

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

**Total
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														86.3	78.9	78.2	83.6	No linear change				Not available [§]		No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)														83.2	82.9	84.4	80.4	No linear change				Not available		No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														10.6	6.1	4.8	10.7	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.

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**Total
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018											
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														18.3	17.6	19.4	15.4					No linear change	Not available [§]	No change	
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														29.5	27.2	30.1	24.5					No linear change	Not available	No change	
QN11: Percentage of students who were ever in a physical fight														59.2	52.1	58.7	51.9					Decreased, 2013-2018	Not available	No change	
QN14: Percentage of students who ever seriously thought about killing themselves														15.2	13.0	21.4	17.9					No linear change	Not available	No change	
QN15: Percentage of students who ever made a plan about how they would kill themselves																	12.4	14.0					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.

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**Maryland Middle School Survey
Somerset County
Trend Analysis Report**

**Total
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN16: Percentage of students who ever tried to kill themselves																	
													8.7	9.1	No linear change	Not available [§]	No change

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§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)															No linear change	Not available [§]	No change
													16.0	10.7			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)															No linear change	Not available	No change
													5.4	5.2			
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															Decreased, 2013-2018	Not available	No change
											6.1	4.1	2.5	2.2			
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)															No linear change	Not available	No change
													0.9	0.7	0.4	1.1	

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

[§]Not enough years of data to calculate.

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**Total
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															0.7	0.4	0.4	1.1				No linear change	Not available [§]	No change
QN21: Percentage of students who ever used an electronic vapor product															12.2	22.7	25.5				Increased, 2014-2018	Not available	No change	
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)															7.2	6.5	9.2				No linear change	Not available	No change	
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)															0.7	0.7	0.8				No linear change	Not available	No change	

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[§]Not enough years of data to calculate.

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Total
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
											0.7	0.7	0.6		No linear change	Not available [§]	No change
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												2.3	3.6		No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											5.0	4.8	3.5	4.0	No linear change	Not available	No change

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[§]Not enough years of data to calculate.

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Total Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN26: Percentage of students who ever drank alcohol (other than a few sips)																No linear change	Not available [§]	Decreased
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																No linear change	Not available	No change
QN28: Percentage of students who ever used marijuana																Increased, 2013-2018	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																No linear change	Not available	No change

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

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[§]Not enough years of data to calculate.

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Total Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018					
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																			
													6.5	7.7	No linear change	Not available [§]	No change		
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																			
													3.6	4.1	3.7	2.1	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																			
													8.2	4.4	7.8	6.2	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																			
													2.7	1.9	3.1	2.7	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Total
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse														No linear change	Not available [§]	No change	
												11.6	15.0	12.6			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years														No linear change	Not available	No change	
												3.7	4.8	3.1			
QN36: Percentage of students who ever had sexual intercourse with three or more persons														No linear change	Not available	No change	
												3.6	5.4	3.8			

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Total Weight Management and Dietary Behaviors																Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN38: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight																No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2018	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2018	Not available	No change

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														50.3	52.9	51.1	46.2					No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														14.5	15.2	14.7	21.2					Increased, 2013-2018	Not available	Increased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														31.9	35.6	35.1	30.2					No linear change	Not available	No change

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[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											54.5	43.2	40.4	30.2	Decreased, 2013-2018	Not available§	Decreased
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											44.1	38.1	43.0	49.9	Increased, 2013-2018	Not available	Increased
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											47.6	50.2	54.9	42.1	No linear change	Not available	Decreased

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§Not enough years of data to calculate.

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Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018											
QN4LYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)															12.4	12.0	20.5	15.8					No linear change	Not available [§]	No change
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)															56.7	56.7	48.6					Decreased, 2014-2018	Not available	Decreased	
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)															19.0	20.5					No linear change	Not available	No change		

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

[§]Not enough years of data to calculate.

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Total Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				2018
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												28.1	24.2	28.8	28.0	No linear change	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												51.4	56.7	48.5	47.9	No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
													70.8	64.7	71.6	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2016-2018 †

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

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

55.6 63.1 49.0 No linear change Not available[§] Decreased

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

21.7 15.7 25.3 26.1 Increased, 2013-2018 Not available No change

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

5.9 2.9 1.7 2.8 Decreased, 2013-2018 Not available No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Site-Added	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN59: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)													97.3	94.0		No linear change	Not available [§]	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year													11.9	9.4		No linear change	Not available	No change
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)											3.9	4.3	2.0	2.6		No linear change	Not available	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)													5.6	7.5	2.0	Decreased, 2014-2018	Not available	Decreased

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Somerset County

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											50.6	48.1	44.3	44.2	No linear change	Not available [§]	No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																	
													72.5	72.0	No linear change	Not available	No change
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																	
													25.0	27.4	No linear change	Not available	No change
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
											13.2	11.9	12.5	10.3	No linear change	Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Somerset County
Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											9.0	6.8	11.4	12.5	Increased, 2013-2018	Not available [§]	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											3.4	5.0	3.5	7.1	No linear change	Not available	Increased
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																	
													62.4	60.8	No linear change	Not available	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											71.5	65.3	53.8	56.2	Decreased, 2013-2018	Not available	No change

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Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]										
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018													
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)															60.8	63.1	61.1	57.8					No linear change	Not available [§]	No change		
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends															33.8	26.6	32.2	34.2					No linear change	Not available	No change		
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in															18.6	17.3	20.2	17.6					No linear change	Not available	No change		
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																			67.1	72.2					No linear change	Not available	No change

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Total
Site-Added

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2016-2018 †

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

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

87.0 88.5 84.6 82.3 No linear change Not available[§] No change

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

65.1 61.6 66.2 65.8 No linear change Not available No change

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

74.2 69.0 69.7 69.5 No linear change Not available No change

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Total Site-Added	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them												83.3	87.6	83.1	84.4	No linear change	Not available [§]	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life												83.3	81.9	78.9	81.8	No linear change	Not available	No change
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)												32.4	33.8	32.7	31.3	No linear change	Not available	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement												65.1	62.7	57.9	62.3	No linear change	Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
											87.4	78.6	82.2	88.3	No linear change	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
											79.7	82.2	85.7	86.4	No linear change	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
											12.9	6.9	4.4	15.2	No linear change	Not available	Increased
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
											18.6	14.6	16.5	13.5	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Somerset County
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														No linear change	Not available [§]	No change	
											42.7	39.5	42.4	34.7			
QN11: Percentage of students who were ever in a physical fight														Decreased, 2013-2018	Not available	No change	
											70.3	65.4	71.1	61.8			
QN14: Percentage of students who ever seriously thought about killing themselves														No linear change	Not available	No change	
											11.5	7.4	14.3	15.1			
QN15: Percentage of students who ever made a plan about how they would kill themselves														Increased, 2016-2018	Not available	No change	
													7.9	13.0			
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
													6.1	5.9			

*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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
													19.0	10.6	No linear change	Not available [§]	Decreased		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																			
													5.0	6.2	No linear change	Not available	No change		
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																			
											7.4	4.6	3.1	2.5	Decreased, 2013-2018	Not available	No change		
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
													1.4	1.0	0.8	2.0	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															No linear change	Not available [§]	No change
											1.0	0.4	0.8	2.0			
QN21: Percentage of students who ever used an electronic vapor product															Increased, 2014-2018	Not available	No change
											14.1	23.6	29.2				
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)															No linear change	Not available	No change
											7.5	9.4	10.4				
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)															No linear change	Not available	No change
											1.0	0.8	1.1				

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												1.0	0.8	1.1	No linear change	Not available [§]	No change	
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													3.7	3.8	No linear change	Not available	No change	
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
												8.4	5.6	5.9	4.3	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26: Percentage of students who ever drank alcohol (other than a few sips)															No linear change	Not available [§]	No change
											28.2	23.8	29.5	21.4			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															No linear change	Not available	No change
											15.0	10.2	14.9	9.5			
QN28: Percentage of students who ever used marijuana															No linear change	Not available	No change
											16.0	8.8	20.5	17.5			
QN29: Percentage of students who tried marijuana for the first time before age 11 years															No linear change	Not available	No change
											5.9	6.2	6.4	8.2			

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												7.4	5.9	No linear change	Not available [§]	No change	
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											4.0	4.3	4.3	2.4	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											6.5	4.4	5.4	5.8	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											3.1	1.5	2.3	2.9	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse															No linear change	Not available [§]	No change
												17.5	20.3	17.8			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years															No linear change	Not available	No change
												7.0	6.6	3.8			
QN36: Percentage of students who ever had sexual intercourse with three or more persons															No linear change	Not available	No change
												5.9	9.9	5.4			

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38: Percentage of students who described themselves as slightly or very overweight														No linear change	Not available [§]	No change	
QN39: Percentage of students who were trying to lose weight														No linear change	Not available	No change	
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)														Increased, 2013-2018	Not available	No change	
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
											59.7	58.6	53.7	48.0	Decreased, 2013-2018	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
											13.8	14.8	12.8	22.2	No linear change	Not available	Increased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
											39.8	42.2	38.8	36.0	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											48.9	39.5	42.8	26.7	Decreased, 2013-2018	Not available§	Decreased
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											44.4	39.5	45.2	53.4	Increased, 2013-2018	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											49.2	52.7	59.0	44.9	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN4LYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)														No linear change	Not available§	No change	
											15.0	11.4	20.8	15.6			
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														Decreased, 2014-2018	Not available	No change	
											64.5	60.4	54.2				
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)														No linear change	Not available	No change	
											23.0	20.0					

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												26.7	27.0	28.3	32.3	No linear change	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												48.7	57.1	44.4	47.4	No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
													67.6	63.8	66.3	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																	
											47.8	57.1	45.7		No linear change	Not available [§]	Decreased
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
											17.4	10.9	16.5	21.6	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											7.1	3.3	1.8	4.7	No linear change	Not available	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
												12.8	12.1		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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																	
											4.9	5.4	2.3	3.8	No linear change	Not available [§]	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												5.9	6.2	2.7	No linear change	Not available	No change
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											47.6	47.7	44.3	41.5	No linear change	Not available	No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																	
												77.1	74.4	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Somerset County
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																	
												25.1	20.6		No linear change	Not available [§]	No change
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
											14.4	10.0	10.8	8.9	No linear change	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											14.9	7.3	16.2	15.0	No linear change	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											4.3	4.8	5.1	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.

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																	
												63.5	62.5		No linear change	Not available [§]	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											73.0	63.5	55.6	54.6	Decreased, 2013-2018	Not available	No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																	
											59.1	60.3	57.8	53.3	No linear change	Not available	No change
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
											30.1	26.0	32.4	36.3	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in																	
											19.0	18.3	24.2	19.3	No linear change	Not available [§]	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																	
													61.8	67.2	No linear change	Not available	No change
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month																	
											84.6	86.3	84.7	82.2	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset 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															No linear change	Not available [§]	No change
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week															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															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															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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)														No linear change	Not available [§]	No change	
											27.7	28.7	29.8	28.7			
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement														No linear change	Not available	No change	
											65.9	64.1	60.1	62.5			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Somerset County
Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
											85.7	79.1	74.6	78.1	Decreased, 2013-2018	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
											87.1	83.8	84.5	74.8	No linear change	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
											8.5	5.4	5.4	5.8	No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
											18.0	20.2	23.1	17.9	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018						
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														17.1	14.3	17.7	14.1	No linear change	Not available [§]	No change
QN11: Percentage of students who were ever in a physical fight														49.0	38.6	47.4	42.8	No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves														18.7	18.0	28.8	21.4	No linear change	Not available	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves															17.5	15.4		No linear change	Not available	No change
QN16: Percentage of students who ever tried to kill themselves															11.7	13.0		No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
													13.4	11.2	No linear change	Not available [§]	No change		
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																			
													6.0	3.9	No linear change	Not available	No change		
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																			
											4.9	3.0	1.9	1.6	No linear change	Not available	No change		
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
													0.4	0.4	0.0	0.0	Not available	Not available	Not available

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											0.4	0.4	0.0	0.0	Not available	Not available [§]	Not available
QN21: Percentage of students who ever used an electronic vapor product																	
											9.9	21.8	22.3		Increased, 2014-2018	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
											6.3	3.7	7.5		No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
											0.4	0.6	0.5		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset 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)																	
											0.4	0.6	0.0		Not available	Not available§	Not available
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												0.8	3.7		No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											1.7	3.8	1.1	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Somerset County
Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26: Percentage of students who ever drank alcohol (other than a few sips)															No linear change	Not available [§]	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															No linear change	Not available	No change
QN28: Percentage of students who ever used marijuana															Increased, 2013-2018	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years															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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Somerset County
Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												5.9	9.3		No linear change	Not available§	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											3.2	3.6	3.3	2.0	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											9.9	4.5	10.5	6.9	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											2.2	1.9	3.9	2.5	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse															No linear change	Not available [§]	No change
												6.2	10.4	7.8			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years															No linear change	Not available	No change
												0.8	3.2	2.0			
QN36: Percentage of students who ever had sexual intercourse with three or more persons															No linear change	Not available	No change
												1.7	1.2	1.7			

*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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Female Weight Management and Dietary Behaviors																Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN38: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight																No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2018	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Female
Physical Activity

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

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											59.4	47.2	38.4	35.2	Decreased, 2013-2018	Not available [§]	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											44.0	37.3	41.7	46.8	No linear change	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											46.3	48.2	51.2	39.2	No linear change	Not available	Decreased

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN45: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
											10.2	12.6	20.1	16.6	Increased, 2013-2018	Not available§	No change
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																	
											49.7	52.8	43.2		No linear change	Not available	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
												15.4	21.1		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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Somerset County
Trend Analysis Report

Female Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				2018
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												29.2	21.5	29.9	24.5	No linear change	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												53.7	56.5	51.8	49.4	No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
												73.9	65.8	77.7	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																	
											62.8	69.9	53.8		No linear change	Not available [§]	Decreased
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
											25.6	20.0	34.6	30.1	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											4.9	2.1	1.6	0.4	Decreased, 2013-2018	Not available	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
												10.7	6.4		Decreased, 2016-2018	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset 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)																	
											3.1	2.5	1.7	1.3	No linear change	Not available [§]	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												4.9	9.0	1.4	No linear change	Not available	Decreased
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											53.3	48.3	45.8	47.8	No linear change	Not available	No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																	
												66.7	69.1	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset 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			
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																	
												25.7	34.8		No linear change	Not available [§]	No change
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
											12.1	13.1	14.5	11.6	No linear change	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											3.3	5.6	7.0	9.9	Increased, 2013-2018	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											2.6	4.9	2.0	5.2	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset 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			
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																	
											61.1	58.9			No linear change	Not available [§]	No change
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)																	
											70.1	67.6	52.2	58.7	Decreased, 2013-2018	Not available	No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)																	
											62.2	66.3	64.3	62.9	No linear change	Not available	No change
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends																	
											37.3	27.4	32.6	33.4	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset 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 makes young people look cool or fit in																	
											18.2	16.1	16.9	16.1	No linear change	Not available [§]	No change
QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day																	
													71.6	77.6	No linear change	Not available	No change
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month																	
											89.1	90.8	84.2	82.1	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Somerset 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			
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														No linear change	Not available [§]	No change	
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week														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														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														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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset 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			
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)														No linear change	Not available§	No change	
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement														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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

84.1 77.9 73.0 78.0 No linear change Not available[¶] No change

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

11.3 5.0 3.1 10.0 No linear change Not available Increased

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

21.4 18.1 12.4 20.6 No linear change Not available No change

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

41.3 36.6 36.7 34.2 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN11: Percentage of students who were ever in a physical fight															Decreased, 2013-2018	Not available [¶]	No change
											48.7	40.6	41.2	35.5			
QN14: Percentage of students who ever seriously thought about killing themselves															No linear change	Not available	No change
											16.1	12.6	14.9	19.3			
QN15: Percentage of students who ever made a plan about how they would kill themselves															No linear change	Not available	No change
												8.9	14.0				
QN16: Percentage of students who ever tried to kill themselves															No linear change	Not available	No change
												5.5	9.3				

*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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Somerset County
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																	
													10.6	10.5	No linear change	Not available [¶]	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
													2.3	5.1	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
											8.1	5.2	3.2	3.4	Decreased, 2013-2018	Not available	No change
QNFRClG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
											1.8	1.1	1.2	2.7	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

1.2 0.5 1.2 2.7 No linear change Not available[¶] No change

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

13.0 19.5 27.1 Increased, 2014-2018 Not available No change

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

7.5 6.7 11.8 No linear change Not available No change

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

1.1 1.3 2.0 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

1.1 1.3 2.0 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)

1.1 3.5 No linear change Not available No change

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

4.7 5.0 2.5 2.7 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26: Percentage of students who ever drank alcohol (other than a few sips)														No linear change	Not available [¶]	No change	
											33.4	24.3	18.1	25.0			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														No linear change	Not available	No change	
											14.4	9.8	6.9	10.6			
QN28: Percentage of students who ever used marijuana														No linear change	Not available	Increased	
											8.8	8.6	5.3	12.3			
QN29: Percentage of students who tried marijuana for the first time before age 11 years														No linear change	Not available	Increased	
											3.1	3.9	1.5	6.1			

*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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												4.8	5.5		No linear change	Not available [¶]	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											5.1	4.3	2.1	1.6	Decreased, 2013-2018	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											8.4	3.2	5.2	5.5	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											1.5	0.5	2.2	1.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse															No linear change	Not available [¶]	No change
												9.8	7.7	7.9			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years															No linear change	Not available	No change
												1.8	0.9	2.7			
QN36: Percentage of students who ever had sexual intercourse with three or more persons															No linear change	Not available	No change
												1.8	2.3	1.1			

*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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from 2016-2018[§]

	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38: Percentage of students who described themselves as slightly or very overweight												30.9	26.0	29.8	35.4	No linear change	Not available [¶]	No change
QN39: Percentage of students who were trying to lose weight												52.5	46.5	55.2	53.5	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												7.5	11.3	10.4	17.3	Increased, 2013-2018	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)												45.6	42.9	45.3	33.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*

Physical Activity

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018											
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															59.7	55.7	45.9	51.6					No linear change	Not available [¶]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															7.1	13.0	13.0	21.1					Increased, 2013-2018	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															38.9	40.4	33.3	30.0					No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

47.8 31.7 36.1 23.6 Decreased, 2013-2018 Not available[¶] No change

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

39.4 34.5 36.3 50.3 Increased, 2013-2018 Not available Increased

QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

44.7 44.6 47.2 39.6 No linear change Not available No change

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

10.8 9.5 15.8 17.9 No linear change Not available[¶] No change

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

53.2 47.3 44.6 No linear change Not available No change

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

19.3 18.1 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

29.9 27.2 24.1 30.4 No linear change Not available[¶] No change

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

52.2 60.4 45.2 49.5 No linear change Not available No change

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

72.8 70.8 76.3 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																	
												63.0	67.3	68.7	No linear change	Not available [¶]	No change
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
											20.3	15.0	27.4	22.2	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											6.1	2.2	0.0	1.0	Not available	Not available	Not available
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
													11.1	8.4	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

5.4 5.3 2.7 3.8 No linear change Not available[¶] No change

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

8.1 6.8 3.8 No linear change Not available No change

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

53.3 54.4 51.4 54.5 No linear change Not available No change

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

67.5 64.1 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Somerset County
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

26.5 32.5 No linear change Not available[¶] No change

QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)

16.1 11.8 7.0 6.5 Decreased, 2013-2018 Not available No change

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

6.0 5.7 3.8 12.0 No linear change Not available Increased

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

3.1 4.3 4.0 7.1 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

63.8 68.2 No linear change Not available[¶] No change

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

74.1 63.4 45.6 48.4 Decreased, 2013-2018 Not available No change

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

58.4 61.6 59.1 56.5 No linear change Not available No change

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

28.2 15.4 21.3 28.6 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

14.9 11.6 20.7 16.6 No linear change Not available[¶] No change

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

70.0 77.5 No linear change Not available No change

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

83.8 87.4 88.2 80.6 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

66.5 64.6 71.2 62.0 No linear change Not available[¶] No change

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

75.7 71.3 71.5 71.1 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

88.3 89.6 87.1 87.3 No linear change Not available No change

QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life

84.4 85.6 87.1 81.0 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

30.4 34.1 37.3 28.1 No linear change Not available[¶] No change

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

63.9 63.3 66.5 66.8 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

91.7 83.2 82.2 84.7 No linear change Not available[¶] No change

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

9.3 6.2 4.6 12.7 No linear change Not available Increased

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

16.8 17.9 23.8 11.6 No linear change Not available Decreased

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

19.4 16.0 28.1 16.1 No linear change Not available Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available [¶]	No change	
											74.4	70.3	70.0	62.8			
QN14: Percentage of students who ever seriously thought about killing themselves														No linear change	Not available	No change	
											15.7	14.8	23.7	17.7			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
													13.2	15.5			
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
													9.6	9.7			

*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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																	
												18.6	11.2		No linear change	Not available [¶]	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
												7.5	3.0		No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
											2.8	2.5	1.3	2.2	No linear change	Not available	No change
QNFRClG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
											0.0	0.0	0.0	0.7	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											0.0	0.0	0.0	0.7	Not available	Not available [¶]	Not available
QN21: Percentage of students who ever used an electronic vapor product																	
											11.7	29.8	23.9	Increased, 2014-2018	Not available	No change	
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
											5.3	7.9	7.8	No linear change	Not available	No change	
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
											0.0	0.0	0.0	Not available	Not available	Not available	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Somerset County

Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.0	0.0	0.0	Not available	Not available [¶]	Not available	
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													2.8	3.9	No linear change	Not available	No change	
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
												4.3	4.1	4.3	5.4	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.

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Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26: Percentage of students who ever drank alcohol (other than a few sips)														No linear change	Not available [¶]	Decreased	
											28.5	23.1	43.7	23.4			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														No linear change	Not available	Decreased	
											13.4	8.2	17.3	9.2			
QN28: Percentage of students who ever used marijuana														Increased, 2013-2018	Not available	No change	
											13.3	6.7	28.9	20.4			
QN29: Percentage of students who tried marijuana for the first time before age 11 years														No linear change	Not available	No change	
											5.1	6.8	9.5	6.0			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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Trend Analysis Report

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Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												9.0	9.0		No linear change	Not available [¶]	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											1.0	3.6	2.9	2.3	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											8.0	6.6	9.5	6.4	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											4.0	3.2	4.1	4.5	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

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Trend Analysis Report

Black*
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse															No linear change	Not available [¶]	No change
												12.7	19.1	14.3			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years															No linear change	Not available	No change
												4.6	7.0	3.8			
QN36: Percentage of students who ever had sexual intercourse with three or more persons															No linear change	Not available	No change
												6.3	7.5	4.5			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from 2016-2018[§]

	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38: Percentage of students who described themselves as slightly or very overweight												21.4	23.3	21.9	22.7	No linear change	Not available [¶]	No change
QN39: Percentage of students who were trying to lose weight												43.6	45.8	39.7	39.5	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												5.4	5.0	9.7	13.6	Increased, 2013-2018	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)												46.6	55.0	46.4	44.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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Physical Activity

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available [¶]	No change	
											47.6	47.5	56.5	45.9			
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change	
											15.2	17.4	15.3	19.4			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change	
											29.7	32.0	34.9	29.6			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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**Black*
Physical Activity**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											62.8	58.9	46.4	39.6	Decreased, 2013-2018	Not available [¶]	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											48.5	44.9	49.4	50.3	No linear change	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											51.8	53.1	62.5	47.0	No linear change	Not available	Decreased

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

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Black*
Physical Activity

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

15.5 13.9 24.3 14.4 No linear change Not available[¶] No change

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

62.4 61.9 50.7 No linear change Not available No change

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

20.3 22.3 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

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Maryland Middle School Survey

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Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				2018
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												31.9	25.3	34.1	30.2	No linear change	Not available [¶]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												52.4	51.5	49.8	44.9	No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
												65.9	63.2	68.3	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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Maryland Middle School Survey

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Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																	
												48.8	62.1	42.7	No linear change	Not available [¶]	Decreased
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
											23.1	16.5	20.9	23.1	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											3.9	1.9	2.3	2.7	No linear change	Not available	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
													12.5	10.4	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

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Trend Analysis Report

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Site-Added**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018											
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)														2.3	2.4	1.4	2.8					No linear change	Not available [¶]	No change	
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																		2.8	9.5	1.4			No linear change	Not available	Decreased
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars														51.4	45.0	39.1	40.4					No linear change	Not available	No change	
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																		73.5	72.6			No linear change	Not available	No change	

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

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Maryland Middle School Survey

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Site-Added

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																	
												26.7	27.3		No linear change	Not available [¶]	No change
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
											11.1	9.5	14.0	11.8	No linear change	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
											10.6	6.1	19.8	14.1	Increased, 2013-2018	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
											3.5	2.7	2.8	5.5	No linear change	Not available	No change

*Non-Hispanic.

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[¶]Not enough years of data to calculate.

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Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

64.5 58.3 No linear change Not available[¶] No change

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

70.0 69.6 61.5 60.1 No linear change Not available No change

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

61.4 65.0 58.9 59.4 No linear change Not available No change

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

42.2 41.3 47.6 41.0 No linear change Not available No change

*Non-Hispanic.

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[¶]Not enough years of data to calculate.

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Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

23.0 21.4 22.6 17.8 No linear change Not available[¶] No change

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

62.1 67.7 No linear change Not available No change

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

88.6 88.1 84.7 81.1 No linear change Not available No change

*Non-Hispanic.

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[¶]Not enough years of data to calculate.

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Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

65.3 55.0 61.2 63.4 No linear change Not available[¶] No change

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

74.5 61.6 65.6 63.2 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

81.4 89.6 81.7 84.5 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

83.9 79.3 75.7 81.3 No linear change Not available No change

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[¶]Not enough years of data to calculate.

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Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

29.9 37.4 28.8 38.1 No linear change Not available[¶] No change

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

62.4 61.6 49.7 60.3 No linear change Not available No change

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

[¶]Not enough years of data to calculate.