

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
											78.2	73.8	69.7	70.4	Decreased, 2013-2018	Not available§	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
											76.8	76.8	64.1	63.8	Decreased, 2013-2018	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
											9.1	5.0	5.3	4.4	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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**Total
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
											25.6	23.4	25.4	21.6	No linear change	Not available [§]	No change
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																	
											34.4	35.0	33.9	35.3	No linear change	Not available	No change
QN11: Percentage of students who were ever in a physical fight																	
											52.1	46.9	47.1	43.6	Decreased, 2013-2018	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves																	
											18.2	17.7	16.9	22.0	No linear change	Not available	Increased
QN15: Percentage of students who ever made a plan about how they would kill themselves																	
													11.0	14.3	No linear change	Not available	No change

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Worcester County
Trend Analysis Report**

**Total
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN16: Percentage of students who ever tried to kill themselves																	
													7.0	7.7	No linear change	Not available [§]	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**Total
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																	
													9.5	10.3	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)																	
													4.9	3.3	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
											6.5	6.9	2.9	2.1	Decreased, 2013-2018	Not available	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
											1.0	1.7	0.4	0.1	Decreased, 2013-2018	Not available	No change

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Total
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											0.5	1.2	0.3	0.1	Decreased, 2013-2018	Not available [§]	No change
QN21: Percentage of students who ever used an electronic vapor product																	
												18.1	19.5	25.4	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)																	
												11.2	6.9	13.0	No linear change	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												1.8	0.8	3.3	No linear change	Not available	Increased

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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																No linear change	Not available [§]	No change
								1.0				0.5		1.2				
QN23: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products)																No linear change	Not available	No change
												10.2		5.3				
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
												2.8		2.5				

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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2016-2018†
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
											3.7	4.8	3.0	1.7	Decreased, 2013-2018	Not available§	No change	

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Total Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2016-2018 [†]						
Health Risk Behavior and Percentages																								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN26: Percentage of students who ever drank alcohol (other than a few sips)																30.9	24.7	21.1	23.0	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)																13.3	9.9	10.3	9.1	Decreased, 2013-2018		Not available		No change
QN28: Percentage of students who ever used marijuana																12.4	10.6	8.3	11.4	No linear change		Not available		No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																3.0	4.2	1.5	2.3	No linear change		Not available		No change

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Total																Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
Alcohol and Other Drug Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
												5.4	5.8		No linear change	Not available [§]	No change	
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
											3.2	3.7	3.2	1.6	Decreased, 2013-2018	Not available	No change	
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																		
											8.7	7.3	3.9	4.6	Decreased, 2013-2018	Not available	No change	
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																		
											2.2	3.2	1.8	1.8	No linear change	Not available	No change	

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Total
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse																	
												11.2	7.2	7.3	Decreased, 2014-2018	Not available [§]	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																	
												3.5	1.5	1.5	Decreased, 2014-2018	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons																	
												4.8	3.0	2.0	Decreased, 2014-2018	Not available	No change
QN37: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)																	
												57.2	62.5	49.8	No linear change	Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Total
Physical Activity

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

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

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Total
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											40.7	34.4	28.8	24.0	Decreased, 2013-2018	Not available [§]	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											40.9	42.0	39.6	49.5	Increased, 2013-2018	Not available	Increased
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											96.9	98.9	97.1	71.6	Decreased, 2013-2018	Not available	Decreased

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Total
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN4LYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
											7.1	6.0	6.6	13.3	Increased, 2013-2018	Not available [§]	Increased
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)																	
												60.4	56.9	58.9	No linear change	Not available	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
													20.6	16.3	No linear change	Not available	No change

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Total Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				2018
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												24.0	22.2	20.7	19.9	No linear change	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												54.7	56.7	60.3	50.5	No linear change	Not available	Decreased
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
													82.9	85.3	84.3	No linear change	Not available	No change

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2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

**Change from
2016-2018[†]**

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

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

						64.9	64.4	57.8	Decreased, 2014-2018	Not available [§]	Decreased			

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

						23.2	23.4	20.6	23.7	No linear change	Not available	No change		

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

						3.7	4.6	2.7	1.4	Decreased, 2013-2018	Not available	No change		

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**Total
Site-Added**

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

**Change from
2016-2018 †**

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

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

						92.8	94.4	No linear change	Not available [§]	No change				

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

						8.0	6.8	No linear change	Not available	No change				

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

						3.0	5.3	2.9	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)

						7.4	5.2	4.0	Decreased, 2014-2018	Not available	No change			

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**Total
Site-Added**

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

**Change from
2016-2018 †**

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

QN65: Percentage of students who completely quit using all tobacco products (during the 12 months before the survey, among students who used tobacco products during the 12 months before the survey)

						42.0	33.8	41.7	16.4	Decreased, 2013-2018	Not available [§]	Decreased		

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

						44.1	40.9	40.4	34.8	Decreased, 2013-2018	Not available	No change		

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

								75.0	80.3	No linear change	Not available	No change		

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

								23.6	24.9	No linear change	Not available	No change		

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Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018															
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)															16.3	13.8	8.1	10.4	Decreased, 2013-2018			Not available [§]			No change				
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															9.7	7.0	6.4	8.6	No linear change			Not available			No change				
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															6.6	8.1	3.9	7.4	No linear change			Not available			Increased				
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																					69.0	75.4	No linear change			Not available			No change

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Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018											
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)															79.5	78.3	59.2	63.7	Decreased, 2013-2018			Not available [§]			No change
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)															66.8	69.9	73.7	62.2	No linear change			Not available			Decreased
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends															29.1	25.3	26.2	38.8	Increased, 2013-2018			Not available			Increased
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in															13.3	16.7	12.9	23.3	Increased, 2013-2018			Not available			Increased

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Site-Added**

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

**Change from
2016-2018 †**

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

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

						78.2	77.5	No linear change	Not available [§]	No change				

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

						85.8	87.6	88.6	85.1	No linear change	Not available	No change		

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

						69.4	65.4	72.4	71.9	No linear change	Not available	No change		

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Site-Added

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2016-2018 †

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

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

76.9 70.5 75.2 75.5 No linear change Not available[§] No change

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

83.9 87.2 87.0 87.4 Increased, 2013-2018 Not available No change

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

81.8 83.1 81.4 81.7 No linear change Not available No change

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

28.7 31.9 27.7 32.1 No linear change Not available No change

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

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

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2016-2018 †

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

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

68.0 62.2 61.8 59.6 No linear change Not available[§] No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester County
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018							
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														80.3	75.7	70.9	71.9	Decreased, 2013-2018		Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)														74.1	71.1	63.7	63.1	Decreased, 2013-2018		Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														9.2	7.1	4.0	4.7	Decreased, 2013-2018		Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														25.1	21.6	21.0	18.8	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

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Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018								
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														46.8	48.2	45.6	45.7	No linear change		Not available [§]		No change
QN11: Percentage of students who were ever in a physical fight														65.6	61.5	61.0	53.4	Decreased, 2013-2018		Not available		Decreased
QN14: Percentage of students who ever seriously thought about killing themselves														11.9	11.8	11.6	12.6	No linear change		Not available		No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																8.5	7.9	No linear change		Not available		No change
QN16: Percentage of students who ever tried to kill themselves																3.4	3.3	No linear change		Not available		No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

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Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																	
													10.1	8.2	Decreased, 2016-2018	Not available [§]	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
													6.1	2.4	Decreased, 2016-2018	Not available	Decreased
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
											4.4	7.0	3.0	1.6	Decreased, 2013-2018	Not available	No change
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
											0.4	2.5	0.5	0.3	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											0.4	2.1	0.2	0.3	No linear change	Not available [§]	No change
QN21: Percentage of students who ever used an electronic vapor product																	
												18.0	21.2	24.4	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)																	
												11.9	7.2	12.9	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)																	
												2.2	1.0	3.3	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.

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

[§]Not enough years of data to calculate.

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Male
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
											1.3	0.5	1.7		No linear change	Not available§	No change
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												4.1	3.1		No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											4.2	5.3	2.9	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

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Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018								
QN26: Percentage of students who ever drank alcohol (other than a few sips)														31.4	22.6	22.6	21.8	Decreased, 2013-2018		Not available [§]		No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														15.8	11.1	11.6	9.5	Decreased, 2013-2018		Not available		No change
QN28: Percentage of students who ever used marijuana														13.6	12.9	7.8	10.3	Decreased, 2013-2018		Not available		No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years														3.0	6.6	2.0	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.

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Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												4.6	4.7		No linear change	Not available [§]	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											2.9	4.7	2.6	1.7	Decreased, 2013-2018	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											8.2	6.8	3.0	3.8	Decreased, 2013-2018	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											2.5	3.5	0.5	2.0	No linear change	Not available	Increased

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse																	
												13.5	9.9	7.8	Decreased, 2014-2018	Not available [§]	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																	
												5.9	1.8	1.4	Decreased, 2014-2018	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons																	
												6.5	4.1	2.8	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

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

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

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Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2013-2018	Not available [§]	Decreased	
											64.9	64.9	64.4	52.8			
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change	
											10.4	9.2	12.3	8.6			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	Decreased	
											38.8	38.5	42.8	31.6			

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

**Male
Physical Activity**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											39.1	35.5	28.8	23.5	Decreased, 2013-2018	Not available [§]	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											38.0	42.3	39.7	56.2	Increased, 2013-2018	Not available	Increased
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											97.0	98.4	97.2	72.4	Decreased, 2013-2018	Not available	Decreased

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester County
Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN45: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
											8.9	5.8	6.0	14.1	Increased, 2013-2018	Not available [§]	Increased
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																	
											62.3	59.6	59.1		No linear change	Not available	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
												25.3	17.1		No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

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Male Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																		
												25.4	22.9	20.0	19.4	Decreased, 2013-2018	Not available [§]	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												58.4	59.6	61.8	54.1	No linear change	Not available	No change
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
												77.7	85.2	82.5	No linear change	Not available	No change	

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																	
											60.1	59.2	55.5		No linear change	Not available [§]	No change
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
											12.9	18.1	14.6	14.9	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											3.3	6.0	3.6	1.3	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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			
QN59: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)																	
												92.9	91.4		No linear change	Not available [§]	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
												8.0	6.6		No linear change	Not available	No change
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																	
										3.7	5.6	3.2	2.2		Decreased, 2013-2018	Not available	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												6.6	5.1	2.9	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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			
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars															Decreased, 2013-2018	Not available [§]	No change
											42.8	42.5	39.7	33.9			
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)															No linear change	Not available	No change
												79.0	81.4				
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)															Decreased, 2016-2018	Not available	No change
												23.4	19.9				
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)															Decreased, 2013-2018	Not available	No change
											14.8	11.7	7.2	9.6			

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester 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			
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															No linear change	Not available [§]	No change
											9.4	8.8	8.3	9.6			
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															No linear change	Not available	Increased
											7.1	11.1	3.4	7.1			
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)															No linear change	Not available	No change
													68.8	75.6			
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)															Decreased, 2013-2018	Not available	No change
											79.6	82.5	60.5	66.0			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

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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			
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)															No linear change	Not available [§]	Decreased
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends															Increased, 2013-2018	Not available	Increased
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in															Increased, 2013-2018	Not available	Increased
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															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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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			
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month																	
											83.8	86.5	87.2	83.8	No linear change	Not available [§]	No change
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day																	
											68.6	62.1	66.9	67.7	No linear change	Not available	No change
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week																	
											76.3	69.0	73.3	72.3	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

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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			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them															No linear change	Not available [§]	No change
											87.1	86.4	88.9	89.8			
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life															No linear change	Not available	No change
											82.6	84.5	83.1	82.5			
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)															No linear change	Not available	No change
											25.6	28.7	27.9	27.9			
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement															No linear change	Not available	No change
											72.1	59.6	61.2	61.3			

*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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
											76.0	71.9	68.2	68.1	Decreased, 2013-2018	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
											80.7	83.8	65.0	65.1	Decreased, 2013-2018	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
											8.9	3.0	5.9	3.7	No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
											26.1	25.3	30.0	25.2	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester County
Trend Analysis Report

Female
Injury and Violence

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

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018					
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
													8.6	12.4	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	4.4	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)																			
											8.4	7.0	2.3	2.7	Decreased, 2013-2018	Not available	No change		
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
													1.6	0.9	0.4	0.0	Not available	Not available	Not available

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
											0.7	0.3	0.4	0.0	Not available	Not available [§]	Not available
QN21: Percentage of students who ever used an electronic vapor product																	
											18.4	17.5	26.6	Increased, 2014-2018	Not available	Increased	
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
											10.4	6.4	13.0	No linear change	Not available	Increased	
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
											1.1	0.4	3.0	No linear change	Not available	Increased	

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
											0.6	0.2	0.6		No linear change	Not available [§]	No change
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												1.3	1.6		No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
											3.0	4.1	2.7	1.2	Decreased, 2013-2018	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female																Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
Alcohol and Other Drug Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN26: Percentage of students who ever drank alcohol (other than a few sips)																No linear change	Not available [§]	No change
											29.9	26.5	18.8	23.6				
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																No linear change	Not available	No change
											10.1	8.3	9.1	8.2				
QN28: Percentage of students who ever used marijuana																No linear change	Not available	No change
											10.7	8.4	8.5	12.4				
QN29: Percentage of students who tried marijuana for the first time before age 11 years																No linear change	Not available	No change
											3.0	1.8	1.1	2.0				

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester County
Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												6.2	6.9		No linear change	Not available [§]	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											3.6	2.6	3.8	1.3	No linear change	Not available	Decreased
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											9.1	7.8	4.3	5.1	Decreased, 2013-2018	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											1.9	2.8	3.3	1.3	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female
Sexual Behaviors

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

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

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

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female
Physical Activity

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

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
											41.7	33.1	28.7	24.2	Decreased, 2013-2018	Not available§	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
											43.7	41.5	39.0	41.5	No linear change	Not available	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
											96.9	99.4	97.0	71.2	Decreased, 2013-2018	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester County
Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN46: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
											5.0	6.3	7.1	12.8	Increased, 2013-2018	Not available§	No change
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																	
												58.8	53.7	59.4	No linear change	Not available	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
													15.3	15.5	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												22.5	21.7	21.8	21.1	No linear change	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												50.8	53.9	59.5	46.1	No linear change	Not available	Decreased
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
												87.9	85.4	87.0	No linear change	Not available	No change	

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																		
												70.1	70.4	60.8	Decreased, 2014-2018	Not available [§]	Decreased	
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																		
												34.0	28.8	26.8	32.7	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																		
												3.9	3.3	1.8	1.7	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester County
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN59: Percentage of students who usually use a kind of flavoring other than tobacco flavor with an electronic vapor product (among students who have ever used an electronic vapor product)																	
												92.4	97.1		No linear change	Not available [§]	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
												8.0	6.9		No linear change	Not available	No change
QN63: Percentage of students who used flavored tobacco products (flavored cigars, cigarillos, or little cigars, flavored smokeless tobacco products, or both, not counting menthol cigarettes, during the 30 days before the survey)																	
											2.3	4.7	2.4	1.0	Decreased, 2013-2018	Not available	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												8.3	5.5	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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars														Decreased, 2013-2018	Not available [§]	No change	
											45.6	39.1	41.5	35.0			
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)														No linear change	Not available	No change	
												70.5	79.0				
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)														No linear change	Not available	No change	
												23.4	30.2				
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)														Decreased, 2013-2018	Not available	No change	
											17.4	15.8	9.0	11.1			

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester County
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															No linear change	Not available [§]	No change
											10.0	5.4	4.0	7.3			
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															No linear change	Not available	Increased
											6.2	5.3	3.9	7.5			
QN72: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)															No linear change	Not available	No change
													68.7	75.6			
QN73: Percentage of students who were taught in their classes about the dangers of tobacco use (during the last school year)															Decreased, 2013-2018	Not available	No change
											79.7	74.6	58.3	60.4			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester County
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2016-2018 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN74: Percentage of students who participate in extracurricular activities at school (such as sports, band, drama, clubs, or student government)															No linear change	Not available [§]	Decreased
											69.8	73.4	74.1	64.5			
QN77: Percentage of students who say definitely yes or probably yes that young people who smoke have more friends															Increased, 2013-2018	Not available	Increased
											32.6	25.5	27.2	39.6			
QN78: Percentage of students who say definitely yes or probably yes that smoking makes young people look cool or fit in															Increased, 2013-2018	Not available	Increased
											13.6	16.9	13.0	24.2			
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															No linear change	Not available	No change
												83.1	79.7				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN80: Percentage of students who responded that their parents would feel it would be wrong or very wrong for them to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month														No linear change	Not available [§]	No change	
QN81: Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day														No linear change	Not available	No change	
QN82: Percentage of students who think people are at moderate or great risk of harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week														No linear change	Not available	No change	

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2016-2018 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them														No linear change	Not available [§]	No change	
											80.6	87.9	85.5	85.2			
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life														No linear change	Not available	No change	
											80.8	81.7	80.3	82.2			
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)														No linear change	Not available	Increased	
											31.4	34.8	28.1	37.3			
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement														No linear change	Not available	No change	
											63.7	65.0	63.2	58.7			

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

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

[§]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

76.0 71.6 63.9 68.1 Decreased, 2013-2018 Not available[¶] No change

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

76.5 75.9 59.4 59.7 Decreased, 2013-2018 Not available No change

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

6.7 3.8 2.4 3.1 Decreased, 2013-2018 Not available No change

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

27.2 26.5 26.8 23.5 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester County
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														No linear change	Not available [¶]	No change	
											38.6	40.0	35.7	41.5			
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available	No change	
											44.4	39.1	38.8	37.7			
QN14: Percentage of students who ever seriously thought about killing themselves														No linear change	Not available	Increased	
											18.3	18.2	12.8	20.6			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
													10.0	14.8			
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
													6.3	6.9			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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)																	
													9.4	8.0	Decreased, 2016-2018	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)																	
													4.0	2.3	No linear change	Not available	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
											7.3	7.6	2.7	2.1	Decreased, 2013-2018	Not available	No change
QNFRClG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
											1.0	1.8	0.4	0.2	Decreased, 2013-2018	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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)																	
											0.6	1.3	0.2	0.2	No linear change	Not available [¶]	No change
QN21: Percentage of students who ever used an electronic vapor product																	
												20.2	19.0	24.8	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)																	
												13.5	7.1	13.4	No linear change	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												1.6	1.0	3.3	No linear change	Not available	Increased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

1.0 0.6 0.9 No linear change Not available[¶] No change

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

3.6 1.9 Decreased, 2016-2018 Not available No change

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

2.6 4.7 2.3 1.5 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN26: Percentage of students who ever drank alcohol (other than a few sips)														Decreased, 2013-2018	Not available [¶]	No change	
											31.9	23.6	19.6	22.5			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														Decreased, 2013-2018	Not available	No change	
											12.6	9.4	8.5	8.3			
QN28: Percentage of students who ever used marijuana														No linear change	Not available	No change	
											12.0	10.7	7.3	10.6			
QN29: Percentage of students who tried marijuana for the first time before age 11 years														Decreased, 2013-2018	Not available	No change	
											2.6	4.3	0.6	2.0			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												5.5	4.9	No linear change	Not available [¶]	No change	
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											3.6	4.0	2.7	1.3	Decreased, 2013-2018	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											8.1	8.1	1.7	4.6	Decreased, 2013-2018	Not available	Increased
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											2.3	3.4	1.1	1.3	Decreased, 2013-2018	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

White*

Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse															No linear change	Not available [¶]	No change
												7.7	5.7	5.7			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years															No linear change	Not available	No change
												1.9	1.1	1.2			
QN36: Percentage of students who ever had sexual intercourse with three or more persons															Decreased, 2014-2018	Not available	No change
												3.4	1.6	1.2			

*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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from 2016-2018[§]

	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38: Percentage of students who described themselves as slightly or very overweight												21.8	27.7	26.2	27.1	No linear change	Not available [¶]	No change
QN39: Percentage of students who were trying to lose weight												41.7	45.0	46.3	42.8	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												11.5	7.7	5.9	11.4	No linear change	Not available	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)												46.0	46.1	48.7	43.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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)														57.1	56.6	65.6	52.7					No linear change	Not available [¶]	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														8.9	9.1	6.7	8.5					No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														29.8	31.9	37.0	29.0					No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[‡]

**Change from
2016-2018[§]**

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

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

						33.6	29.3	25.1	18.5	Decreased, 2013-2018	Not available [¶]	No change		

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

						36.8	40.9	36.1	47.2	No linear change	Not available	Increased		

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

						98.1	99.2	98.2	73.8	Decreased, 2013-2018	Not available	Decreased		

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester 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)																	
											5.1	5.2	4.7	9.4	Increased, 2013-2018	Not available [¶]	No change
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																	
											60.7	57.7	60.5		No linear change	Not available	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
												16.8	14.0		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

White* Other	Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												21.1	17.6	18.1	15.9	No linear change	Not available [¶]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												56.2	58.5	64.1	51.8	No linear change	Not available	Decreased
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
												87.2	88.1	88.9	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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

71.1 67.1 61.3 Decreased, 2014-2018 Not available[¶] No change

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

23.2 22.8 18.4 23.5 No linear change Not available No change

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

2.8 3.6 2.2 1.4 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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

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

92.0 94.5 No linear change Not available[¶] No change

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

6.3 4.2 No linear change Not available No change

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

2.8 5.6 3.0 2.3 No linear change Not available No change

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

9.0 5.6 5.1 Decreased, 2014-2018 Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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

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

44.7 43.4 40.2 31.6 Decreased, 2013-2018 Not available[¶] Decreased

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

75.8 82.0 No linear change Not available No change

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

25.5 27.0 No linear change Not available No change

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

16.7 14.4 7.6 11.2 Decreased, 2013-2018 Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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

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

8.9 6.7 4.2 8.8 No linear change Not available[¶] Increased

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

7.9 8.2 2.7 8.6 No linear change Not available Increased

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

76.2 82.0 No linear change Not available No change

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

79.7 80.6 62.4 64.8 Decreased, 2013-2018 Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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

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

65.5 67.0 71.7 59.2 No linear change Not available[¶] Decreased

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

24.3 21.0 23.1 35.9 Increased, 2013-2018 Not available Increased

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

10.3 14.6 9.9 24.5 Increased, 2013-2018 Not available Increased

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

81.6 78.4 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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

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

84.6 88.1 90.4 85.2 No linear change Not available[¶] Decreased

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

71.6 67.8 74.3 73.4 No linear change Not available No change

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

79.2 75.8 74.9 77.7 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey
Worcester 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			
QN83: Percentage of students who have an adult outside of school they can talk to about things that are important to them																	
											84.4	88.1	88.3	89.8	Increased, 2013-2018	Not available [¶]	No change
QN84: Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life																	
											82.3	83.0	82.2	81.9	No linear change	Not available	No change
QN85: Percentage of students who talked to a teacher or other adult in their school about a personal problem they had (during the 12 months before the survey)																	
											27.8	29.5	28.8	31.3	No linear change	Not available	No change
QN86: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement																	
											65.0	60.1	63.0	59.5	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														No linear change	Not available [¶]	No change	
											91.5	82.9	82.6	87.2			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														No linear change	Not available	No change	
											15.5	9.8	10.6	5.8			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														No linear change	Not available	Decreased	
											24.7	16.2	26.5	15.7			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														No linear change	Not available	No change	
											20.4	19.4	22.2	18.0			

*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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available [¶]	No change	
											69.7	63.1	73.9	64.8			
QN14: Percentage of students who ever seriously thought about killing themselves														Increased, 2013-2018	Not available	No change	
											17.6	14.6	21.7	26.7			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
													11.8	10.8			
QN16: Percentage of students who ever tried to kill themselves														No linear change	Not available	No change	
													5.7	7.0			

*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.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																	
												8.1	13.4		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)																	
												4.0	3.5		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)																	
										3.2	4.6	2.0	2.8		No linear change	Not available	No change
QNFRClG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
										0.0	2.3	0.0	0.0		Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018							
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														0.0	1.4	0.0	0.0	Not available		Not available [¶]	Not available
QN21: Percentage of students who ever used an electronic vapor product														11.5	19.8	28.6	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)														4.9	4.8	13.4	Increased, 2014-2018		Not available	Increased	
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)														0.7	0.0	1.5	Not available		Not available	Not available	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

0.7 0.0 0.7 Not available Not available[¶] Not available

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

0.0 5.5 Not available Not available Not available

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

4.7 2.7 1.9 3.5 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018									
QN26: Percentage of students who ever drank alcohol (other than a few sips)														34.3	28.2	21.5	26.7	No linear change			Not available [¶]		No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														13.2	10.7	11.2	11.1	No linear change			Not available		No change
QN28: Percentage of students who ever used marijuana														12.6	9.6	8.8	16.5	No linear change			Not available		No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years														3.1	2.3	2.9	4.1	No linear change			Not available		No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												3.2	7.3		No linear change	Not available [¶]	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
											1.7	2.3	3.2	2.4	No linear change	Not available	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
											6.5	4.3	6.7	5.4	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
											0.6	1.8	0.0	3.8	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Sexual Behaviors

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN34: Percentage of students who ever had sexual intercourse															No linear change	Not available [¶]	No change
												19.1	8.4	15.7			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years															No linear change	Not available	No change
												5.8	1.1	2.8			
QN36: Percentage of students who ever had sexual intercourse with three or more persons															No linear change	Not available	No change
												7.4	4.6	6.3			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from 2016-2018[§]

	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN38: Percentage of students who described themselves as slightly or very overweight												27.9	23.4	16.6	23.0	No linear change	Not available [¶]	No change
QN39: Percentage of students who were trying to lose weight												47.7	50.2	43.0	52.4	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)												8.4	10.6	16.8	8.2	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)												44.3	49.2	43.1	47.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Physical Activity

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018										
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														44.7	45.1	48.0	41.5					No linear change	Not available [¶]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														14.6	22.7	24.4	18.5					No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														28.9	27.9	27.1	28.2					No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

**Black*
Physical Activity**

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

**Change from
2016-2018[§]**

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018
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QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

	64.1	48.5	47.7	44.5	Decreased, 2013-2018	Not available [¶]	No change
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QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

	53.1	43.7	51.6	60.5	Increased, 2013-2018	Not available	No change
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QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

	93.7	99.0	96.4	66.0	Decreased, 2013-2018	Not available	Decreased
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*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Physical Activity

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

13.1 9.5 13.9 30.2 Increased, 2013-2018 Not available[¶] Increased

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)

60.6 57.1 60.4 No linear change Not available No change

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

25.3 22.5 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016				2018
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												29.6	36.3	33.0	34.1	No linear change	Not available [¶]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												50.3	52.1	55.1	46.3	No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
												75.4	83.8	72.0	No linear change	Not available	Decreased	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [‡]	Change from 2016-2018 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018			
QN52: Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car																	
												52.6	60.1	52.9	No linear change	Not available [¶]	No change
QN54: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
											22.0	21.0	23.6	21.0	No linear change	Not available	No change
QN55: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																	
											6.3	6.2	1.4	2.3	Decreased, 2013-2018	Not available	No change
QN62: Percentage of students who think they definitely or probably will smoke a cigarette, cigar, cigarillo, or little cigar in the next year																	
												7.1	12.8	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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)																	
											2.8	2.8	1.5	0.9	No linear change	Not available [¶]	No change
QN64: Percentage of students who tried or used tobacco products for the first time (during the 12 months before the survey)																	
												3.0	2.4	3.4	No linear change	Not available	No change
QN66: Percentage of students who live with someone who now smokes cigarettes or cigars																	
											41.7	38.4	40.4	41.2	No linear change	Not available	No change
QN67: Percentage of students who report the rule about smoking inside their home is that smoking is not allowed anywhere inside their home (not counting decks, garages, or porches)																	
												77.6	75.1		No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2016-2018 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2014	2016	2018				
QN68: Percentage of students who were in the same room with someone who was smoking (on at least one day during the 7 days before the survey)																		
												13.5	20.4		No linear change	Not available [¶]	No change	
QN69: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																		
											13.8	11.2	7.8	9.7		No linear change	Not available	No change
QN70: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																		
											10.8	5.6	9.3	13.0		No linear change	Not available	No change
QN71: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
											4.5	5.3	2.2	3.8		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

48.7 59.4 No linear change Not available[¶] No change

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

81.8 77.8 53.6 62.4 Decreased, 2013-2018 Not available No change

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

72.3 76.3 82.4 66.7 No linear change Not available Decreased

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

41.1 36.4 37.6 48.4 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

23.2 23.3 25.0 24.2 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

75.5 69.3 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

85.6 86.3 88.5 82.8 No linear change Not available No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester County

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2016-2018[§]

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

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

63.1 59.3 63.3 63.0 No linear change Not available[¶] No change

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

67.0 58.6 71.3 63.3 No linear change Not available No change

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

83.9 89.8 86.9 84.9 No linear change Not available No change

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

82.5 86.4 85.0 88.3 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2018 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maryland Middle School Survey

Worcester 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

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

31.1 34.8 26.5 31.2 No linear change Not available[¶] No change

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

74.9 68.1 62.1 63.7 Decreased, 2013-2018 Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.