Maryland Middle School Survey Washington County Trend Analysis Report

| | | | | | Linear Change [*] | Quadratic Change* | Change from 2016-2018 [†] |
|--------------------|-------------------|--------------------------|--------|------|----------------------------|---------------------|--|
| 2007 2009 201 | 011 2013 | 2014 | 2016 | 2018 | _ | | |
| helmet (among stu | students who | had rid | den a | : | | | |
| | 74.6 | 65.0 | 67.4 | 62.1 | Decreased, 2013-2018 | Not available§ | No change |
| when rollerblading | ng or skatebo | oarding | (among | | | | |
| | 84.7 | 78.3 | 79.4 | 76.5 | Decreased, 2013-2018 | Not available | No change |
| | a car) | : | | | | | |
| | t (when riding in | t (when riding in a car) | | | | · · · · · · · · · · | t (when riding in a car) 9.7 5.7 4.1 4.5 Decreased, 2013-2018 Not available |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

| | | | | Н | ealth R | isk Beh | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
|--------|----------|-----------|----------|---------|-----------|-----------|------------|-----------|----------|-----------|---------|--------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN9: P | ercenta | ge of stu | ıdents w | ho ever | rode wi | th a driv | er who | had bee | n drinki | ng alco | hol (in | a car) | | | | | |
| | | | | | | | | | | | 18.5 | 17.6 | 19.3 | 15.9 | No linear change | Not available [§] | No change |
| QN10: | Percent | age of s | tudents | who eve | er carrie | d a wear | oon (suc | h as a g | un, knif | e, or clu | | 20.0 | | 20.7 | | | |
| | | | | | | | | | | | 32.7 | 30.8 | 37.1 | 30.5 | No linear change | Not available | Decreased |
| QN11: | Percent | age of s | tudents | who wei | re ever i | n a phys | sical figl | nt | | | 51.1 | 39.5 | 44.3 | 40.1 | Decreased, 2013-2018 | Not available | No change |
| | | | | | | | | | | | | | | | | | |
| QN14: | Percenta | age of s | tudents | who eve | r seriou | sly thou | ght abou | ut killin | g thems | elves | 18.7 | 18.2 | 19.9 | 21.1 | No linear change | Not available | No change |
| | | | | | | | | | | | | | | | | | |
| QN15: | Percent | age of s | tudents | who eve | r made | a plan a | bout hov | w they v | vould ki | II thems | selves | | 13.6 | 14.1 | 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.

| Total Injury an | ıd Viole | ence | | | | | | | | | | | | | | | |
|--------------------|----------|----------|---------|---------|------------|------------|----------|--------|---------|------|------|------|------|------|------------------|----------------------------|------------------------------------|
| | | | | Н | ealth R | isk Beh | avior ar | d Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| QN16: | Percenta | age of s | tudents | who eve | er tried t | o kill the | emselve | s | | | , | | 8.8 | 7.6 | No linear change | Not available [§] | No change |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

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 QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs) 9.7 6.8 No linear change Not available§ No change QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs) 4.6 3.6 No linear change Not available No change

days before the survey)
2.0 0.5 0.6 0.3 Decreased, 2013-2018 Not available No change

5.2

1.9

1.5

6.2

Decreased, 2013-2018

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

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30

Total

survey)

No change

Not available

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

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Total Tobacco Uco

| | | | | Н | ealth Ri | isk Beha | ivior ai | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
|--------------------|----------|-----------|-----------|----------|-----------|-----------|----------|----------|----------|-----------|----------|----------|---------|--------|----------------------|-------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QNDAY before th | | | ge of stu | idents w | ho curr | ently sn | oked ci | garettes | daily (| on all 30 |) days d | uring th | e 30 da | ys | | | |
| | | • | | | | | | | | | 1.6 | 0.1 | 0.4 | 0.3 | Decreased, 2013-2018 | Not available§ | No change |
| QN21: | Percenta | age of st | udents v | vho eve | r used a | n electro | onic var | or prod | uct | | | | | | , | | |
| | | | | | | | | | | | | 17.8 | 19.8 | 22.4 | Increased, 2014-2018 | Not available | No change |
| QN22: 1 | | | udents v | vho curi | rently us | sed an e | ectroni | c vapor | product | (on at 1 | east 1 d | ay durii | g the 3 | 0 days | | | |
| | | | | | | | | | | | | 8.9 | 5.5 | 8.2 | No linear change | Not available | No change |
| ONEDE | VP: Pe | rcentage | of stud | ents wh | o curren | ntly used | electro | nic vap | or produ | icts freq | uently (| (on 20 o | r more | days | | | |
| during th | | vs befo | re the su | rvev) | | • | | | | | | | | | | | |

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

[§]Not enough years of data to calculate.

| Total Tobacco \ | Use | | | | | | | | | | | | | | | | |
|--------------------|----------|----------|-----------|----------|-----------|-----------|-----------|-----------|-----------|-------------|-----------|----------|-----------|------|----------------------------|-------------------------------|-------------------------|
| | | | | H | ealth Ri | isk Beha | avior ar | nd Perc | entages | | | | | | Linear Change [*] | Quadratic Change [*] | Change from 2016-2018 † |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 201 | 8 | | |
| QNDAY the 30 da | | | _ | udents v | who cur | rently us | sed elect | tronic va | apor pro | ducts d | aily (on | all 30 c | lays dur | ring | | | |
| | | | | | | | | | | | | 0.6 | 0.7 | 0.3 | No linear change | Not available [§] | No change |
| QN24: ldissolval | ble toba | icco pro | ducts [si | uch as C | Copenha | gen, Gri | zzly, Sk | coal, or | | | | | | nic | | | , |
| | | | | | | | | | | | | | 2.5 | 1.9 | No linear change | Not available | No change |
| QN25: 1 during th | | | | | rently si | noked c | igars (ci | igars, ci | garillos, | , or little | e cigars, | on at le | east 1 da | ay | - | | |
| | | | | | | | | | | | 4.4 | 4.9 | 2.2 | 2.1 | 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.

| Total Alcohol a | and Oth | er Druş | g Use | | | | | | | | | | | | | | |
|--------------------|---------|----------|---------|----------|----------|-----------|------------|-----------|----------|---------|-----------|----------|----------|------|----------------------------|----------------------------|-------------------------|
| | | | | Н | ealth R | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change [*] | Quadratic Change* | Change from 2016-2018 † |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| QN26: | Percent | age of s | tudents | who eve | r drank | alcohol | (other t | han a fe | w sips) | | | : | : | | | | |
| | | | | | | | | | | | 28.5 | 20.8 | 22.1 | 20.1 | Decreased, 2013-2018 | Not available [§] | No change |
| QN27: | Percent | age of s | tudents | who dra | nk alcol | nol for t | he first t | ime bef | ore age | 11 year | rs (other | than a f | few sips |) | , | | |
| | | | | | | | | | | | 13.3 | 9.4 | 10.7 | 10.1 | No linear change | Not available | No change |
| QN28: | Percent | age of s | tudents | who eve | r used r | narijuan | a | - | | | - | | | | | | , |
| | | | | | | | | | | | 8.7 | 7.7 | 6.7 | 7.2 | No linear change | Not available | No change |
| QN29: | Percent | age of s | tudents | who trie | d mariji | uana for | the first | t time be | efore ag | e 11 ye | | | - | | | | • |
| | | | | | | | | | | | 3.4 | 4.0 | 1.7 | 2.7 | 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.

| | | | | Н | ealth Ri | sk Beha | vior an | d Perce | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
|----------|-----------------------------------|-----------|-----------|-----------|----------|----------|-----------|--------------|----------|---------|----------|-----------|----------|-------|----------------------|-------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| differer | Percenta tly than odone, ar | how a d | octor to | | | | | | | | | | | • | | | |
| , | , 00110, 01 | | | | | | | | | | | | 5.1 | 6.5 | No linear change | Not available§ | No change |
| QN31: | Percenta | nge of st | udents v | who eve | r used c | ocaine (| any fori | n of coc | aine, in | cluding | powde | r, crack, | or freeb | oase) | | | |
| | | | | | | | | | | | 5.1 | 5.0 | 4.0 | 1.6 | Decreased, 2013-2018 | Not available | Decreased |
| | | | 1 . | who awa | r used i | nhalants | (sniffed | l glue, b | reathed | the con | tents of | spray c | ans or | | | | |
| | Percenta any pair | | | | | inaranto | (51111100 | <i>B</i> , - | | | tents of | ~FJ | uns, or | | | | |
| | | | | | | | (6 | , g, - | | | 11.2 | 7.1 | 5.5 | 4.5 | Decreased, 2013-2018 | Not available | No change |
| inhaled | | its or sp | rays to g | get high) |) | | - | | | | 11.2 | 7.1 | | 4.5 | Decreased, 2013-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

| Sexual B | ehaviors | s | | Н | ealth Ri | sk Beha | avior an | d Perce | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
|----------|----------|-----------|----------|---------|----------|-----------|-----------|----------|----------|----------|----------|------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | <u>-</u> | | |
| QN34: | Percenta | age of st | udents v | who eve | r had se | xual into | ercourse | ; | | | • | 7.2 | 5.5 | 5.0 | Decreased, 2014-2018 | Not available [§] | No change |
| QN35: | Percenta | age of st | udents | who had | sexual | intercou | rse for t | he first | time be | fore age | e 11 yea | 3.1 | 2.0 | 1.1 | Decreased, 2014-2018 | Not available | No change |
| QN36: | Percenta | age of st | udents | who eve | r had se | xual into | ercourse | with th | ree or n | nore per | rsons | 2.3 | 1.6 | 0.8 | Decreased, 2014-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

| | | | | H | ealth Ri | isk Beh | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
|-------|----------|-----------|-----------|----------|-----------|---------|-----------|----------|-----------|----------|-------------|-----------|--------|------|----------------------|----------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | <u> </u> | | |
| QN38: | Percenta | age of st | tudents | who des | cribed t | hemselv | es as sli | ghtly or | r very ov | verweig | ght 25.0 | 25.6 | 27.6 | 28.5 | Increased, 2013-2018 | Not available [§] | No change |
| QN39: | Percenta | age of st | tudents | who we | re trying | to lose | weight | , | , | | 45.2 | 44.7 | 45.1 | 44.2 | No linear change | Not available | No change |
| QN40: | Percenta | age of st | tudents | who did | not eat | breakfa | st (durin | g the 7 | days be | fore the | survey |) | • | | | | , |
| | | | | | | | | | | | 12.9 | 12.3 | 13.2 | 10.8 | No linear change | Not available | No change |
| QNBK7 | DAY: 1 | Percenta | age of st | udents v | who ate | breakfa | st on all | 7 days | (during | the 7 da | ays befo | ore the s | ırvey) | | | | |
| | | | | | | | | | | | 45.9 | 46.0 | 41.7 | 40.1 | 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.

| | | | | Н | ealth Ri | isk Beh | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 |
|--------------------------------|---------------------------------|---|-----------|------------|-----------|----------|------------------------|---------|---------|---------|---|-------------------|--|-----------------------|----------------------|-------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 8 | | |
| QN41: kind of j days bef | physical | activity | that inc | | | | | | | | | | | | | | |
| | | | | | | | | | | | 52.8 | 51.6 | 51.6 | 47 3 | Decreased, 2013-2018 | Not available§ | No change |
| | | | | | | | | | | | 32.0 | 31.0 | 51.0 | 17.5 | 20104304, 2018 2018 | 1 (or a variable | 140 change |
| | ı any kiı | nd of ph | ysical a | ctivity t | | | icipate i eir heart | | | | f physic | al activ | ty on at | least | | Tvot u vanaole | To change |
| | ı any kiı | nd of ph | ysical a | ctivity t | | | | | | | f physic | al activ | ty on at | least | No linear change | Not available | No change |
| 1 day (ii | n any kin he 7 day DAY: I | nd of ph ys before Percenta activity | e the sur | ctivity to | hat incre | eased th | eir heart | rate an | d made | ninutes | f physic reathe h 12.4 per day | al active ard som | ity on at the of the 14.1 days (i | least time 13.2 | | | |

^{*}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.

| | | | | Н | ealth Ri | sk Beha | avior an | nd Perce | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 |
|---|----------------------|--------------------|----------|----------|-----------|----------|----------|----------|-----------|-----------|---------|-----------|--------|------|----------------------|----------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN42: | Percenta | age of st | udents v | vho wat | tched tel | evision | 3 or mo | re hours | s per day | y (on ar | averag | e schoo | l day) | | | | |
| | | | | | | | | | | | 37.9 | 29.8 | 27.0 | 23.3 | Decreased, 2013-2018 | Not available [§] | No change |
| QN43: (countin smartph average | g time s one, cor | pent on nputer, | things s | uch as p | olaying g | games, v | watching | g videos | , texting | g, or usi | ng soci | al media | on the | ir | Increased, 2013-2018 | Not available | No change |
| | | | | | | | | | | | | | | | | | |
| QN44: week wl | | | | | ended ph | ysical e | ducation | n (PE) c | lasses o | n 1 or n | nore da | ys (ın aı | averag | ge | | | |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Total Dhysical Activity

| Physical A | Activity | , | | Н | ealth R | isk Beh | avior ar | d Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
|-------------------|----------|------|------|------|-----------|-----------|-----------|----------|-----------|-----------|-----------|----------|-----------|-------|----------------------|-------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QNDLY week wl | | | | | no attend | led phys | sical edu | cation (| (PE) cla | sses on | all 5 da | ys (in a | n averag | e | | | |
| | | | | | | | | | | | 14.4 | 15.8 | 10.2 | 12.4 | Decreased, 2013-2018 | Not available§ | No change |
| QN45: | | | | | | | | | (countin | ng any to | eams ru | n by the | eir schoo | ol or | | | |
| | | | | | | | | | | | | 64.7 | 64.2 | 55.4 | Decreased, 2014-2018 | Not available | Decreased |
| QN46: times du | | | | | | ussion fi | rom play | ing a sp | port or b | eing ph | nysically | active | (one or | more | | | · |
| | - | | | | - ' | | | | | | | | 18.9 | 16.7 | 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.

| Total Other | | | | | | | | | | | | | | | | | |
|---------------------|----------|----------|---------|---------|-----------|-----------|-----------|-----------|----------|-----------|-----------|---------|---------|------|----------------------|----------------------------|------------------------------------|
| | | | | Н | ealth R | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 8 | | |
| QN47: | Percenta | age of s | tudents | who hac | l ever be | een told | by a do | ctor or n | urse tha | at they h | nad asth | ma | · | | | | |
| | | | | | | | | | | | 20.3 | 18.7 | 18.6 | 18.2 | No linear change | Not available [§] | No change |
| QN48: | Percenta | age of s | tudents | who got | 8 or mo | ore hour | s of slee | p (on ar | n averag | e schoo | ol night) | | | • | | | |
| | | | | | | | | | | | 53.2 | 56.7 | 50.6 | 54.5 | No linear change | Not available | No change |
| QN49: before the | | | tudents | who des | scribed t | heir grad | des in so | chool as | mostly | A's or I | 3's (dur | ing the | 12 mont | ths | | | |
| | | | | | | | | | | | | 82.3 | 79.8 | 77.5 | Decreased, 2014-2018 | Not available | No change |

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

Maryland Middle School Survey Washington County Trend Analysis Report

| | | | | Н | ealth Ri | isk Beha | avior ar | d Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
|------------------|---------------------|-----------|-----------|------------|----------|----------|----------|----------|----------|--------|----------|---------|-----------|------|----------------------|-------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | <u> </u> | | |
| QN52: driving | Percenta the car | age of st | udents v | who hav | e ever r | idden in | a car di | riven by | someo | ne who | was text | ting wh | le they | were | | | |
| | | | | | | | | | | | | 55.2 | 62.8 | 54.8 | No linear change | Not available§ | Decreased |
| | Damaante | age of st | udanta r | 1 6 1 | | | / 1 | | 1 6 | 2 | - | | | | | | |
| | doing so | | | | | | | | | | eks in a | row so | that the | y | | | |
| | | | | | | | | | | | 23.5 | 20.0 | that they | 25.6 | Increased, 2013-2018 | Not available | No change |
| stopped | | ome usu | al activi | ities, eve | er durin | g the 12 | months | before | the surv | rey) | 23.5 | 20.0 | | | Increased, 2013-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

| Total Site-Add | ed | | | | | | | | | | | | | | | | |
|------------------------------|------|----------|---------|----------|-----------|-----------|----------|----------|-----------|-----------|-----------|----------|------------|------|----------------------|----------------------------|------------------------------------|
| | | | | Н | ealth R | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 201 | 8 | | |
| QN59: vapor pi | | | | | | | | | | | flavor v | with an | electron | nic | | | |
| | | | | | | | | | | | | | 93.9 | 96.9 | No linear change | Not available [§] | No change |
| QN62: little cig | | _ | | who thi | nk they | definitel | y or pro | bably w | vill smol | ke a ciga | arette, c | igar, ci | garillo, o | or | | | , |
| | | | | | | | | | | | | | 9.3 | 5.1 | Decreased, 2016-2018 | Not available | Decreased |
| QN63: flavored survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 5.5 | 5.0 | 2.5 | 1.4 | Decreased, 2013-2018 | Not available | No change |
| QN64: the surv | | age of s | tudents | who trie | ed or use | ed tobac | co produ | icts for | the first | time (d | uring th | e 12 m | onths be | fore | | | |
| | | | | | | | | | | | | 6.0 | 4.3 | 2.1 | Decreased, 2014-2018 | Not available | Decreased |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Total Cita Addad

| | | | | H | ealth Ri | isk Beha | vior an | d Perce | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
|-------------------|----------------------|-----------|--------------------|-----------|-----------|-----------|-----------|---------|-----------|----------|----------------|----------|-------------------|---------------------|------------------------------------|------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| QN66: | Percenta | age of s | tudents | who live | with so | omeone | who nov | v smoke | es cigare | ettes or | cigars 48.2 | 42.7 | 40.2 | 40.2 | Decreased, 2013-2018 | Not available [§] | No change |
| | | | | | | | | | | | | | | | | | |
| QN67: | Percenta | age of s | tudente | h.aa.m | | | | | 1 | l • . | | 1 | 4 . 11 | | | | |
| | | | | ot counti | | | | | e their | nome is | that sm | ioking i | s not an | owea | | | |
| | | | | | | | | | e their | nome is | that sm | ioking i | 81.0 | 78.9 | No linear change | Not available | No change |
| QN68: | re inside | e their h | nome (no | who we | ng deck | s, garage | es, or po | rches) | | | | | 81.0 | 78.9 | No linear change | Not available | No change |
| QN68: | re inside | e their h | tudents | who we | ng deck | s, garage | es, or po | rches) | | | | | 81.0 | 78.9 | No linear change No linear change | Not available Not available | No change |
| QN68: during t | Percenta he 7 day | age of s | students e the sur | who we | re in the | s, garage | oom with | n someo | ne who | was sm | noking (| on at le | 81.0 ast one o | 78.9 day 21.9 | | | |

^{*}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.

Maryland Middle School Survey Washington County Trend Analysis Report

| | | | | Н | ealth Ri | isk Beha | vior an | d Perce | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
|---------|----------|-----------------------|----------|---------|-----------|------------|----------|-----------|----------|-----------|----------|----------|-----------|------|----------------------|-------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN70: 1 | Percenta | ige of st | udents v | who cur | rently us | sed mari | juana (c | one or m | ore time | es durin | g the 30 |) days b | efore th | e | | | |
| | | | | | | | | | | | 8.1 | 7.4 | 5.0 | 5.6 | Decreased, 2013-2018 | Not available§ | No change |
| | | age of st he surve | | who wei | re offere | ed, sold, | or giver | n an ille | gal drug | on scho | ool prop | erty (dı | aring the | 2 12 | | | |
| | | | | | | | | | | | 6.4 | 6.5 | 5.3 | 3.5 | Decreased, 2013-2018 | Not available | No change |
| | | age of st onths be | | | v a denti | st (for a | check-u | ıp, exam | n, teeth | cleaning | , or oth | er denta | ıl work, | | | | |
| | | | | | | | | | | | | | 67.7 | 71.3 | No linear change | Not available | No change |
| | | | | | | | | | | | | | | | | | |
| QN73: | | ige of st | udents v | who wei | re taugh | t in their | classes | about th | he dang | ers of to | bacco u | ise (dur | ing the | ast | | | |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

| | | | | Н | ealth Ri | sk Beha | avior an | d Perce | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
|--------------------|----------------------|-----------|---------|----------|----------|-----------|-----------|-----------|-----------|-----------|----------|-----------|----------|--------|------------------|-------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| | Percenta r studen | | | who par | ticipate | in extra | curricula | ar activi | ties at s | chool (s | uch as | sports, b | and, dr | ama, | | | |
| | | | | | | | | | | | 67.3 | 72.7 | 69.1 | 68.3 | No linear change | Not available§ | No change |
| QN77: | Percenta | age of st | udents | who say | definite | ely yes o | r probal | oly yes t | that you | ng peop | ole who | smoke | have m | ore | | | |
| | | | | | | | | | | | 29.8 | 26.3 | 22.9 | 30.3 | No linear change | Not available | Increased |
| QN78: or fit in | Percenta | age of st | udents | who say | definite | ely yes o | r probal | oly yes t | that smo | king ma | akes yo | ung peo | ple loo | k cool | | | , |
| | | | | | | | | | | | 14.8 | 17.2 | 12.8 | 16.3 | No linear change | Not available | Increased |
| | Percenta | | | | | or strong | gly disar | prove o | of some | one their | r age ha | ving or | e or two | 0 | | | |
| | of an alco | oholic b | everage | nearly 6 | every da | У | | | | | | | | | | | |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

| | | | | Н | ealth R | isk Beha | avior aı | nd Perc | entages | \$ | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 |
|-------|----------------------|----------------------|---------|----------|----------|----------|-----------------|----------|-----------|----------------|---------------|-----------------|-----------------|---------|----------------------|-------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ ; | | |
| | Percenta drink be | | | | | | | | | | | | | for | | | |
| | | | | | | | | | | | 85.3 | 85.9 | 89.4 | 88.5 | Increased, 2013-2018 | Not available§ | No change |
| | | | | | | | | | | | | | | | | | |
| | Percenta ways) i | | | | | | | | | | | | (physic | ally or | Increased, 2013-2018 | Not available | Decreased |
| QN82: | | f they have age of s | tudents | or two o | lrinks o | f alcoho | l (beer, modera | wine, or | r liquor) | nearly of harm | 60.8 ing ther | 63.4 nselves | 75.9 (physic | 69.4 | Increased, 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.

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| | | | | Н | ealth Ri | sk Beha | vior an | d Perce | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
|------------------|------------------|-----------|-----------|-----------|----------|------------|-----------|----------|----------|----------|----------|-----------------|--------------|-----------|----------------------|-------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| QN83: 1 | Percenta | ige of st | udents v | who hav | e an adı | ılt outsid | le of sch | nool the | y can ta | lk to ab | out thin | igs that | are imp | ortant | | | |
| | | | | | | | | | | | 84.3 | 88.0 | 85.7 | 89.5 | Increased, 2013-2018 | Not available§ | Increased |
| | | | | | | comfort | | king hel | lp from | one or 1 | nore ad | lults bes | ides the | ir | | | |
| | | | | | | | | | | | 80.7 | 82.4 | 78.2 | 83.6 | No linear change | Not available | Increased |
| | | | | | | | | | | | | | | | C | | mereasea |
| | Percentaring the | | | | | teacher (| or other | adult in | their sc | chool ab | out a po | ersonal | problem | they | | | mercascu |
| | | | | | | teacher (| or other | adult in | their sc | chool ab | out a po | ersonal 29.2 | problem 32.8 | they 32.1 | No linear change | Not available | No change |
| ad (dur)N86: | ring the | 12 mont | hs before | re the su | irvey) | ree or ag | | | | | 30.9 | 29.2 | 32.8 | 32.1 | No linear change | Not available | |

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

[§]Not enough years of data to calculate.

| Male njury an | d Viole | nce | | Н | ealth R | isk Beh | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change [*] | Change from 2016-2018 † |
|------------------|----------|-----------|----------|----------|----------|------------|----------|---------|-----------|-----------|----------|---------|--------|----------|----------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN6: P bicycle) | | ge of stu | idents w | ho rarel | y or nev | ver wore | a bicyc | le helm | et (amoi | ng stude | ents who | had ric | lden a | | | | |
| | | | | | | | | | | | 76.9 | 71.0 | 71.2 | 64.0 | Decreased, 2013-2018 | Not available§ | Decreased |
| QN7: P | | | | | | | a helm | et when | rollerbl | ading o | r skateb | oarding | (among | <u> </u> | | | , |
| | | | | | | | | | | | 85.0 | 78.6 | 78.9 | 77.2 | Decreased, 2013-2018 | Not available | No change |
| QN8: P | ercentag | ge of stu | idents w | ho rarel | y or nev | ver wore | a seat b | elt (wh | en ridin | g in a ca | ar) | • | | | , | | |
| | | | | | | | | | | | 11.9 | 6.1 | 5.2 | 4.4 | Decreased, 2013-2018 | Not available | No change |
| QN9: P | ercentag | ge of stu | idents w | ho ever | rode wi | ith a driv | ver who | had bee | en drinki | ing alco | hol (in | a car) | | | | | |
| | | | | | | | | | | | 18.7 | 13.9 | 15.9 | 13.5 | No linear change | Not available | No change |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Male

| Injury and Violence | ce | | | | | | | | | | | | | | | |
|---------------------|-----------|---------|---------|------------|------------|------------|-----------|----------|-----------|--------|------|------------|------------|----------------------|----------------------------|-------------------------|
| | | | Н | ealth Ri | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
| 1991 1993 1 | 1995 1 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| QN10: Percentage | e of stud | dents w | vho eve | r carried | d a wear | on (suc | h as a g | un, knif | e, or clu | ıb) | | • | | | | |
| | | | | | | | | | | 45.1 | 42.1 | 48.6 | 41.2 | No linear change | Not available [§] | Decreased |
| QN11: Percentage | e of stud | dents w | vho wer | e ever i | n a phys | sical figl | ht | | | | | | | | | |
| | | | | | | | | | | 63.2 | 52.1 | 55.0 | 50.4 | Decreased, 2013-2018 | Not available | No change |
| QN14: Percentage | e of stud | dents w | vho eve | r seriou | sly thou | ght abo | ut killin | g thems | elves | 12.2 | 10.0 | 10.5 | 110 | | | |
| | | | | | | | | | | 12.2 | 10.9 | 12.7 | 14.0 | No linear change | Not available | No change |
| QN15: Percentage | e of stud | dents w | vho eve | r made | a plan a | bout ho | w they v | vould ki | ll them | selves | | ^ - | | | | |
| | | | | | | | | | | | | 8.7 | 9.8 | No linear change | Not available | No change |
| QN16: Percentage | e of stud | dents w | vho eve | r tried to | o kill the | emselve | S | | | | | 7.2 | <i>5</i> 2 | No linear share | Not available | No shore |
| | | | | | | | | | | | | 7.3 | 5.3 | 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.

| Male Fobacco | Use | | | Н | ealth R | isk Beh | avior aı | ıd Perc | entages | | | | | | Linear Change [*] | Quadratic Change [*] | Change from 2016-2018 [†] |
|-------------------|---------|-----------|---------|----------|------------|-----------|-----------|-----------|-----------|----------|----------|----------------|-----------|-----------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 8 | | |
| QN17: | Percent | age of st | tudents | who eve | er tried o | cigarette | smokin | g (even | one or t | wo puff | Es) | | 9.2 | 6.1 | No linear change | Not available [§] | No change |
| QN18: puffs) | Percent | age of st | tudents | who trie | ed cigare | ette smo | king for | the first | t time be | efore ag | e 11 ye | ars (eve | n one or | 3.7 | No linear change | Not available | No change |
| QN19: survey) | Percent | age of st | tudents | who cur | rently s | moked c | cigarette | s (on at | least 1 o | lay duri | ng the 3 | 30 days 3.7 | before to | he 1.4 | Decreased, 2013-2018 | Not available | No change |
| QNFRC days bet | | | | ents wh | o currer | ntly smo | ked ciga | rettes fi | requentl | y (on 20 | or mo: | re days | during th | 0.1 | Decreased, 2013-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Male

| lobacco l | USE | | | Н | ealth R | isk Beha | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
|----------------------|---------|----------|----------|----------|-----------|------------|-----------|----------|----------|-----------|--------------|----------|----------|--------|----------------------|-------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | <u> </u> | | |
| QNDAY before th | | | ge of st | udents v | vho curr | ently sn | noked ci | garettes | daily (| on all 30 | 0 days d | uring th | ie 30 da | ys | | | |
| | | • / | | | | | | | | | 1.8 | 0.3 | 0.4 | 0.1 | Decreased, 2013-2018 | Not available§ | No change |
| QN21: 1 | Percent | age of s | tudents | who eve | er used a | ın electro | onic vap | or prod | uct | | . | | - | | | | |
| | | | | | | | | | | | | 17.0 | 21.3 | 20.0 | No linear change | Not available | No change |
| QN22: 1 before th | | | tudents | who cur | rently u | sed an e | lectroni | c vapor | product | (on at l | least 1 d | ay durii | ng the 3 | 0 days | | | |
| | | | | | | | | | | | | 7.8 | 5.5 | 6.5 | No linear change | Not available | No change |
| QNFRE during th | | | | | o currei | ntly used | l electro | nic vap | or produ | icts freq | quently (| (on 20 o | r more | days | | | |
| | | - | | | | | | | | | | 1.0 | 1.2 | 0.7 | No linear change | Not available | No change |

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

[§]Not enough years of data to calculate.

| Male Fobacco | Use | | | Н | ealth R | isk Beh | avior ar | nd Perce | entages | | | | | | Linear Change* | Quadratic Change [*] | Change from 2016-2018 |
|-------------------------------|----------|---------|-----------|----------|----------|----------|------------|-----------|----------|-------------|-----------|----------|-----------|------------|----------------------|-------------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | - | | 2010-2018 |
| QNDAY the 30 d | | | | udents v | who cur | rently u | sed elect | tronic va | apor pro | ducts d | aily (on | all 30 d | ays duri | ing 0.4 | No linear change | Not available [§] | No change |
| QN24: dissolva vapor pr | ble toba | cco pro | ducts [si | uch as C | Copenha | gen, Gr | izzly, Sk | coal, or | | | | | | nic | | | |
| | | | | | | | | | | | | | 3.4 | 2.5 | No linear change | Not available | No change |
| QN25: during the | | | | | rently s | moked c | eigars (ci | igars, ci | garillos | , or little | e cigars, | on at le | east 1 da | y | | | |
| | | | | | | | | | | | 4.2 | 4.0 | 2.7 | 2.2 | Decreased, 2013-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Male Alcohol and Other Drug Use Linear Change* **Health Risk Behavior and Percentages** Quadratic Change* Change from 2016-2018 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 QN26: Percentage of students who ever drank alcohol (other than a few sips) 28.4 18.8 22.6 18.4 Decreased, 2013-2018 Not available§ No change QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) 13.9 9.2 11.5 10.7 No linear change Not available No change QN28: Percentage of students who ever used marijuana No linear change Not available No change 9.3 6.5 6.6 7.2 QN29: Percentage of students who tried marijuana for the first time before age 11 years 4.0 4.6 2.6 3.0 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.

| | | | | Н | ealth Ri | sk Beha | vior an | d Perce | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
|----------|-----------------------------------|-----------|--------------|-----------|----------|----------|----------|-----------|----------|---------|----------|-----------|----------|-------|----------------------|-------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| differen | Percenta tly than odone, ar | how a d | octor to | | | | | | | | | | | | | | |
| ny arocc | done, u | | <i>cci</i>) | | | | | | | | | | 5.2 | 6.0 | No linear change | Not available§ | No change |
| QN31: | Percenta | age of st | udents v | who eve | r used c | ocaine (| any form | n of coc | aine, in | cluding | powde | r, crack, | or freeb | oase) | | | |
| | | | | | | | | | | | 5.7 | 5.5 | 4.2 | 2.2 | Decreased, 2013-2018 | Not available | No change |
| | | | | | | | | | | | | | | | | | |
| | Percenta any pair | | | | | nhalants | (sniffed | l glue, b | reathed | the con | tents of | spray c | ans, or | | | | |
| | | | | | | nhalants | (sniffed | glue, b | reathed | the con | tents of | spray c | ans, or | 3.1 | Decreased, 2013-2018 | Not available | Decreased |
| inhaled | | nts or sp | rays to g | get high) |) | | | | | | 10.0 | 6.8 | | 3.1 | Decreased, 2013-2018 | Not available | Decreased |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Male

| Sexual B | ehaviors | S | | Н | ealth Ri | isk Beha | avior an | d Perce | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
|----------|----------|-----------|-----------|---------|----------|----------|------------|----------|----------|----------|----------|-----------|------|------|----------------------|----------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | - 3 | | |
| QN34: | Percenta | age of st | tudents v | who eve | r had se | xual int | ercourse | : | | | | 9.0 | 6.4 | 6.2 | Decreased, 2014-2018 | Not available [§] | No change |
| QN35: | Percenta | age of st | udents | who had | l sexual | intercou | irse for t | he first | time be | fore age | e 11 yea | rs 4.4 | 2.5 | 1.4 | Decreased, 2014-2018 | Not available | No change |
| QN36: | Percenta | age of st | tudents | who eve | r had se | xual int | ercourse | with th | ree or n | nore per | rsons | 3.6 | 1.9 | 0.3 | Decreased, 2014-2018 | Not available | Decreased |

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

[§]Not enough years of data to calculate.

| | | | | Н | ealth R | isk Beh | avior ar | d Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 |
|---------|----------|-----------|-----------|----------|-----------|-----------|-----------|----------|---------|----------|------------|------------|--------|------|----------------------|----------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ ; | | |
| QN38: 1 | Percenta | age of st | tudents v | who des | cribed t | hemselv | es as sli | ghtly or | very ov | verweig | ht 21.6 | 22.2 | 24.5 | 26.8 | Increased, 2013-2018 | Not available [§] | No change |
| QN39: 1 | Percenta | age of st | tudents | who wei | re trying | g to lose | weight | | , | | 37.0 | 37.2 | 37.5 | 37.4 | No linear change | Not available | No change |
| QN40: | Percenta | age of st | tudents v | who did | not eat | breakfa | st (durin | g the 7 | days be | fore the | survey |) | : | | | | |
| | | | | | | | | | | | 11.7 | 11.3 | 11.7 | 8.7 | No linear change | Not available | No change |
| QNBK7 | DAY: I | Percenta | age of st | udents v | who ate | breakfa | st on all | 7 days | (during | the 7 da | ys befo | ore the si | urvey) | | | | • |
| | | | | | | | | | | | 53.6 | 52.1 | 46.7 | 46.7 | Decreased, 2013-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

| Male Physical | Activity | , | | Н | ealth R | isk Beh | avior ar | nd Perc | entages | | | | | | Linear Change [*] | Quadratic Change [*] | Change from 2016-2018 |
|--------------------------------|-----------|----------|----------|-----------|---------|---------|----------|---------|---------|------|------|------|------|--------|----------------------------|-------------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 5 2018 | 8 | | |
| QN41: kind of j | physical | activity | that in | | | | | | | | | | | | | | |
| | | , | | | | | | | | | 58.4 | 57.7 | 59.8 | 52.6 | No linear change | Not available [§] | Decreased |
| QNPA0 1 day (in during t | n any kii | nd of ph | ysical a | ctivity t | | | | | | | | | | | - | | |
| | | | | | | | | | | | 11.5 | 11.2 | 11.8 | 12.1 | No linear change | Not available | No change |
| QNPA7 kind of j | physical | activity | that in | | | | | | | | | | | | | | - |
| | | | | | | | | | | | 38.6 | 36.5 | 40.5 | 31.0 | Decreased, 2013-2018 | Not available | Decreased |

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

[§]Not enough years of data to calculate.

| Physical | Activity | , | | Н | ealth Ri | sk Beha | avior an | id Perc | entages | | | | | | Linear Change* | Quadratic Change [*] | Change from 2016-2018 |
|---|-----------------------|--------------------|----------|----------|-----------|----------|----------|----------|-----------|-----------|----------|----------|----------|------|----------------------|-------------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN42: | Percenta | age of st | udents v | who wat | ched tel | evision | 3 or mo | re hours | s per day | y (on ar | averag | e schoo | l day) | | | | |
| | | | | | | | | | | | 37.0 | 26.7 | 28.2 | 23.9 | Decreased, 2013-2018 | Not available§ | No change |
| | | | | | | | | | | | | | | | | | |
| QN43: (countir smartph average | ng time s one, cor | pent on nputer, | things s | uch as p | olaying a | games, v | watching | g videos | , texting | g, or usi | ng socia | al media | a on the | ir | Increased, 2013-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

| | | | | Н | ealth Ri | isk Beha | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 |
|---------|-----------|-----------|-----------|---------|-----------|-----------|-----------|----------|----------|-----------|-----------|----------|------------------|---------------|------------------|--|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QNDLY | | U | | | no attend | ded phys | sical edu | cation (| (PE) cla | sses on | all 5 day | ys (in a | n avera | ge | | | |
| week w | nen they | were ir | ı school |) | | | | | | | | | | | | | |
| week wi | | | | | | | | | | | 155 | 175 | 0.0 | 126 | No linear change | Not available | No ahanaa |
| week w | | | | | | | | | | | 15.5 | 17.5 | 9.9 | 13.6 | No linear change | Not available§ | No change |
| QN45: | | | | | | | | | (countin | ng any te | | | | | No linear change | Not available [§] | No change |
| QN45: | | | | | | | | | (countin | ng any to | | | | | , | Not available [§] Not available | No change Decreased |
| QN45: | nity grou | age of st | ing the p | who had | nonths b | before th | ne surve | y) | | | eams rui | 64.6 | eir scho 64.9 | ol or 56.8 | , | | |

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

[§]Not enough years of data to calculate.

| Iale Other | | | | | | | | | | | | | | | | | |
|---------------------|---------|----------|---------|---------|-----------|-----------|-----------|-----------|-----------|-----------|----------|---------|--------|--------|----------------------|-------------------------------|-------------------------|
| | | | | Н | ealth Ri | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change [*] | Change from 2016-2018 † |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 5 2018 | 3 | | |
| QN47: | Percent | age of s | tudents | who hac | l ever be | een told | by a do | ctor or n | nurse tha | at they h | ad asth | ma | • | | | | |
| | | | | | | | | | | | 21.3 | 20.4 | 19.8 | 21.2 | No linear change | Not available [§] | No change |
| QN48: | Percent | age of s | tudents | who got | 8 or mo | ore hour | s of slee | ep (on ar | n averag | ge schoo | l night) | | | | | | |
| | | | | | | | | | | | 53.6 | 57.2 | 53.4 | 56.3 | No linear change | Not available | No change |
| QN49: before the | | | tudents | who des | scribed t | heir grad | des in so | chool as | mostly | A's or I | B's (dur | ing the | 12 mon | ths | | | |
| | | | | | | | | | | | | 80.1 | 72.6 | 72.8 | Decreased, 2014-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

| Aale Site-Add | ed | | | | | | | | | | | | | | | | |
|------------------|---------|----------|---------|---------|-----------|-----------|-----------|----------|-----------|-----------|-----------|-----------|------------|------|----------------------------|----------------------------|-------------------------|
| | | | | Н | ealth R | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change [*] | Quadratic Change* | Change from 2016-2018 † |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN52: driving | | age of s | tudents | who hav | ve ever i | idden in | a car d | riven by | someo | ne who | was tex | ting wh | ile they | were | | | |
| | | | | | | | | | | | | 50.0 | 56.3 | 51.6 | No linear change | Not available [§] | No change |
| QN54: stopped | | | | | | | | | | | eks in a | row so | that the | y | | | |
| | | | | | | | | | | | 17.4 | 12.8 | 16.7 | 16.5 | No linear change | Not available | No change |
| QN55: | Percent | age of s | tudents | who sm | oked a v | vhole ci | garette l | pefore a | ge 11 ye | ears (for | the firs | t time) | • | | | | |
| | | | | | | | | | | | 5.6 | 3.0 | 2.8 | 1.3 | Decreased, 2013-2018 | Not available | No change |
| QN62: | | | | who thi | nk they | definitel | y or pro | bably w | vill smol | ke a ciga | arette, c | igar, cig | garillo, o | or | | | |
| | | · | | | | | | | | | | | 10.3 | 5.6 | Decreased, 2016-2018 | Not available | Decreased |

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

[§]Not enough years of data to calculate.

| Male Site-Add | ed | | | | | | | | | | | | | | | | |
|------------------------------|---------|----------|---------|----------|-----------|----------|----------|----------|-----------|----------|----------|----------|-----------|------|----------------------|----------------------------|-------------------------|
| | | | | Н | ealth R | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN63: flavored survey) | | | | | | | | | | | | | | | | | |
| • | | | | | | | | | | | 6.9 | 4.8 | 3.6 | 1.1 | Decreased, 2013-2018 | Not available [§] | Decreased |
| QN64: the surv | | age of s | tudents | who trie | ed or use | ed tobac | co produ | icts for | the first | time (d | uring th | e 12 mc | onths be | fore | | | , |
| | • / | | | | | | | | | | | 5.1 | 4.0 | 0.9 | Decreased, 2014-2018 | Not available | Decreased |
| QN66: | Percent | age of s | tudents | who liv | e with s | omeone | who no | w smok | es cigar | ettes or | cigars | | • | | | | |
| | | | | | | | | | | | 46.7 | 41.8 | 38.2 | 39.7 | Decreased, 2013-2018 | Not available | No change |
| QN67: anywher | | | | | | | | | de their | home is | that sm | oking is | s not all | owed | | | |
| | | | | | | | | | | | | | 84.1 | 79.9 | No linear change | Not available | No change |

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

[§]Not enough years of data to calculate.

| Aale lite-Adde | ed | | | | | | | | | | | | | | | | |
|---------------------|----------|-----------|---------|---------|-----------|-----------|----------|-----------|----------|----------|----------|----------|-----------|-------|----------------------------|-------------------------------|-----------------------|
| | | | | H | ealth Ri | isk Beh | avior ar | nd Perc | entages | | | | | | Linear Change [*] | Quadratic Change [*] | Change from 2016-2018 |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | <u> </u> | | |
| QN68: during tl | | | | | re in the | same ro | oom wit | h some | one who | was sm | oking (| on at le | ast one | day | | | |
| 8 | | | | , | | | | | | | | | 17.5 | 19.6 | No linear change | Not available [§] | No change |
| QN69: 1 the 30 d | | | | who cur | rently d | rank alc | ohol (at | least or | ne drink | of alcol | nol, on | at least | l day du | ıring | | | |
| | | | | | | | | | | | 12.8 | 10.6 | 7.0 | 6.5 | Decreased, 2013-2018 | Not available | No change |
| QN70: | Percenta | age of st | tudents | who cur | rently u | sed mar | ijuana (| one or n | nore tim | es durir | ng the 3 | 0 days b | pefore th | ie | | | |
| | | | | | | | | | | | 8.9 | 7.0 | 5.5 | 5.7 | No linear change | Not available | No change |
| QN71: | | | | who we | re offere | ed, sold, | or give | n an ille | gal drug | on sch | ool pro | perty (d | uring th | e 12 | | | |
| | | | • / | | | | | | | | 6.4 | 6.6 | 6.2 | 4.2 | No linear change | Not available | No change |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

| Iale ite-Add | ed | | | Н | ealth Ri | isk Beha | avior ar | nd Perce | entages | | | | | | Linear Change* | Quadratic Change [*] | Change from 2016-2018 |
|-------------------|-----------------------|-----------|----------|---------|----------|------------|-----------|-----------|-----------|-----------|-----------|-----------|----------|------|------------------|-------------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| | Percenta he 12 m | | | | | st (for a | check-ı | ıp, exan | n, teeth | cleaning | g, or oth | er denta | al work, | 69.7 | No linear change | Not available [§] | No change |
| QN73: school y | Percenta | age of st | udents v | who wer | re taugh | t in their | r classes | about t | he dang | ers of to | bacco ı | ıse (dur | ing the | last | | | |
| selloor y | (car) | | | | | | | | | | 55.2 | 54.7 | 50.0 | 59.7 | No linear change | Not available | Increased |
| | | og of st | udents v | who par | ticipate | in extra | curricul | ar activi | ties at s | chool (s | uch as s | sports, b | and, dr | ama, | | | |
| QN74: clubs, o | Percenta r student | | | | | | | | | | | | | | | | |

29.7 22.6 22.6 26.9

No linear change

Not available

No change

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington 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 15.3 15.7 13.2 14.2 No linear change Not available§ No change QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two drinks of an alcoholic beverage nearly every day 77.7 80.7 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

§Not enough years of data to calculate.

^{85.0 86.2 88.4 88.5} 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.

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

| ite-Add | - | | | Н | ealth R | isk Beh | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change [*] | Change from 2016-2018 |
|---------|----------|----------|---------|----------|-----------|-----------|----------|----------|----------|----------|----------|----------|----------|---------|----------------------|-------------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | <u>-</u> | | |
| | | | | who thin | | | | | | | | | (physic | ally or | | | |
| | | | | | | | | | | | 56.9 | 57.9 | 73.9 | 67.1 | Increased, 2013-2018 | Not available§ | No change |
| | | | | who thin | | | | | | | | | | ally | | | , |
| | | | | | | | | | | | 66.7 | 67.3 | 75.4 | 72.7 | Increased, 2013-2018 | Not available | No change |
| QN83: | Percenta | age of s | tudents | who hav | ve an adı | ult outsi | de of sc | hool the | y can ta | lk to ab | out thin | gs that | are imp | ortant | | | |
| | | | | | | | | | | | 83.1 | 88.2 | 85.3 | 89.9 | Increased, 2013-2018 | Not available | No change |
| | | | | who wo | | | | eking he | lp from | one or 1 | more ad | ults bes | ides the | eir | | | |
| | | | | | | | | | | | 77.7 | 81.7 | 78.1 | 85.0 | Increased, 2013-2018 | Not available | Increased |

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

[§]Not enough years of data to calculate.

| | | | | Н | ealth R | isk Beha | avior an | nd Perce | entages | \$ | | | | | Linear Change* | Quadratic Change* | Change fron 2016-2018 |
|----------|---------|-----------|------------|-----------|---------|----------|----------|----------|------------|----------|----------|--------------|-----------------|------|------------------|----------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | • | | |
| | | | | | | | | | 2007 | 2011 | 2010 | | | | | | |
| _ | | _ | | | | teacher | or other | - | | chool ab | | ersonal | problen | - | | | |
| _ | | age of st | | | | teacher | or other | - | | chool ab | out a pe | ersonal 24.5 | problen 30.4 | - | No linear change | Not available [§] | No change |
| ad (duri | ing the | 12 mon | ths before | re the su | irvey) | | | adult in | n their so | chool ab | out a pe | 24.5 | 30.4 | 30.4 | No linear change | Not available [§] | No change |

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

[§]Not enough years of data to calculate.

| Female njury an | d Viole | ence | | н | ealth R | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change [*] | Change from 2016-2018 |
|--------------------|----------|-----------|----------|----------|----------|------------|----------|---------|-----------|-----------|----------|-----------|--------|------|----------------------|-------------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN6: Po | ercentag | ge of stu | idents w | ho rarel | y or nev | ver wore | a bicyc | le helm | et (amoi | ng stude | ents who | o had rio | lden a | : | | | |
| | | | | | | | | | | | 72.2 | 58.2 | 63.5 | 60.3 | Decreased, 2013-2018 | Not available [§] | No change |
| QN7: Postudents | | | | | | | a helm | et when | rollerbl | ading o | r skateb | oarding | (among | g | | | |
| | | | | | | | | | | | 84.3 | 77.8 | 80.0 | 76.1 | No linear change | Not available | No change |
| QN8: Po | ercentag | ge of stu | idents w | ho rarel | y or nev | ver wore | a seat b | elt (wh | en ridin | g in a ca | ar) | | - | | | | , |
| | | | | | | | | | | | 7.5 | 5.1 | 2.8 | 4.5 | Decreased, 2013-2018 | Not available | No change |
| QN9: Po | ercentag | ge of stu | idents w | ho ever | rode w | ith a driv | ver who | had bee | en drinki | ing alco | hol (in | a car) | | | | | |
| | | | | | | | | | | | 18.3 | 21.6 | 22.7 | 18.4 | No linear change | Not available | No change |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Female

| | | | | | Не | alth Ri | sk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
|-------|--------|--------|---------|-------|------|----------|-----------|-----------|-----------|-------------|-----------|---------------|------|------|------|------------------|-------------------|-------------------------|
| 1991 | 1993 | 1995 | 199 | 7 19 | 999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| QN10: | Percen | age of | student | s who | ever | carrie | l a wea | on (suc | h as a g | un, knif | e, or clu | ıb) | | | | | | |
| | | | | | | | | | | | | 19.5 | 19.1 | 24.8 | 19.1 | No linear change | Not available§ | Decreased |
| QN11: | Percen | age of | student | s who | were | e ever i | n a phy | sical fig | ht | | | | - | | | | | |
| | | | | | | | | | | | | 37.9 | 26.3 | 32.3 | 29.1 | No linear change | Not available | No change |
| QN14: | Percen | age of | student | s who | ever | seriou | sly thou | ght abo | ut killin | g thems | elves | | • | | | | | |
| | | | | | | | | | | | | 25.9 | 25.9 | 27.0 | 28.7 | No linear change | Not available | No change |
| QN15: | Percen | age of | student | s who | ever | made | a plan a | bout ho | w they v | vould ki | ll thems | selves | | | | | | |
| | | | | | | | | | | | | | | 18.2 | 18.7 | No linear change | Not available | No change |
| QN16: | Percen | age of | student | s who | ever | tried to | o kill th | emselve | S | | <u> </u> | . | | | | | | |
| | | | | | | | | | | | | | | 9.7 | 10.0 | 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.

| Temale Fobacco U | Use | | | | | | | | | | | | | | | | |
|---------------------|---------|----------|---------|----------|------------|-----------|-----------|-----------|-----------|----------|---------|----------------|----------|--------------|----------------------|----------------------------|------------------------------------|
| | | | | Н | ealth R | isk Beh | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN17: I | Percent | age of s | tudents | who eve | er tried o | eigarette | smokin | g (even | one or t | wo puff | fs) | | 9.9 | 7.7 | No linear change | Not available [§] | No change |
| QN18: I puffs) | Percent | age of s | tudents | who trie | ed cigare | ette smo | king for | the first | t time be | efore ag | e 11 ye | ears (eve | 4.0 | 3.5 | No linear change | Not available | No change |
| QN19: I survey) | Percent | age of s | tudents | who cur | rently s | moked c | rigarette | s (on at | least 1 o | lay duri | ng the | 30 days 6.6 | before t | the 1.7 | Decreased, 2013-2018 | Not available | No change |
| QNFRC days befo | | | | ents wh | o currer | ntly smo | ked ciga | rettes fi | requentl | y (on 20 | or mo | re days | during t | he 30 0.4 | No linear change | Not available | No change |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

0.6

Tobacco Use

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

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)

 $1.4 \quad 0.0 \quad 0.4 \quad 0.4 \quad \text{Not available}$ Not available §

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

18.5 17.9 24.7 Increased, 2014-2018 Not available Increased

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

9.7 5.3 9.9 No linear change Not available Increased

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

0.5 0.4 No linear change Not available No change

Female

Change from 2016-2018 †

No change

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

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

[§]Not enough years of data to calculate.

| Female Fobacco | Use | | | | | | | | | | | | | | - | | |
|--------------------|----------|---------|----------|----------|----------|----------|------------|-----------|----------------|-------------------|-------------------------|----------|-----------|------|----------------------|----------------------------|-----------|
| | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| QNDAY the 30 da | | | | udents | who cur | rently u | sed elect | ronic va | apor pro | ducts d | aily (on | all 30 d | ays duri | ing | | | |
| | | | | | | | | | | | | 0.6 | 0.4 | 0.3 | No linear change | Not available [§] | No change |
| QN24: dissolva | ble toba | cco pro | ducts [s | uch as C | Copenha | gen, Gr | izzly, Sk | coal, or | | | | | | nic | | | |
| | | | | | | | | | | | | | 1.3 | 1.3 | No linear change | Not available | No change |
| QN25: I | | | | | rently s | moked c | cigars (ci | igars, ci | garillos | , or little | e cigars, | on at le | east 1 da | .y | | | |
| | | | | | | | | | | | 4.2 | 5.6 | 1.2 | 2.0 | Decreased, 2013-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Female Alcohol and Other Drug Use Linear Change* **Health Risk Behavior and Percentages** Quadratic Change* Change from 2016-2018 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 QN26: Percentage of students who ever drank alcohol (other than a few sips) 29.0 22.7 21.5 21.9 Decreased, 2013-2018 Not available§ No change QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) 12.7 9.5 9.8 9.3 No linear change Not available No change QN28: Percentage of students who ever used marijuana No linear change Not available No change 8.2 8.9 7.0 7.3 QN29: Percentage of students who tried marijuana for the first time before age 11 years 2.7 3.4 0.7 2.3 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.

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

[§]Not enough years of data to calculate.

| Female Alcohol a | nd Oth | er Dru | g Use | | | | | | | | | | | | | | |
|---------------------|----------|-----------|-----------|---------|-----------|-----------|----------|-----------|-----------|-----------|-----------|-----------|----------|-------|----------------------|----------------------------|------------------------------------|
| | | | | Н | ealth R | isk Beh | avior ar | d Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN30: different | ly than | how a c | doctor to | | | | | | | | | | | | | | |
| nyuroco | done, ai | id i cico | <i>(</i> | | | | | | | | | | 5.0 | 7.0 | No linear change | Not available [§] | No change |
| QN31: 1 | Percenta | age of s | tudents | who eve | er used c | cocaine (| any fori | n of coo | caine, in | cluding | powde | r, crack, | or freel | base) | | | |
| | | | | | | | | | | | 4.3 | 4.6 | 3.8 | 0.8 | Decreased, 2013-2018 | Not available | Decreased |
| QN32: inhaled | | | | | | nhalants | (sniffed | l glue, b | reathed | the con | itents of | spray c | ans, or | | | | |
| | | | | | | | | | | | 12.5 | 7.3 | 5.0 | 5.8 | Decreased, 2013-2018 | Not available | No change |
| QN33: 1 | Percenta | age of s | tudents | who eve | er took s | teroids v | without | a doctor | 's presc | ription (| pills or | shots) | | | | | |
| | | | | | | | | | | | 4.4 | 3.2 | 0.9 | 1.8 | Decreased, 2013-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Female

| Sexual B | ehavior | s | | Н | ealth Ri | isk Beh | avior an | nd Perc | entages | | | | | | Linear Change [*] | Quadratic Change [*] | Change from 2016-2018 [†] |
|----------|----------|-----------|--------|---------|-----------|----------|------------|-----------|-----------|----------|----------|-----------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| QN34: | Percenta | age of st | udents | who eve | er had se | xual int | ercourse | ; | | | | 5.2 | 4.6 | 3.7 | No linear change | Not available [§] | No change |
| QN35: | Percenta | age of st | udents | who had | l sexual | intercou | irse for t | the first | time be | fore age | e 11 yea | rs 1.5 | 1.2 | 0.8 | No linear change | Not available | No change |
| QN36: | Percenta | age of st | udents | who eve | er had se | xual int | ercourse | with th | aree or n | nore per | rsons | 1.1 | 1.0 | 1.2 | No linear change | Not available | No change |

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

[§]Not enough years of data to calculate.

| Female Weight N | /Ianagei | ment an | nd Dieta | - | | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
|--------------------|----------|----------|-----------|---------|-----------|---------|-----------|----------|---------|----------|-------------|-----------|--------|------|----------------------|----------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN38: | Percent | age of s | tudents | who des | cribed t | hemselv | es as sli | ghtly or | very o | verweig | ght 28.5 | 28.8 | 31.6 | 30.2 | No linear change | Not available [§] | No change |
| QN39: | Percent | age of s | tudents | who we | re trying | to lose | weight | | | | 54.6 | 52.6 | 52.8 | 51.3 | No linear change | Not available | No change |
| QN40: | Percent | age of s | tudents | who did | not eat | breakfa | st (durin | ig the 7 | days be | fore the | survey |) | • | | | | - |
| | | | | | | | | | | | 14.2 | 13.6 | 14.6 | 12.9 | No linear change | Not available | No change |
| QNBK7 | DAY: | Percenta | age of st | tudents | who ate | breakfa | st on all | 7 days | (during | the 7 da | ays befo | ore the s | urvey) | | | | |
| | | | | | | | | | | | 37.9 | 39.6 | 37.2 | 33.3 | Decreased, 2013-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

| Female Physical A | Activity | , | | | | | | | į | | | | | | ** | | CI 4 |
|----------------------------------|----------|----------|----------|-----------|----------|---------|----------|---------|---------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------|
| | | | | H | ealth Ri | isk Beh | avior ar | id Perc | entages | | | | | | Linear Change [*] | Quadratic Change [*] | Change from 2016-2018 † |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | - | | |
| QN41: I kind of p days bef | physical | activity | that in | | | | | | | | | | | | | | |
| | | | | | | | | | | | 46.7 | 45.2 | 43.8 | 41.9 | No linear change | Not available§ | No change |
| QNPA01 1 day (ir during th | n any ki | nd of ph | ysical a | ctivity t | | | | | | | | | | | | | |
| | | | | | | | | | | | 13.3 | 15.4 | 15.4 | 14.4 | No linear change | Not available | No change |
| QNPA7 kind of p | physical | activity | that in | | | | | | | | | | | | | | |
| | | | | | | | | | | | 26.3 | 24.1 | 22.1 | 22.9 | No linear change | Not available | No change |

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

[§]Not enough years of data to calculate.

| Female Physical | Activity | 7 | | Н | ealth R | isk Beh | avior aı | nd Perc | entages | i | | | | | Linear Change [*] | Quadratic Change [*] | Change from 2016-2018 |
|--|-----------------------|---------------------|---------|---------|----------|-----------|----------|----------|-----------|-----------|----------|-----------|----------|------|----------------------------|-------------------------------|------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN42: | Percent | age of s | tudents | who wa | tched te | levision | 3 or mo | ore hour | s per da | y (on ar | n averag | e schoo | l day) | · | , | | |
| | | | | | | | | | | | 39.0 | 32.8 | 26.2 | 22.8 | Decreased, 2013-2018 | Not available [§] | No change |
| QN43: (counting smartph average | ig time s one, coi | spent on mputer, | things | such as | playing | games, | watchin | g videos | s, textin | g, or us | ing soci | al media | a on the | ir | | | |
| | | | | | | | | | | | 39.9 | 34.3 | 44.9 | 41.7 | No linear change | Not available | No change |
| QN44: week wl | | | | | ended pl | hysical e | educatio | n (PE) c | classes o | on 1 or r | nore da | ys (in ar | n averag | ge | | | |
| | | | | | | | | | | | 87.1 | 91.5 | 84.9 | 85.4 | 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.

| Physical | Activity | | | Н | ealth Ri | isk Beha | avior aı | nd Perc | entages | | | | | | Linear Change [*] | Quadratic Change [*] | Change from 2016-2018 |
|------------------|-----------|-----------|-----------|---------|----------|------------|-----------|----------|----------|-----------|----------|----------|----------|------------|--|--|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QNDLY week wi | | | | | o attend | ded phys | sical edu | cation (| PE) cla | sses on | all 5 da | ys (in a | n averaş | ge | | | |
| WCCK W | ien mey | were ii | i school | , | | | | | | | | | | | | | |
| | | | | | | | | | | | 13.2 | 13.7 | 10.8 | 11.2 | No linear change | Not available [§] | No change |
| QN45: | Percenta | age of si | tudents v | who pla | yed on a | at least o | one spor | ts team | (countir | ng any t | | | | | No linear change | Not available [§] | No change |
| | | | | | | | | | (countir | ng any to | | | | | No linear change | Not available [§] | No change |
| QN45: | | | | | | | | | (countir | ng any to | | | | | No linear change Decreased, 2014-2018 | Not available [§] Not available | No change Decreased |
| QN45: | nity grou | age of si | ing the p | who had | nonths b | before th | ne surve | y) | | | eams ru | 64.7 | eir scho | ol or 54.3 | | | |

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

[§]Not enough years of data to calculate.

| Female Other | | | | | | | | | | | | | | | | | |
|---------------------|----------|----------|---------|---------|-----------|-----------|-----------|-----------|----------|-----------|----------|---------|---------|------|----------------------|-------------------|------------------------------------|
| | | | | Н | ealth R | isk Beh | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 [†] |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 8 | | |
| QN47: | Percenta | age of s | tudents | who hac | l ever be | een told | by a doo | ctor or n | urse tha | nt they h | ad asth | ma | | | | | |
| | | | | | | | | | | | 19.1 | 16.8 | 17.8 | 14.9 | Decreased, 2013-2018 | Not available§ | No change |
| QN48: | Percenta | age of s | tudents | who got | 8 or mo | ore hour | s of slee | p (on ar | ı averag | e schoo | l night) | ı | | | | | |
| | | | | | | | | | | | 53.2 | 56.4 | 48.1 | 52.9 | No linear change | Not available | No change |
| QN49: before the | | | tudents | who des | scribed t | heir grad | des in so | chool as | mostly | A's or I | 3's (dur | ing the | 12 mont | ths | , | | , |
| | | | | | | | | | | | | 84.5 | 87.0 | 82.3 | No linear change | Not available | No change |

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

^{*}Not enough years of data to calculate.

| Temale Site-Add | ed | | | | | | | | | | | | | | | | |
|--------------------|----------|-----------|---------|----------|----------|-----------|-----------|----------|-----------|-----------|-----------|----------------|------------|-----------|----------------------|----------------------------|-----------------------|
| | | | | Н | ealth R | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | - | | |
| QN52: driving | | age of st | tudents | who hav | e ever r | idden ir | a car d | riven by | someo | ne who | was tex | ting wh | ile they | were | | | |
| | | | | | | | | | | | | 60.7 | 69.7 | 58.0 | No linear change | Not available [§] | Decreased |
| QN54: stopped | | | | | | | | | | | eks in a | row so 27.7 | 36.3 | y 35.1 | Increased, 2013-2018 | Not available | No change |
| QN55: | Percenta | age of st | tudents | who smo | oked a v | whole ci | garette l | pefore a | ge 11 ye | ears (for | the firs | t time) | | | | | |
| | | | | | | | | | | | 3.7 | 4.5 | 1.5 | 2.0 | Decreased, 2013-2018 | Not available | No change |
| QN62: | | | | who thir | nk they | definitel | y or pro | bably w | vill smol | ke a ciga | arette, c | igar, cig | garillo, o | or | | | |
| | | J | | | | | | | | | | | 7.4 | 4.7 | No linear change | Not available | No change |

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

[§]Not enough years of data to calculate.

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| | | | | Н | ealth Ri | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 |
|--------------------------------|------|-----------|----------|----------|----------|---------|----------|----------|-----------|----------|-----------|---------|-----------|----------|----------------------|-------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN63: I flavored survey) | | | | | | | | | | | | | | , | | | |
| • | | | | | | | | | | | 3.9 | 4.9 | 1.1 | 1.6 | Decreased, 2013-2018 | Not available§ | No change |
| | | | | | | | | | | | | | | | | | |
| QN64: I | | age of st | udents v | who trie | d or use | d tobac | co produ | icts for | the first | time (dı | uring the | e 12 mo | onths be | ore | | | , |
| | | age of st | udents v | who trie | d or use | d tobac | co produ | icts for | the first | time (du | uring the | e 12 mo | onths bei | Fore 3.3 | Decreased, 2014-2018 | Not available | No change |
| | ey) | | , | | , | | | · | | , | | | | | Decreased, 2014-2018 | Not available | No change |

No linear change

77.8 77.9

No change

Not available

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

Not enough years of data to calculate.

| Female Site-Addo | ed | | | | | | | | | | | | | | | | |
|---------------------|----------|-----------|---------|---------|-----------|-----------|-----------|-----------|----------|----------|-----------|----------|-----------|-------|----------------------|-------------------|-------------------------|
| | | | | Н | ealth R | isk Beh | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change* | Change from 2016-2018 † |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN68: during the | | | | | re in the | same ro | oom wit | h some | one who | was sm | oking (| on at le | ast one | day | | | |
| | · | | | • | | | | | | | | | 26.9 | 24.4 | No linear change | Not available§ | No change |
| QN69: the 30 d | | | | who cur | rently d | rank alc | ohol (at | least on | ne drink | of alcol | nol, on a | at least | 1 day du | ıring | | | |
| | | | | | | | | | | | 15.0 | 13.0 | 11.0 | 8.8 | Decreased, 2013-2018 | Not available | No change |
| QN70: survey) | Percenta | age of st | tudents | who cur | rently u | sed mar | ijuana (d | one or m | nore tim | es durin | ng the 30 | 0 days b | pefore th | ie | | | |
| | | | | | | | | | | | 7.2 | 7.5 | 4.5 | 5.6 | No linear change | Not available | No change |
| QN71: months | | | | who we | re offere | ed, sold, | or give | n an ille | gal drug | on sch | ool proj | perty (d | uring th | e 12 | , | | |
| | | | • | | | | | | | | 6.5 | 6.1 | 4.1 | 2.8 | Decreased, 2013-2018 | Not available | No change |

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

[§]Not enough years of data to calculate.

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| | | | | Н | ealth Ri | isk Beh | avior aı | nd Perc | entages | | | | | | Linear Change* | Quadratic Change [*] | Change from 2016-2018 |
|-------|-------------------|-----------|-----------|---------|----------|------------|-----------|-----------|----------|------------|-----------|------------------|----------|--------------|------------------|-------------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| | Percenta | | | | | st (for a | check- | up, exar | n, teeth | cleaning | g, or oth | ner dent | al work | , | | | |
| | | | | | | | | | | | | | 69.9 | 73.2 | No linear change | Not available§ | No change |
| | | | | | | | | | | | | | | | | | |
| | Percenta rear) | age of st | tudents v | who wei | re taugh | t in their | r classes | s about t | he dang | gers of to | bacco | use (dui | ring the | last | | | |
| QN73: | | age of st | tudents v | who wei | re taugh | t in their | r classes | s about t | he dang | gers of to | obacco | use (dui 52.7 | ring the | last 55.8 | No linear change | Not available | Increased |
| QN74: | | age of st | tudents v | | | , | | | | | 51.1 | 52.7 | 46.6 | 55.8 | No linear change | Not available | Increased |

30.1 29.9 23.1 33.6

No linear change

Not available

Increased

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

[§]Not enough years of data to calculate.

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| te-Added | | | Н | ealth Ri | isk Beh | avior ar | nd Perce | entages | | | | | | Linear Change [*] | Quadratic Change* | Change from 2016-2018 |
|----------------------------|-----------|----------|---------|----------|-----------|-----------|-----------|----------|---------|---------|----------|----------|------|----------------------------|-------------------|-----------------------|
| 1991 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | <u>-</u> | | |
| QN78: Percent or fit in | tage of s | udents v | who say | definite | ely yes c | or probal | bly yes t | that smo | oking m | akes yo | oung peo | ple look | cool | | | |
| | | | | | | | | | | 14.2 | 18.6 | | | | | |

85.5 85.7 90.8 88.8

No linear 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

No change

Not available

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

[§]Not enough years of data to calculate.

| emale ite-Add | ed | | | ** | LI D | | | | , | | | | | | * | · · · · · · · · · · · · · · · · · · · | CI 4 |
|------------------|----------|-----------|--------|---------|----------|------------------------|----------|----------|----------|----------|----------|-----------|-----------|---------|----------------------|---------------------------------------|-----------------------|
| | | | | Н | ealth Ri | isk Beha | avior ar | nd Perc | entages | | | | | | Linear Change* | Quadratic Change [*] | Change from 2016-2018 |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| | | | | | | le are at f alcoho | | | | | | | (physic | ally or | | | |
| | | | | | | | | | | | 64.8 | 69.0 | 78.4 | 71.9 | Increased, 2013-2018 | Not available§ | Decreased |
| | | | | | | le are at inks of a | | | | | | | | ally | | | |
| | | | | | | | | | | | 70.8 | 73.6 | 83.1 | 78.5 | Increased, 2013-2018 | Not available | No change |
| QN83: to them | Percenta | age of st | udents | who hav | e an adı | ult outsi | de of sc | hool the | y can ta | lk to ab | out thin | ngs that | are imp | ortant | | | |
| | | | | | | | | | | | 85.9 | 87.7 | 86.3 | 89.5 | No linear change | Not available | No change |
| | | | | | | comfort | | eking he | lp from | one or i | more ad | lults bes | sides the | ir | , | | |
| _ | - | | - | - | | - | | | | | | | | | | | |

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

Maryland Middle School Survey Washington County Trend Analysis Report

Female

| | | | | Н | ealth Ri | isk Beha | avior an | d Perc | entages | S | | | | | Linear Change* | Quadratic Change [*] | Change from 2016-2018 |
|---------------------|----------|---------|----------|-----------|----------|-----------|----------|----------|----------|----------|----------|-----------------|-----------------|--------|------------------|-------------------------------|-----------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| | | | | | | | | | | | | | | | | | |
| | | | | | | teacher | or other | adult in | their so | chool ab | out a pe | ersonal | problen | n they | | | |
| QN85: I nad (dur | | | | | | teacher (| or other | adult in | their so | chool ab | 33.3 | ersonal 34.2 | problen 35.4 | 33.6 | No linear change | Not available [§] | No change |
| nad (dur | ing the | 12 mont | hs befor | re the su | irvey) | | | | | | 33.3 | 34.2 | 35.4 | 33.6 | No linear change | Not available [§] | No change |
| nad (dur | Percenta | 12 mont | hs befor | re the su | irvey) | | | | | chool ab | 33.3 | 34.2 | 35.4 | 33.6 | No linear change | Not available [§] | No cha |

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

[§]Not enough years of data to calculate.

| 1997 | 1999 | Health F | Risk Bel | navior a | nd Par | | | | | | | | | |
|---------------|----------|-----------------------|-----------------|--------------------------|-----------------------------------|---|---|--|---------|---|------|----------------------------|-------------------------------|-------------------------|
| 1997 | 1000 | | | | inu i ci | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
| $\overline{}$ | 1/// | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| ents wh | ho rarel | ly or nev | ver wore | a bicyc | le helm | et (amoi | ng stude | ents who | had ric | den a | | | | |
| | | | | | | | | 72.8 | 60.5 | 62.2 | 55.8 | Decreased, 2013-2018 | Not available¶ | No chang |
| | | ly or nev a skateb | | a helmo | et when | rollerbl | ading o | r skateb | oarding | (among | ; | | | · |
| | | | | | | | | 84.1 | 76.4 | 76.6 | 77.9 | No linear change | Not available | No chang |
| ents wh | ho rarel | ly or nev | ver wore | a seat b | pelt (wh | en ridin | g in a ca | ar) | | | | + | | : |
| | | | | | | | | 9.3 | 5.3 | 3.1 | 4.1 | Decreased, 2013-2018 | Not available | No chang |
| | ho ever | rode wi | ith a driv | ver who | had bee | en drinki | ing alco | ohol (in a | a car) | | | | | |
| ents wh | | | | | | | | 18.3 | 18.2 | 20.5 | 16.0 | No linear change | Not available | No chang |
| ents | • | who ever | who ever rode w | who ever rode with a dir | who ever rough while a direct who | who ever rode what a driver who had bee | who ever rode what a driver who had been drinke | who ever rode with a direct who had been dimining dies | | who ever rode with a driver who had been drinking alcohol (in a car) 18.3 18.2 | | | | |

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

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

Maryland Middle School Survey Washington County Trend Analysis Report

White*

| | | | | I | Health I | Risk Bel | navior a | nd Per | centage | S | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|---------|---------|----------|---------|---------|------------|------------|------------|-----------|----------|-----------|-------------|------|------|------|----------------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN10: 1 | Percent | age of s | tudents | who eve | er carrie | d a wear | oon (suc | h as a g | un, knif | e, or clu | ab) 32.5 | 32.1 | 40.6 | 33.3 | No linear change | Not available [¶] | Decreased |
| QN11: 1 | Percent | age of s | tudents | who we | re ever i | n a phys | sical figl | nt | | | 46.6 | 33.1 | 38.5 | 34.2 | Decreased, 2013-2018 | Not available | No change |
| QN14:] | Percent | age of s | tudents | who eve | er seriou | sly thou | ght abou | ut killin | g thems | elves | 17.0 | 16.6 | 16.6 | 19.5 | No linear change | Not available | No change |
| QN15: 1 | Percent | age of s | tudents | who eve | er made | a plan a | bout hov | w they v | would ki | ll thems | selves | | 10.8 | 13.3 | No linear change | Not available | No change |
| QN16: 1 | Percent | age of s | tudents | who eve | er tried t | o kill the | emselve | S | | | | | 7.2 | 6.8 | No linear change | Not available | No change |

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

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

Maryland Middle School Survey Washington 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) 8.3 6.5 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) 3.7 3.4 No linear change Not available No change QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) 5.1 4.1 1.3 1.1 Decreased, 2013-2018 Not available No change QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30

1.4

0.4

0.3

0.1

No linear change

Not available

days before the survey)

No change

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Maryland Middle School Survey Washington 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) 0.1 0.1 0.1 No linear change Not available ¶ No change 1.1 QN21: Percentage of students who ever used an electronic vapor product 15.9 18.1 22.1 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) 7.6 4.1 7.8 No linear change Not available Increased QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) 0.9 0.3 0.4 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.

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

Not enough years of data to calculate.

| 'obacco | Health Risk Behavior and Percentages 1 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 201 | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § | | |
|-----------------------|--|------------|------------------------|----------------------|----------|----------------------|-----------------------|-----------------------|----------|----------|----------|----------|----------------------------|-------------------------------|-------------------------|----------------|----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| QNDAY | | | | udents v | who curi | rently us | sed elect | ronic va | apor pro | oducts d | aily (on | all 30 d | ays duri | ing | | | |
| he 30 da | iys bero | ore the si | urvey) | | | | | | | | | 0.6 | 0.3 | 0.2 | No linear change | Not available¶ | No chang |
| | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| QN24: I lissolval | ole toba | cco pro | ducts [st | uch as C | Copenha | gen, Gri | izzly, Sk | coal, or | Camel S | | | | | nic | | | , |
| lissolval | ole toba | cco pro | ducts [st | uch as C | Copenha | gen, Gri | izzly, Sk | coal, or | Camel S | | | | | nic 1.7 | No linear change | Not available | No chan |
| lissolval zapor pr | ole toba oducts, Percenta | on at lea | ducts [state ast 1 day | uch as C y during | Copenha | gen, Gri days bef | izzly, Sk fore the | toal, or (survey) | Camel S | Snus], n | ot count | ing any | electror | 1.7 | No linear change | Not available | No chan |

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

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

| 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) | | | | | | | | | | | | | Quadratic Change [†] | Change from | | | |
|---|----------|-----------|---------|----------|-----------|-----------|------------|-----------|----------|----------|----------|----------|-------------------------------|-------------|------------------|----------------------------|-------------------------|
| | | | | 1 | icaiui r | AISK DEI | iaviui a | inu i er | entage | 3 | | | | | Linear Change | Quauranc Change | Change from 2016-2018 § |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| QN26: | Percenta | age of st | tudents | who eve | er drank | alcohol | (other the | han a fe | w sips) | | • | | | | | | |
| | | | | | | | | | | | 27.1 | 20.4 | 22.1 | 20.4 | No linear change | Not available [¶] | No change |
| QN27: 1 | Percenta | age of st | tudents | who dra | nk alcol | hol for t | ne first t | ime bef | ore age | 11 year | s (other | than a f | ew sips |) | | | |
| | | | | | | | | | | | 12.1 | 8.3 | 9.5 | 9.2 | No linear change | Not available | No change |
| QN28: 1 | Percenta | age of st | tudents | who eve | er used r | narijuan | a | | | | | | | | | | |
| | | | | | | | | | | | 7.4 | 5.6 | 5.5 | 5.5 | No linear change | Not available | No change |
| QN29: 1 | Percenta | age of st | tudents | who trie | d mariji | uana for | the first | t time be | efore ag | e 11 yea | | · | . | | | | |
| | | | | | | | | | | | 2.1 | 2.6 | 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.

| /hite* lcohol : | ohol 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 | 3 | | |
| lifferent | | how a d | loctor to | who eve | | | | | | | | | | | | | |
| iyaroco | dolle, al | na Perco | icet) | | | | | | | | | | 4.1 | 5.7 | No linear change | Not available¶ | No chang |
| QN31: 1 | Percenta | age of st | udents | who eve | r used c | ocaine (| any fori | m of co | caine, in | cluding | powder | r, crack, | or free | oase) | , | | , |
| | | | | | | | | | | | 3.7 | 4.1 | 3.7 | 1.0 | Decreased, 2013-2018 | Not available | Decrease |
| | | | | who eve | | nhalants | (sniffed | d glue, b | oreathed | the con | tents of | spray c | ans, or | | | | |
| | | | | | | | | | | | 9.8 | 5.8 | 5.1 | 4.8 | Decreased, 2013-2018 | Not available | No chang |
| N33: 1 | Percenta | age of st | tudents | who eve | r took s | teroids v | vithout | a docto | 's presc | ription (| pills or | shots) | | | | | |
| | | | | | | | | | | | 2.9 | 2.6 | 1.8 | 1.9 | No linear change | Not available | No chan |

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

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

Maryland Middle School Survey Washington County Trend Analysis Report

TT/L:4 ~ *

| | | | | H | Health R | kisk Beh | navior a | nd Pero | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|-------|----------|-----------|---------|---------|-----------|-----------|------------|-----------|----------|----------|----------|------|------|------|----------------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| QN34: | Percenta | age of st | tudents | who eve | er had se | xual inte | ercourse | 2) | | | | 5.4 | 4.5 | 4.0 | No linear change | Not available¶ | No change |
| QN35: | Percenta | age of st | tudents | who hac | l sexual | intercou | irse for t | the first | time be | fore age | e 11 yea | rs | , | | | | , |
| | | | | | | | | | | | | 2.1 | 1.4 | 0.9 | No linear change | Not available | No change |
| QN36: | Percenta | age of st | tudents | who eve | er had se | xual inte | ercourse | with th | ree or n | nore per | rsons | 1.7 | 1.2 | 0.7 | No linear 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.

| Weight I | 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: | Percenta | age of st | tudents v | who des | cribed t | hemselv | es as sli | ghtly or | r very o | verweig | ght 23.7 | 27.4 | 27.3 | 28.9 | No linear change | Not available [¶] | No change |
| QN39: | Percenta | ige of st | udents v | who we | re trying | g to lose | weight | | | | 43.4 | 45.1 | 42.5 | 43.8 | No linear change | Not available | No chang |
| QN40: | Percenta | age of st | udents | who did | not eat | breakfa | st (durin | g the 7 | days be | fore the | survey |) | | | | | |
| | | | | | | | | | | | 12.2 | 11.6 | 11.2 | 11.4 | No linear change | Not available | No chang |
| QNBK7 | DAY: 1 | Percenta | age of st | udents v | who ate | breakfa | st on all | 7 days | (during | the 7 da | ays befo | ore the s | urvey) | | | | |
| | | | | | | | | | | | 48.5 | 46.5 | 42.3 | 40.5 | Decreased, 2013-2018 | Not available | No chang |

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

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

Maryland Middle School Survey Washington 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) 54.7 54.7 52.7 47.4 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) 10.6 11.2 12.2 13.0 No linear change Not available No change QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 34.2 32.6 31.2 25.9 Decreased, 2013-2018 Not available Decreased

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

| Vhite* hysical Activity | y | | т, | Ioolah D | iala Dak | | d Dow | | _ | | | | Change from | | | |
|--|-------------------|----------|-----------|-----------|-----------|----------|----------|---------------|-----------------|-------------------------|--------------------|-----------------------|-------------|----------------------|----------------|---------|
| | | | н | ieaith R | Risk Beh | iavior a | na Pero | Linear Change | Quadranc Change | Change from 2016-2018 § | | | | | | |
| 1991 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN42: Percenta | ige of st | udents v | who wat | ched tel | levision | 3 or mo | re hours | s per da | y (on ar | averag | ge schoo | l day) | | | | |
| | | | | | | | | | | 36.4 | 28.1 | 24.0 | 19.9 | Decreased, 2013-2018 | Not available¶ | No chan |
| QN43: Percenta counting time s martphone, con werage school d | pent on number, 2 | things s | such as p | olaying g | games, v | watchin | g videos | , texting | g, or usi | ing soci is not so | al medi hool wo | a on the ork, on a | ir an | | | |
| | | | | | | | | | | 41.2 | 36.2 | 42.4 | 42.7 | No linear change | Not available | No chan |
| QN44: Percenta week when they | | | | nded ph | nysical e | ducation | ı (PE) c | lasses o | n 1 or n | nore da | ys (in aı | n averag | ge | , | | |
| | | | | | | | | | | 89.6 | 92.0 | 85.7 | 87.6 | Decreased, 2013-2018 | Not available | No chan |

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

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

Maryland Middle School Survey Washington 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) 12.1 14.1 6.8 No linear change Not available ¶ No change 10.4 QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey) 64.5 66.4 58.7 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) 18.5 16.3 Not available No change No linear change

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

| | | | | H | lealth R | Risk Bel | navior a | nd Pero | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|-------|----------|-----------|----------|---------|----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|--------|------|----------------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN47: | Percenta | age of st | udents v | who had | ever be | en told | by a doo | ctor or n | nurse tha | it they h | ad asth | ma | | : | | | |
| | | | | | | | | | | | 19.2 | 17.1 | 18.0 | 14.3 | No linear change | Not available¶ | No change |
| QN48: | Percenta | age of st | udents v | who got | 8 or mo | ore hour | s of slee | p (on ar | n averag | e schoo | l night) | | • | | , | | , |
| | | | | | | | | | | | 54.4 | 57.1 | 53.2 | 56.2 | No linear change | Not available | No change |
| | Damanata | age of st | udents v | who des | cribed t | heir grad | des in so | chool as | mostly | A's or E | B's (duri | ng the 1 | 2 mont | hs | | | , |
| QN49: | he surve | | | | | U | | | • | | | - | | | | | |

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

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

Maryland Middle School Survey Washington 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 No linear change Not available ¶ Decreased 57.9 66.8 57.2 QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) No linear change Not available No change 23.3 19.4 24.7 25.2 QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time) 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 8.1 3.9 Decreased, 2016-2018 Not available Decreased

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Maryland Middle School Survey Washington 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) 4.7 4.1 1.6 Decreased, 2013-2018 Not available ¶ No change QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey) Not available 5.0 4.0 2.1 Decreased, 2014-2018 Decreased QN66: Percentage of students who live with someone who now smokes cigarettes or cigars 47.2 41.5 40.8 40.0 Decreased, 2013-2018 Not available No change ON67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches) 83.0 78.9 No linear change Not available No change

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

| | | | | H | lealth R | tisk Beh | avior a | nd Pero | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|------------------|----------------------|-----------|----------|----------|-----------|-----------|----------|----------|----------|----------|-----------|-----------------|-----------|--------|--|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | - | | |
| | Percenta he 7 day | | | | e in the | same ro | om witl | n someo | ne who | was sm | oking (| on at le | ast one | day | | | |
| | | | | | | | | | | | | | 21.6 | 22.7 | No linear change | Not available [¶] | No change |
| | Percenta ays befo | | | vho curi | rently di | rank alco | ohol (at | least on | e drink | of alcol | nol, on a | at least | l day dı | ıring | | | |
| | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 13.9 | 11.1 | 8.2 | 7.7 | Decreased, 2013-2018 | Not available | No change |
| QN70: survey) | Percenta | ige of st | udents v | who curi | rently us | sed mari | juana (c | one or m | nore tim | es durin | | - | | | Decreased, 2013-2018 | Not available | No change |
| | Percenta | age of st | udents v | who curi | rently us | sed mari | juana (c | one or m | nore tim | es durin | | - | | | Decreased, 2013-2018 No linear change | Not available Not available | No change |
| survey) QN71: | Percenta Percenta | ige of st | udents v | | | | | | · | | 1g the 30 | 0 days t 5.1 | pefore th | ne 5.3 | | | |

^{*}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.

Maryland Middle School Survey Washington County Trend Analysis Report

White*

| | | | | H | lealth R | Risk Bel | navior a | nd Pero | centage | S | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|----------------------|---------------------|-----------|----------|---------|----------|------------|-----------|-----------|-----------|------------|-----------|----------|----------|------|----------------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| QN72: 1 during th | | | | | | st (for a | check-ı | ıp, exan | n, teeth | cleaning | g, or oth | ner dent | al work | , | | | |
| | | | | | | | | | | | | | 71.3 | 73.6 | No linear change | Not available [¶] | No change |
| N73: l | | ige of st | udents v | who wei | e taugh | t in their | r classes | about t | he dang | gers of to | obacco | use (du | ring the | last | | | |
| | | | | | | | | | | | 51.2 | 52.4 | 49.4 | 57.2 | No linear change | Not available | Increased |
| | Percenta student | | | who par | ticipate | in extra | curricul | ar activi | ties at s | chool (s | uch as | sports, | band, dr | ama, | | | |
| | | | | | | | | | | | 68.2 | 73.8 | 70.0 | 70.2 | No linear change | Not available | No change |
| N77: 1 | Percenta | ige of st | udents v | who say | definite | ely yes o | or probal | bly yes | that you | ing peop | ole who | smoke | have m | ore | | | |
| | | | | | | | | | | | 25.4 | 22.0 | 20.5 | 27.6 | No linear change | Not available | Increased |

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

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

Maryland Middle School Survey Washington County Trend Analysis Report

Site-Added **Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in No linear change Not available ¶ Increased 12.7 13.4 11.4 15.7 QN79: Percentage of students who somewhat or strongly disapprove of someone their age having one or two

83.0 79.9

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

85.1 86.2 90.6 89.1 Increased, 2013-2018 Not available No change

Not available

No linear change

White*

drinks of an alcoholic beverage nearly every day

No change

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

| | | | | H | Iealth R | kisk Beh | avior a | nd Pero | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|-------------------|----------|-----------|---------|-----------|-----------|----------|-----------|----------|------------|----------|--------------------------|----------------------|--------------|------------------------|--|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| QN81: I | | | | | | | | | | | | | (physic | ally or | | | |
| | | | | | | | | | | | 60.9 | 64.4 | 74.9 | 68.2 | Increased, 2013-2018 | Not available¶ | Decreased |
| | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | nce or | wice a | week | · | | | |
| | | | | | | | | | | | | | | 75.3 | Increased, 2013-2018 | Not available | No chang |
| QN82: I and in ot | her way | ys) if th | ey have | five or 1 | nore dri | nks of a | lcohol (| beer, wi | ine, or li | iquor) o | 69.6 | 72.1 | week 79.7 | 75.3 | Increased, 2013-2018 | Not available | No change |
| QN83: I | her way | ys) if th | ey have | five or 1 | nore dri | nks of a | lcohol (| beer, wi | ine, or li | iquor) o | 69.6 | 72.1 | week 79.7 | 75.3 | Increased, 2013-2018 Increased, 2013-2018 | Not available Not available | No chang |
| QN83: 1 o them | Percenta | age of s | tudents | five or 1 | re an adu | nks of a | de of scl | hool the | y can ta | iquor) o | 69.6 out thin 86.3 | 72.1 ngs that 89.1 | are imp | 75.3 Ortant 91.0 | , | | |

^{*}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.

| White* Site-Add | ed | | | F | Iealth F | Risk Beh | navior a | nd Per | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|--------------------|------|------|------|------|----------|----------|----------|----------|------------|----------|------|-----------------|-----------------|------|----------------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| | | | | - | - | - | - | | | | | - | | - | | | |
| QN85: had (dur | | _ | | | | teacher | or other | adult ir | n their so | chool ab | 31.0 | ersonal 26.6 | problen 33.8 | 31.6 | No linear change | Not available¶ | No change |

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

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

Maryland Middle School Survey Washington County Trend Analysis Report

Black*

| | | | | H | Iealth R | Risk Beh | avior a | nd Per | centage | S | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|--------|-----------|-----------|----------|----------|-----------|------------|----------|----------|-----------|-----------|---------------------|--------|------|------|----------------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| QN8: P | ercentag | ge of stu | ıdents w | ho rarel | y or nev | ver wore | a seat b | elt (wh | en ridin | g in a ca | ır) | | | | | | |
| | | | | | | | | | | | 6.6 | 6.6 | 3.2 | 7.0 | No linear change | Not available¶ | No change |
| | | | | | | | | | | | | | | | - | | |
| | | | | | | | | | | | | | | | - | | |
| QN9: P | 'ercentag | ge of stu | ıdents w | ho ever | rode wi | ith a driv | er who | had bee | en drinki | ing alco | hol (in a | ı car) | | | | | |
| QN9: P | ercentag | ge of stu | idents w | ho ever | rode wi | ith a driv | er who | had bee | en drinki | ing alco | hol (in ε | 12.1 | 11.6 | 15.7 | No linear change | Not available | No change |
| QN9: P | ercentag | ge of stu | udents w | ho ever | rode wi | ith a driv | er who | had bee | en drinki | ing alco | | | 11.6 | 15.7 | No linear change | Not available | No change |
| | | _ | | | | ith a driv | | | | | 16.7 | | 11.6 | 15.7 | No linear change | Not available | No change |
| | | _ | | | | | | | | | 16.7 | | 11.6 | 15.7 | No linear change | Not available Not available | No change |
| | | _ | | | | | | | | | 16.7 | 12.1 | , | | | | |
| QN10: | Percenta | age of s | tudents | who eve | r carried | | oon (suc | h as a g | | | 16.7 (b) 21.3 | 12.1 | , | | | | |

^{*}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.

| 3 | nd Viol | | | H | Iealth R | disk Beh | avior a | nd Perc | centages | S | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|----------|----------|-----------|-----------|---------|----------|-----------|----------|------------|----------|----------|------|------|------|------|----------------------------|--|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| QN14: | Percenta | age of st | tudents v | who eve | r seriou | sly thou | ght abou | ıt killing | g themse | elves | • | | | | | | |
| | | | | | | | | | | | 22.8 | 17.1 | 22.4 | 25.5 | No linear change | Not available [¶] | No chang |
| QN15: | Percenta | age of st | tudents v | who eve | r made a | a plan al | oout hov | v they w | vould ki | ll thems | | 17.1 | 15.8 | 25.5 | No linear change | Not available [¶] Not available | No c |

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

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

| Black* Fobacco | Use | | | | | | | | | | | | | | | | |
|-------------------|---------|----------|---------|----------|------------|-----------|-----------|-----------|-----------|----------|----------|----------------|-----------|-----------|----------------------------|-------------------------------|-------------------------|
| | | | | F | Health F | Risk Bel | havior a | nd Per | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN17: | Percent | age of s | tudents | who eve | er tried c | eigarette | smokin | g (even | one or t | wo puff | fs) | | 12.1 | 9.0 | No linear change | Not available [¶] | No chang |
| QN18: ouffs) | Percent | age of s | tudents | who trie | d cigare | ette smo | king for | the first | t time be | efore ag | e 11 ye | ars (eve | an one or | 4.5 | No linear change | Not available | No chang |
| QN19: survey) | Percent | age of s | tudents | who cur | rently si | moked o | cigarette | s (on at | least 1 o | lay duri | ng the 3 | 30 days 9.7 | before t | he 3.6 | Decreased, 2013-2018 | Not available | No chang |
| QNFRC days bet | | | | ents who | o curren | ntly smo | ked ciga | rettes fi | requentl | y (on 20 |) or mo | re days | during to | 0.6 | Not available | Not available | Not availa |

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

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

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Black* **Tobacco Use Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) 1.8 0.0 0.0 0.6 Not available Not available ¶ Not available QN21: Percentage of students who ever used an electronic vapor product 24.9 25.0 26.5 No linear change Not available No change QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey) 13.8 10.0 9.7 No linear change Not available No change

0.5

2.5

1.4

No linear change

Not available

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

during the 30 days before the survey)

No change

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

| 'obacco U | | | | Н | ealth R | isk Beh | avior a | nd Pero | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|--------------------|---------------------|------------|--------------------|--------------------|---------------------|----------------------|----------------------|-----------------------|----------|----------|----------|----------|----------|------------|----------------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | - | | |
| QNDAYE | | | | udents v | vho curr | ently us | sed elect | tronic va | apor pro | ducts d | aily (on | all 30 c | lays dur | ing | + | | |
| he 30 day | s deroi | ie ilie si | urvey) | | | | | | | | | 0.5 | 2.5 | 1.4 | No linear change | Not available¶ | No chang |
| | | | | | | | | | | | | | | | | | |
| QN24: Po | | | | | | | | | | | | | | | | | |
| QN24: Pedissolvabl | e tobac | cco prod | ducts [st | ich as C | openhag | gen, Gri | zzly, Sk | coal, or | Camel S | | | | | nic | | | |
| dissolvabl | e tobac | cco prod | ducts [st | ich as C | openhag | gen, Gri | zzly, Sk | coal, or | Camel S | | | | | nic 1.5 | No linear change | Not available | No chan |
| dissolvabl | e tobac ducts, c | ge of st | ducts [suast 1 day | uch as C during | openhag the 30 d | gen, Gri lays bef | zzly, Sk fore the | coal, or (survey) | Camel S | Snus], n | ot count | ing any | 2.3 | 1.5 | No linear change | Not available | No chan |

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

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

| Black* Alcohol | and Otl | her Dru | ıg Use | H | Iealth R | tisk Bel | navior a | nd Pero | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|-------------------------------|----------|-----------|-----------|----------|----------|----------|-----------|----------|----------|---------|------------|------|------|------|----------------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | - | | |
| QN26: | Percenta | age of st | tudents v | who eve | r drank | alcohol | (other t | han a fe | w sips) | | 30.2 | 23.9 | 22.5 | 22.4 | No linear change | Not available¶ | No change |
| QN28: | Percenta | age of st | tudents | who eve | r used n | narijuan | a | | , | | 9.6 | 16.1 | 9.6 | 10.7 | No linear change | Not available | No change |
| QN29: | Percenta | age of st | tudents | who trie | d mariju | iana for | the first | time be | efore ag | e 11 ye | ars 5.3 | 8.1 | 1.8 | 5.0 | No linear change | Not available | No change |
| QN30: different hydroco | tly than | how a d | loctor to | | | | | | | | | | | 11.2 | Increased, 2016-2018 | Not available | Increased |

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

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

| | | | |] | Health F | Risk Beh | avior a | nd Pero | centage | S | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|-------------|----------|----------|----------|----------|-----------|----------|----------|-----------|-----------|---------|----------|-----------------|-----------|-------|--|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 201 | 8 | | |
| QN31: I | Percenta | age of | students | who ev | er used c | ocaine (| any fori | m of coo | caine, in | cluding | ; powde | er, crack | , or free | base) | | | |
| | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 6.9 | 9.5 | 4.6 | 3.6 | No linear change | Not available¶ | No change |
| QN32: I | Percenta | age of | students | s who ev | er used i | nhalants | (sniffed | d glue, b | preathed | the cor | | | | | No linear change | Not available¶ | No change |
| QN32: I | | | | | | nhalants | (sniffed | d glue, b | preathed | the cor | ntents o | f spray o | cans, or | | | | No change |
| | | | | | | nhalants | (sniffed | d glue, b | preathed | the cor | | | | | No linear change Decreased, 2013-2018 | Not available¶ Not available | No change |
| inhaled a | ny pain | nts or s | prays to | | n) | | | | | | 9.7 | f spray of 10.2 | cans, or | | | | - |

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

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

| | | | | H | lealth R | disk Beh | navior a | nd Pero | centages | S | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|-------|----------|-----------|----------|----------|-----------|----------|-----------|----------|----------|----------|-------------|-----------|--------|--|----------------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| QN38: | Percenta | ige of st | udents v | who des | cribed th | hemselv | es as sli | ghtly or | very ov | verweig | ght 26.6 | 19.9 | 30.6 | 25.3 | No linear change | Not available¶ | No change |
| QN39: | Percenta | ige of st | udents v | who wer | e trying | to lose | weight | , | | | 51.2 | 44.7 | 51.1 | 44.1 | No linear change | Not available | No change |
| QN40: | Percenta | ige of st | udents v | who did | not eat | breakfas | st (durin | g the 7 | days bei | fore the | survey |) | | • | | | , |
| | | | | | | | | | | | 15.5 | 14.2 | 11.9 | 10.9 | No linear change | Not available | No change |
| QNBK7 | DAY: I | Percenta | ge of st | udents v | who ate | breakfas | st on all | 7 days | (during | the 7 da | ays befo | re the si | ırvey) | <u>. </u> | · | | |
| | | | | | | | | | | | 42.1 | 43.1 | 42.9 | 40.6 | 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.

| Black* Physical Activ | ity | | Н | Iealth R | Risk Beh | navior a | nd Pero | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|---|------------|-----------|-----------|----------|----------|----------|---------|---------|------|------|------|------|------|----------------------------|-------------------------------|-------------------------|
| 1991 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | _ | | |
| QN41: Percer kind of physic days before the | al activit | y that in | | | | | | | | | | | | | | |
| Ž | 3 | | | | | | | | | 47.4 | 37.6 | 54.3 | 46.9 | No linear change | Not available¶ | No change |
| QNPA0DAY: 1 day (in any l during the 7 day | aind of p | hysical a | ctivity t | | | | | | | | | | | | | |
| | | | | | | | | | | 19.6 | 22.9 | 17.9 | 14.3 | No linear change | Not available | No change |
| QNPA7DAY: kind of physic days before the | al activit | y that in | | | | | | | | | | | | | | |
| | | | | | | | | | | 28.4 | 24.8 | 38.0 | 30.2 | 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.

| Black* Physical Act | tivity | | | | | | | | | | | | | | | | |
|---|--------|--------------------|----------|-----------|-----------|-----------|----------|----------|-----------|-----------|----------|---------------------|-----------------------|----------|----------------------------|-------------------------------|-------------------------|
| | | | | H | Iealth R | Risk Bel | navior a | nd Pero | centage | S | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
| 1991 199 | 93 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | 3 | | |
| QN42: Perc | entag | ge of st | udents v | who wat | tched tel | levision | 3 or mo | re hours | s per da | y (on ar | averag | e schoo | l day) | | 1 | | |
| | | | | | | | | | | | 50.0 | 42.1 | 41.6 | 31.3 | Decreased, 2013-2018 | Not available¶ | No chang |
| QN43: Perc counting tir smartphone, average school | me sp | ent on puter, 2 | things s | such as j | olaying | games, | watching | g videos | , texting | g, or usi | ng soci | al media hool wo | a on the ork, on a | ir an | | | |
| | | | | | | | | | | | 41.3 | 35.2 | 43.8 | 49.0 | Increased, 2013-2018 | Not available | No chang |
| QN44: Perc | | | | | ended ph | nysical e | ducation | n (PE) c | lasses o | on 1 or n | nore day | ys (in aı | n averag | ge | | | |
| | | | | | | | | | | | 86.5 | 89.2 | 85.7 | 83.9 | No linear change | Not available | |

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

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

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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) No linear change Not available ¶ No change 21.4 22.5 26.7 19.6 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) 51.3 Decreased, 2014-2018 Not available Decreased QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey) 21.6 19.1 Not available No change No linear change

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

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

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

20.8 24.4 No linear change 17.0 25.6

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* Site-Added **Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car No linear change Not available ¶ No change 49.2 49.4 50.0 QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) No linear change Not available No change 20.5 20.1 25.0 26.6 QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time) 7.6 4.2 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 6.6 6.9 No linear change Not available No change

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Black* Site-Added **Health Risk Behavior and Percentages** Linear Change[†] Quadratic Change[†] Change from 2016-2018 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey) 5.8 8.9 3.4 Decreased, 2013-2018 Not available ¶ No change QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey) Not available No change 11.7 3.2 2.7 Decreased, 2014-2018 QN66: Percentage of students who live with someone who now smokes cigarettes or cigars

50.2 46.1

36.1

73.1 74.8

37.2 Decreased, 2013-2018

No linear change

Not available

Not available

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

ON67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed

No change

No change

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

Dlook*

| | | | | H | lealth R | isk Beh | avior a | nd Pero | entage | S | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|-------|----------------------|-----------|----------|----------|-----------|-----------|----------|----------|---------|----------|----------|----------|-----------------|--------------|----------------------------|-------------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | | | |
| | Percenta he 7 day | | | | e in the | same ro | om with | n someo | ne who | was sm | oking (| on at le | ast one | day | | | |
| | | | | | | | | | | | | | 21.7 | 17.2 | No linear change | Not available¶ | No change |
| | Percenta ays befo | | | who curi | rently di | rank alco | ohol (at | least on | e drink | of alcol | 13.0 | it least | 1 day dı 6.9 | uring 9.1 | No linear change | Not available | No chang |
| | ъ. | age of st | udents v | who curi | rently us | sed mari | juana (c | one or m | ore tim | es durin | g the 30 |) days t | efore th | ne | | | |
| QN70: | Percenta | .ge 01 50 | | | | | | | | | 9.4 | 15.3 | 4.6 | 7.0 | No linear change | Not available | No chang |

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

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

| Black* Site-Addeo | ed | | | Н | lealth R | Risk Bel | havior a | and Pero | centage | s | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2016-2018 § |
|----------------------|------|------|------|------|----------|-----------|----------|----------|----------|----------|-----------|----------|----------|------|----------------------------|-------------------------------|-------------------------|
| 1991 1 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2014 | 2016 | 2018 | - | | 2010 2010 |
| | - | | - | | | | | | | | | | : | | • | | |
| QN72: Peduring the | | | | | | st (for a | check-1 | up, exan | n, teeth | cleaning | g, or oth | er denta | al work, | 63.9 | Increased, 2016-2018 | Not available¶ | Increased |

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

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

Maryland Middle School Survey Washington County Trend Analysis Report

Hispanic **Injury and Violence** Linear Change* **Health Risk Behavior and Percentages** Quadratic Change* Change from 2016-2018 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2014 2016 2018 QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) No linear change Not available§ No change 27.5 19.7 17.9 15.3 QN16: Percentage of students who ever tried to kill themselves 13.2 7.3 No linear change Not available No change

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

[§]Not enough years of data to calculate.

Maryland Middle School Survey Washington County Trend Analysis Report

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

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

> Not available§ No change 52.9 57.5 51.9 No linear 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.