§	Decreased
QN54: stopped											eks in a	row so	that the	y			-
											17.0	15.1	18.1	17.0	No linear change	Not available	No change
QN55:	Percent	age of s	tudents	who sm	oked a v	vhole ci	garette l	pefore a	ge 11 ye	ears (for	the firs	st time)	•		,		
											4.5	1.6	1.9	0.9	Decreased, 2013-2018	Not available	No change
QN62:				who thi	nk they	definitel	y or pro	bably w	vill smol	ke a ciga	arette, c	igar, cig	garillo, o	or			
		J											8.9	5.5	Decreased, 2016-2018	Not available	Decreased

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

/Iale lite-Adde	ed			Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change [*]	Quadratic Change [*]	Change from
									J						C		2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	<u> </u>		
QN63: flavored survey)														,			
•											2.8	2.3	1.7	0.5	Decreased, 2013-2018	Not available [§]	Decreased
QN64: I		age of s	tudents	who trie	ed or use	ed tobace	co produ	icts for	the first	time (d	uring th	e 12 mc	onths be	fore			
												2.9	2.8	1.9	No linear change	Not available	No change
QN66:	Percenta	age of s	tudents	who live	e with so	omeone	who no	w smok	es cigare	ettes or	cigars						
											28.0	22.6	24.2	18.6	Decreased, 2013-2018	Not available	No change
QN67: anywher									le their l	home is	that sm	oking is	not allo	owed			_
													86.2	88.0	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 **Montgomery 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) 10.7 9.0 No linear change Not available§ No change QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) 10.0 6.4 6.5 Decreased, 2013-2018 Not available No change QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) 8.5 5.4 3.9 1.8 Decreased, 2013-2018 Not available Decreased QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12

8.8

3.8

5.2

3.7

Decreased, 2013-2018

Not available

months before the survey)

No change

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

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

ite-Add				Н	ealth Ri	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_ }		
	Percenta					ist (for a	check-ı	ıp, exan	n, teeth	cleaning	g, or oth	ner denta	al work,				
													75.4	76.5	No linear change	Not available§	No change
QN73: school y	Percenta (ear)	age of st	udents v	who wei	re taugh	t in thei	r classes	about t	he dang	ers of to	obacco	use (dur	ring the	last			_,-
											81.9	82.3	76.1	78.7	No linear change	Not available	No change
	Percenta r student			who par	ticipate	in extra	curricula	ar activi	ties at so	chool (s	such as	sports, b	and, dra	ama,			
											60.7	67.0	57.5	57.4	Decreased, 2013-2018	Not available	No change
ONIZZ.	Percenta	age of st	udents v	who say	definite	ely yes o	or probal	bly yes	that you	ng peop	ole who	smoke	have mo	ore			-
friends		_															

^{*}Based on trend analyses using a logistic regression model controlling 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 Montgomery County Trend Analysis Report

Male

Site-Adde	ed			Н	ealth Ri	sk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	-		
QN78: I	Percenta	age of st	udents v	who say	definite	ely yes o	r probal	bly yes	that smo	oking m	akes yo	ung pec	ple lool	cool			
											16.3	12.8	12.0	14.3	No linear change	Not available [§]	No change
QN79: I							gly disap	oprove o	of some	one thei	r age ha	ving on	e or two)			,
													80.3	84.7	No linear change	Not available	No change
QN80: I														for			
											86.8	90.0	91.3	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 **Montgomery 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 2005 2007 2009 2011 2013 2014 2001 2003 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 68.9 75.3 76.8 77.2 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 82.9 74.2 81.5 82.9 Increased, 2013-2018 Not available No change QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them 83.5 88.1 87.4 88.5 No linear change Not available No change QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life 78.0 82.7 78.4 81.8 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.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Mala

				H	ealth R	isk Beha	avior an	nd Perco	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2015
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	•		
						teacher	or other	adult in	their so	chool ab	out a pe	rsonal	problen	n they			
	Percentaring the					teacher	or other	adult in	their so		•		•	·	No linear change	Not available [§]	No chang
						teacher	or other	adult in	their so		•	ersonal 30.1	problen 29.3	n they 27.6	No linear change	Not available [§]	No change
ad (dur 2N86: 1	ring the	12 mon	ths before	re the su	irvey)	teacher					24.8	30.1	29.3	27.6	No linear change	Not available [§]	No chang

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Female Injury an	d Viole	nce		н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN6: P bicycle)		ge of stu	idents w	ho rarel	ly or nev	ver wore	a bicyc	le helm	et (amo	ng stude	ents who	o had rio	lden a				
											47.4	33.1	42.8	39.1	No linear change	Not available [§]	No change
QN7: P							a helm	et when	rollerbl	ading o	r skateb	oarding	(among	g			
500001105			101440			, S ur G)					54.2	43.0	51.7	43.3	No linear change	Not available	No change
QN8: P	ercentag	ge of stu	idents w	ho rarel	ly or nev	ver wore	a seat b	elt (wh	en ridin	g in a ca	ar)	 ,					
											4.8	3.8	4.0	3.8	No linear change	Not available	No change
QN9: P	ercentag	ge of stu	idents w	ho ever	rode w	ith a driv	ver who	had bee	en drink	ing alco	hol (in	a car)					
											16.7	14.6	17.0	12.8	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 Montgomery County Trend Analysis Report

Female

Injury and Violence										*		
	Health Risk	Behavior	and Pero	entages	;					Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991 1993 1995 1997 1999	9 2001 2	2003 2005	5 2007	2009	2011	2013	2014	2016	2018			
QN10: Percentage of students who e	ver carried a	weapon (s	uch as a g	gun, knif	e, or clu	ıb)						
						14.8	12.4	13.3	10.0	No linear change	Not available§	No change
QN11: Percentage of students who v	vere ever in a	a physical f	ight	,								
						32.4	26.0	29.5	29.8	No linear change	Not available	No change
QN14: Percentage of students who e	ver seriously	thought at	out killir	ng thems	elves	•		•				
						22.2	18.7	24.8	22.3	No linear change	Not available	No change
QN15: Percentage of students who e	ver made a p	olan about h	ow they	would k	ill them	selves			•			
								15.1	14.6	No linear change	Not available	No change
QN16: Percentage of students who e	ver tried to k	xill themsel	ves	<u> </u>								
								8.7	8.2	No linear change	Not available	No change

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

				Н	ealth Ri	isk Beh	avior an	nd Perc	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN17:	Percenta	age of st	udents v	who eve	r tried c	igarette	smokin	g (even	one or t	wo puff	fs)		4.4	4.1	No linear change	Not available [§]	No change
QN18: puffs)	Percenta	age of st	udents v	who trie	d cigare	ette smo	king for	the first	t time be	efore ag	e 11 yea	ars (eve	n one or	two			
pulls)													2.3	2.0	No linear change	Not available	No change
QN19: survey)	Percenta	age of st	udents v	who cur	rently si	moked c	igarette	s (on at	least 1 o	day duri	ng the 3	30 days	before tl	he			
											2.6	0.7	0.5	0.6	Decreased, 2013-2018	Not available	No change

0.3 0.4

0.0

0.0

Not available

Not available

Not available

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Female

obacco	Use			Н	ealth Ri	isk Beha	avior aı	nd Perce	entages						Linear Change*	Quadratic Change*	Change from
																	2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAY before tl			age of st	udents v	vho curr	ently sn	noked ci	garettes	daily (on all 30	0 days d	luring th	ne 30 da	ys			
		·37									0.3	0.4	0.0	0.0	Not available	Not available [§]	Not available
QN21:	Percent	age of s	tudents	who eve	er used a	n electro	onic vap	or prod	uct			•	•				
												10.2	16.2	17.1	Increased, 2014-2018	Not available	No change
QN22: before tl			tudents	who cur	rently u	sed an e	lectroni	c vapor	product	(on at l	east 1 d	ay durii	ng the 3	0 days			,
												4.6	3.1	4.7	No linear change	Not available	No change
QNFRE				dents wh	o currer	ntly used	l electro	nic vapo	or produ	icts freq	uently ((on 20 c	or more	days			
				•								0.7	0.0	0.0	Not available	Not available	Not available

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

[§]Not enough years of data to calculate.

Female Fobacco l	Use																
				Н	ealth Ri	isk Beha	avior an	d Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	201	8		
QNDAY the 30 da				tudents v	who cur	rently us	sed elect	ronic va	apor pro	ducts d	aily (on	all 30 c	lays dur	ring			
												0.2	0.0	0.0	Not available	Not available§	Not available
QN24: I dissolval vapor pr	ble toba	icco pro	ducts [s	uch as C	Copenha	gen, Gri	zzly, Sk	coal, or	Camel S					nic			
													1.1	0.7	No linear change	Not available	No change
QN25: I during th					rently si	noked c	igars (ci	igars, ci	garillos,	, or little	e cigars,	on at le	east 1 da	ay			
											2.1	1.2	1.2	0.5	Decreased, 2013-2018	Not available	No change

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Female Alcohol a	and Oth	er Druş	g Use	Н	ealth R	isk Beha	avior aı	nd Perce	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26:	Percent	age of st	tudents	who eve	er drank	alcohol	(other t	han a fe	w sips)		18.1	12.0	13.2	13.3	Decreased, 2013-2018	Not available [§]	No change
QN27:	Percent	age of st	tudents	who dra	nk alcol	hol for t	he first t	ime bef	ore age	11 year	s (other	than a f	ew sips)			
											8.3	5.2	6.3	6.9	No linear change	Not available	No change
QN28:	Percent	age of st	tudents	who eve	er used n	narijuan	a	,	-	-	4.0	2.1	2.0	2.6	N. P L	Nist and Inkla	N. d
											4.9	3.1	3.0	3.6	No linear change	Not available	No change
QN29:	Percenta	age of st	tudents	who trie	ed mariju	uana for	the first	t time be	efore age	e 11 yea	ars 1.2	3.8	0.5	1.2	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.

				Н	ealth Ri	isk Beha	avior an	d Perce	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
differen	Percenta tly than odone, ar	how a d	octor to														
,	, u = 110, u =												3.5	6.1	No linear change	Not available§	No change
QN31:	Percenta	ige of st	udents v	who eve	r used c	ocaine (any forr	n of coc	caine, in	cluding	powde	r, crack,	or freel	oase)			·,
											2.7	2.7	2.9	1.0	Decreased, 2013-2018	Not available	Decreased
	Damaante					nhalants	(sniffed	l glue, b	reathed	the con	itents of	spray c	ans, or				
	any pair	its or sp	rays to g	get mgn,)												
		its or sp	rays to g	get mgn)						8.7	4.9	5.5	4.9	Decreased, 2013-2018	Not available	No change
inhaled						teroids v	without a	a doctor	's prescr	ription (5.5	4.9	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 Montgomery County Trend Analysis Report

Female

exual B	ehaviors	S		Н	ealth Ri	isk Beha	avior an	nd Perce	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34:	Percenta	age of st	tudents	who eve	r had se	xual int	ercourse	;		•	•	2.0	3.3	1.2	No linear change	Not available [§]	No change
QN35:	Percenta	age of st	tudents	who had	l sexual	intercou	rse for t	he first	time be	fore age	e 11 yea	0.2	1.4	0.3	No linear change	Not available	No change
QN36:	Percenta	age of st	tudents	who eve	r had se	xual int	ercourse	with th	ree or n	nore per	rsons	0.9	0.8	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.

Female Weight N	I anagei	nent an	d Dieta	-		isk Beh	avior aı	nd Perc	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38:	Percenta	age of st	tudents	who des	scribed t	hemselv	es as sli	ghtly or	very o	verweig	tht 25.3	23.2	27.5	26.6	No linear change	Not available [§]	No change
QN39:	Percenta	age of si	tudents	who we	re trying	g to lose	weight	,	,		48.8	43.7	43.6	46.5	No linear change	Not available	No change
QN40:	Percenta	age of st	tudents	who did	not eat	breakfa	st (durin	ig the 7	days be	fore the	survey)					
											9.7	7.8	7.6	8.3	No linear change	Not available	No change
QNBK7	DAY:	Percenta	age of st	tudents	who ate	breakfa	st on all	7 days	(during	the 7 da	ays befo	ore the s	urvey)		,		;
											46.6	53.3	49.1	47.9	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.

Female Physical	Activity	,		Н	ealth R	isk Beha	avior an	ıd Perc	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN41: kind of j days bef	physical	activity	that in										during t		No linear change	Not available [§]	No change
											31.1	33.1	30.2	J 4. 4	No fillear change	Not available	No change
QNPA0 1 day (in during t	n any ki	nd of ph	ysical a	ctivity t													
											8.9	12.3	13.8	10.3	No linear change	Not available	No change
QNPA7 kind of j days bef	physical	activity															,
											22.9	25.9	25.8	24.4	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.

Female Physical <i>A</i>	Activity	7		Н	ealth R	isk Beh	avior ar	ıd Perc	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN42: I	Percenta	age of st	tudents	who wa	tched te	levision	3 or mo	re hours	s per da	y (on ar	n averag	e schoo	l day)				
											29.9	22.7	19.8	20.4	Decreased, 2013-2018	Not available§	No change
QN43: I (counting smartpho average s	g time s one, cor	spent on nputer,	things	such as j	playing	games,	watchin	g videos	s, textin	g, or usi	ing soci	al media	a on the	ir			
C		3,									33.2	28.3	36.3	37.8	Increased, 2013-2018	Not available	No change
QN44: I week wh					ended pl	nysical e	ducation	n (PE) c	lasses o	n 1 or r	nore day	ys (in aı	averag	ge			
											94.2	91.6	92.7	93.8	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 Montgomery County Trend Analysis Report

			Health Risk Behavior and Percentages											Linear Change [*]	Quadratic Change*	Change fro 2016-201	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	-	2016				
NDLY		U	e of stud school)		o attenc	led phys	ical edu	cation (PE) clas	sses on a	all 5 da	ys (ın a	ı averag	ge			

59.6 58.1 55.3

No linear 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)

12.6 11.7 No linear change Not available

No change

No change

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.

Female Other																	
				Н	ealth Ri	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN47:	Percenta	age of s	tudents v	who had	l ever be	een told	by a doo	ctor or n	urse tha	nt they h	ad asth	ma					
											19.6	16.8	15.7	17.3	No linear change	Not available [§]	No change
QN48:	Percenta	age of s	tudents	who got	8 or mo	ore hour	s of slee	p (on ar	n averag	e schoo	l night)	ı					,
											53.9	59.2	55.6	60.4	Increased, 2013-2018	Not available	No change
QN49: before the			tudents	who des	cribed t	heir grad	des in sc	chool as	mostly	A's or I	3's (dur	ing the	12 mont	ths			
												91.5	90.8	92.2	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.

Temale Site-Add	led																
				Н	ealth R	isk Beh	avior aı	nd Perc	entages	•					Linear Change*	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN52: driving	Percent the car	age of s	tudents	who hav	ve ever i	idden ir	n a car d	riven by	someo	ne who	was tex	ting wh	ile they	were			
												46.2	59.4	45.3	No linear change	Not available [§]	Decreased
	Percent doing s										eks in a	row so 22.2	that the	y 27.9	No linear change	Not available	No change
QN55:	Percent	age of s	tudents	who sm	oked a v	whole ci	garette l	before a	ge 11 ye	ears (for	the firs	t time)					
											1.8	0.9	0.4	0.9	No linear change	Not available	No change
	Percent gar in the			who thi	nk they	definitel	ly or pro	bably v	vill smo	ke a ciga	arette, c	igar, cig	garillo, o	or			
													7.5	3.5	Decreased, 2016-2018	Not available	Decreased

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

ite-Add				Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change [*]	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
	Percenta I smokel																
3,											1.4	1.4	1.1	0.5	No linear change	Not available [§]	No change
QN64: the surv	Percenta	age of st	tudents	who trie	d or use	d tobaco	co produ	icts for	the first	time (d	uring th	e 12 mc	onths be	fore			
	•											2.0	2.3	1.2	No linear change	Not available	No change
QN66:	Percenta	age of st	tudents	who live	e with so	omeone	who no	w smok	es cigare	ettes or	cigars	•					
											26.0	19.7	20.2	18.2	Decreased, 2013-2018	Not available	No change
	Percenta re inside								le their	home is	that sm	oking is	s not all	owed			
													85.1	84.2	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 Montgomery County Trend Analysis Report

emale te-Adde	ed			Н	ealth Ri	isk Beha	avior an	nd Perce	entages						Linear Change [*]	Quadratic Change [*]	Change fron 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN68: I					e in the	same ro	om witl	h someo	ne who	was sm	oking (on at le	ast one o	lay			
uuring ui	ie / day	ys befor	e the sui	rvey)									12.4	9.3	No linear change	Not available [§]	No change
QN69: I	Percenta	age of s	tudents		rently di	rank alco	ohol (at	least one	e drink	of alcoh	nol, on a	at least			No linear change Decreased, 2013-2018	Not available [§] Not available	No change

6.2

5.2

3.7

3.0 Decreased, 2013-2018

Not available

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

months before the survey)

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.

Female Site-Addo	ed																
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	<u> </u>		
QN72: during the						ist (for a	check-	up, exan	n, teeth	cleaning	g, or oth	er dent	al work	,			
													77.8	78.0	No linear change	Not available§	No change
QN73: school y		age of s	tudents	who we	re taugh	it in thei	r classes	s about t	he dang	ers of to	obacco	use (dui	ring the	last			
											86.1	83.2	79.1	76.4	Decreased, 2013-2018	Not available	No change
QN74: clubs, or				who par	ticipate	in extra	curricul	ar activi	ties at s	chool (s	such as	sports, l	oand, dr	ama,			
											60.9	66.1	58.0	63.1	No linear change	Not available	No change
QN77: friends	Percenta	age of s	tudents	who say	definite	ely yes o	or proba	bly yes	that you	ng peop	ole who	smoke	have m	ore			
											25.8	19.4	23.7	26.0	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 Montgomery County Trend Analysis Report

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 15.0 10.7 12.6 12.9 No linear change Not available§ No change QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two

87.0 87.9

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

89.0 89.6 90.1 93.5 Increased, 2013-2018 Not available No change

Not available

No linear change

Female

drinks of an alcoholic beverage nearly every day

No change

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

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

[§]Not enough years of data to calculate.

emale ite-Add	ed			Н	ealth R	isk Beh:	avior ar	nd Perc	entages						Linear Change [*]	Quadratic Change*	Change from
															C		2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
	Percenta ways) if												(physic	ally or			
											74.9	78.1	83.5	80.5	Increased, 2013-2018	Not available [§]	No change
	Percenta other way													ally			
											81.9	81.4	86.3	86.1	Increased, 2013-2018	Not available	No change
QN83:	Percenta	age of st	tudents	who hav	e an ad	ult outsi	de of sc	hool the	ey can ta	lk to ab	out thin	ngs that	are imp	ortant			
											81.7	86.2	84.0	84.8	No linear change	Not available	No change
QN84:	Percenta							eking he	lp from	one or i	more ad	lults bes	sides the	eir			
parents	II tiley II	iuu uii iii		questro													

^{*}Based on trend analyses using a logistic regression model controlling 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 Montgomery County Trend Analysis Report

Female

				Н	ealth R	isk Beha	avior an	nd Perco	entages	\$					Linear Change*	Quadratic Change*	Change from 2016-201
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	-		
								2007	2007	2011	2013						
N85: P	Percenta	age of st	udents v	who talk	ted to a	teacher	or other						problen				
-		_				teacher	or other				out a pe	ersonal	•	n they	No linear shares	Net avvilabla§	No about
N85: P ad (duri		_				teacher	or other				out a pe		problem 36.6		No linear change	Not available [§]	No chang
ad (duri	ercenta	12 mon	hs before	re the su	irvey)	teacher		adult in	n their so	chool ab	oout a pe	ersonal 34.6	36.6	32.0	No linear change	Not available [§]	No chang

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

injury a	nd Viol	ence		F	Iealth R	Risk Bel	navior a	nd Per	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN6: F bicycle)	-	ge of stu	dents w	ho rarel	y or nev	er wore	a bicyc	le helm	et (amoi	ng stude	ents who	had ric	lden a				
											28.4	18.0	16.4	13.5	Decreased, 2013-2018	Not available [¶]	No chang
QN7: F	ercentag who us	ge of stu	dents w	ho rarel	y or nev a skateb	ver wore	a helme	et when	rollerbl	ading o	r skateb	oarding	(among	5			
											42.0	28.8	34.4	33.0	No linear change	Not available	No chang
QN8: F	Percentag	ge of stu	dents w	ho rarel	y or nev	er wore	a seat b	elt (wh	en ridin	g in a ca	ar)		•				
											3.2	1.7	0.9	1.0	Decreased, 2013-2018	Not available	No chang
											-						
QN9: F	Percentag	ge of stu	dents w	ho ever	rode wi	ith a driv	er who	had bee	n drinki	ing alco	hol (in	a car)					

^{*}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 Montgomery County Trend Analysis Report

White*

Injury a	iiu vioi	circo		I	Health I	Risk Bel	navior a	nd Per	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	<u> </u>		
QN10:	Percent	age of s	tudents	who eve	er carrie	d a weap	oon (suc	h as a g	un, knif	e, or clu	ab) 28.9	21.5	20.8	18.1	Decreased, 2013-2018	Not available [¶]	No change
QN11:	Percent	age of s	tudents	who we	re ever i	in a phys	sical figl	nt			38.5	30.8	30.8	28.0	Decreased, 2013-2018	Not available	No change
QN14:	Percent	age of s	tudents	who eve	er seriou	ısly thou	ght abou	ıt killin	g thems	elves	13.2	11.7	12.5	14.5	No linear change	Not available	No change
QN15:	Percent	age of s	tudents	who eve	er made	a plan a	bout hov	w they v	would ki	ll thems	selves		5.6	8.5	No linear change	Not available	No change
QN16:	Percent	age of s	tudents	who eve	er tried t	o kill the	emselve	s	,				2.3	2.9	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.

Vhite* Tobacco	Use																
				H	Iealth R	Risk Beh	avior a	nd Pero	centage	S					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17: 1	Percenta	age of st	udents v	who eve	r tried c	igarette	smoking	g (even	one or t	wo puff	Es)		2.6	1.4	No linear change	Not available [¶]	No chang
QN18: 1 ouffs)	Percenta	age of st	udents v	who trie	d cigare	ette smol	king for	the first	time be	efore ag	e 11 ye	ars (evei	one or	two	Not available	Not available	Not availal
N19: 1 urvey)	Percenta	age of st	udents v	who cur	rently si	moked c	igarette	s (on at	least 1 d	lay duri	ng the 3	30 days 1	pefore th	ne			
											1.5	0.4	0.3	0.4	No linear change	Not available	No chang
	IG: Per ore the			ents who	o curren	tly smol	ked ciga	rettes fr	equently	y (on 20	or moi	e days o	luring th	ne 30			
											0.3	0.1	0.0	0.0	Not available	Not available	Not availa

^{*}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 Montgomery County Trend Analysis Report

White*

				I	Health F	Risk Beh	avior a	nd Pero	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	<u> </u>		
QNDAY before th			ge of st	udents v	vho curr	ently sn	noked ci	garettes	daily (on all 30	0 days d	uring th	e 30 da	ıys			
											0.3	0.1	0.0	0.0	Not available	Not available [¶]	Not available
QN21: 1	Percenta	age of st	tudents	who eve	er used a	ın electro	onic vap	or prod	uct								
												4.9	8.6	15.4	Increased, 2014-2018	Not available	Increased
QN22: I before th			tudents	who cur	rently u	sed an e	lectronic	c vapor	product	(on at 1	east 1 d	ay durir	ng the 3	0 days			
												1.8	0.3	3.6	No linear change	Not available	Increased
QNFRE					o currei	ntly used	l electro	nic vapo	or produ	icts frec	uently ((on 20 o	r more	days			
												0.0	0.0	0.0	Not available	Not available	Not available

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Fobacco Use																
			H	lealth R	Risk Bel	navior a	nd Per	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QNDAYEVP: the 30 days before			udents v	vho curi	rently us	sed elec	tronic v	apor pro	oducts d	aily (on	all 30 c	ays duı	ring			
		5 /									0.0	0.0	0.0	Not available	Not available¶	Not availab
QN24: Percent dissolvable toba vapor products,	acco pro	ducts [su	ich as C	openha	gen, Gri	izzly, Sk	coal, or	Camel S					nic	No linear change	Not available	No change
QN25: Percent during the 30 da				rently si	noked c	cigars (c	igars, ci	garillos	, or little	e cigars,	on at le	east 1 de	ay	,		

^{*}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.

White* Alcohol a	and Oth	ier Dru	g Use	H	Iealth F	Risk Beł	navior a	nd Perc	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	<u> </u>		
QN26: I	Percenta	ige of st	udents	who eve	er drank	alcohol	(other tl	nan a fe	w sips)		14.1	9.3	9.1	7.9	Decreased, 2013-2018	Not available¶	No change
QN27: I	Percenta	ige of st	udents	who dra	nk alcol	hol for t	ne first t	ime bef	ore age	11 year	s (other	than a f	ew sips))	-		
											7.3	3.6	5.1	2.5	Decreased, 2013-2018	Not available	No change
QN28: I	Percenta	ige of st	udents	who eve	er used r	narijuan	a							_			
											3.9	2.0	0.4	2.6	No linear change	Not available	No change
QN29: I	Percenta	ige of st	udents	who trie	d mariji	uana for	the first	time be	fore ago	e 11 yea	ars 1.8	2.5	0.0	0.5	Not available	Not available	Not available

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

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

lcohol	and Otl	her Dru	g Use	H	Iealth F	Risk Beh	avior a	nd Perc	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
ifferen	Percenta tly than odone, an	how a d	loctor to														
yurocc	done, ai	na i cico	icci)										1.7	1.9	No linear change	Not available¶	No chang
N31:	Percenta	age of st	tudents	who eve	r used c	ocaine (any fori	m of coc	caine, in	cluding	powder	r, crack,	or freel	oase)			
											2.2	1.7	1.2	0.2	No linear change	Not available	No chang
	Percenta any pair					nhalants	(sniffed	d glue, b	reathed	the con	itents of	spray o	ans, or	-			
		_									5.3	2.1	1.8	2.0	No linear change	Not available	No chang
haled	Percenta	age of st	tudents	who eve	r took s	teroids v	without a	a doctor	's presc	ription (pills or	shots)		:			

^{*}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 Montgomery County Trend Analysis Report

White*

				Н	lealth R	tisk Beh	avior a	nd Per	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34:	Percenta	nge of st	udents v	who eve	r had se	xual inte	ercourse	;	•			•	1.2	1.4	N 1' 1	NT-4 11-1-1 ¶	No akanaa
												2.3	1.3	1.4	No linear change	Not available [¶]	No change
QN35:	Percenta	nge of st	udents v	who had	sexual	intercou	rse for t	he first	time be	fore age	e 11 yea		1.3	1.4	No linear change	Not available	No change
QN35:	Percenta	age of st	udents v	who had	sexual	intercou	rse for t	he first	time be	fore age	e 11 yea		1.0	0.7	No linear change	Not available 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.

				H	Iealth R	Risk Beh	navior a	nd Pero	centage	S					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
N38:	Percenta	ge of st	udents v	who des	cribed th	hemselv	es as sli	ghtly or	very ov	verweig	ht 16.9	18.5	21.0	18.8	No linear change	Not available¶	No chang
N39:	Percenta	ge of st	udents	who wei	re trying	to lose	weight				31.4	29.6	33.2	29.8	No linear change	Not available	No chan
N40:	Percenta	ge of st	udents v	who did	not eat	breakfas	st (durin	g the 7	days be	fore the	survey)		-			i
											5.7	3.9	4.7	6.8	No linear change	Not available	No chang
NBK7	DAY: I	Percenta	ige of st	udents v	who ate	breakfas	st on all	7 days	(during	the 7 da	ıys befo	re the si	urvey)	<u> </u>			
											63.1	65.9	62.0	61.7	No linear change	Not available	No chan

^{*}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.

Physical	Activity	y		H	Iealth R	Risk Bel	navior a	nd Per	centage	s					Linear Change [†]	Quadratic Change [†]	Change from
1991	1002	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	5 2018	_		2016-2018 §
1771	1993	1773	1997	1777	2001	2003	2005	400 /	2009	2011	2013	2014	2010	2018			
QN41: 1 kind of p	physical	activity															
											64.9	68.5	67.3	71.1	No linear change	Not available [¶]	No chang
1 day (ir	n any kii	nd of ph	ysical a	ctivity t													
QNPA0 1 day (ir during tl	n any kii	nd of ph	ysical a	ctivity t											No linear change	Not available	No chang
1 day (ir	n any kii	nd of ph	ysical a	ctivity t							eathe l	ard son	ne of the	e time	No linear change	Not available	No chang
1 day (ir	n any kii he 7 day DAY: I	es before Percenta activity	e the sur	ctivity to vey)	hat incre	eased th	eir heart	t rate an	d made	ninutes	5.5 per day	5.2	5.5 days (3.3	No linear change	Not available	No chanş

^{*}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 Montgomery 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 ON42: Percentage of students who watched television 3 or more hours per day (on an average school day) 19.7 11.6 11.3 12.3 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) 28.7 25.5 29.9 33.2 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) No linear change Not available No change 94.3 92.8 94.5 96.5

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

White* **Physical Activity Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) No linear change Not available ¶ No change 49.2 76.9 85.3 78.0 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) 79.1 76.4 74.2 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) 13.2 11.0 Not available No change No linear change

^{*}Non-Hispanic.

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

 $^{{}^{\}S}B$ ased on t-test analysis, p < 0.05.

Not enough years of data to calculate.

				H	lealth R	Risk Bel	avior a	nd Pero	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	-		
QN47:	Percenta	age of st	udents v	who had	ever be	en told	by a doo	ctor or n	urse tha	it they h	ad asthr	na					
											16.7	14.3	13.3	15.7	No linear change	Not available [¶]	No change
N48:	Percenta	age of st	udents v	who got	8 or mo	ore hour	s of slee	p (on ar	averag	e schoo	l night)						
N48:	Percenta	age of st	udents v	who got	8 or mo	ore hour	s of slee	p (on ar	averag			65.4	68.6	67.4	Increased, 2013-2018	Not available	No chang
N49:		nge of st				,				·					Increased, 2013-2018	Not available	No chang

^{*}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 Montgomery 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 47.6 58.0 42.9 Decreased, 2014-2018 Not available ¶ Decreased QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) No linear change Not available No change 16.6 13.3 13.5 13.5 QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time) 1.5 0.5 0.6 0.2 No linear change Not available No change

4.5

2.8

No linear change

Not available

QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or

little cigar in the next year

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 Montgomery 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 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) 0.40.6 0.3 0.0 Not available Not available ¶ Not available QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey) No linear change Not available No change 1.3 1.7 1.2 QN66: Percentage of students who live with someone who now smokes cigarettes or cigars 23.8 17.5 18.1 9.9 Decreased, 2013-2018 Not available Decreased ON67: 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) 89.2 88.9 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 Montgomery County Trend Analysis Report

White*

				H	lealth R	tisk Beh	avior a	nd Per	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	201	8		
QN68: 1 during th					e in the	same ro	om witl	n some	one who	was sm	oking (on at le	ast one	day			
													10.0	8.6	No linear change	Not available [¶]	No change
QN69: 1				vho curi	rently di	rank alco	ohol (at	least or	ne drink	of alcol	nol, on a	at least	1 day d	uring			
											8.3	3.5	4.1	3.7	Decreased, 2013-2018	Not available	No change
QN70: I	Percenta	ige of st	udents v	who curi	rently us	sed mari	juana (c	one or n	nore tim	es durin					Decreased, 2013-2018	Not available	No change
-	Percenta	age of st	udents v	who curi	rently us	sed mari	juana (c	one or n	nore tim	es durin					Decreased, 2013-2018 No linear change	Not available Not available	No change
-	Percenta	nge of st	udents v								3.8	0 days l	pefore the	ne 2.0			

^{*}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 Montgomery 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 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) 88.8 87.2 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) 87.6 84.1 78.7 77.9 Decreased, 2013-2018 Not available No change QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government) 64.2 68.1 59.1 63.0 Not available No linear change No change

12.0 10.2 12.7 18.2

No linear change

Not available

friends

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

No change

^{*}Non-Hispanic.

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

 $^{{}^{\}S}B$ ased on t-test analysis, p < 0.05.

Not enough years of data to calculate.

				H	lealth R	Risk Beh	avior a	nd Pero	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN78: or fit in	Percenta	age of st	udents v	who say	definite	ely yes o	r probal	bly yes	that smo	oking m	akes yo	ung peo	ple look	cool	:		
71 111 111											9.5	7.4	5.2	9.2	No linear change	Not available¶	Increased
	Percenta						gly disar	oprove o	of some	one thei	r age ha	ving on	e or two)			
				· · · · · · ·		J							91.0	93.1	No linear change	Not available	No chang
	:	an of at	udents v	who resi	onded t	that thei	r parent	s would	feel it v	would b	e wrong	or very		for			
	Percenta drink be											e a mon	h				

^{*}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 Montgomery County Trend Analysis Report

White*

				H	lealth R	Risk Beh	avior a	nd Pero	centage	S					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN81: F													(physic	ally or			
											77.6	76.5	84.2	83.7	Increased, 2013-2018	Not available¶	No change
														ally 87.3	No linear change	Not available	No chang
QN82: Fand in other	her way	ys) if th	ey have	five or r	nore dri	nks of a	lcohol (beer, wi	ine, or li	quor) o	84.2	85.8	week 88.9	87.3	No linear change	Not available	No chang
QN83: F	her way	ys) if th	ey have	five or r	nore dri	nks of a	lcohol (beer, wi	ine, or li	quor) o	84.2	85.8	week 88.9	87.3	No linear change Increased, 2013-2018	Not available Not available	No chang
nd in oth	Percenta	ys) if th	tudents tudents	who hav	nore dri	nks of a	lcohol (nool the	ey can ta	iquor) o	84.2 out thin 89.0	85.8 ags that	are imp	87.3 Ortant 94.4			

^{*}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.

ite-Add				H	Iealth F	Risk Bel	navior a	nd Per	centage	es					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	•		
-		_				teacher	or other	adult in	their so	chool ab	out a pe	ersonal	problen	n they			
QN85: I		_				teacher	or other	adult in	n their so	chool ab	oout a pe	ersonal 36.2	problen 38.5	30.5	No linear change	Not available¶	Decrease
ad (duri	ing the	12 mont	ths befo	re the su	ırvey)	teacher	,				29.2	36.2	38.5	30.5	No linear change	Not available [¶]	Decrease

^{*}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.

Black* Injury ai	nd Viol	ence		H	Iealth F	Risk Bel	navior a	nd Per	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			2010 2010
QN6: Po		ge of stu	idents w	ho rarel	y or nev	er wore	a bicyc	le helm	et (amoi	ng stude	ents who	had rid	lden a				
bicycle)											71.8	65.3	69.0	58.9	No linear change	Not available¶	Decreased
QN8: Pe	ercentag	ge of stu	idents w	ho rarel	y or nev	er wore	a seat b	pelt (who	en riding	g in a ca	nr) 6.0	5.4	6.0	3.7	No linear change	Not available	No change
QN9: Po	ercentag	ge of stu	idents w	ho ever	rode wi	ith a driv	ver who	had bee	n drinki	ing alco	hol (in	a car)	•				
											12.2	11.4	14.2	10.1	No linear change	Not available	No change
QN10: I	Percenta	age of st	tudents	who eve	r carrie	d a wear	oon (suc	h as a g	un, knif	e, or clu	lb) 16.7	16.2	19.8	15.9	No linear change	Not available	No chang

^{*}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 Montgomery County Trend Analysis Report

Rlack*

Injury a				I	Health F	Risk Bel	avior a	nd Pero	centage	S					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN11: 1	Percenta	age of s	tudents	who we	re ever i	n a phys	sical figl	nt			54.6	52.2	60.4	57.1	No linear change	Not available¶	No change
QN14: 1	Percenta	age of s	tudents	who eve	er seriou	sly thou	ght abou	ıt killinş	g thems	elves	15.9	18.8	23.2	27.1	Increased, 2013-2018	Not available	Increased
QN15:	Percenta	age of s	tudents	who eve	er made	a plan a	bout hov	w they w	vould ki	ll thems	selves		12.9	17.0	No linear change	Not available	No change
QN16: 1	Percenta	age of s	tudents	who eve	er tried to	o kill the	emselve	S					8.6	9.7	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.

Black* Tobacco	Use			H	Iealth R	Risk Bel	navior a	nd Pero	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17:	Percenta	age of st	tudents	who eve	er tried c	igarette	smokin	g (even	one or t	wo puff	rs)		6.4	5.4	No linear change	Not available [¶]	No chang
QN18: ouffs)	Percenta	age of st	tudents	who trie	d cigare	ette smol	king for	the first	t time be	efore ag	e 11 ye	ars (eve	n one or	two 4.1	No linear change	Not available	No chan
(N19: urvey)	Percenta	age of st	tudents	who cur	rently si	moked c	igarette	s (on at	least 1 c	lay duri	ng the 3	30 days 2.5	before the	ne 0.7	Not available	Not available	Not avail:
	CIG: Per fore the			ents who	o curren	tly smol	ked ciga	rettes fr	requently	y (on 20	or mor	re days	during th	ne 30	Not available	Not available	Not availa

^{*}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 Montgomery County Trend Analysis Report

Black* **Tobacco Use Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) 1.0 1.0 0.0 0.0 Not available Not available ¶ Not available QN21: Percentage of students who ever used an electronic vapor product 18.9 17.4 16.0 No linear change Not available No change QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey) 10.2 2.6 3.8 Decreased, 2014-2018 Not available No change QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) 0.6 0.0 0.0 Not available Not available Not available

^{*}Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

Black* Fobacco Use																
			Н	Iealth R	tisk Beh	navior a	nd Per	centage	es					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991 1993	3 1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QNDAYEVP: the 30 days be			udents v	who curi	rently us	sed elec	tronic v	apor pro	oducts d	aily (on	all 30 d	ays dur	ring			
·		•									0.6	0.0	0.0	Not available	Not available¶	Not available
QN24: Percer dissolvable tol vapor products	oacco pro	ducts [st	uch as C	Copenhag	gen, Gri	izzly, Sk	coal, or	Camel S					nic			
												1.5	0.7	No linear change	Not available	No change
QN25: Percer during the 30 of				rently sr	moked c	eigars (c	igars, ci	garillos	, or littl	e cigars,	on at le	east 1 da	ay			
C	•		• /													

^{*}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.

Black* Alcohol	and Otl	her Dru	g Use	H	Iealth F	Risk Bel	navior a	nd Pero	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26:	Percenta	age of st	udents	who eve	er drank	alcohol	(other t	han a fe	w sips)		20.5	20.4	19.2	18.0	No linear change	Not available [¶]	No change
QN27:	Percenta	age of st	udents	who dra	nk alcol	nol for t	he first t	ime bef	ore age	11 year	s (other	than a f	few sips)			
											11.0	11.1	11.8	10.0	No linear change	Not available	No change
QN28:	Percenta	age of st	udents	who eve	er used n	narijuan	a										
											9.3	7.2	4.7	5.8	No linear change	Not available	No change
QN29:	Percenta	age of st	udents	who trie	d mariji	uana for	the first	time be	efore ag	e 11 yea	ars 2.1	3.9	2.3	4.0	No linear change	Not available	No chang

^{*}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.

Black* Alcohol a	and Otl	her Dru	ıg Use														
				H	Iealth F	Risk Bel	navior a	nd Per	centage	S					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
different		how a d	loctor to						ne withous codei								
yaroco	done, ar	id i cico	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,										4.7	8.3	No linear change	Not available¶	No chang
QN31: 1	Percenta	age of st	tudents	who eve	er used c	ocaine (any for	m of co	caine, in	cluding	powder	r, crack,	or freel	oase)			
											4.2	3.9	5.0	3.4	No linear change	Not available	No chang
				who eve		nhalants	(sniffed	d glue, l	breathed	the con	tents of	spray c	ans, or				
											8.2	8.5	5.4	7.2	No linear change	Not available	No chang
N33: 1	Percenta	age of st	tudents	who eve	er took s	teroids v	without	a docto	r's presc	ription (pills or	shots)	-				
											4.5	1.8	2.4	2.4	No linear change	Not available	No chan

^{*}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 Montgomery County Trend Analysis Report

				H	lealth R	Risk Beh	avior a	nd Perc	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
N34: I	Percenta	ige of st	udents v	who eve	r had se	exual into	ercourse	2				8.2	5.0	4.8	No linear change	Not available¶	No chang
	Percenta Percenta								time be	fore age	11 year		5.0	4.8	No linear change	Not available¶	No chan

4.1

2.1

1.8

No linear change

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

No change

Not available

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. $^{\$}$ Not enough years of data to calculate.

				H	Iealth R	Risk Bel	navior a	nd Pero	centage	S					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38:	Percenta	age of st	udents v	who des	cribed t	hemselv	ves as sli	ghtly or	very ov	verweig	ght 24.9	23.1	25.4	27.1	No linear change	Not available [¶]	No chang
QN39:	Percenta	age of st	udents v	who wei	re trying	to lose	weight	,	,		44.7	45.6	40.5	47.2	No linear change	Not available	Increased
QN40:	Percenta	age of st	udents v	who did	not eat	breakfa	st (durin	g the 7	days be	fore the	survey)	;	•			•
											10.0	9.4	5.7	7.3	No linear change	Not available	No chang
QNBK7	DAY:	Percenta	ige of st	udents v	who ate	breakfa	st on all	7 days	(during	the 7 da	ays befo	ore the s	ırvey)				
											44.9	49.1	47.3	46.2	No linear change	Not available	No chang

^{*}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 Montgomery County Trend Analysis Report

Black* **Physical Activity Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 53.9 63.2 46.2 52.4 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) 12.5 13.0 13.5 14.9 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) 30.0 39.1 28.8 29.1 No linear change Not available No change

^{*}Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

				H	Iealth R	isk Beh	avior a	nd Pero	entage	S					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2010	5 2018	3		
QN42: P	ercenta	ige of st	tudents	who wat	tched tel	evision	3 or mo	re hours	s per day	y (on aı	n averaş	ge schoo	ol day)				
											20.7	26.0	20.1	21.5	No linear chance	Not available¶	Na ahaaa
											38.7	36.8	30.1	31.5	No linear change	Not available	No chang
counting martpho	time s ne, con	pent on nputer,	things s	such as p	olaying a	games, v	watching	g videos	, texting	g, or us	iter 3 or	more h	ours pe	r day	No linear change	not available	No chang
QN43: P (counting smartpho average s	time s ne, con	pent on nputer,	things s	such as p	olaying a	games, v	watching	g videos	, texting	g, or us	iter 3 or	more h	ours pe	r day eir an	Increased, 2013-2018	Not available	No chang
counting smartpho	time spine, con chool d	pent on nputer, lay)	things s Xbox, P	such as playStati	olaying gon, iPad	games, v	watching er tablet	g videos , for sor	, texting	g, or us that wa	oter 3 or ing soci as not so 36.8	more h ial medi chool w 39.5	ours pe a on the ork, on 47.4	r day eir an 46.9			

^{*}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 Montgomery County Trend Analysis Report

Black* **Physical Activity Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) No linear change Not available ¶ No change 42.9 83.0 65.3 79.4 QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey) 62.0 57.5 48.3 Decreased, 2014-2018 Not available Decreased QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey) 14.7 13.5 Not available No change No linear change

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Black* Other			T.	r 141- D	v.l. D.L	•	J. D	4						L'acce Change	Over deserte Change †	Clares from
			П	ieaith K	Risk Beh	iavior a	na Pero	centage	es					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	5 2018	-		
QN47: Percen	itage of s	tudents v	who had	l ever be	en told	by a doc	ctor or n	nurse tha	at they h	ad asth	ma	•	·			
										25.6	21.7	22.1	26.9	No linear change	Not available [¶]	No change
QN48: Percen	itage of s	tudents v	who got	8 or mo	ore hours	s of slee	p (on ar	n averag	ge schoo			22.1	26.9	No linear change	Not available [¶]	No change

89.3 86.2 86.0

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 Montgomery County Trend Analysis Report

Black* Site-Added **Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car No linear change Not available ¶ Decreased 50.4 51.0 41.2 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) No linear change Not available No change 23.2 22.1 21.9 26.8 QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time) 4.3 1.2 0.8 1.5 No linear change Not available No change QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year

8.9

4.8

No linear change

Not available

No change

^{*}Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Black* Site-Added **Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey) 3.7 2.1 1.5 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) Not available 4.7 2.7 0.7 Decreased, 2014-2018 Decreased QN66: Percentage of students who live with someone who now smokes cigarettes or cigars 24.8 25.2 22.7 20.2 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) 82.7 84.1 No linear change Not available No change

^{*}Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Black* Site-Added **Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey) No linear change Not available ¶ No change 11.6 11.2 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) 7.4 6.0 6.0 4.6 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) 9.0 Not available 6.7 2.2 4.1 Decreased, 2013-2018 No change QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) 9.9 8.1 4.2 5.1 No linear change Not available No change

^{*}Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Black* Site-Added **Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 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) No linear change Not available ¶ No change 71.3 70.3 QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year) 80.5 79.4 77.7 78.6 No linear change Not available No change QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government) 61.4 69.4 62.5 62.5 Not available No linear change No change QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends 30.4 29.8 39.2 32.9 Increased, 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 Montgomery County Trend Analysis Report

Black* Site-Added **Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in No linear change Not available ¶ No change 21.0 17.5 21.7 20.0 QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day 76.6 79.3 No linear change Not available No change

them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month

88.6 89.6 88.7 89.5 No linear change Not available No change

QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for

^{*}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 Montgomery County Trend Analysis Report

Black* Site-Added **Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day 67.0 77.8 78.8 70.5 No linear change Not available ¶ No change QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week 71.9 79.3 84.2 84.9 Increased, 2013-2018 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 No linear change Not available No change 76.9 82.2 82.3 82.6 QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life No linear change Not available No change 73.5 79.6 72.9 76.6

^{*}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.

				H	Iealth R	Risk Beh	navior a	nd Pero	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
									-00>	2011							
						teacher	or other	adult in			out a per	rsonal p	oroblem				
N85: Pad (duri						teacher	or other	adult in		chool abo	out a per	_	oroblem 31.0		No linear change	Not available¶	No chang
ad (duri	ing the	12 mon	hs befor	re the su	irvey)				n their so	chool abo	out a per	31.8	31.0	30.8	No linear change	Not available [¶]	No chang

^{*}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 Montgomery County Trend Analysis Report

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 QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle) 76.0 52.9 72.8 59.6 No linear change Not available§ Decreased QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard) 77.6 60.6 74.0 58.7 No linear change Not available Decreased QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

7.4

24.7 15.3

5.9

20.4

6.6

16.2

No linear change

No linear change

8.5

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

Hispanic

No change

No change

Not available

Not available

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

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Hispanic

injury aı	nd Vio	lence			H	Iealth R	Risk Beh	avior ai	nd Perc	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018 †
1991	1993	19	95	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN10:	Percer	ntage	of stu	udents	who ev	er carrie	ed a wea	oon (suc	h as a g	un, knife	e, or clu	ab) 25.5	22.5	24.3	16.1	Decreased, 2013-2018	Not available [§]	Decreased
QN11:	Percer	ntage	of stu	udents	who we	ere ever	in a phy	sical fig	ht			55.0	46.3	45.5	43.6	No linear change	Not available	No change
QN14:	Percer	ntage	of stu	ıdents	who ev	er serio	usly thou	ight abo	ut killin	g themse	elves	22.6	19.6	27.4	22.8	No linear change	Not available	No change
QN15:	Percer	ntage	of stu	udents	who ev	er made	a plan a	bout ho	w they v	vould ki	ll them	selves		17.4	12.6	No linear change	Not available	No change
QN16:	Percer	ntage	of stu	udents	who ev	er tried	to kill th	emselve	es.					13.8	10.8	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 Montgomery County Trend Analysis Report

obacco	Use			Н	ealth Ri	isk Beha	avior ar	nd Perc	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17:	Percenta	age of st	udents v	who eve	r tried c	igarette	smokin	g (even	one or t	wo pufi	fs)		9.5	7.2	No linear change	Not available§	No change
QN18: puffs)	Percenta	age of st	udents v	who trie	d cigare	ette smol	king for	the first	time be	efore ag	e 11 ye	ars (eve	n one or	two			,
•													4.9	2.6	No linear change	Not available	No change
QN19: survey)	Percenta	age of st	udents v	who curi	rently si	moked c	eigarette	s (on at	least 1 o	day duri	ng the	30 days	before the	he			
											5.3	2.3	1.9	1.1	No linear change	Not available	No change

1.1 0.2 0.2

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 Montgomery County Trend Analysis Report

			Н	ealth Ri	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	5 2018	_		
ONDAYCIG: P		ge of stu	idents w	ho curr	ently sn	noked ci	igarettes	daily (on all 30) days c	luring t	he 30 da	ays	-		
ONDAYCIG: Poefore the survey		ge of stu	idents w	ho curr	ently sn	noked ci	igarettes	s daily (o	on all 30) days o	luring t	he 30 da	ays 0.0	Not available	Not available [§]	Not available
	y)	,				,	,		on all 30	-				Not available	Not available [§]	Not available

9.2 7.6 6.3

0.7

0.2

1.6

No linear change

Decreased, 2014-2018

Not available

Not available

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

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days

during the 30 days before the survey)

before the survey)

Hispanic

No change

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.

Hispanic Fobacco U	IJ se			Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		2010-2016
QNDAY				udents v	who cur	rently us	sed elect	ronic v	apor pro	ducts d	aily (on	all 30 c	ays dur	ing			
the 30 da	iys beid	ore the s	urvey)									0.6	0.7	0.2	No linear change	Not available [§]	No change
QN24: F														nic			,
vapor pro										siiusj, ii	ot count	ing any	electro	iiic			
													1.6	1.4	No linear change	Not available	No change
QN25: F during th					rently si	moked c	igars (ci	igars, ci	garillos	, or little	e cigars,	on at le	east 1 da	ıy			
											6.2	2.9	3.2	1.1	Decreased, 2013-2018	Not available	Decreased

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

Hispanic **Alcohol and Other Drug Use** Linear Change* **Health Risk Behavior and Percentages** Quadratic Change* Change from 2016-2018 [†] 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 QN26: Percentage of students who ever drank alcohol (other than a few sips) 34.1 21.3 26.2 18.8 Decreased, 2013-2018 Not available§ Decreased QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) 16.8 10.4 13.1 11.3 No linear change Not available No change QN28: Percentage of students who ever used marijuana Not available 10.6 9.2 8.2 Decreased, 2013-2018 Decreased QN29: Percentage of students who tried marijuana for the first time before age 11 years 3.9 7.1 1.4 2.0 Decreased, 2013-2018 Not available No change

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

lcohol a	and Oth	er Drug	g Use	Н	ealth Ri	isk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN30: different	tly than	how a d	loctor to														
nyuroco	done, ar	id i cicc	icci)										6.4	7.8	No linear change	Not available [§]	No change
QN31: 1	Percenta	age of st	tudents	who eve	r used c	ocaine (any fori	m of coo	caine, in	cluding	powder	r, crack,	or freel	oase)			,
											5.4	5.1	6.2	2.1	No linear change	Not available	Decreased
QN32:						nhalants	(sniffed	d glue, b	reathed	the con	itents of	spray o	ans, or		,		
											15.3	8.3	11.6	5.4	Decreased, 2013-2018	Not available	Decreased
QN33: 1	Percenta	age of st	tudents	who eve	r took s	teroids v	vithout	a doctor	's presc	ription (pills or	shots)					
											4.7	4.0	2.4	1.9	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 Montgomery County Trend Analysis Report

Sexual Bo	ehaviors	S		Н	ealth Ri	isk Beha	avior an	d Perce	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN34:	Percenta	ige of st	udents v	who eve	er had se	xual int	ercourse	:				8.2	9.5	3.4	No linear change	Not available [§]	Decreased
QN35:	Percenta	nge of st	udents	who had	l sexual	intercou	irse for t	he first	time be	fore age	e 11 yea	rs 2.8	3.6	0.7	No linear change	Not available	No change
QN36:	Percenta	ige of st	udents v	who eve	er had se	xual int	ercourse	with th	ree or n	nore per	rsons	4.0	2.3	0.5	Decreased, 2014-2018	Not available	Decreased

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Hispanic Weight N		ment an	d Dieta	-		isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38:	Percenta	age of s	tudents	who des	cribed t	hemselv	ves as sli	ightly or	r very o	verweig	ght 32.6	28.9	34.1	30.8	No linear change	Not available [§]	No change
QN39:	Percenta	age of s	tudents	who we	re trying	g to lose	weight	,			55.4	49.8	52.2	50.7	No linear change	Not available	No change
QN40:	Percenta	age of s	tudents	who did	not eat	breakfa	st (durin	ng the 7	days be	fore the	survey)		-			
											14.1	8.3	12.7	12.1	No linear change	Not available	No change
QNBK7	DAY:	Percenta	age of st	tudents	who ate	breakfa	st on all	7 days	(during	the 7 da	ays befo	ore the si	ırvey)				-
											46.4	52.0	40.6	45.2	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.

Hispanic Physical A		7															
				Н	ealth Ri	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN41: I kind of p	physical	activity	that in														
											49.6	55.9	50.2	45.9	No linear change	Not available [§]	No change
QNPA01 1 day (ir during th	n any ki	nd of ph	ysical a	ctivity t											,		
											12.3	10.6	13.9	16.8	Increased, 2013-2018	Not available	No change
QNPA7 kind of p	physical	activity	that in														
											26.9	35.2	25.8	22.6	Decreased, 2013-2018	Not available	No change

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

[§]Not enough years of data to calculate.

Hispanic Physical		7		Н	ealth Ri	isk Beha	avior ar	nd Perc	entages						Linear Change [*]	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	8		
QN42:	Percenta	age of st	udents v	who wat	tched tel	levision	3 or mo	re hour	s per da	y (on ar	averag	e schoo	l day)				
											47.1	27.7	26.7	24.9	Decreased, 2013-2018	Not available§	No change
(counting smartph	Percenta ng time s none, con school o	pent on nputer,	things s	such as p	olaying	games,	watching	g videos	s, texting	g, or usi	ng soci	al media	a on the	ir	Increased, 2013-2018	Not available	No change
QN44:	Percenta		tudents v		nded ph	nysical e	ducation	n (PE) c	lasses o	n 1 or n	nore da	ys (in ar	averag	ge			

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

[§]Not enough years of data to calculate.

Hispanic Physical A	Activity	,															
				Н	ealth R	isk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	8		
QNDLY week wh		_			no atteno	ded phys	sical edu	cation (PE) clas	sses on	all 5 da	ys (in a	n averaş	ge			
	,			,							45.3	79.6	70.2	77.3	No linear change	Not available [§]	No change
QN45:									(countin	ig any t	eams ru	n by the	eir scho	ol or			,
												60.3	54.7	45.5	Decreased, 2014-2018	Not available	No change
QN46: times du						ussion fi	rom play	ying a sp	oort or b	eing ph	ysically	active	(one or	more			,
													20.6	15.7	Decreased, 2016-2018	Not available	Decreased

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

[§]Not enough years of data to calculate.

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Other				Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	8		
QN47:	Percenta	age of st	tudents v	who had	ever be	en told	by a do	ctor or n	nurse tha	nt they h	nad asthi	na	•				
											26.8	18.9	21.4	22.5	No linear change	Not available§	No change
QN48:			,				,	_	_		45.2	55.6	54.5	62.3	Increased, 2013-2018	Not available	Increased
QN49: before the			tudents v	who des	cribed t	heir grad	les in so	chool as	mostly	A's or E	3's (duri	81.7	12 mont 77.1	hs 81.1	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.

Hispanic Site-Add																	
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN52: driving		age of s	tudents	who hav	ve ever i	ridden ir	a car d	riven by	someo	ne who	was tex	ting wh	ile they	were			
												49.3	59.1	42.5	No linear change	Not available [§]	Decreased
QN54: stopped											eks in a	row so	that the	y			
											31.7	24.5	37.6	31.5	No linear change	Not available	No change
QN55:	Percent	age of s	tudents	who sm	oked a	whole ci	garette l	pefore a	ge 11 ye	ears (for	the firs	st time)					
											5.4	2.8	2.7	1.0	Decreased, 2013-2018	Not available	No change
QN62: little cig				who thi	nk they	definitel	y or pro	bably w	vill smol	ke a ciga	arette, c	igar, cig	garillo, o	or	,		
													14.5	6.6	Decreased, 2016-2018	Not available	Decreased

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Maryland Middle School Survey Montgomery County Trend Analysis Report

				Н	ealth Ri	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	201	8		
QN63: P flavored s survey)															Decreased, 2013-2018	Not available [§]	No change
flavored s	smokelo Percenta	ess toba	ncco pro	ducts, or	r both, r	not coun	iting me	nthol ci	garettes	, during	3.8	days be	fore the	1.3	Decreased, 2013-2018	Not available [§]	No change

33.9

25.3

28.1

25.3

86.3 87.6

No linear change

No linear change

QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed

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

anywhere inside their home (not counting decks, garages, or porches)

Hispanic

No change

No change

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 Montgomery County Trend Analysis Report

				Н	ealth R	isk Beha	avior an	d Perce	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
	Percenta he 7 day				e in the	same ro	om with	n someo	ne who	was sm	oking (on at lea	ast one o	lay			
													13.4	7.7	Decreased, 2016-2018	Not available [§]	Decreased
	Percenta ays befo			who cur	rently d	rank alc	ohol (at	least on	e drink	of alcoh	nol, on a	it least 1	day du	ring			
											16.7	9.0	10.2	6.4	Decreased, 2013-2018	Not available	Decreased
QN70: urvey)	Percenta	age of st	udents	who cur	rently u	sed mari	ijuana (c	one or m	ore tim	es durin	g the 30) days b	efore th	e			
											10.0	6.5	7.3	2.6	Decreased, 2013-2018	Not available	Decreased
	Percenta			who wei	e offere	ed, sold,	or giver	n an illeg	gal drug	on scho	ool prop	erty (du	iring the	e 12			
	before t	he surve	y)														

^{*}Based on trend analyses using a logistic regression model controlling 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 Montgomery County Trend Analysis Report

				Н	ealth R	isk Beh	avior ar	nd Perco	entages						Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN72: during t						ist (for a	check-ı	ıp, exan	n, teeth	cleaning	, or oth	ner dent	al work	,			
													65.3	66.4	No linear change	Not available [§]	No change
QN73: school y		age of st	udents	who wei	e taugh	t in thei	r classes	about t	he dang	ers of to	bacco	use (du	ring the	last			
											81.4	82.3	74.4	75.0	No linear change	Not available	No change
	Percenta r studen			who par	ticipate	in extra	curricula	ar activi	ties at s	chool (s	uch as	sports,	band, dr	ama,			
											52.5	58.0	49.3	47.6	No linear change	Not available	No change
QN77: riends	Percenta	age of st	udents	who say	definite	ely yes o	or probal	bly yes t	that you	ng peop	le who	smoke	have m	ore			,
											41.3	27.8	32.8	31.5	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 Montgomery County Trend Analysis Report

Hispanic Site-Adde	ed			Н	ealth Ri	isk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN78: 1 or fit in	Percenta	age of s	tudents v	who say	definite	ely yes c	r probal	oly yes	that smo	oking m	•		-				
											21.6	17.7	16.7	12.8	Decreased, 2013-2018	Not available [§]	No change
QN79: 1 drinks of							gly disap	prove o	of some	one thei	r age ha	ving on	e or two)	,		
													73.2	80.7	No linear change	Not available	Increased
QN80: I		_			L									for			

85.2 87.1 86.3 91.0 Increased, 2013-2018

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.

Iispanic ite-Addo	ed																
				Н	ealth Ri	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2016-2018
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN81: in other													(physic	ally or			
											59.7	68.6	72.6	72.4	Increased, 2013-2018	Not available§	No change
QN82: and in o														77.3	Increased, 2013-2018	Not available	No change
QN83:	Percent	age of s	tudents	who hav	e an adı	ult outsi	de of sc	hool the	y can ta	ılk to ab	out thin	gs that	are imp	ortant	,		,
											77.8	79.0	78.7	80.4	No linear change	Not available	No change
QN84:								eking he	lp from	one or i	more ad	ults bes	sides the	ir			
											73.9	78.4	70.6	79.4	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.

	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	_		
	Percenta	_				teacher	or other	adult in	their sc	hool abo	out a per	rsonal _J	problem	they			
		_				teacher	or other	adult in	their sc		•	rsonal _J	•	31.9	No linear change	Not available [§]	No chang
d (dur	ring the	12 mont	hs befor	e the su	irvey)						30.5	31.5	33.3	31.9	No linear change	Not available [§]	No chanş

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

[§]Not enough years of data to calculate.