Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total Injury and Violence

			Н	ealth R	isk Beh	avior aı	nd Perce	entages						Linear Change*	Quadratic Change [*]	Change from 2016-2018 [†]
1991 199	3 199	5 1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN6: Percen bicycle)	itage of s	students v	who rarel	ly or nev	ver wore	a bicyc	le helme	et (amor	ng stude	ents who	o had ric	lden a				
										69.3	66.7	67.6	59.5	Decreased, 2013-2018	Not available [§]	Decreased
QN7: Percenstudents who	0			2		a helm										
										66.5	63.9	63.4	50.6	Decreased, 2013-2018	Not available	Decreased
QN8: Percen	tage of s	students v	who rarel	ly or nev	ver wore	a seat b	elt (whe	en riding	g in a ca	<i>,</i>	2.0	4.1	2.6	NT. 1'	NI-4	Nashara
										6.5	2.9	4.1	3.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total	
Injury and	Violence

QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club) 41.2 33.5 41.5 31.6 Decreased, 2013-2018 Not available D QN11: Percentage of students who were ever in a physical fight 49.3 41.6 43.7 41.2 Decreased, 2013-2018 Not available D QN14: Percentage of students who ever seriously thought about killing themselves Visiting themselves Visiting themselves Visiting themselves	jury and vior				Н	ealth R	isk Beh	avior an	d Perce	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
20.418.522.918.6No linear changeNot available§DQN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club) 41.233.541.531.6Decreased, 2013-2018Not availableDQN11: Percentage of students who were ever in a physical fight49.341.643.741.2Decreased, 2013-2018Not availableDQN14: Percentage of students who ever seriously thought about killing themselves17.516.420.719.4Increased, 2013-2018Not availableN	1991 1993	19	995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club) 41.2 33.5 41.5 31.6 Decreased, 2013-2018 Not available Decreased, 2013-2018 QN11: Percentage of students who were ever in a physical fight 49.3 41.6 43.7 41.2 Decreased, 2013-2018 Not available Not available QN14: Percentage of students who ever seriously thought about killing themselves 17.5 16.4 20.7 19.4 Increased, 2013-2018 Not available Not available	QN9: Percenta	age c	of stu	dents w	vho ever	rode w	ith a driv	ver who	had beer	n drinki	ng alco	hol (in a	a car)					
41.233.541.531.6Decreased, 2013-2018Not availableDQN11: Percentage of students who were ever in a physical fight49.341.643.741.2Decreased, 2013-2018Not availableNQN14: Percentage of students who ever seriously thought about killing themselves17.516.420.719.4Increased, 2013-2018Not availableN												20.4	18.5	22.9	18.6	No linear change	Not available [§]	Decreased
QN11: Percentage of students who were ever in a physical fight 49.3 41.6 43.7 41.2 Decreased, 2013-2018 Not available N QN14: Percentage of students who ever seriously thought about killing themselves 17.5 16.4 20.7 19.4 Increased, 2013-2018 Not available N	QN10: Percen	tage	of st	udents	who eve	er carrie	d a wear	oon (sucl	n as a gu	ın, knife	e, or clu							-
49.3 41.6 43.7 41.2 Decreased, 2013-2018 Not available N QN14: Percentage of students who ever seriously thought about killing themselves 17.5 16.4 20.7 19.4 Increased, 2013-2018 Not available N												41.2	33.5	41.5	31.6	Decreased, 2013-2018	Not available	Decreased
QN14: Percentage of students who ever seriously thought about killing themselves 17.5 16.4 20.7 19.4 Increased, 2013-2018 Not available N	QN11: Percen	tage	of st	udents	who we	re ever i	in a phys	sical figh	nt			49.3	41.6	43.7	41.2	Decreased, 2013-2018	Not available	No change
17.5 16.4 20.7 19.4 Increased, 2013-2018 Not available N																		
QN15: Percentage of students who ever made a plan about how they would kill themselves	QN14: Percen	tage	of st	udents	who eve	er seriou	sly thou	ght abou	ıt killing	g themse	elves	17.5	16.4	20.7	19.4	Increased, 2013-2018	Not available	No change
QN15: Percentage of students who ever made a plan about now they would kill themselves	N15. Danaan	40.00								1.1 1.:	11 41							
	2N15: Percen	tage	of st	udents	wno eve	er made	a plan a	bout nov	v they w	ould Ki	II them	serves		14.2	12.2	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

Saint Mary's County

Trend Analysis Report

Total		
Injury	and	Violence

				H	ealth Ri	sk Beha	avior ar	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			
QN16:	Percenta	age of st	tudents v	who eve	r tried to	o kill the	emselve	s					8.0	6.9	No linear change	Not available [§]	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total Tobacco	Use							1.5		* • • •							
				н	ealth R	isk Beh	avior ai		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:	Percent	age of s	tudents	who eve	r tried c	cigarette	smokin	g (even	one or t	two pufi	Ēs)		10.5	6.9	Decreased, 2016-2018	Not available [§]	Decreased
QN18: puffs)	Percent	age of s	tudents	who trie	d cigare	ette smol	king for	the firs	t time b	efore ag	e 11 yea	ars (eve	n one or 3.9	2.5	No linear change	Not available	No change
QN19: survey)	Percent	age of s	tudents	who cur	rently s	moked c	cigarette	s (on at	least 1 o	day duri	ng the 3	30 days 2.9	before t	he 1.6	Decreased, 2013-2018	Not available	No change
QNFRC days bet				lents wh	o currer	ntly smo	ked ciga	arettes fi	requentl	y (on 20) or mor 1.5	re days (0.5	during tl 0.4	he 30 0.3	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total Tobacco Use

			He	ealth Ri	sk Beha	wior 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			
QNDAYCIG: Pe before the survey																
										1.0	0.4	0.3	0.2	No linear change	Not available [§]	No change
QN21: Percentag	ge of stu	udents v	who eve	r used a	n electro	onic vap	or produ	ıct			14.7	21.6	20.4	Increased, 2014-2018	Not available	No change
ON22: Percenta	14.7 21.6 20.4 Increased, 2014-2018 Not available No change 0N22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days 30 days															
before the survey							. F]		(8.9	6.7	9.1	No linear change	Not available	No change
QNFREVP: Per	centage	of stud	ents wh	o curren	tly used	electro	nic vapo	or produ	cts freq	uently	(on 20 d	or more	days			
during the 30 day					5		Ĩ				1.0	0.9	1.4	No linear change	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total	
Tobacco	Use

				H	ealth Ri	isk 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	-		
	NDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																
												0.6	0.9	0.7	No linear change	Not available [§]	No change
dissolva	QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																
	2.1 2.1 No linear change Not available No change QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)															Not available	No change
					rently si	moked ci	igars (ci	gars, ciį	garillos,	or little	cigars,	on at le		-	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

Saint Mary's County

Trend Analysis Report

Total			
Alcohol and	Other	Drug	Use

				H	ealth Ri	isk Beha	avior ar	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:	Percent	age of si	tudents	who eve	r drank	alcohol	(other ti	nan a fe	w sips)		26.6	21.2	26.8	21.1	No linear change	Not available [§]	Decreased
QN27:	Percent	age of st	tudents	who dra	nk alcoł	nol for th	ne first t	ime bef	ore age	11 year	s (other 13.4	than a f	few sips 14.0) 10.7	No linear change	Not available	No change
QN28:	Percent	age of st	tudents	who eve	r used n	narijuan	a				11.0	5.2	7.0	5.1	Decreased, 2013-2018	Not available	No change
QN29:	Percent	age of st	tudents	who trie	d mariju	ana for	the first	time be	efore age	e 11 yea	ars 4.1	3.0	1.7	2.9	No linear change	Not available	Increased

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total Alcohol and Other Drug Use

				H	ealth Ri	sk Beha	wior 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	30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or erently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, ocodone, and Percocet)																
nj ulovo	uone, u												5.0	7.3	Increased, 2016-2018	Not available [§]	Increased
QN31:	N31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																
											3.8	3.8	3.9	1.7	Decreased, 2013-2018	Not available	Decreased
QN32: inhaled						nhalants	(sniffed	l glue, b	reathed	the con	tents of	spray c	ans, or				
											10.8	7.4	7.3	6.6	Decreased, 2013-2018	Not available	No change
QN33:	Percenta	age of st	udents	who eve	er took st	teroids v	vithout a	a doctor	's presci	ription (pills or	shots)					
											3.8	2.3	2.9	1.5	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

Saint Mary's County

Trend Analysis Report

Total Sexual Be	ehavior	8		Н	ealth R	isk Beha	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			
QN34: 1	Percenta	age of s	tudents	who eve	er had se	exual int	ercourse					5.6	5.4	7.1	No linear change	Not available [§]	No change
QN35: 1	Percenta	age of s	tudents	who hac	l sexual	intercou	trse for t	the first	time be	efore age	e 11 yea	urs 2.5	2.6	2.0	No linear change	Not available	No change
QN36: 1	Percenta	age of s	tudents	who eve	er had se	exual int	ercourse	e with th	ree or n	nore per	rsons	1.6	2.3	1.4	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				H	ealth Ri	sk Beh	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		
QN38:	Percenta	ge of st	udents v	vho des	cribed tl	hemselv	ves as sli	ghtly or	very ov	verweig	ht	-		-			
											26.0	27.7	28.1	25.7	No linear change	Not available [§]	No change
QN39:	Percenta	ge of st	udents v	who wei	re trying	to lose	weight										
											48.1	42.4	42.2	44.0	No linear change	Not available	No change
QN40:	Percenta	ge of st	udents v	who did	not eat	breakfas	st (durin	g the 7	days be	fore the	survey)			·		
											11.4	9.7	11.9	10.6	No linear change	Not available	No change
QNBK7	DAY: I	Percenta	ige of st	udents v	who ate	breakfas	st on all	7 days ((during	the 7 da	iys befo	re the s	urvey)				
											48.2	53.6	46.2	46.7	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total Physical Activity

				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	5 2018	3		
QN41: kind of days be	physica	al activi	ty that in														
j			,								55.1	56.3	52.1	51.1	Decreased, 2013-2018	Not available [§]	No change
QNPA0 1 day (in during t	n any k	ind of p	hysical a	activity t													
											8.3	10.0	11.0	11.0	No linear change	Not available	No change
QNPA7 kind of days be	physica	al activi	ty that in														
											31.5	35.3	31.5	30.0	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

Saint Mary's County

Trend Analysis Report

Total	
Physical Activity	

Health Risk Behavior and Pe	rcentages				Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991 1993 1995 1997 1999 2001 2003 2005 200	7 2009 2011 20	013 2014	2016	2018	3		
QN42: Percentage of students who watched television 3 or more ho	urs per day (on an ave	erage schoo	ol day)				
	35.	.7 31.6	30.4	23.2	Decreased, 2013-2018	Not available [§]	Decreased
QN43: Percentage of students who played video or computer game (counting time spent on things such as playing games, watching vid smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for average school day)	os, texting, or using s omething that was no	social medi ot school w	a on the ork, on a	ir in	L	Networkhild	Nelser
	38.	.7 36.0	42.1	44.1	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE week when they were in school)	classes on 1 or more	e days (in a	n averag	e			
	96.	.1 97.0	95.0	96.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total Physical Activity

					Н	ealth R	isk Beh	avior ar	nd Perco	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	199	95	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDLY week w			0			no attend	led phys	sical edu	ication ((PE) cla	sses on a	all 5 day	ys (in ar	n averag	je			
												5.9	6.4	6.6	6.0	No linear change	Not available [§]	No change
QN45: commu										(countin	ig any te	eams ru	n by the	ir schoo	ol or			
													63.2	63.6	62.4	No linear change	Not available	No change
QN46: times du							ussion fi	rom play	ving a sp	port or b	eing ph	ysically	active	(one or	more			
														18.8	16.3	No linear change	Not available	No change
							ussion n	ioni piay	ing a sp	port or t	eing pi	ysically				No linear change	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total Other				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	-		
QN47:	Percenta	age of st	tudents	who hac	l ever be	een told	by a do	ctor or n	urse tha	at they h	nad asthi	ma		·			
											22.3	18.8	17.6	16.1	Decreased, 2013-2018	Not available [§]	No change
QN48:	Percenta	age of st	tudents	who got	8 or mo	ore hour	s of slee	p (on ar	n averag	e schoo	l night)						
											46.4	56.5	49.4	51.8	No linear change	Not available	No change
QN49: before t	Percenta he surve		tudents	who des	cribed t	heir grad	des in so	chool as	mostly	A's or I	3's (duri	ng the 1	2 mont	hs			
												82.5	77.6	84.7	No linear change	Not available	Increased

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total
Site-Added

					H	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	199	5 19	97	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	3		
QN52: driving		tage of	studer	nts w	/ho hav	e ever i	idden in	a car d	riven by	someo	ne who	was tex	ting wh	ile they	were			
													59.3	70.4	53.8	Decreased, 2014-2018	Not available [§]	Decreased
QN54: stopped												eks in a	row so	that the	у			
												22.0	21.0	24.7	22.2	No linear change	Not available	No change
QN55:	Percen	tage of	studer	nts w	/ho smo	oked a v	whole ci	garette l	before a	ge 11 ye	ears (for	the firs	t time)			,		
												4.0	3.0	2.5	1.7	Decreased, 2013-2018	Not available	No change

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total Site-Added			Н	ealth Ri	isk Beha	vior ar	nd Perce	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	8		
QN59: Percentag vapor product (ar										flavor v	with an	electron	ic			
												92.6	98.5	Increased, 2016-2018	Not available [§]	Increased
QN62: Percentaş little cigar in the			who thir	nk they o	definitel	y or pro	bably w	vill smol	ke a cig	arette, c	igar, ci	garillo, o 8.0	or 6.0	No linear change	Not available	No change
QN63: Percentag flavored smokele survey)																
										3.4	3.5	3.0	1.3	Decreased, 2013-2018	Not available	Decreased
QN64: Percentag the survey)	ge of stu	idents v	who trie	d or use	d tobacc	o produ	icts for	the first	time (d	uring th	e 12 m	onths be	fore			
											4.4	5.4	2.4	No linear change	Not available	Decreased

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total Site-Adde	ed																
				H	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		
QN66:	Percenta	age of s	tudents	who live	e with so	omeone	who nov	w smok	es cigar	ettes or	cigars 43.7	43.8	43.3	34.8	Decreased, 2013-2018	Not available [§]	Decreased
QN67: anywhei									le their	home is	that sn	noking i	s not all	owed			
													81.4	84.2	No linear change	Not available	No change
QN68: during th					re in the	same ro	om witl	h someo	one who	was sn	noking	(on at le	ast one	day			
													24.6	20.4	No linear change	Not available	No change
QN69: the 30 d				who cur	rently d	rank alc	ohol (at	least or	ne drink	of alco	hol, on	at least	1 day di	ıring			
											13.5	10.0	13.4	10.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Fotal Site-Adde	d																
				H	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			
QN70: I survey)	Percenta	age of st	udents v	who cur	rently u	sed mar	ijuana (o	one or n	nore tim	es durir	ng the 3	0 days l	before th	ne			
											8.2	5.7	5.7	5.3	Decreased, 2013-2018	Not available [§]	No change
QN71: I months b				who wei	re offere	ed, sold,	or give	n an ille	gal drug	on sch	ool pro	perty (d	uring th	e 12			
											5.0	5.1	4.4	4.0	No linear change	Not available	No change
QN72: I during th						ist (for a	check-u	up, exan	n, teeth	cleaning	g, or otl	ner dent	al work,	,			
C													74.8	74.4	No linear change	Not available	No change
QN73: I school y		age of st	udents v	who wei	re taugh	t in their	classes	about t	he dang	ers of to	obacco	use (du	ing the	last			
											79.4	76.8	77.9	74.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total
Site-Added

				H	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	3 2014	2016	5 2018	3		
QN74: clubs, o				who par	ticipate	in extrac	curricula	ar activi	ties at s	chool (s	such as	sports,	band, dı	ama,			
		C									65.1	63.7	61.9	59.1	Decreased, 2013-2018	Not available [§]	No change
QN77: friends	Percenta	age of s	tudents	who say	definite	ly yes o	r probał	oly yes t	that you	ng peop	ole who	o smoke	have m	ore			
											27.6	24.9	24.9	27.5	No linear change	Not available	No change
QN78: or fit in	Percenta	age of s	tudents	who say	definite	ly yes o	r probał	oly yes t	that smo	oking m	akes yo	oung pe	ople loo	k cool			
											17.7	17.6	14.8	17.3	No linear change	Not available	No change
QN79: drinks o							gly disap	prove o	of some	one thei	r age h	aving o	ne or tw	0			
													78.6	78.5	No linear change	Not available	No change
or fit in	Percenta	age of s	tudents	who son	newhat	or strong					17.7	17.6	14.8 ne or tw	17.3 o			

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total Site-Addo	ed			H	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		
QN80: them to														for			
											84.8	85.9	86.2	87.8	No linear change	Not available [§]	No change
QN81: in other													(physic	ally or			
											66.3	67.0	74.6	70.5	Increased, 2013-2018	Not available	No change
QN82: and in o														ally			
											74.9	73.6	77.2	76.2	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Total
Site-Added

				He	ealth Ri	sk Beha	avior ar	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			
QN83: to them	Percenta	ige of st	udents v	who hav	e an adu	ılt outsi	de of scl	nool the	y can ta	lk to ab	out thir	ngs that	are imp	ortant			
											83.7	87.8	85.2	88.3	No linear change	Not available [§]	No change
					uld feel			king he	lp from	one or	more ac	lults bes	ides the	ir			
parents	if they h	ad an in	nportant	questio	n affect	ing their	f life				80.0	81.5	79.4	80.5	No linear change	Not available	No change
	Percenta ing the				ted to a to a to red to a to	teacher	or other	adult in	their so	chool ab	out a p	ersonal	problem	they			
											28.2	30.8	32.9	31.4	No linear change	Not available	No change
																	i to enange
	Percenta		udents v	who stro	ongly ag	ree or ag	gree that	their te	eachers 1	really ca	are abou	ut them	and give	e them			

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male		
Injury	and	Violence

QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard) 70.8 67.6 65.1 49.8 Decreased, 2013-2018 Not available Decreased, 2013-2018 QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) 7.2 3.3 4.4 4.7 No linear change Not available No change QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) USA]	Health	Risk Beh	avior ar	nd Perco	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
bicycle) 73.0 69.1 69.3 63.1 No linear change Not available [§] No ch QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding tsudents who used rollerblades or rode a skateboard) 70.8 67.6 65.1 49.8 Decreased, 2013-2018 Not available Decreased QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) 7.2 3.3 4.4 4.7 No linear change Not available No ch QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) 7.2 3.3 4.4 4.7 No linear change Not available No ch	1991	199	93	1995	1997	1999	200	1 2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard) 70.8 67.6 65.1 49.8 Decreased, 2013-2018 Not available Decreased, 2013-2018 QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) 7.2 3.3 4.4 4.7 No linear change Not available No ch QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) V			ntage	e of stu	dents v	vho rar	ely or n	ever wor	e a bicyc	le helme	et (amoi	ng stude	ents who	o had ri	lden a				
students who used rollerblades or rode a skateboard) 70.8 67.6 65.1 49.8 Decreased, 2013-2018 Not available Decreased, 2013-2018 QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) 7.2 3.3 4.4 4.7 No linear change Not available No ch QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) Volume													73.0	69.1	69.3	63.1	No linear change	Not available [§]	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) 7.2 3.3 4.4 4.7 No linear change Not available No ch QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) Image: Construction of the construction of the car (in a car) Image: Construction of the car (in a car)									e a helm	et when	rollerbl	ading o	r skateb	oarding	g (among	5			
7.2 3.3 4.4 4.7 No linear change Not available No ch QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) View of the car of th													70.8	67.6	65.1	49.8	Decreased, 2013-2018	Not available	Decreased
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)	QN8: P	ercer	ntage	e of stu	dents v	vho rar	ely or n	ever wor	e a seat t	elt (whe	en riding	g in a ca	ur)				· · · ·		
													7.2	3.3	4.4	4.7	No linear change	Not available	No change
10.7 15.5 18.0 17.5 No linear shares - Not evaluate - No sh	QN9: P	Percer	ntage	e of stu	dents v	vho evo	er rode	with a dri	ver who	had bee	en drinki	ng alco	hol (in a	a car)					
19.7 15.5 18.9 17.5 No linear change Not available No ch													19.7	15.5	18.9	17.5	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

centag				2001 er carried	2003 1 a weap	2005	2007 h as a g	2009 un, knife	2011 e, or clu	2013 lb) 56.1	2014 46.6					Derest
					l a weap	oon (sucl	h as a g	un, knife	e, or clu		46.6	50.4			8	During
centag	e of stu	udents v	who wer	·o ovor i						56.1	46.6	FO 4				D
centag	ge of stu	udents v	who wer	e ever i							+0.0	58.4	44.8	No linear change	Not available [§]	Decreased
					n a phys	sical figh	nt									
										63.2	55.5	56.2	53.0	No linear change	Not available	No change
centag	ge of stu	udents v	who eve	r serious	sly thou	ght abou	ıt killing	g themse	elves	11.1	0.0	15.0	15.0	1 2012 2019	NT-('1-1-1-	Nucleares
										11.1	8.8	15.9	15.6	Increased, 2013-2018	Not available	No change
centag	ge of stu	udents v	who eve	r made a	a plan al	bout how	w they v	vould ki	ll thems	selves		11.0	0.0		N	NT 1
												11.2	8.8	No linear change	Not available	No change
centag	ge of stu	udents v	who eve	r tried to	o kill the	emselve	s					5.0	47	N. L'accertance	NT-('1 1-1-	No change
c	entag	entage of stu	entage of students v	entage of students who eve	entage of students who ever made	entage of students who ever made a plan a	entage of students who ever made a plan about how		entage of students who ever made a plan about how they would ki		11.1 entage of students who ever made a plan about how they would kill themselves	11.1 8.8 entage of students who ever made a plan about how they would kill themselves	11.1 8.8 15.9 entage of students who ever made a plan about how they would kill themselves 11.2	11.1 8.8 15.9 15.6 entage of students who ever made a plan about how they would kill themselves 11.2 8.8 entage of students who ever tried to kill themselves 11.2 8.8	11.1 8.8 15.9 15.6 Increased, 2013-2018 entage of students who ever made a plan about how they would kill themselves 11.2 8.8 No linear change entage of students who ever tried to kill themselves 11.2 8.8 No linear change	11.1 8.8 15.9 15.6 Increased, 2013-2018 Not available entage of students who ever made a plan about how they would kill themselves 11.2 8.8 No linear change Not available entage of students who ever tried to kill themselves 11.2 8.8 No linear 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.

Male

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

`obacco	Use			H	ealth Ri	isk Beha	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	3		
QN17:	Percenta	age of st	tudents	who eve	r tried c	igarette	smokin	g (even	one or t	wo puff	ŝ)		10.0	7.8	No linear change	Not available [§]	No change
QN18: puffs)	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 3.8	3.0	No linear change	Not available	No change
QN19: survey)	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 2.9	before t 3.1	he 1.8	Decreased, 2013-2018	Not available	No change
QNFRC days bet				ents who	o curren	tly smol	ked ciga	rettes fr	equentl	y (on 20) or mor 1.8	re days o 0.6	luring ti 0.6	he 30 0.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male Tobacco Use

					Не	ealth Ri	sk Beh	avior ar	nd Perco	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	1995	5 199	07 1	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QNDAY before th			tage of	stude	ents w	ho curr	ently sn	noked ci	garettes	daily (on all 30) days d	uring th	ie 30 da	ys			
												1.1	0.6	0.4	0.2	No linear change	Not available [§]	No change
QN21:	Percen	age of	studen	ts wh	io evei	r used a	n electro	onic vap	or prod	uct			14.4	21.3	20.0	Increased 2014 2018	Not available	No shenze
													14.4	21.5	20.9	Increased, 2014-2018	Not available	No change
QN22: before tl			studen	ts wh	o curr	ently us	sed an e	lectroni	c vapor	product	(on at l	east 1 d	ay durii	ng the 3	0 days			
		57											8.2	7.3	10.1	No linear change	Not available	No change
QNFRE during t						o currer	tly used	l electro	nic vapo	or produ	icts freq	uently ((on 20 c	r more	days			
													1.3	1.5	2.4	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male	
Tobacco	Use

				He	ealth Ri	isk Beha	wior 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		
QNDAY the 30 da				udents v	who cur	rently us	ed elect	ronic va	apor pro	ducts d	aily (on	all 30 c	lays dui	ing			
												0.7	1.5	0.9	No linear change	Not available [§]	No change
QN24: I											co, snuf	f. dip. s	nus, or				
									Camel S	snus], no	ot count			nic			
dissolval vapor pr									Camel S	Snus], no				nic 2.6	No linear change	Not available	No change
	oducts,	on at les	ast 1 day	y during	the 30	days bef	ore the s	survey)			ot count	ing any	electro 2.8	2.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				Н	ealth Ri	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	_		
QN26:	Percenta	age of st	udents v	who eve	r drank	alcohol	(other tl	nan a fe	w sips)	:	28.6	22.7	27.8	21.4	No linear change	Not available [§]	Decreased
QN27:	Percenta	age of st	udents v	who dra	nk alcoł	nol for tl	he first t	ime bef	ore age	11 year	s (other	than a f	ew sips)			
QN27:	Percenta	age of st	udents v	who dra	nk alcoł	nol for th	he first t	ime bef	ore age	11 year	rs (other 15.3	than a 1 12.2	ew sips 16.7) 13.4	No linear change	Not available	No change
-	Percenta	_						ime bef	ore age	11 year			-		No linear change	Not available	No change
-		_						ime bef	ore age	11 year			-		No linear change Decreased, 2013-2018	Not available Not available	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male Alcohol and Other Drug Use

				H	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	_		
QN30: different hydroco	tly than	how a d	loctor to											1			
nyuroeo	uone, ai												4.7	7.3	Increased, 2016-2018	Not available [§]	No change
QN31:	Percenta	age of st	udents	who eve	r used c	ocaine (any forr	n of coc	aine, in	cluding	powder	r, crack,	or freel	oase)			
											4.3	3.7	4.0	2.0	No linear change	Not available	No change
QN32: inhaled						nhalants	(sniffed	glue, b	reathed	the con	tents of	spray c	ans, or				
											9.0	6.6	6.9	6.7	No linear change	Not available	No change
QN33:	Percenta	age of st	udents	who eve	r took st	eroids v	vithout a	u doctor	s presci	ription (pills or	shots)					
											4.3	2.2	3.4	1.5	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				He	ealth Ri	sk Beha	avior an	d Perce	entages						Linear Change [*]	Change from 2016-2018	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	_		
QN34: P	ercenta	ige of st	udents v	vho eve	r had se	xual inte	ercourse					7.1	7.3	10.7	Increased, 2014-2018	Not available [§]	No change
2N34: P 		_							time be	fore age	e 11 yea		7.3	10.7	Increased, 2014-2018	Not available [§]	No change
		_							time be:	fore age	e 11 yea		7.3	10.7 2.9	Increased, 2014-2018 No linear change	Not available [§] Not available	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				H	ealth Ri	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	3		
QN38:	Percenta	ge of st	udents v	who des	cribed t	hemselv	ves as sli	ghtly or	very ov	verweig	,ht			:			
											25.1	23.6	26.2	22.0	No linear change	Not available [§]	No change
QN39:	Percenta	ge of st	udents v	who we	re trying	to lose	weight										
											37.1	35.0	35.4	37.8	No linear change	Not available	No change
QN40:	Percenta	ge of st	udents v	who did	not eat	breakfa	st (durin	g the 7	days be	fore the	survey))					
											9.1	6.9	11.8	8.5	No linear change	Not available	No change
QNBK7	DAY: I	Percenta	ige of st	udents v	who ate	breakfa	st on all	7 days ((during	the 7 da	ays befo	re the s	urvey)				
											56.4	60.4	53.1	52.0	Decreased, 2013-2018	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male Physical Activity

				H	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	3		
QN41: kind of j days bef	physical	l activity	y that in														
Ĵ		57									64.8	68.0	60.9	56.2	Decreased, 2013-2018	Not available [§]	No change
QNPA0 1 day (ir during th	n any ki	nd of ph	iysical a	ctivity t													
											6.6	7.5	9.8	8.1	No linear change	Not available	No change
QNPA7 kind of j days bef	physical	l activity															
											39.9	46.0	38.5	35.1	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

Saint Mary's County

Trend Analysis Report

Male	
Physical Activity	

			He	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	3		
QN42: Percentag	e of stu	dents v	vho wat	ched tel	levision	3 or mo	re hours	per day	v (on ar	n averag	e schoo	l day)				
										35.8	31.9	30.1	22.0	Decreased, 2013-2018	Not available [§]	Decreased
QN43: Percentag (counting time spo smartphone, comp average school da	ent on t puter, X	hings s	uch as p	olaying g	games, v	watching	g videos	, texting	, or usi	ing soci	al media	a on the	ir			
uvorage senior da	.,,									41.8	36.9	42.8	45.6	Increased, 2013-2018	Not available	No change
QN44: Percentag week when they w				nded ph	iysical e	ducation	n (PE) cl	lasses of	n 1 or r	nore da	ys (in ai	n averag	je			
										95.7	96.7	94.7	96.7	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

Saint Mary's County

Trend Analysis Report

Male Physical Activity

			Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
2014	2016	2018			
s (in an	averag	ge			
7.8	6.7	6.1	No linear change	Not available [§]	No change
by their	schoo	ol or			
70.0	68.1	66.6	No linear change	Not available	No change
active (o	one or	more			
	24.9	19.6	No linear change	Not available	
	7.8 7.8 7 by their 70.0 active (c	7.8 6.7 7.8 6.7 h by their school 70.0 68.1 active (one or	rs (in an average 7.8 6.7 6.1 h by their school or 70.0 68.1 66.6 active (one or more	2014 2016 2018 vs (in an average 7.8 6.7 6.1 No linear change n by their school or 70.0 68.1 66.6 No linear change active (one or more 60.1 100 100 100	2014 2016 2018 rs (in an average 7.8 6.7 6.1 No linear change Not available [§] n by their school or 70.0 68.1 66.6 No linear 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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male Other				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		
QN47:	Percenta	age of s	tudents	who hac	l ever be	een told	by a do	ctor or n	urse tha	at they h	ad asth	ma					
											23.0	20.8	19.9	15.1	Decreased, 2013-2018	Not available [§]	No change
QN48:	Percenta	age of s	tudents	who got	8 or mo	ore hour	s of slee	ep (on ar	n averag	e schoo	ol night)				· · · · · · · · · · · · · · · · · · ·		
											52.2	57.9	52.1	53.9	No linear change	Not available	No change
QN49: before tl			tudents	who des	cribed t	heir gra	des in so	chool as	mostly	A's or H	B's (duri	ng the 1	2 mont	hs			
												81.8	73.9	83.0	No linear change	Not available	Increased

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male
Site-Added

te-Add				H	ealth Ri	sk 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			
QN52: driving	Percenta the car	age of s	tudents	who hav	ve ever r	idden in	a car dr	riven by	someor	ne who	was text	ing wh	ile they	were			
C												55.2	65.1	50.1	No linear change	Not available [§]	Decreased
	D		· · · · · · · · · · · · · · · · · · ·	1.01		1.	(-1		1	2	1		d d.				
	Percenta doing so											row so 13.5		y 15.9	No linear change	Not available	No change
stopped		ome usi	al activ	ities, ev	er durin	g the 12	months	before	the surv	rey)	15.2	13.5			No linear change	Not available	No change
stopped	doing so	ome usi	al activ	ities, ev	er durin	g the 12	months	before	the surv	rey)	15.2	13.5			No linear change No linear change	Not available Not available	No change No change
QN55: QN62:	doing so	age of s	tudents	ities, ev	er during	g the 12 whole cig	months garette b	before before ag	the surv ge 11 ye	ears (for	15.2 the first 5.5	13.5 t time) 3.5	19.6 2.7	15.9 2.6			

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

Maryland Middle School Survey

Saint Mary's 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	3		
flavored	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)																
survey)											4.0	3.6	4.1	1.6	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)																
	57											4.8	5.0	2.5	No linear change	Not available	Decreased
QN66: 1	Percent	age of s	tudents	who live	e with sc	omeone	who nov	w smoke	es cigare	ettes or	cigars						
											40.9	42.8	41.8	34.3	Decreased, 2013-2018	Not available	Decreased
	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)																
													82.0	86.8	No linear change	Not available	Increased

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male
Site-Added

				H	ealth Ri	sk Beha	wior 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	-		
QN68: during t					re in the	same ro	om witl	n someo	ne who	was sm	oking (o	on at lea	ast one c	lay			
													23.0	17.9	No linear change	Not available [§]	No change
QN69:				who cur	rently d	ank alco	ohol (at	least on	e drink	of alcoh	ol, on a	t least 1	day du	ring			
the 30 d	ays befo	ore the s	urvey)								12.6	9.7	13.0	9.3	No linear change	Not available	No change
QN70: survey)	Percent	age of s	tudents	who cur	rently u	sed mari	juana (o	one or m	ore tim	es durin	g the 30) days b	efore th	e			
541 (6))											11.0	5.0	7.2	6.3	Decreased, 2013-2018	Not available	No change
QN71: months				who we	re offere	d, sold,	or giver	an ille	gal drug	on scho	ool prop	erty (du	iring the	e 12			
											5.2	6.5	4.0	5.4	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male Site-Added

				H	ealth Ri	sk Beha	wior 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			
QN72: during t						st (for a	check-u	ıp, exan	n, teeth o	cleaning	g, or otl	her den	al work	,			
													73.0	75.5	No linear change	Not available [§]	No change
QN73: school y		age of s	tudents	who we	e taught	in their	classes	about tl	he dang	ers of to	obacco	use (du	ring the	last			
senioor y	(cur)										81.0	78.8	78.9	74.9	No linear change	Not available	No change
QN74: clubs, or				who par	ticipate	in extrac	curricula	r activit	ties at so	chool (s	uch as	sports,	band, dr	ama,			
ciuos, o	i studen	t goven	incirit)								61.2	61.4	62.0	57.7	No linear change	Not available	No change
QN77:	Percent	age of s	tudents	who say	definite	ly yes o	r probał	oly yes t	hat you	ng peop	le who	smoke	have m	ore			
friends											29.1	23.1	21.8	25.8	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

Saint Mary's County

Trend Analysis Report

Male Site-Added

		Ι	Health R	isk Beha	avior ar	d Perce	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991 1993 1	995 199	7 1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN78: Percentage or fit in	e of studen	ts who sa	y definit	ely yes o	or probal	oly yes t	that smo	king m	akes yo	ung peo	ple lool	cool			
									19.9	17.7	14.7	15.6	No linear change	Not available [§]	No change
QN79: Percentage drinks of an alcoho					gly disap	oprove c	of some	one their	r age ha	wing or	e or two)			
											72.3	77.4	No linear change	Not available	No change
QN80: Percentage them to drink beer												for			
									85.5	85.2	84.4	86.5	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Male Site-Added Health Risk Behavior and Percentages Linear Change* Quadratic Change* **Change from** 2016-2018 * 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day 64.0 63.0 72.6 69.6 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 71.5 72.0 75.4 72.8 No linear change Not available No change QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them 86.3 90.1 86.5 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 80.7 82.2 77.4 78.5 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

Saint Mary's County

Trend Analysis Report

Male Site-Added

				H	ealth Ri	isk Beh	avior ai	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	-		
QN85: had (du		0				teacher	or other	adult in	their so	chool ab	oout a po	ersonal	problem	they			
											25.4	27.6	28.9	28.3	No linear change	Not available [§]	No change
QN86: a lot of		0	udents v	who stro	ongly ag	ree or a	gree tha	t their te	eachers	really ca	are abou	it them a	and give	them			
											58.5	64.5	53.8	61.7	No linear change	Not available	Increased

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female	
Injury and	Violence

QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard) 62.7 60.4 62.3 51.3 Decreased, 2013-2018 Not available Dec QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) 5.7 2.3 3.7 2.4 No linear change Not available No carailable					Н	ealth Ri	sk Beha	avior an	d Perce	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
bicycle) 65.8 64.1 66.0 55.8 No linear change Not available [§] Dec QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard) 62.7 60.4 62.3 51.3 Decreased, 2013-2018 Not available Dec QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) 5.7 2.3 3.7 2.4 No linear change Not available No c	1991 19	93 1	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard) 62.7 60.4 62.3 51.3 Decreased, 2013-2018 Not available Dec QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) 5.7 2.3 3.7 2.4 No linear change Not available No c		entage	of stu	dents w	ho rarel	y or nev	er wore	a bicycl	le helme	et (amor	ng stude	ents who	o had rie	lden a				
students who used rollerblades or rode a skateboard) 62.7 60.4 62.3 51.3 Decreased, 2013-2018 Not available Dec QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) 5.7 2.3 3.7 2.4 No linear change Not available No c												65.8	64.1	66.0	55.8	No linear change	Not available [§]	Decreased
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car) 5.7 2.3 3.7 2.4 No linear change Not available No c								a helme	et when	rollerbl	ading o		-		-	D 1 2012 2010		
5.7 2.3 3.7 2.4 No linear change Not available No c												627	60.4	623	513	Decreased, 2013-2018	Not available	
												02.7	00.4	02.5	51.5	2010 2010		Decreased
ONO. Descentes of students who must a driver who had been driving shaked (in a sec)	QN8: Perce	entage	of stud	dents w	ho rarel	y or nev	er wore	a seat b	elt (whe	en riding	g in a ca	ur)						
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)	QN8: Perce	entage	of stud	dents wi	ho rarel	y or nev	er wore	a seat b	elt (whe	en riding	g in a ca	ur)						Decreased No change
21.121.726.819.7No linear changeNot availableDec						-						ır) 5.7	2.3					

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				Н	ealth R	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	3		
QN10:	Percenta	ige of st	udents	who eve	er carrie	d a wear	oon (suc	h as a g	un, knife	e, or clu	ıb) 26.1	20.7	24.4	17.6	Decreased, 2013-2018	Not available [§]	Decreased
QN11:	Percenta	nge of st	udents	who we	re ever i	n a phys	sical figl	nt			35.6	28.2	30.9	29.0	No linear change	Not available	No change
QN14:	Percenta	ige of st	udents	who eve	er seriou	sly thou	ght abou	ıt killin	g themse	elves	23.5	24.1	25.0	23.2	No linear change	Not available	No change
QN15:	Percenta	nge of st	udents	who eve	er made	a plan a	bout how	v they v	vould kil	l thems	selves		16.9	15.4	No linear change	Not available	No change
QN16:	Percenta	ige of st	udents	who eve	er tried t	o kill th	emselve	8					9.5	9.0	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

Saint Mary's County

Trend Analysis Report

Female Tobacco	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	<u> </u>		
QN17:	Percent	age of s	tudents	who eve	er tried c	igarette	smokin	g (even	one or t	wo puff	ŝ)		10.7	6.0	Decreased, 2016-2018	Not available [§]	Decreased
QN18: puffs)	Percent	age of s	tudents	who trie	ed cigare	ette smol	king for	the first	t time be	efore ag	e 11 ye	ars (eve	n one or 3.8	2.0	No linear change	Not available	No change
QN19: survey)	Percent	age of s	tudents	who cur	rently s	moked c	igarette	s (on at	least 1 c	lay duri	ng the 3	30 days 2.9	before t	he 1.3	Decreased, 2013-2018	Not available	No change
QNFRC days be				ents wh	o curren	tly smo	ked ciga	urettes fi	requentl	y (on 20) or moi 1.3	re days	during th 0.0	he 30 0.2	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

Saint Mary's County

Trend Analysis Report

Female	
Tobacco Use	

						He	alth Ri	sk Beh	avior aı	nd Perc	entages	1					Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991	199	3	1995	1997	19	99	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	-		
QNDAY before tl				ige of s	studer	nts w	ho curr	ently sr	noked ci	garettes	s daily (on all 30) days d	luring t	he 30 da	iys			
													1.0	0.3	0.0	0.2	Not available	Not available [§]	Not available
QN21:	Perce	ntag	ge of s	tudents	s who	ever	used a	n electr	onic var	oor prod	uct	<u>.</u>	<u>.</u>	15.1	21.4	19.6	No linear change	Not available	No change
QN22: before tl				tudents	s who	curr	ently u	sed an e	lectroni	c vapor	product	t (on at l	east 1 d	ay duri	ng the 3	0 days			
														9.6	5.6	8.1	No linear change	Not available	No change
QNFRE during th							o currer	tly used	l electro	onic vap	or produ	ucts freq	uently ((on 20 o	or more	days			
														0.8	0.2	0.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female **Tobacco Use** Health Risk Behavior and Percentages Linear Change* Quadratic Change* **Change from** 2016-2018 * 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) 0.6 0.2 0.3 No linear change Not available§ No change QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) 1.3 1.2 No linear change Not available No change ON25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) Not available 2.6 3.5 2.11.7 No linear 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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				Н	ealth Ri	isk Beha	avior an	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			
QN26:	Percenta	age of st	udents v	who eve	r drank	alcohol	(other th	nan a fe	w sips)	-	24.5	20.0	25.5	20.7	No linear change	Not available [§]	No change
															8		
QN27:	Percenta	age of st	udents v	who drai	nk alcoł	nol for tl	ne first t	ime bef	ore age	11 year	rs (other	than a f	few sips)			
QN27:	Percenta	age of st	udents v	who drai	nk alcoł	nol for tl	ne first t	ime bef	ore age	11 year	rs (other 11.7	than a f 9.5	few sips 10.9) 7.9	No linear change	Not available	No change
-	Percenta	-						ime bef	ore age	11 year			-		No linear change	Not available	No change
-		-						ime bef	ore age	11 year			-		No linear change No linear change	Not available Not available	No change No change
QN28:		age of st	udents v	who eve	r used n	narijuan	a				11.7 7.6	9.5	10.9	7.9			

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female Alcohol and Other Drug Use

				H	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	i		
QN30: differen hydroco	tly than	how a d	loctor to											:			
nyuroeo	uone, u												4.6	7.2	Increased, 2016-2018	Not available [§]	Increased
QN31:	Percenta	age of st	tudents	who eve	r used c	ocaine (any forr	n of coc	aine, in	cluding	powder	, crack,	or freeb	base)			
											3.3	4.0	3.4	1.2	Decreased, 2013-2018	Not available	Decreased
QN32: inhaled						nhalants	(sniffed	l glue, b	reathed	the con	tents of	spray c	ans, or				
											12.5	8.1	7.0	6.2	Decreased, 2013-2018	Not available	No change
QN33:	Percenta	age of st	tudents	who eve	r took si	teroids v	vithout a	a doctor	's presci	ription (pills or	shots)					
											3.4	2.4	2.0	1.4	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

			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			
		6					•							•			
QN34: F	Percenta	age of st	udents v	dents who ever had sexual intercourse4.03.53.8No linear changeNot available§								4.0	3.5	3.8	No linear change	Not available [§]	No change
QN34: F QN35: F									time be	fore age	e 11 year		3.5	3.8	No linear change	Not available [§]	No change
									time be	fore age	e 11 year		3.5	3.8	No linear change	Not available [§] Not available	No chang 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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female Weight N	Manage	ment ar	nd Dieta	-		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:	Percent	age of s	tudents	who des	cribed t	hemselv	es as sli	ghtly or	very o	verweig	ht						
		C							·	C	26.9	31.4	30.0	29.6	No linear change	Not available [§]	No change
QN39:	Percent	age of s	tudents	who wei	re trying	g to lose	weight										
											59.0	49.3	48.6	50.1	Decreased, 2013-2018	Not available	No change
QN40:	Percent	age of s	tudents	who did	not eat	breakfa	st (durin	ig the 7	days be	fore the	survey)					
											13.6	12.2	12.0	12.4	No linear change	Not available	No change
QNBK	7DAY:	Percenta	age of st	tudents v	who ate	breakfa	st on all	7 days	(during	the 7 da	iys befo	ore the s	urvey)				
											40.1	47.1	39.6	41.5	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

Saint Mary's County

Trend Analysis Report

Female **Physical Activity**

				H	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	5 2018			
QN41: Po kind of pl days befo	hysical	activity															
		,									45.9	45.0	44.1	45.9	No linear change	Not available [§]	No change
QNPA0D 1 day (in a during the	any kir	nd of ph	ysical a	ctivity t													
											9.7	12.2	11.9	13.6	No linear change	Not available	No change
QNPA7D kind of ph days befo	hysical	activity															
											23.3	24.9	24.8	24.9	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				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			
QN42:	Percenta	age of st	tudents v	who wat	ched tel	levision	3 or mo	ore hours	s per dag	y (on an	averag	e schoo	l day)				
											35.5	31.3	30.5	24.1	Decreased, 2013-2018	Not available [§]	Decreased
(countir smartph	Percentang time s one, cor school o	pent on nputer,	things s	such as p	olaying	games,	watchin	g videos	s, texting	g, or usi	ng soci	al media	t on thei	r			
(countir smartph	ng time s one, cor	pent on nputer,	things s	such as p	olaying	games,	watchin	g videos	s, texting	g, or usi	ng soci	al media	t on thei	r	Increased, 2013-2018	Not available	No change
(countir smartph average QN44:	ng time s one, cor	pent on nputer, day) age of st	things s Xbox, P	such as p layStati	olaying on, iPad	games, [•] l, or oth	watching er tablet	g videos , for sor	s, texting nething	g, or usi that wa	ng soci s not sc 35.6	al media hool wo 35.2	a on thei ork, on a 41.0	r n 42.4	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female
Physical Activity

					Н	ealth R	isk Beh	avior ar	nd Perco	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			
QNDLY week wi						io attend	led phys	sical edu	cation (PE) clas	sses on a	all 5 day	ys (in ar	averag	e			
												5.7	5.0	6.4	6.1	No linear change	Not available [§]	No change
QN45: Commun										(countin	ig any te	eams ru	n by the	ir schoo	ol or			
													57.1	59.9	58.4	No linear change	Not available	No change
QN46: times du							ussion f	rom play	ving a sp	oort or b	eing ph	ysically	active	(one or	more			
														13.0	12.8	No linear change	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female Other				н	ealth R	isk Beh	avior ar	nd Perc	entages	ł					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	tudents	who hac	l ever be	een told	by a doo	ctor or r	urse that	at they h	had asth	ma					
											21.7	16.8	15.1	17.2	No linear change	Not available [§]	No change
QN48:	Percenta	age of st	tudents	who got	8 or mo	ore hour	s of slee	ep (on ai	n averag	ge schoo	ol night)			· · · ·			
											41.1	55.0	47.6	49.8	No linear change	Not available	No change
QN49: before th			tudents	who des	scribed t	heir gra	des in sc	chool as	mostly	A's or I	B's (duri	ng the 1	2 mont	hs			
												83.1	81.1	86.3	No linear change	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female
Site-Added

				Н	ealth Ri	sk Beha	ivior 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			
QN52: 1 driving t		ige of s	tudents	who hav	ve ever r	idden in	a car dr	riven by	someo	ne who	was text	ing whi	le they	were			
U												63.6	75.9	57.6	No linear change	Not available [§]	Decreased
QN54: 1 stopped												row so 28.6	that the	y 28.3	No linear change	Not available	No change
	doing so	ome us	ual activ	vities, ev	er during	g the 12	months	before	the surv	rey)	28.5	28.6			No linear change	Not available	No change
stopped	doing so	ome us	ual activ	vities, ev	er during	g the 12	months	before	the surv	rey)	28.5	28.6			No linear change Decreased, 2013-2018	Not available Not available	No change No change
stopped	doing so Percenta Percenta	age of s	tudents	who sm	er durinş oked a w	y the 12	months garette b	before ag	the surv	ears (for	28.5 the first 2.6	28.6 t time) 2.5	29.5 1.8	28.3 0.7			

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female Site-Added Health Risk Behavior and Percentages Linear Change* Quadratic Change* **Change from** 2016-2018 * 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey) 2.8 3.3 1.7 1.1 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) 4.0 5.4 2.2 No linear change Not available Decreased QN66: Percentage of students who live with someone who now smokes cigarettes or cigars 46.3 45.1 44.2 35.4 Decreased, 2013-2018 Not available Decreased 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) 81.4 81.6 No linear change Not available No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female Site-Adde	ed																
				H	ealth Ri	sk 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			
QN68: 1 during th					re in the	same ro	oom wit	h someo	one who	was sm	oking (on at le	ast one	day			
													26.1	22.8	No linear change	Not available [§]	No change
QN69: 1 the 30 da				who cur	rently d	rank alc	ohol (at	least or	ne drink	of alcol	nol, on a	at least	1 day di	uring			
											14.2	10.3	13.6	11.2	No linear change	Not available	No change
QN70: 3 survey)	Percenta	age of st	udents	who cur	rently u	sed mar	ijuana (o	one or n	nore tim	es durir	ng the 3	0 days l	before the	he			
											5.1	6.3	4.1	4.2	No linear change	Not available	No change
QN71: months				who we	re offere	d, sold,	or give	n an ille	gal drug	g on sch	ool proj	perty (d	uring th	ie 12			
											4.7	3.8	4.5	2.4	No linear change	Not available	Decreased

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female
Site-Added

				H	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			
QN72: during t						st (for a	check-1	ıp, exan	n, teeth	cleaning	g, or oth	ner dent	al work	,			
													76.3	73.7	No linear change	Not available [§]	No change
QN73:	Percent	age of s	tudents	who we	re taugh	t in their	classes	about t	he dang	ers of to	bacco	use (du	ring the	last			
school y	vear)										77.8	75.1	77.5	73.6	No linear change	Not available	No change
															- · · · · · · · · · · · · · · · · · · ·		
QN74: clubs, or				who par	ticipate	in extra	curricula	ar activi	ties at s	chool (s	uch as	sports,	band, dr	ama,			
											68.7	65.6	62.4	60.8	Decreased, 2013-2018	Not available	No change
QN77:	Percent	age of s	tudents	who say	definite	ly yes o	or proba	oly yes t	hat you	ng peop	le who	smoke	have m	ore			
friends											26.0	26.5	27.8	29.1	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages					Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011	2013	2014	2016	2018	-		
QN78: Percentage of students who say definitely yes or probably yes that smoking ma or fit in	akes you	ing peo	ple lool	cool			
	15.6	17.3	14.7	19.0	No linear change	Not available [§]	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their drinks of an alcoholic beverage nearly every day	age hav	ving on	e or two)			
			84.3	79.4	No linear change	Not available	No change
QN80: Percentage of students who responded that their parents would feel it would be them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once				for			
	84.2	86.4	87.7	89.0	Increased, 2013-2018	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female Site-Added	Health R	isk Behavior a	nd Perce	ntages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991 1993 1995 1997	1999 2001	2003 2005	2007	2009	2011	2013	2014	2016	2018	3		
QN81: Percentage of students w in other ways) if they have one of								(physic	ally or			
						68.7	70.9	76.2	71.3	No linear change	Not available [§]	No change
QN82: Percentage of students w and in other ways) if they have f									ally			
						78.5	74.9	79.3	79.5	No linear change	Not available	No change
QN83: Percentage of students w to them	ho have an ad	ult outside of so	chool they	can ta	lk to ab	out thin	igs that	are imp	ortant			
						81.6	85.5	84.0	88.0	Increased, 2013-2018	Not available	No change
QN84: Percentage of students w parents if they had an important			eking helj	p from	one or r	nore ad	lults bes	ides the	eir			
						79.4	80.8	81.8	82.3	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Female
Site-Added

				H	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	-		
QN85: had (du		0				teacher	or other	adult in	their so	chool at	30.9	ersonal 33.7	problem 36.6	they 34.0	No linear change	Not available [§]	No change
QN86: a lot of			tudents	who stro	ongly ag	ree or a	gree tha	t their te	eachers	really ca	are abou	ut them 56.2	-	e them 58.3	No linear change	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Injury a	nd Viol	ence															
				H	Iealth F	Risk Beł	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	3		
QN6: P bicycle)		ge of stı	idents w	ho rarel	y or nev	er wore	a bicyc	le helm	et (amoi	ng stude	ents who	o had ric	lden a				
											64.4	63.4	61.6	55.3	Decreased, 2013-2018	Not available [¶]	No change
QN7: P students							a helm	et when	rollerbl	ading o	r skateb	oarding	(among	5			
											64.1	64.0	63.2	49.2	Decreased, 2013-2018	Not available	Decreased
QN8: P	ercenta	ge of stu	idents w	ho rarel	y or nev	er wore	a seat b	elt (wh	en riding	g in a c	ar)		·······		,,		
											4.8	1.2	2.4	2.4	No linear change	Not available	No change
QN9: P	ercenta	ge of stu	idents w	ho ever	rode wi	ith a driv	ver who	had bee	en drinki	ing alco	ohol (in	a car)					
											19.4	19.2	24.7	20.2	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Injury a	nd Viol	ence		H	Iealth F	Risk Beł	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	3		
QN10: 1	Percent	age of st	tudents	who eve	er carried	d a wear	oon (suc	h as a g	un, knif	e, or clu	ıb) 46.5	36.8	45.6	34.2	Decreased, 2013-2018	Not available [¶]	Decreased
QN11: 1	Percent	age of si	tudents	who wer	re ever i	in a phys	sical fig	ht			41.6	36.2	38.0	36.9	No linear change	Not available	No change
QN14:	Percent	age of si	tudents	who eve	er seriou	sly thou	ght abo	ut killin	g thems	elves	16.3	14.5	19.1	20.4	Increased, 2013-2018	Not available	No change
QN15:	Percent	age of st	tudents	who eve	er made	a plan a	bout ho	w they v	vould ki	ill them:	selves		12.6	12.7	No linear change	Not available	No change
QN16:	Percent	age of st	tudents	who eve	er tried t	o kill the	emselve	8					6.7	7.8	No linear change	Not available	No change

White*

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Tobacco) Use			ł	Iealth F	Risk Beł	navior a	and 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	i		
QN17:	Percent	age of s	tudents	who eve	er tried c	igarette	smokin	g (even	one or t	two puff	Ēs)		9.2	6.2	No linear change	Not available [¶]	No change
QN18: puffs)	Percent	age of s	tudents	who trie	ed cigare	ette smol	king for	the firs	t time bo	efore ag	e 11 ye	ars (eve	en one or 3.2	2.1	No linear change	Not available	No change
QN19: survey)	Percent	age of s	tudents	who cur	rently s	moked c	igarette	s (on at	least 1 d	day duri	ng the 3	30 days 1.9	before t	he 1.4	Decreased, 2013-2018	Not available	No change
QNFRC days bet				ents wh	o curren	itly smol	ked ciga	arettes fi	equentl	y (on 20) or moi 1.5	re days 0.0	during ti 0.1	he 30 0.3	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Vhite* Tobacco Use			H	lealth R	Risk Beł	navior a	and 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			
QNDAYCIG: Po before the survey		ge of stu	idents v	vho curr	ently sn	noked ci	igarettes	s daily (o	on all 30	0 days d	uring th	ie 30 da	ys			
										0.8	0.0	0.1	0.1	Not available	Not available [¶]	No change
QN21: Percenta	ge of st	udents v	who eve	r used a	n electr	onic vap	por prod	uct								
											14.8	18.0	19.2	No linear change	Not available	No change
QN22: Percentage before the survey		udents v	who cur	rently u	sed an e	lectroni	c vapor	product	(on at l	least 1 d	ay durii	ng the 3	0 days			
											8.8	5.5	9.2	No linear change	Not available	Increased
QNFREVP: Peroduring the 30 day				o currer	ntly used	d electro	onic vap	or produ	icts freq	juently ((on 20 o	or more	days			
0	,		<i>,</i>								1.2	0.6	1.3	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Tobacco	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			
QNDAY the 30 d				udents v	who cur	rently u	sed elec	tronic va	apor pro	ducts da	aily (on	all 30 d	ays dur	ing			
												0.6	0.6	0.3	No linear change	Not available [¶]	No change
QN24: dissolva vapor pr	ble toba	cco pro	ducts [s	uch as C	Copenha	gen, Gr	izzly, Sk	coal, or						nic			
													1.6	1.6	No linear change	Not available	No change
QN25: during th					rently s	moked c	cigars (c	igars, ci	garillos,	, or little	e cigars,	on at le	ast 1 da	ıy			
											2.8	2.2	2.0	1.7	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Alcohol	and Otl	ner Dru	ıg Use	H	Health R	Risk Beł	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 s	tudents	who eve	er drank	alcohol	(other t	han a fe	w sips)	1	24.3	20.5	25.6	22.1	No linear change	Not available [¶]	No change
QN27:	Percenta	age of s	tudents	who dra	nk alcoł	hol for tl	he first t	ime bef	ore age	11 year	s (other	than a t	few sips	;)			
											12.3	9.7	14.0	11.4	No linear change	Not available	No change
QN28:	Percenta	age of s	tudents	who eve	er used n	narijuan	a				10.0	4.0	5.6	3.9	Decreased, 2013-2018	Not available	No change
QN29:	Percenta	age of s	tudents	who trie	ed mariju	uana for	the first	t time be	efore ag	e 11 yea	ars 3.6	1.4	1.7	2.5	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White*			
Alcohol and	Other	Drug	Use

				F	lealth R	lisk Beh	navior a	nd Perc	centage	5					Linear Change [†]	Quadratic Change †	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	8		
QN30: differen hydroco	tly than	how a d	loctor to														
nj uro e o	uone, u												4.4	6.6	Increased, 2016-2018	Not available [¶]	No change
QN31:	Percenta	age of st	udents	who eve	r used c	ocaine (any for	n of coc	caine, in	cluding	powde	r, crack	, or free	base)	·		
											3.0	3.3	3.4	1.3	Decreased, 2013-2018	Not available	Decreased
QN32: inhaled						nhalants	(sniffed	l glue, b	reathed	the cor	itents of	f spray c	ans, or				
		-									9.5	6.9	6.4	7.4	No linear change	Not available	No change
QN33:	Percenta	age of st	udents	who eve	r took s	teroids v	without	a doctor	's presci	ription (pills or	shots)					
											3.2	1.5	2.5	1.2	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Sexual B	Sehavio	rs		E	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			
QN34:	Percenta	age of st	tudents	who eve	er had se	exual into	ercourse	;				3.8	3.7	7.6	Increased, 2014-2018	Not available [¶]	Increased
QN35:	Percenta	age of st	tudents	who had	l sexual	intercou	rse for t	he first	time be	fore age	e 11 yea	rs					
												2.2	1.9	1.8	No linear change	Not available	No change
QN36:	Percenta	age of st	tudents	who eve	er had se	xual into	ercourse	with th	nree or r	nore per	rsons	1.4	1.1	1.4	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Weight N	/Ianage	ment a	nd Diet	ary Beh	aviors												
				H	Iealth R	Risk Beh	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			
QN38: P	Percenta	age of st	udents	who des	cribed t	hemselv	es as sli	ghtly o	r very o	verweig	ht		1				
											28.7	26.3	28.5	27.4	No linear change	Not available [¶]	No change
QN39: P	Percenta	age of st	udents	who wei	re trying	g to lose	weight										
											47.1	41.4	41.2	44.4	No linear change	Not available	No change
QN40: P	Percenta	age of st	udents	who did	not eat	breakfas	st (durin	g the 7	days be	fore the	survey)					
											10.2	9.7	10.7	9.5	No linear change	Not available	No change
QNBK7I	DAY: I	Percenta	ige of st	udents v	who ate	breakfas	st on all	7 days	(during	the 7 da	iys befo	re the s	urvey)				
											49.6	54.3	46.2	45.4	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White*	
Physical Activity	

· ·	I	Iealth R	Risk Beh	navior a	nd Per	centage	s					Linear Change [†]	Quadratic Change †	Change from 2016-2018 [§]
1991 1993 1995 19	97 1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN41: Percentage of studen kind of physical activity tha days before the survey)														
								58.0	55.7	56.1	53.0	No linear change	Not available [¶]	No change
QNPA0DAY: Percentage of 1 day (in any kind of physic during the 7 days before the	al activity t											No linear change	Not available	No change
QNPA7DAY: Percentage of kind of physical activity tha days before the survey)														

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				Н	lealth R	lisk 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	_		
QN42:	Percenta	age of st	udents v	who wat	ched tel	evision	3 or mo	re hours	s per da	y (on ar	n averag	e school	l day)				
											20.7	26.9	26.1	17.3	Decreased, 2013-2018	Not available [¶]	Decreased
											30.7	26.8	20.1	17.5	Decleased, 2013-2018	Not available.	Decreased
countin martph	Percenta ag time s one, con school c	spent on nputer,	things s	uch as p	olaying	games, v	watching	g videos	s, texting	g, or usi	ter 3 or	more ho al media	ours per	day r	Increased, 2013-2018	Not available	No change
countin martph werage QN44:	ig time s one, con	spent on nputer, day) age of st	things s Xbox, P	uch as p layStation	on, iPad	games, v l, or othe	watching er tablet	g videos , for sor	s, texting nething	g, or usi that wa	ter 3 or ing socia is not sc 37.4	more ho al media hool wo 33.5	ours per on thei rk, on a 39.3	day r n 43.2			

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Physical	Activit	y		I	Health F	Risk Beł	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			
QNDLY week wh					10 attend	led phys	sical edu	cation (PE) clas	sses on	all 5 day	ys (in an	averag	<u>g</u> e			
											4.1	4.8	4.8	4.7	No linear change	Not available [¶]	No change
QN45: Commun									(countin	ig any te	eams rui	n by the	ir schoo	ol or			
												65.2	65.9	65.8	No linear change	Not available	No change
QN46: times du						ussion f	rom play	ving a sp	oort or b	eing ph	ysically	active ((one or	more			
													18.3	15.1	No linear change	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Other				E	lealth R	lisk 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			
QN47: I	Percenta	age of st	udents v	who had	ever be	en told	by a doo	ctor or n	urse tha	it they h	ad asthi 18.0	na 16.3	15.8	14.1	No linear change	Not available [¶]	No change
QN48: I	Percenta	age of st	udents v	who got	8 or mo	ore hours	s of slee	p (on ar	n averag	e schoo	l night)			• •			
											49.1	58.6	47.4	52.2	No linear change	Not available	No change
QN49: I before th			udents v	who des	cribed t	heir grad	des in sc	hool as	mostly	A's or E	B's (duri	ng the 1	2 mont	hs			
												85.3	80.7	87.5	No linear change	Not available	Increased

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Site-Add	ed			F	Health F	Risk Beł	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	_		
QN52: 1 driving t		age of s	tudents	who hav	ve ever r	idden in	a car d	riven by	someo	ne who	was tex	ting wh	ile they	were			
												60.5	73.6	58.6	No linear change	Not available [¶]	Decreased
QN54: 1 stopped											eks in a 19.7	row so 18.9	that the 24.5	y 24.6	Increased, 2013-2018	Not available	No change
QN55: 1	Percenta	age of s	tudents	who sm	oked a v	whole ci	garette l	before a	ge 11 ye	ears (for	the firs	st time)					
											3.3	2.4	1.8	1.8	No linear change	Not available	No change
QN62: 1 little cig				who thii	nk they	definitel	y or pro	bably w	vill smol	ke a cig	arette, c	igar, ci	garillo, o	or			
													6.8	5.9	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Site-Added	1			H	lealth R	Risk Beh	navior a	nd Pero	centage	s					Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]
1991 1	993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN63: Per flavored sn survey)														,			
											2.4	2.7	2.1	1.4	No linear change	Not available [¶]	No change
QN64: Per the survey)		ge of st	udents v	who trie	d or use	ed tobacc	co produ	icts for t	the first	time (d	uring th	e 12 mo	onths be	fore			
												3.9	5.7	2.5	No linear change	Not available	Decreased
QN66: Per	rcenta	ge of st	udents v	who live	with so	omeone	who no	w smoke	es cigar	ettes or	-		<u> </u>				
											44.3	42.2	41.7	35.0	Decreased, 2013-2018	Not available	Decreased
QN67: Per anywhere i									le their	home is	that sm	oking is	s not all	owed			
													82.8	85.1	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Site-Add	ed			H	Iealth F	Risk Beł	navior a	and 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	201	8		
QN68: 1 during th					re in the	e same ro	oom wit	h someo	one who	was sm	oking (on at le	ast one	day			
													22.6	22.0	No linear change	Not available [¶]	No change
QN69: 1 the 30 da				who cur	rently d	rank alc	ohol (at	least or	ne drink	of alcol	hol, on	at least	1 day d	uring			
											11.6	10.1	13.4	11.3	No linear change	Not available	No change
QN70: I survey)	Percenta	age of st	tudents	who cur	rently u	sed mar	ijuana (o	one or n	nore tim	es durir	ng the 3	0 days t	before t	he			
											6.7	4.6	4.0	3.8	Decreased, 2013-2018	Not available	No change
QN71: I months b				who wei	re offere	ed, sold,	or give	n an ille	gal drug	g on sch	ool proj	perty (d	uring th	e 12			
											4.0	5.0	3.3	3.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				Н	lealth R	isk Beh	navior a	nd Pero	centage	S					Linear Change [†]	Quadratic Change ^{\dagger}	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
	Percenta ne 12 m					st (for a	check-1	ıp, exan	n, teeth	cleaning	g, or ot	her dent	al work	,			
													79.7	80.7	No linear change	Not available [¶]	No change
N73: chool y	Percenta	age of st	udents v	who wer	e taugh	t in their	r classes	about t	he dang	ers of to	bacco	use (du	ring the				
	ear)								ine dunie	015 01 10	Joueeo	use (uu	ing the	last			
	ear)								ing anne		82.1	78.1	78.0	77.9	No linear change	Not available	No change
QN74:				who part	ticipate	in extra		ar activi			82.1	78.1	78.0	77.9	No linear change	Not available	No change
QN74:	Percenta			who part	ticipate	in extra					82.1	78.1	78.0	77.9	No linear change	Not available Not available	No change No change
QN74: lubs, o	Percenta student	govern	ment)		-		curricul		ties at s	chool (s	82.1 uch as 65.3	78.1 sports, 63.5	78.0 band, dr 61.5	77.9 rama, 60.4			

White*

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Site-Ado	led			ł	Iealth F	lisk 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	3		
QN78: or fit in	Percent	age of s	tudents	who say	definite	ely yes o	or probal	bly yes	that smo	oking m	akes yo	oung peo	ple loo	k cool			
											14.4	14.3	13.3	18.8	Increased, 2013-2018	Not available [¶]	Increased
QN79:							gly disa	oprove o	of some	one thei	r age h	aving or	e or tw	0			
drinks o	an aic	onone b	everage	nearry	every da	ly							82.3	79.9	No linear change	Not available	No change
QN80:	Percent	age of s	tudents	who res	nonded	that the	r parent	s would	feel it y	would b	e wron	or very	/ wrong	for			
them to														101			
											85.3	84.8	86.9	88.4	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

White* Site-Add	ed			H	Iealth F	Risk Beł	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			
QN81: 1 in other													(physic	ally or			
											69.0	67.2	76.7	70.9	No linear change	Not available [¶]	No change
QN82: 1 and in of														ally 78.5	No linear change	Not available	No change
0102	2		4	1 . 1 .	1	14	1			11. (1							
QN83: 1 to them	Percent	age of s	tudents	who hav	e an ad	ult outsi	de of sc	hool the	ey can ta	ilk to ab			_				
											85.9	89.8	88.4	89.3	No linear change	Not available	No change
QN84: 1 parents i								king he	lp from	one or	more ac	lults be	sides the	eir			
											81.1	83.4	79.2	82.9	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

ite-Add	ed		Health Risk Behavior and Percentages 95 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 20												Linear Change ^{\dagger}	Quadratic Change [†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN85: I nad (duri						teacher	or other	adult in	their so	chool ab	oout a pe 27.9	ersonal 31.1	problen 33.1	n they 31.7	No linear change	Not available [¶]	No chang
	Percenta	12 mont	ths befo	re the su	irvey)						27.9	31.1	33.1	31.7	No linear change	Not available¶	No chang

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				E	Iealth F	Risk Beł	avior a	and 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: P vicycle)		ge of stu	dents w	ho rarel	y or nev	er wore	a bicyc	le helm	et (amo	ng stude	ents who	had rid	den a	:			
											83.8	86.0	89.3	82.6	No linear change	Not available [¶]	No chang
QN8: P	ercentag	ge of stu	dents w	ho rarel	y or nev	ver wore	a seat b	oelt (wh	en ridin	g in a ca	ur)						
											9.5	3.7	6.9	5.5	No linear change	Not available	No chang
QN9: P	ercentag	ge of stu	dents w	ho ever	rode wi	ith a driv	ver who	had bee	en drinki	ing alco	hol (in a	a car)					
											26.5	18.6	22.0	14.9	Decreased, 2013-2018	Not available	No chang
N10	Percenta	ige of st	udents	who eve	er carrie	d a wear	on (suc	h as a g	un, knif	e, or clu	ıb)				· · · · · · · · · · · · · · · · · · ·		
ĮNIU																	

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				E	lealth R	lisk Beh	avior a	nd Pero	centage	5					Linear Change †	Quadratic Change †	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN11:	Percenta	ige of st	udents v	who we	e ever i	n a phys	sical figh	nt		•	73.0	59.0	61.2	60.6	No linear change	Not available [¶]	No change
QN14:	Percenta	ige of st	udents	who eve	r seriou	sly thou	ght abou	ıt killinş	g thems	elves	21.0	17.5	20.6	12.8	No linear change	Not available	No change
QN15:	Percenta	ige of st	udents v	who eve	r made a	a plan al	bout hov	v they v	vould ki	ll them:	selves		16.0	10.8	No linear change	Not available	No change
QN16:	Percenta	ige of st	udents v	who eve	r tried to	o kill the	emselve	5					9.0	5.4	No linear change	Not available	No change

Black*

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black* Tobacco) Use			F	Iealth F	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	3		
QN17:	Percent	age of s	tudents	who eve	er tried c	igarette	smokin	g (even	one or t	two puff	ŝ)		14.8	6.7	No linear change	Not available [¶]	Decreased
QN18: puffs)	Percent	age of s	tudents	who trie	ed cigare	ette smol	king for	the firs	t time bo	efore ag	e 11 ye	ars (eve	en one or 5.1	r two 2.6	No linear change	Not available	No change
QN19: survey)		age of s	tudents	who cur	rently si	moked c	igarette	s (on at	least 1 d	day duri	ng the 3 9.2	30 days 4.0	before t	he 1.3	Decreased, 2013-2018	Not available	No change
QNFRC days be				ents wh	o curren	itly smol	ked ciga	urettes fi	requentl	y (on 20	or mor 2.4	re days 0.0	during t 0.6	he 30 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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				F	lealth R	lisk 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			
	YCIG: I he surve		ge of sti	udents v	vho curr	ently sn	noked ci	igarettes	daily (on all 30	0 days d	luring th	ne 30 da	ys			
											2.4	0.0	0.6	0.0	Not available	Not available [¶]	Not available
QN21:	Percenta	age of st	udents v	who eve	r used a	n electr	onic var	or prod	uct			;					
							_	_				15.7	30.8	21.8	No linear change	Not available	No change
	Percenta he surve		udents v	who cur	rently us	sed an e	lectroni	c vapor	product	(on at l	least 1 d	lay durii	ng the 3	0 days			
												11.4	9.2	9.3	No linear change	Not available	No change
	VP: Pe he 30 da				o currer	ntly used	l electro	onic vap	or produ	icts free	quently ((on 20 c	or more	days			
												0.0	1.9	1.2	Not available	Not available	No change

Black*

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black* Tobacco	Use			H	Iealth F	tisk 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	3		
QNDAY the 30 d				tudents	who cur	rently u	sed elec	tronic v	apor pro	ducts d	aily (on	all 30 d	ays dur	ing			
	-		•									0.0	1.9	0.5	Not available	Not available [¶]	No change
QN24: dissolva vapor pr	ble toba	cco pro	ducts [s	uch as C	Copenha	gen, Gr	izzly, Sł	coal, or	Camel S					nic			
													1.7	2.3	No linear change	Not available	No change
QN25: during th					rently s	moked c	cigars (c	igars, ci	garillos	, or little	e cigars,	on at le	ast 1 da	ıy			
											9.6	5.1	4.0	0.5	Decreased, 2013-2018	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black* Alcohol	and Otl	ner Dru	ig Use	F	Iealth F	Risk Beł	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 s	tudents	who eve	er drank	alcohol	(other t	han a fe	w sips)		38.2	20.6	33.1	22.5	No linear change	Not available¶	No change
QN27:	Percenta	age of s	tudents	who dra	nk alcol	hol for t	he first t	ime bef	ore age	11 year	s (other	than a	few sips	;)			
											17.5	10.3	15.2	12.0	No linear change	Not available	No change
QN28:	Percenta	age of s	tudents	who eve	er used n	narijuan	a				16.1	8.2	10.6	7.6	No linear change	Not available	No change
QN29:	Percenta	age of s	tudents	who trie	d mariju	uana for	the first	t time be	efore ag	e 11 yea	ars 6.3	4.9	1.3	4.5	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black*	
Alcohol and Other Drug Use	

				E	lealth R	Risk Beh	avior a	nd Pero	entages	S					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: differen hydroco	tly than	how a d	loctor to														
nj ar o e o	uone, u												4.4	11.1	Increased, 2016-2018	Not available [¶]	Increased
QN31:	Percenta	age of st	udents	who eve	r used c	ocaine (any forr	n of coc	aine, in	cluding	powde	r, crack	, or free	base)			
											6.5	4.7	4.6	1.0	Decreased, 2013-2018	Not available	No change
QN32: inhaled						nhalants	(sniffed	l glue, b	reathed	the cor	itents of	spray c	ans, or				
	•										15.5	4.1	9.7	5.8	No linear change	Not available	No change
QN33:	Percenta	age of st	udents	who eve	r took s	teroids v	vithout a	a doctor	's presci	ription (pills or	shots)					
											5.7	1.8	3.1	2.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black* Sexual B	Sehavio	rs		F	Iealth R	tisk 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			
QN34:	Percenta	age of st	udents v	who eve	er had se	exual inte	ercourse	;				9.3	11.0	8.4	No linear change	Not available [¶]	No change
QN35:	Percenta	age of st	udents v	who had	l sexual	intercou	rse for t	he first	time be	fore age	e 11 yea	ırs					
												3.7	4.0	1.4	No linear change	Not available	No change
QN36:	Percenta	age of st	udents v	who eve	er had se	xual inte	ercourse	with th	nree or n	nore per	rsons	0.6	5.8	1.2	No linear change	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

			Health Risk Behavior and Percentages 1993 1995 1997 1999 2001 2003 2007 2009 2011 2013 2014 2016												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 tl	hemselv	ves as sli	ghtly or	very ov	verweig	ht 20.1	29.5	30.0	19.7	No linear change	Not available [¶]	Decreased
QN39:	Percenta	age of st	udents v	who wei	re trying	g to lose	weight				52.1	45.2	45.9	45.6	No linear change	Not available	No change
QN40:	Percenta	age of st	udents v	who did	not eat	breakfa	st (durin	g the 7	days bei	fore the	survey) 11.2	8.1	13.8	10.5	No linear change	Not available	No change
QNBK7	DAY: 1	Percenta	age of st	udents v	who ate	breakfa	st on all	7 days ((during	the 7 da	ys befo 47.0	re the st 49.9	urvey) 41.9	53.4	No linear change	Not available	Increased

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

Maryland Middle School Survey

Saint Mary's 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 2003	013 2014	4 201	5 2018	-		
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 kind of physical activity that increased their heart rate and made them breathe hard some of days before the survey)		. .	-			
45.7	.7 55.7	38.2	53.0	No linear change	Not available [¶]	Increased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of phy 1 day (in any kind of physical activity that increased their heart rate and made them breath during the 7 days before the survey)						
12.0	.6 14.5	17.7	17.1	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per c kind of physical activity that increased their heart rate and made them breathe hard some of days before the survey)						
29.7	.7 35.4	26.6	34.7	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.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				F	lealth F	lisk Beł	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	3		
QN42:	Percent	age of s	tudents	who wa	tched te	levision	3 or mo	ore hour	s per da	y (on an	averag	e schoo	l day)				
											52.8	47.0	42.9	38.0	Decreased, 2013-2018	Not available [¶]	No change
QN43: (countir smartph average	ng time s none, com	spent on mputer,	things s	such as j	playing	games, v	watchin	g videos	, texting	g, or ūsi	ng socia	al media	a on the	ir	Increased, 2013-2018	Not available	No change
QN44: week w					ended pl	iysical e	ducation	n (PE) c	lasses o	n 1 or n	nore day	vs (in ar	n averag	e			

Black*

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				H	lealth R	lisk Beh	avior a	nd Perc	centages	s		Linear Change [†]				Quadratic Change †	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
	PE: Per hen they				o attenc	led phys	ical edu	cation (PE) clas	sses on	all 5 da	ys (in aı	n averag	e			
WEEK WI	nen they	were n	senoor								8.6	11.8	11.9	10.4	No linear change	Not available [¶]	No change
	Percenta nity grou								countin	ig any te	eams ru	n by the 60.0	ir schoo 58.5	ol or 55.0	No linear change	Not available	No change
												00.0	50.5	55.0	i to inical change	1 tot available	1 to enunge
QN46:	Percenta tring the					ussion fr	om play	ving a sp	port or b	eing ph	ysically	v active	(one or	more			

*Non-Hispanic. *Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. ⁸Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Black*

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black* Other				E	lealth R	lisk 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	3		
QN47: 1	Percenta	age of st	udents v	who had	l ever be	en told	by a doo	ctor or n	urse tha	it they h	ad asth 35.1	ma 26.6	22.2	23.5	Decreased, 2013-2018	Not available [¶]	No change
QN48: 1	Percenta	age of st	udents v	who got	8 or mo	ore hours	s of slee	p (on ar	n averag	e schoo	l night) 38.4	49.5	45.6	47.3	No linear change	Not available	No change
QN49: 1 before th			udents v	who des	cribed t	heir grad	des in sc	chool as	mostly	A's or H	3's (duri	ng the 1 75.8	2 mont 64.5	hs 78.2	No linear change	Not available	Increased

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black* Site-Add	ed			H	Iealth F	Risk Bel	navior a	and 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		2010-2018
QN52: 1 driving t		age of s	tudents	who hav	ve ever r	ridden ir	a car d	riven by	someo	ne who	was tex	ting wh	iile they 67.3	were 48.1	Decreased, 2014-2018	Not available [¶]	Decreased
QN54: 1	Parcant	age of s	tudents	who felt	sador	honeless	(almos	teveru	day for		aks in a				Decreased, 2014-2018	Not available.	Decreased
stopped														-	N. Passa haas	N. (Markana
											25.0	26.0	22.3	17.6	No linear change	Not available	No change
QN55: 1	Percenta	age of s	tudents	who sm	oked a v	whole ci	garette l	before a	ge 11 ye	ears (for			1.0		D		
											7.2	1.2	1.9	1.1	Decreased, 2013-2018	Not available	No change
QN62: 1 little cig		0		who thii	nk they	definitel	y or pro	bably w	vill smol	ke a ciga	arette, c	cigar, ci		or			
													11.8	6.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				Н	lealth R	lisk Beł	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			
	Percenta smokel																
, , e <u>,</u> ,											7.2	3.6	4.7	0.0	Not available	Not available [¶]	Not available
	Percenta ey)	age of st	udents	who trie	d or use	d tobaco	co produ	icts for	the first	time (d	uring th	ie 12 m	onths be	fore			
		age of st	tudents	who trie	d or use	d tobaco	co produ	icts for	the first	time (d	uring th	ne 12 me 5.2	onths be 4.4	fore 1.4	No linear change	Not available	No change
the surve		-					_								No linear change	Not available	No change
the surve	ey)	-					_								No linear change No linear change	Not available Not available	No change No change
QN66:	ey)	age of st	udents v	who live	with so ort the r	omeone	who nov	w smok	es cigare	ettes or o	cigars 41.7	5.2 53.0	4.4 46.5	1.4 38.4			

Black*

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black* Site-Add	ed																
				H	lealth R	Risk Beł	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	5 201	8		
QN68: 1 during th					e in the	same ro	oom wit	h someo	one who	was sm	oking (on at le	ast one	day			
													29.8	17.6	Decreased, 2016-2018	Not available [¶]	Decreased
QN69: 1 the 30 da				who cur	rently d	rank alc	ohol (at	least or	e drink	of alcol	nol, on a	at least	1 day di	uring			
											16.9	10.8	14.7	6.2	Decreased, 2013-2018	Not available	Decreased
QN70: I survey)	Percenta	ige of st	udents	who cur	rently u	sed mar	ijuana (o	one or n	nore tim	es durin	ig the 3	0 days l	before tl	he			
											12.8	7.1	9.4	7.8	No linear change	Not available	No change
QN71: I months b				who wei	e offere	ed, sold,	or give	n an ille	gal drug	g on sch	ool proj	perty (d	uring th	ie 12			
											8.1	4.2	8.0	4.9	No linear change	Not available	No change

Black*

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black* Site-Add	ed			Н	lealth R	Risk Beł	navior a	and 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			
QN72: F during th						ist (for a	check-	up, exan	n, teeth	cleaning	g, or oth	ner dent	al work	,			
													63.6	61.9	No linear change	Not available [¶]	No change
QN73: F school ye		age of st	tudents	who wer	e taugh	t in thei	r classes	s about t	he dang	gers of to	obacco	use (du	ring the	last			
											76.8	77.8	77.7	75.0	No linear change	Not available	No change
QN74: F clubs, or				who part	icipate	in extra	curricul	ar activi	ties at s	chool (s	such as	sports, l	oand, dr	ama,			
											71.1	63.6	59.2	62.5	No linear change	Not available	No change
QN77: F friends	Percenta	age of st	tudents	who say	definite	ely yes o	or proba	bly yes	that you	ing peop	ole who	smoke	have m	ore			
											45.9	31.3	35.3	35.4	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Site-Add	icu			E	lealth R	Risk Beł	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	-		
QN78: or fit in	Percenta	age of st	udents	who say	definite	ely yes o	or probal	bly yes	that smc	oking m	akes yo	ung peo	ple look	cool			
											28.4	23.5	23.4	15.3	Decreased, 2013-2018	Not available [¶]	No change
QN79: drinks o							gly disa	oprove o	of some	one thei	r age ha	aving on	e or two)			
			C	Ĩ	-	-							62.0	72.9	No linear change	Not available	No change
QN80: them to														for			
											83.9	90.2	84.9	89.2	No linear change	Not available	No change

Black*

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Black* Site-Addo	ed			H	Iealth R	Risk Beh	navior a	nd Pero	centage	s					Linear Change [†]	Quadratic Change ^{\dagger}	Change from
									U						5		2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	5 2018	-		
QN81: F in other v													(physic	cally or			
											58.7	67.4	68.6	69.0	No linear change	Not available [¶]	No change
QN82: F and in oth														cally			
											65.2	69.5	73.0	71.7	No linear change	Not available	No change
QN83: F to them	ercenta	ige of st	tudents	who hav	ve an adu	ult outsi	de of sc	hool the	y can ta	ılk to ab	out thin	ngs that	are imp	ortant			
											79.9	86.0	80.1	85.7	No linear change	Not available	No change
QN84: F parents if								king he	lp from	one or	more ac	lults be	sides th	eir			
											77.9	80.8	81.5	78.2	No linear change	Not available	No change
				-									1				

Black*

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

3lack* Site-Add	ed]	Health]	Risk Bel	havior a	and Per	centage	s					Linear Change [†]	Quadratic Change †	Change from 2016-2018 §
1991	1993	1995	199	/ 1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN85: I had (duri						teacher	or other	adult ir	n their so	chool ab	oout a pe 29.6	ersonal 28.4	problen 32.9	they 33.6	No linear change	Not available [¶]	No change
	ing the	12 mor	nths be	Fore the s	urvey)						29.6	28.4	32.9	33.6	No linear change	Not available¶	No chanş

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

				H	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			
QN8: P	ercentag	ge of stu	dents w	ho rarel	y or nev	ver wore	a seat b	elt (wh	en riding	g in a ca	ar)		:				
											12.1	10.7	7.3	6.8	No linear change	Not available [§]	No change
QN9: P	ercentag	ge of stu	dents w	ho ever	rode wi	th a driv	ver who	had bee	en drinki	ing alco	hol (in a	a car)					
QN9: P	ercentag	ge of stu	dents w	ho ever	rode wi	th a driv	ver who	had bee	en drinki	ing alco	hol (in a	a car) 20.6	22.4	17.4	No linear change	Not available	No change
QN9: P	ercentag	ge of stu	dents w	ho ever	rode wi	th a driv	ver who	had bee	en drinki	ing alco			22.4	17.4	No linear change	Not available	No change
-		ge of stu age of st									23.5		22.4	17.4	No linear change	Not available	No change
-		-									23.5		22.4 41.8	17.4 28.4	No linear change No linear change	Not available Not available	No change Decreased
QN10: 1	Percentz	age of st	udents v	who eve	r carried	d a wear	oon (suc	h as a g			23.5 1b)	20.6					
QN10: 1	Percentz	-	udents v	who eve	r carried	d a wear	oon (suc	h as a g			23.5 1b)	20.6					

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic Injury an	d Viole	nce		Н	ealth R	isk Beh	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			
QN14: 1	Percenta	age of st	tudents	who eve	er seriou	isly thou	ght abo	ut killin	g thems	elves	23.1	31.1	24.3	32.6	No linear change	Not available [§]	No change
QN15: 1	Percenta	age of st	tudents	who eve	er made	a plan a	bout hov	w they v	vould ki	ill them	selves		22.4	18.7	No linear change	Not available	No change
QN16: 1	Percenta	age of st	tudents	who eve	er tried t	o kill th	emselve	S					15.7	11.2	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

Saint Mary's County

Trend Analysis Report

lispanic obacco																	
				H	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			
QN17: 1	Percenta	age of st	tudents	who eve	er tried c	igarette	smokin	ıg (even	one or	wo puff	fs)		11.8	8.3	No linear change	Not available [§]	No change
QN18: 1	Darcante	age of st	tudente	who tria	deigara	tta smo	king for	the fire	t time b	afora ag	a 11 va	ors (ava					
puffs)	Percenta	age of si		who the	u cigare	stie sino	king loi	ule IIIs	t time o	erore ag	e 11 yea	ars (eve	6.1	3.2	No linear change	Not available	No change
															No miear change	Not available	No change
QN19: 1 survey)	Percenta	age of st	tudents	who cur	rently si	moked c	cigarette	es (on at	least 1	day duri	ng the 3	30 days	before t	he			
												8.3	2.6	3.6	No linear change	Not available	No change
QNFRC days bef				ents who	o curren	tly smo	ked ciga	arettes fi	requentl	y (on 20) or mor	e days o	luring t	he 30			
												4.7	1.5	2.2	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic
Tobacco Use

				Н	ealth Ri	isk Beha	avior ar	nd Perce	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991 199	93	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIC before the su			ge of st	udents v	vho curr	ently sm	noked ci	garettes	daily (on all 30) days di	uring tl	ne 30 da	ys			
	-											4.7	1.5	2.2	No linear change	Not available [§]	No change
QN21: Perc	centag	ge of st	udents	who eve	er used a	n electro	onic vap	or prod	uct		<u>,</u>	17.4	28.9	27.4	No linear change	Not available	No change
QN22: Percebefore the su			udents	who cur	rently us	sed an e	lectronio	c vapor	product	(on at l	east 1 da	ay duri	ng the 3	0 days			
												10.7	12.3	13.5	No linear change	Not available	No change
QNFREVP: during the 30					o currer	ntly used	l electro	nic vapo	or produ	icts freq	uently (on 20 d	or more	days			
												4.7	1.7	5.1	No linear change	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic Tobacco V	Use			Н	ealth R	isk Beh	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	-		
QNDAY the 30 da				udents v	who cur	rently us	sed elect	ronic va	apor pro	oducts d	aily (on	all 30 c	lays dur	ing			
												4.7	1.7	5.1	No linear change	Not available [§]	No change
QN24: 1 dissolval vapor pr	ble toba	cco pro	ducts [si	uch as C	Copenha	gen, Gri	izzly, Sk	oal, or						nic 5.0	No linear change	Not available	No change
QN25: I during th					rently si	noked c	eigars (c	igars, ci	garillos	, or little	e cigars,	on at le	east 1 da	ıy			
												6.5	3.9	5.6	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percenta	ges		Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991 1993 1995 1997 1999 2001 2003 2005 2007 200	09 2011 2013 201	14 2016 2018	_		
QN28: Percentage of students who ever used marijuana	11.0) 12.5 9.6	No linear change	Not available [§]	No change
QN29: Percentage of students who tried marijuana for the first time before	age 11 years 10.3	3 2.3 5.1	No linear change	Not available	No change
QN30: Percentage of students who ever took prescription pain medicine w differently than how a doctor told them to use it (counting drugs such as conhydrocodone, and Percocet)			No linear change	Not available	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine	, including powder, crac 9.1 5.6		No linear change	Not available	No change

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic Alcohol and Other Drug Use

	Health Risk Behavior and Percentages														Linear Change [*]	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	-		
QN32: Po inhaled ar		0				nhalants	s (sniffe	d glue, b	oreathed	the cor	ntents of	f spray c	ans, or	:			
innuice ui	ny pun	to or op	iujs to į	Bot mBn	,						11.9	14.0	13.8	8.0	No linear change	Not available [§]	No change
QN33: Pe	ercenta	ige of st	udents ·	who eve	r took s	teroids	without	a doctor	r's presc	ription ((pills or 5.4	shots) 8.1	5.3	4.7	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

Saint Mary's County

Trend Analysis Report

Hispanic Weight N		nent an	d Dieta	ry Beha	aviors												
				H	ealth Ri	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			
QN38:	Percenta	age of st	tudents	who des	cribed t	hemselv	ves as sli	ghtly or	very ov	verweig							
											31.1	28.0	23.5	30.8	No linear change	Not available [§]	No change
QN39:	Percenta	age of st	tudents	who we	re trying	g to lose	weight										
												39.2	42.4	47.4	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic Physical Activity

				H	ealth Ri	isk Beha	avior an	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	5 2018			
QN41: kind of days be	physica	l activit	y that in														
		•									45.9	58.2	49.6	44.1	No linear change	Not available [§]	No change
QNPA0 1 day (i during t	n any k	ind of pl	nysical a	ctivity t													
											12.0	17.5	14.8	14.6	No linear change	Not available	No change
QNPA7 kind of days be	physica	l activit	y that in														
											29.2	36.0	29.4	28.5	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

Saint Mary's County

Trend Analysis Report

Hispanic	
Site-Added	

					Hea	lth Ri	sk Beha	wior an	d Perco	entages						Linear Change*	Quadratic Change [*]	Change from 2016-2018 [†]
1991	1993	1995	199	7 19	99	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN52: driving		age of s	studen	s who	have	ever ri	dden in	a car dr	iven by	someo	ne who v	was text	ting wh	ile they	were			
U													54.2	65.3	53.6	No linear change	Not available [§]	No change
QN54: stopped											>=2 wee yey)		row so 31.4		y 29.4	No linear change	Not available	No change
stopped	doing s	ome us	sual act	ivities	, ever	during	g the 12	months	before	the surv		28.5	31.4			No linear change	Not available	No change
stopped	doing s	ome us	sual act	ivities	, ever	during	g the 12	months	before	the surv	vey)	28.5 the first	31.4			No linear change Decreased, 2013-2018	Not available Not available	No change
stopped QN55:	doing s	age of s	sual act	ivities s who	, ever	during	g the 12	months garette b	before efore as	the surv	vey)	28.5 the first 5.1	31.4 t time) 13.3	36.2 4.8	29.4 2.9	_		

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic Site-Added

				H	ealth Ri	sk Beha	avior an	d Perce	entages						Linear Change [*]	Quadratic Change [*]	Change from 2016-2018 [†]
1991 19	993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018	8		
QN63: Per flavored sm survey)																	
												10.4	3.2	2.1	No linear change	Not available [§]	No change
QN64: Per the survey)		ge of st	udents	who trie	d or use	d tobacc	co produ	cts for t	he first	time (d	uring th	ie 12 m	onths be	efore			
												9.1	8.4	4.1	No linear change	Not available	No change
QN66: Per	rcenta	ge of st	udents	who live	e with sc	meone	who nov	v smoke	es cigare	ettes or	cigars						;
											52.0	29.5	38.7	28.1	Decreased, 2013-2018	Not available	No change
QN67: Per anywhere in									e their ł	nome is	that sm	ioking i	s not al	lowed			
													85.9	79.1	No linear change	Not available	No change

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

Maryland Middle School Survey

Saint Mary's County

Trend Analysis Report

Hispanic	
Site-Added	

ic-mu				н	ealth R	isk 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			
	Percent he 7 day				re in the	same ro	om wit	h someo	ne who	was sm	oking (on at le	ast one o	day			
													16.0	19.5	No linear change	Not available [§]	No change
QN69:	Percent	age of s	tudents	who cui	rently d	rank alc	ohol (at	least on	e drink	of alcol	nol, on a	at least	l day du	iring			
the 30 d	ays befo	ore the s	urvey)														
											22.3	13.6	12.3	11.5	No linear change	Not available	No change
QN70: survey)	Percent	age of s	tudents	who cui	rently u	sed mari	ijuana (o	one or m	ore tim	es durin	g the 30	0 days t	efore th	ie			
											16.5	10.5	9.0	9.9	No linear change	Not available	No change
	Percent before t			who we	re offere	ed, sold,	or give	n an ille	gal drug	g on sch	ool prop	perty (d	uring th	e 12			
											10.5	10.0	5.6	9.1	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.