

ED/HHS COMM #1
July 30, 2012
Briefing

MEMORANDUM

July 26, 2012

TO: Education Committee
Health and Human Services Committee

FROM: Vivian Yao, Legislative Analyst 

SUBJECT: **Youth Risk Behavior Survey**

The Education and Health and Human Services (HHS) Committees will receive a briefing on the Youth Risk Behavior Study including anticipated changes to it and other adolescent surveys mandated by the State of Maryland. The individuals expected to participate in today's discussion include:

- Dr. Donald Shell, Acting Director for the Center for Tobacco Prevention and Control, Department of Health and Mental Hygiene (DHMH)
- Robert Fiedler, Coordinator, Surveillance & Policy Analysis, Center for Health Promotion, DHMH
- Joseph Hawkins, Senior Study Director, Westat
- Dr. Carol Garvey, Community Advocate and former Montgomery County Health Officer, Chair of the Collaboration Council for Children, Youth, and Families, and Chair of the Primary Care Coalition
- Dr. Ulder Tillman, Montgomery County Health Officer, Public Health Services, Department of Health and Human Services (DHHS)
- Chrisandra Richardson, Associate Superintendent, Special Education and Student Services, Montgomery County Public Schools
- Adrian Talley, Associate Superintendent Office of Shared Accountability, MCPS

Additional representatives from DHHS and MCPS are also expected to attend the discussion.

I. BACKGROUND

In 2004, the Maryland General Assembly mandated that public schools participate in the Center for Disease Control's (CDC) Youth Risk Behavior Surveillance System (YRBSS). The YRBSS was developed in 1990 to monitor behaviors affecting morbidity and mortality among high school-age youth. Data collected from the Youth Risk Behavior Survey (YRBS) and other youth behavior survey instruments help to identify health trends, measure progress for achieving health objectives, and inform policy and program development. Other adolescent surveys that the State has administered include the Maryland Youth Tobacco Survey and the Maryland Adolescent Survey; however, the Maryland Adolescent Survey is not currently being administered.

The General Assembly required that the YRBS be administered every two years, and survey administration has taken place in 2005, 2007, 2009, and 2011. CDC pays for the cost of administering the survey and analyzing the data, and the State administers the survey. State legislation allows MSDE to omit up to a maximum of one-third of the survey questions if the content of the questions is deemed inappropriate.

The 2013 CDC National Youth Risk Behavior Survey (©3-24) and the 2013 CDC Middle School Youth Risk Behavior Survey (©25-34) cover topics including safety, violence, bullying, attempted suicide, use of controlled substances (alcohol, tobacco, marijuana, and other drugs), sexual behavior, body weight, and other health-related topics. The National Survey also includes additional questions related to food ingested and physical activity.

The Committees last discussed the YRBS in January 2007. Prior to that meeting, members of the County Council and the Board of Education corresponded (©1-2) with the State Superintendent of Schools advocating that the State develop "one state-mandated comprehensive student survey with passive parental consent and a student sample large enough to allow for a statistically significant representative sample when disaggregated at the local level."

Since that time, legislative changes have mandated use of passive parental consent in administering the YRBS. Council staff understands that the State is in process of developing a single comprehensive student survey process which will result in data that can be disaggregated on the county level. Representatives from the State Department of Health and Mental Hygiene are expected to brief the Committees on anticipated changes to the adolescent surveying process and have been asked to address questions (highlighted below) on the new process.

II. 2011 MARYLAND YOUTH RISK BEHAVIOR SURVEY

The 2011 Maryland YRBS report was recently released and provides information on Bullying and Harassment; Protective Factors; Suicide; Overweight and Obesity; Nutrition; Physical Activity; Injury and Violence; Tobacco Use; Alcohol Use; and Other Drug Use.

The report at ©35-50 provides the following highlights for Maryland Youth from 2005 to 2011:

- **Bullying:** Bullying on school property decreased significantly from 28.4% to 21.2%; the incidence of bullying, teasing, and harassment remained relatively unchanged.
- **Suicide:** The percentage of youth whose suicide attempts required medical care increased, both overall (2.8% to 5.2%) and for males (2.2% to 5.2%). The percentage of youth reporting feelings of sadness and hopelessness; having considered suicide; having made a plan for committing suicide; or having attempted suicide remained largely unchanged.
- **Weight and Obesity:** The percentage of youth who reported not eating for 24 hours or more to lose weight or to prevent weight gain increased, both overall (10.3% to 15.2%) and for females (13.2% to 20.9%). There was also a significant increase in the percentage of youth who vomited or took laxatives to lose weight or to prevent weight gain (3.2% to 5.8%).
- **Physical Activity:** The percentage of youth who are physically active for 60 or more minutes, 5 or more days per week increased from 32.4% to 41.2%.
- **Injury & Violence:** The percentage of youth who reported rarely or never wearing a seatbelt increased from 6.1% to 11.8%. The percentage of males involved in a physical fight decreased from 43.7% to 33.6%.
- **Tobacco Use:** The majority of tobacco use behaviors remained unchanged, but there was a significant increase in the use of smokeless tobacco (2.9% to 7.2% overall and 4.4% to 10.9% for males).
- **Alcohol Use:** There was a significant decrease in the percentage of Maryland youth who had ever had a drink of alcohol, both overall (73.1% to 63.5%) and for males (71.5% to 59.8%).
- **Other Drug Use:** There has been an increase in males who are current marijuana users (18.5% to 25.9%); an increase in the percentage of youth who used a needle to inject an illegal drug into their body; but a decrease in inhalant use among females (13.6% to 8.2%).

In most categories, response rates from Maryland youth were comparable or favorable to national youth response rates (see ©51-56). However, the following chart shows areas in which Maryland rates compare unfavorably to national rates for the reported behaviors:

Question/Behavior	Maryland 2011	United States 2011
Rarely or never wore a seat belt	11.8	7.7
Attempted suicide one or more times	10.9	7.8
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	5.2	2.4
Hit, slapped or physically hurt on purpose by their boyfriend or girlfriend	16.0	9.4
Ever took steroid pills or shots without a doctor's prescription one or more times	5.0	3.6
Ever used a needle to inject any illegal drug into their body one or more times	4.1	2.3
Offered, sold, or given an illegal drug by someone	30.4	25.6

on school property		
Did not eat fruit (7 days prior)	14.0	11.7
Did not eat potatoes (excluding fried potatoes 7 days prior)	36.5	31.2
Did not eat for 24 or more hours to lose weight or to keep from gaining weight (30 days prior)	15.2	12.2
Vomited or took laxatives to lose weight or to keep from gaining weight (30 days prior)	5.8	4.3
Did not attend physical education classes in an average week	62.2	48.2
Did not attend physical education classes 5 days in an average week	80.7	68.5
Did not play on sports teams	47.2	41.6
Used computers 3 or more hours per day	34.5	31.1
Physically active at least 60 minutes per day on less than 7 days	78.6	71.3
Ever told by a doctor or nurse that they had asthma	28.7	23.0

Council staff notes that County-level data is not available from the 2011 Maryland YRBS report.

III. STATE ADOLESCENT SURVEYING PROCESS CHANGES

The State is in the process of developing a process to administer, analyze, and report on the findings of the combined Maryland Youth Risk Behavior Survey and Maryland Youth Tobacco Survey. Officials from Maryland Department of Health and Mental Hygiene have been invited to the meeting and are expected to provide information on anticipated changes to the adolescent surveying process.

The DHMH representatives have been asked to provide responses to the following questions to the Committees:

- Will the new surveying process consolidate into one instrument the Youth Risk Behavioral Survey, the Maryland Youth Assessment, and the Maryland Youth Tobacco Survey?
- Will the survey be administered at both the middle school and high school levels? Will the same survey be administered at both levels?
- Will the implementation of the new survey involve passive parental consent?
- Will the student sample be large to allow for a statistically significant representative sample when disaggregated at the local County level? How many Montgomery County students will likely be surveyed?
- What topics will likely be covered in the new survey? Which questions from the core YRBS surveys will be included in the Maryland survey and what additional questions will be asked?
- What is the timeline for implementing the new survey?

- When will the survey instrument be finalized?
- When will the State notify the local school system about the surveying process including the schools and classes involved?
- When will the survey be administered?
- When will results from the survey become available?
- How can local jurisdictions provide input on information to be collected or other issues related to the surveying process?

Joseph Hawkins with Westat and Dr. Carol Garvey will also provide comments regarding the YRBS to the Committees. Dr. Garvey participated in the last Committee meeting on the YRBS in her capacity as the Chair of the Montgomery County Collaboration Council and has provided written comments attached at ©57-58.

County DHHS and MCPS representatives will be available to respond to the information provided by DHMH and identify any areas of potential concern.

Council staff notes that County-level to be provided through the YRBS is pertinent to the issue of Obesity Prevention, scheduled for discussion immediately following this item.

The packet contains the following attachments:

	Circle #
October 23, 2006 Letter from Montgomery County Council and Board of Education to Maryland State Superintendent of Schools	1-2
CDC 2013 National Youth Risk Behavior Survey	3-24
CDC 2013 Middle School Youth Risk Behavior Survey	25-34
2011 Maryland Youth Risk Behavior Survey Report	35-50
Maryland 2011 and National 2011 Results Report	51-56
Comments on the YRBS Prepared by Dr. Carol Garvey	57-58



Montgomery County Government

ROCKVILLE, MARYLAND 20850

October 23, 2006

Dr. Nancy S. Grasmick
State Superintendent of Schools
Maryland State Department of Education
200 West Baltimore Street
Baltimore, Maryland 21201

Dear Dr. Grasmick:

We are writing to request your assistance to streamline three state-mandated surveys administered to Maryland public school students that collect data on adolescent behavior—the Maryland Adolescent Survey (MAS), the Youth Risk Behavior Survey (YRBS), and the Biennial Tobacco Survey. We fully support the state's efforts to collect data on adolescent behaviors and recognize the importance of monitoring the health needs of students throughout the state. Our interest is to explore options that would consolidate these three state-mandated surveys into one comprehensive instrument. Implementing three distinct and limited state surveys takes students away from instructional time, incurs additional costs in administration and data compilation, and fails to provide data disaggregated by local school systems.

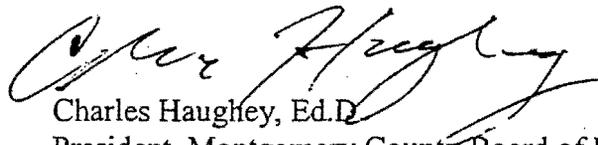
We recognize that each survey was mandated at a different time and has distinct rules for implementation. Mandated in 2001, the MAS, administered every two years, focuses on obtaining information about alcohol, drug, and tobacco use; protective factors; driving habits; safety; and parental and peer influences. Students are allowed to participate unless parents specifically state otherwise. The Centers for Disease Control's YRBS, mandated in 2004, is administered every two years and requires active parental consent. It includes questions about drug and tobacco use, mental health, violence, injury, and diet and exercise that are not included in the MAS. In addition, the Biennial Tobacco Survey mandates that the Maryland Department of Health and Mental Hygiene conduct a tobacco study beginning in FY 2007 and every other year thereafter. This study focuses on adolescent tobacco use, as its name implies, and replaces the earlier mandated Baseline Tobacco Study.

Although Montgomery County students participate in each of the three state-mandated surveys, we are unable to obtain information disaggregated on the county level for the YRBS. In March 2006, in an attempt to obtain local data for planning and program development, Montgomery County Public Schools administered the YRBS at four high schools. The results, although informative, do not allow us to generalize to the county as a whole because of the required active consent.

At this juncture, we would like your help to obtain the information that we need to meet the educational and health needs of our students while supporting the state mission to gather state-level information. We would appreciate a dialogue about developing one state-mandated comprehensive student survey with passive parental consent and a student sample large enough to allow for a statistically significant representative sample when disaggregated at the local level. We will work with the state to ensure that parents are well-informed about the types of questions students will be asked and to answer any concerns that may arise.

We look forward to hearing from you on this important issue and are confident that working together, we can streamline state and county efforts to obtain results that can guide planning and program design.

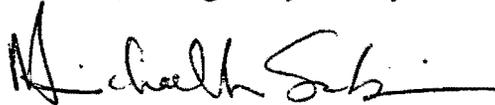
Respectfully,



Charles Haughey, Ed.D.
President, Montgomery County Board of Education



George Leventhal
President, Montgomery County Council



Michael L. Subin
Chair, Montgomery County Council Education
Committee



Jerry D. Weast, Ed.D.
Superintendent of Schools, Montgomery County
Public Schools

CH:GL:MLS:JDW:csa

2013 National Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Public reporting burden for this collection of information is estimated to average 45 minutes per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: CDC Reports Clearance Officer, 1600 Clifton Road, MS D-74, Atlanta, GA 30333, ATTN:PRA (0920-0493)

Thank you very much for your help.

DIRECTIONS

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B C D
- If you change your answer, erase your old answer completely.

1. How old are you?
 - A. 12 years old or younger
 - B. 13 years old
 - C. 14 years old
 - D. 15 years old
 - E. 16 years old
 - F. 17 years old
 - G. 18 years old or older
2. What is your sex?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 9th grade
 - B. 10th grade
 - C. 11th grade
 - D. 12th grade
 - E. Ungraded or other grade
4. Are you Hispanic or Latino?
 - A. Yes
 - B. No
5. What is your race? (Select one or more responses.)
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White

6. How tall are you without your shoes on?
 Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

Example

Height	
Feet	Inches
5	7
<input type="radio"/> 3	<input type="radio"/> 0
<input type="radio"/> 4	<input type="radio"/> 1
<input checked="" type="radio"/>	<input type="radio"/> 2
<input type="radio"/> 6	<input type="radio"/> 3
<input type="radio"/> 7	<input type="radio"/> 4
	<input type="radio"/> 5
	<input type="radio"/> 6
	<input checked="" type="radio"/>
	<input type="radio"/> 8
	<input type="radio"/> 9
	<input type="radio"/> 10
	<input type="radio"/> 11

Height	
Feet	Inches
<input type="radio"/> 3	<input type="radio"/> 0
<input type="radio"/> 4	<input type="radio"/> 1
<input type="radio"/> 5	<input type="radio"/> 2
<input type="radio"/> 6	<input type="radio"/> 3
<input type="radio"/> 7	<input type="radio"/> 4
	<input type="radio"/> 5
	<input type="radio"/> 6
	<input type="radio"/> 7
	<input type="radio"/> 8
	<input type="radio"/> 9
	<input type="radio"/> 10
	<input type="radio"/> 11

7. How much do you weigh without your shoes on?
 Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

Example

Weight		
Pounds		
1	5	2
<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0
<input checked="" type="radio"/>	<input type="radio"/> 1	<input type="radio"/> 1
<input type="radio"/> 2	<input type="radio"/> 2	<input checked="" type="radio"/>
<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3
	<input type="radio"/> 4	<input type="radio"/> 4
	<input checked="" type="radio"/>	<input type="radio"/> 5
	<input type="radio"/> 6	<input type="radio"/> 6
	<input type="radio"/> 7	<input type="radio"/> 7
	<input type="radio"/> 8	<input type="radio"/> 8
	<input type="radio"/> 9	<input type="radio"/> 9

Weight		
Pounds		
<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0
<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1
<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2
<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3
	<input type="radio"/> 4	<input type="radio"/> 4
	<input type="radio"/> 5	<input type="radio"/> 5
	<input type="radio"/> 6	<input type="radio"/> 6
	<input type="radio"/> 7	<input type="radio"/> 7
	<input type="radio"/> 8	<input type="radio"/> 8
	<input type="radio"/> 9	<input type="radio"/> 9

The next 5 questions ask about safety.

8. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?
- A. I did not ride a bicycle during the past 12 months
 - B. Never wore a helmet
 - C. Rarely wore a helmet
 - D. Sometimes wore a helmet
 - E. Most of the time wore a helmet
 - F. Always wore a helmet
9. How often do you wear a seat belt when **riding** in a car driven by someone else?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
10. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
11. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
- A. I did not drive a car or other vehicle during the past 30 days
 - B. 0 times
 - C. 1 time
 - D. 2 or 3 times
 - E. 4 or 5 times
 - F. 6 or more times

12. During the past 30 days, on how many days did you **text or e-mail** while **driving** a car or other vehicle?
- A. I did not drive a car or other vehicle during the past 30 days
 - B. 0 days
 - C. 1 or 2 days
 - D. 3 to 5 days
 - E. 6 to 9 days
 - F. 10 to 19 days
 - G. 20 to 29 days
 - H. All 30 days

The next 11 questions ask about violence-related behaviors.

13. During the past 30 days, on how many days did you carry **a weapon** such as a gun, knife, or club?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
14. During the past 30 days, on how many days did you carry **a gun**?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
15. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
16. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days

17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
18. During the past 12 months, how many times were you in a physical fight?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
20. During the past 12 months, how many times were you in a physical fight **on school property**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

21. Have you ever been physically forced to have sexual intercourse when you did not want to?
- A. Yes
 - B. No
22. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)
- A. I did not date or go out with anyone during the past 12 months
 - B. 0 times
 - C. 1 time
 - D. 2 to 3 times
 - E. 4 to 5 times
 - F. 6 or more times
23. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)
- A. I did not date or go out with anyone during the past 12 months
 - B. 0 times
 - C. 1 time
 - D. 2 to 3 times
 - E. 4 to 5 times
 - F. 6 or more times

The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

24. During the past 12 months, have you ever been bullied on school property?
- A. Yes
 - B. No
25. During the past 12 months, have you ever been **electronically** bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, or texting.)
- A. Yes
 - B. No

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

26. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?
- A. Yes
 - B. No
27. During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes
 - B. No
28. During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes
 - B. No
29. During the past 12 months, how many times did you actually attempt suicide?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
30. **If you attempted suicide** during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
- A. **I did not attempt suicide** during the past 12 months
 - B. Yes
 - C. No

The next 10 questions ask about tobacco use.

31. Have you ever tried cigarette smoking, even one or two puffs?
- A. Yes
 - B. No

32. How old were you when you smoked a whole cigarette for the first time?
- A. I have never smoked a whole cigarette
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older
33. During the past 30 days, on how many days did you smoke cigarettes?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
34. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?
- A. I did not smoke cigarettes during the past 30 days
 - B. Less than 1 cigarette per day
 - C. 1 cigarette per day
 - D. 2 to 5 cigarettes per day
 - E. 6 to 10 cigarettes per day
 - F. 11 to 20 cigarettes per day
 - G. More than 20 cigarettes per day
35. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)
- A. I did not smoke cigarettes during the past 30 days
 - B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
 - C. I bought them from a vending machine
 - D. I gave someone else money to buy them for me
 - E. I borrowed (or bummed) them from someone else
 - F. A person 18 years old or older gave them to me
 - G. I took them from a store or family member
 - H. I got them some other way



36. During the past 30 days, on how many days did you smoke cigarettes **on school property**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
37. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- A. Yes
 - B. No
38. During the past 12 months, did you ever try **to quit** smoking cigarettes?
- A. I did not smoke during the past 12 months
 - B. Yes
 - C. No
39. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
40. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

The next 6 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

41. During your life, on how many days have you had at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 9 days
 - D. 10 to 19 days
 - E. 20 to 39 days
 - F. 40 to 99 days
 - G. 100 or more days
42. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older
43. During the past 30 days, on how many days did you have at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
44. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 to 5 days
 - E. 6 to 9 days
 - F. 10 to 19 days
 - G. 20 or more days

45. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?
- A. I did not drink alcohol during the past 30 days
 - B. 1 or 2 drinks
 - C. 3 drinks
 - D. 4 drinks
 - E. 5 drinks
 - F. 6 or 7 drinks
 - G. 8 or 9 drinks
 - H. 10 or more drinks
46. During the past 30 days, how did you **usually** get the alcohol you drank?
- A. I did not drink alcohol during the past 30 days
 - B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
 - C. I bought it at a restaurant, bar, or club
 - D. I bought it at a public event such as a concert or sporting event
 - E. I gave someone else money to buy it for me
 - F. Someone gave it to me
 - G. I took it from a store or family member
 - H. I got it some other way

The next 3 questions ask about marijuana use. Marijuana also is called grass or pot.

47. During your life, how many times have you used marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 to 99 times
 - G. 100 or more times
48. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older

49. During the past 30 days, how many times did you use marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

The next 10 questions ask about other drugs.

50. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
51. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
52. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

53. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
54. During your life, how many times have you used **ecstasy** (also called MDMA)?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
55. During your life, how many times have you used **hallucinogenic drugs**, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
56. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

57. During your life, how many times have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
58. During your life, how many times have you used a needle to inject any **illegal** drug into your body?
- A. 0 times
 - B. 1 time
 - C. 2 or more times
59. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- A. Yes
 - B. No

The next 7 questions ask about sexual behavior.

60. Have you ever had sexual intercourse?
- A. Yes
 - B. No
61. How old were you when you had sexual intercourse for the first time?
- A. I have never had sexual intercourse
 - B. 11 years old or younger
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old
 - H. 17 years old or older

62. During your life, with how many people have you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. 1 person
 - C. 2 people
 - D. 3 people
 - E. 4 people
 - F. 5 people
 - G. 6 or more people
63. During the past 3 months, with how many people did you have sexual intercourse?
- A. I have never had sexual intercourse
 - B. I have had sexual intercourse, but not during the past 3 months
 - C. 1 person
 - D. 2 people
 - E. 3 people
 - F. 4 people
 - G. 5 people
 - H. 6 or more people
64. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No
65. The **last time** you had sexual intercourse, did you or your partner use a condom?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No
66. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)
- A. I have never had sexual intercourse
 - B. No method was used to prevent pregnancy
 - C. Birth control pills
 - D. Condoms
 - E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
 - F. A shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing)
 - G. Withdrawal or some other method
 - H. Not sure

The next 5 questions ask about body weight.

67. How do **you** describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
68. Which of the following are you trying to do about your weight?
- A. **Lose** weight
 - B. **Gain** weight
 - C. **Stay** the same weight
 - D. I am **not trying to do anything** about my weight
69. During the past 30 days, did you **go without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
70. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** count meal replacement products such as Slim Fast.)
- A. Yes
 - B. No
71. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No

The next 9 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

72. During the past 7 days, how many times did you drink **100% fruit juices** such as orange juice, apple juice, or grape juice? (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- A. I did not drink 100% fruit juice during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
73. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)
- A. I did not eat fruit during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
74. During the past 7 days, how many times did you eat **green salad**?
- A. I did not eat green salad during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
75. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)
- A. I did not eat potatoes during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day

76. During the past 7 days, how many times did you eat **carrots**?
- A. I did not eat carrots during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
77. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)
- A. I did not eat other vegetables during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
78. During the past 7 days, how many times did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** count diet soda or diet pop.)
- A. I did not drink soda or pop during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
79. During the past 7 days, how many **glasses of milk** did you drink? (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)
- A. I did not drink milk during the past 7 days
 - B. 1 to 3 glasses during the past 7 days
 - C. 4 to 6 glasses during the past 7 days
 - D. 1 glass per day
 - E. 2 glasses per day
 - F. 3 glasses per day
 - G. 4 or more glasses per day

80. During the past 7 days, on how many days did you eat **breakfast**?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

The next 6 questions ask about physical activity.

81. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
82. On how many of the past 7 days did you do exercises to **strengthen or tone your muscles**, such as push-ups, sit-ups, or weight lifting?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
83. On an average school day, how many hours do you watch TV?
- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day

84. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)
- A. I do not play video or computer games or use a computer for something that is not school work
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
85. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
86. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams

The next 6 questions ask about other health-related topics.

87. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure
88. Have you ever been tested for HIV, the virus that causes AIDS? (Do **not** count tests done if you donated blood.)
- A. Yes
 - B. No
 - C. Not sure

89. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
90. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do **not** count getting a spray-on tan.)
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
91. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure
92. On an average school night, how many hours of sleep do you get?
- A. 4 or less hours
 - B. 5 hours
 - C. 6 hours
 - D. 7 hours
 - E. 8 hours
 - F. 9 hours
 - G. 10 or more hours

**This is the end of the survey.
Thank you very much for your help.**

2013 Middle School Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

DIRECTIONS

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B C D
- If you change your answer, erase your old answer completely.

1. How old are you?
 - A. 10 years old or younger
 - B. 11 years old
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older
2. What is your sex?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 6th grade
 - B. 7th grade
 - C. 8th grade
 - D. Ungraded or other grade
4. Are you Hispanic or Latino?
 - A. Yes
 - B. No
5. What is your race? **(Select one or more responses.)**
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White

The next 4 questions ask about safety.

6. **When you ride a bicycle**, how often do you wear a helmet?
- A. I do not ride a bicycle
 - B. Never wear a helmet
 - C. Rarely wear a helmet
 - D. Sometimes wear a helmet
 - E. Most of the time wear a helmet
 - F. Always wear a helmet
7. **When you rollerblade or ride a skateboard**, how often do you wear a helmet?
- A. I do not rollerblade or ride a skateboard
 - B. Never wear a helmet
 - C. Rarely wear a helmet
 - D. Sometimes wear a helmet
 - E. Most of the time wear a helmet
 - F. Always wear a helmet
8. How often do you wear a seat belt when **riding** in a car?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
9. Have you ever ridden in a car driven by someone who had been drinking alcohol?
- A. Yes
 - B. No
 - C. Not sure

The next 3 questions ask about violence-related behaviors.

10. Have you ever carried a **weapon**, such as a gun, knife, or club?
- A. Yes
 - B. No
11. Have you ever been in a physical fight?
- A. Yes
 - B. No
12. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?
- A. Yes
 - B. No

The next 2 questions ask about bullying. Bullying is when 1 or more students tease,

threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

13. Have you ever been bullied **on school property**?
- A. Yes
 - B. No
14. Have you ever been **electronically** bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, or texting.)
- A. Yes
 - B. No

The next 3 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

15. Have you ever **seriously** thought about killing yourself?
- A. Yes
 - B. No
16. Have you ever made a **plan** about how you would kill yourself?
- A. Yes
 - B. No
17. Have you ever **tried** to kill yourself?
- A. Yes
 - B. No

The next 8 questions ask about tobacco use.

18. Have you ever tried cigarette smoking, even one or two puffs?
- A. Yes
 - B. No
19. How old were you when you smoked a whole cigarette for the first time?
- A. I have never smoked a whole cigarette
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older
20. During the past 30 days, on how many days did you smoke cigarettes?
- A. 0 days

- B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
21. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?
- A. I did not smoke cigarettes during the past 30 days
 - B. Less than 1 cigarette per day
 - C. 1 cigarette per day
 - D. 2 to 5 cigarettes per day
 - E. 6 to 10 cigarettes per day
 - F. 11 to 20 cigarettes per day
 - G. More than 20 cigarettes per day
22. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)
- A. I did not smoke cigarettes during the past 30 days
 - B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
 - C. I bought them from a vending machine
 - D. I gave someone else money to buy them for me
 - E. I borrowed (or bummed) them from someone else
 - F. A person 18 years old or older gave them to me
 - G. I took them from a store or family member
 - H. I got them some other way
23. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- A. Yes
 - B. No

24. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
25. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars?**
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

The next 2 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

26. Have you ever had a drink of alcohol, other than a few sips?
- A. Yes
 - B. No
27. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older

The next 2 questions ask about marijuana use. Marijuana also is called grass or pot.

28. Have you ever used marijuana?
- A. Yes
 - B. No

29. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older

The next 4 questions ask about other drugs.

30. Have you ever used **any** form of cocaine, including powder, crack, or freebase?
- A. Yes
 - B. No
31. Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high?
- A. Yes
 - B. No
32. Have you ever taken **steroid pills or shots** without a doctor's prescription?
- A. Yes
 - B. No
33. Have you ever taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
- A. Yes
 - B. No

The next 4 questions ask about sexual intercourse.

34. Have you ever had sexual intercourse?
- A. Yes
 - B. No
35. How old were you when you had sexual intercourse for the first time?
- A. I have never had sexual intercourse
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older

36. With how many people have you ever had sexual intercourse?
- A. I have never had sexual intercourse
 - B. 1 person
 - C. 2 people
 - D. 3 people
 - E. 4 people
 - F. 5 people
 - G. 6 or more people
37. The **last time** you had sexual intercourse, did you or your partner use a condom?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No

The next 5 questions ask about body weight.

38. How do **you** describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
39. Which of the following are you trying to do about your weight?
- A. **Lose** weight
 - B. **Gain** weight
 - C. **Stay** the same weight
 - D. I am **not trying to do anything** about my weight
40. Have you ever **gone without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
41. Have you ever **taken any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** count meal replacement products such as Slim Fast.)
- A. Yes
 - B. No
42. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No

The next question asks about eating breakfast.

43. During the past 7 days, on how many days did you eat **breakfast**?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

The next 5 questions ask about physical activity.

44. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
- A. 0 days
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- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1 hour per day
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 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day

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- A. I do not play video or computer games or use a computer for something that is not school work
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
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- A. 0 days
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 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
48. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams

The next 2 questions ask about other health-related topics.

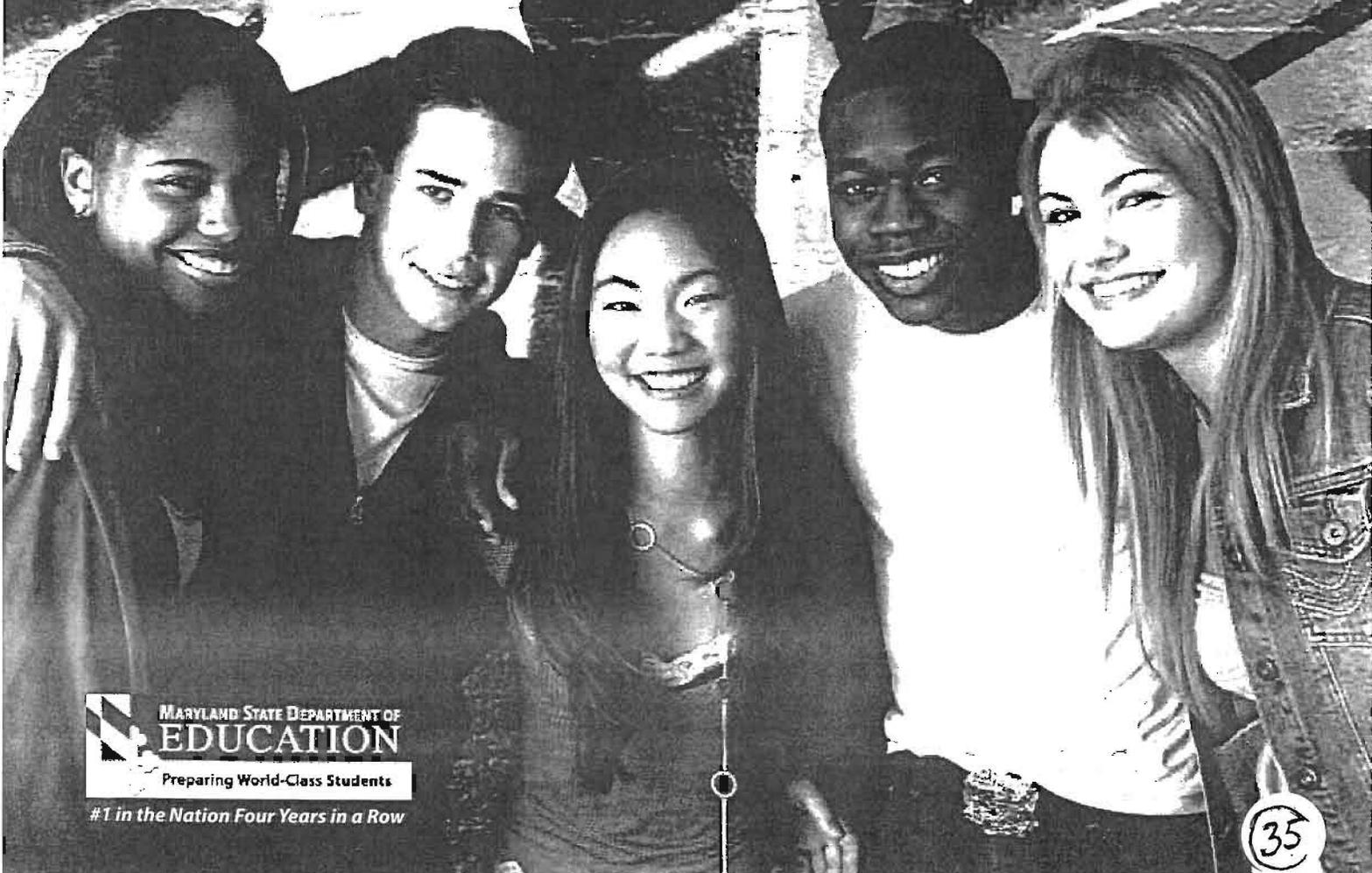
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- A. Yes
 - B. No
 - C. Not sure
50. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure

**This is the end of the survey.
Thank you very much for your help.**

2011
Maryland Youth

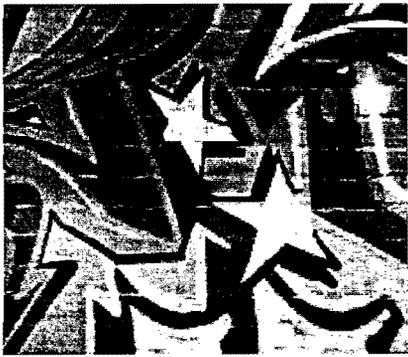
RISK

Behavior Survey



 MARYLAND STATE DEPARTMENT OF
EDUCATION
Preparing World-Class Students

#1 in the Nation Four Years in a Row



Foreword

The Maryland State Department of Education (MSDE) is pleased to publish the results of the 2011 Maryland Youth Risk Behavior Survey (YRBS). In 2004, the Maryland General Assembly mandated MSDE's participation in the YRBS. Maryland's initial participation in the YRBS began in 2005. The law requires the survey to be administered every two years. Since then, the Maryland YRBS has been administered in 2007, 2009, and 2011.

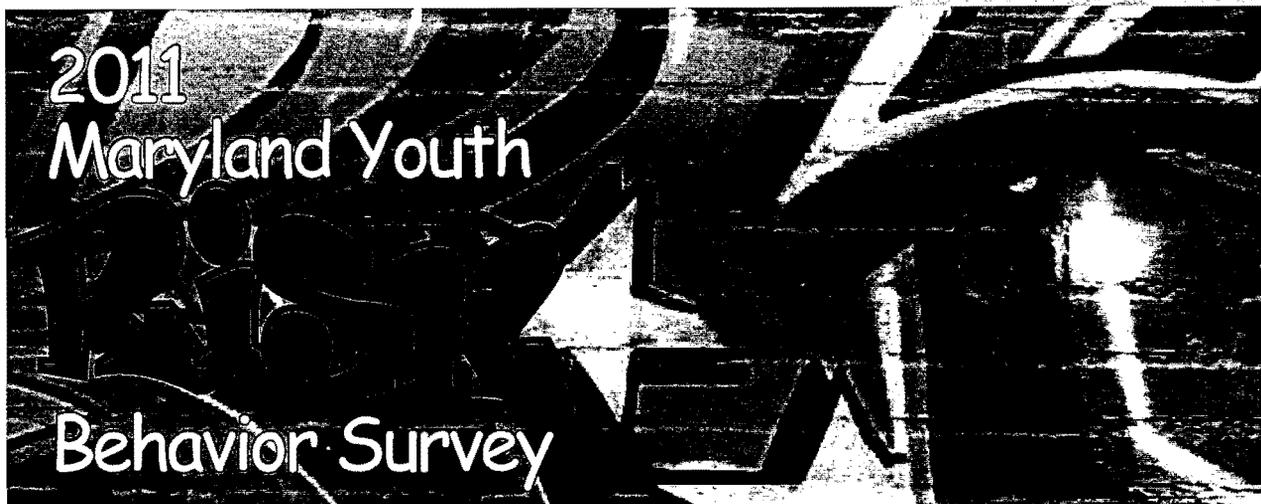
The Maryland YRBS is part of the U.S. Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Surveillance System (YRBSS) developed in 1990 to monitor behaviors affecting morbidity (disease) and mortality (death) among high-school-age youth. The YRBSS monitors several categories of priority health-risk behaviors among youth. The 2011 Maryland YRBS addresses the following 10 major health concerns:

- ☐ Bullying and Harassment
- ☐ Protective Factors
- ☐ Suicide
- ☐ Overweight and Obesity
- ☐ Nutrition
- ☐ Physical Activity
- ☐ Injury and Violence
- ☐ Tobacco Use
- ☐ Alcohol Use
- ☐ Other Drug Use

The 2011 Maryland YRBS was administered in the spring of 2011 to students in a representative sample of Maryland public high school classrooms. A total of 2,920 students in 30 Maryland public high schools completed the survey. The school response rate was 100%, and the overall student response rate was 72%. The 2011 Maryland YRBS results are representative of all Maryland's public school students in grades 9–12.

We are pleased that the 2011 YRBS results are generally consistent with the results obtained from previous Maryland YRBS surveys. These cumulative responses provide trend data that may be used to monitor health-risk behaviors among Maryland's youth and young adults. The YRBS findings in each of the above areas will help MSDE, educators, state and local agencies, businesses, students, parents, and other key stakeholders to develop and refine initiatives targeted at improving the health and well-being of Maryland youth.

Bernard J. Sadusky, Ed.D.
Interim State Superintendent of Schools



How to understand this report

This report presents Maryland Youth Risk Behavior Survey (YRBS) trend data in each of the major risk behavior categories: Bullying and Harassment, Protective Factors, Suicide, Overweight and Obesity, Nutrition, Physical Activity, Injury and Violence, Tobacco Use, Alcohol Use, and Other Drug Use. In 2011, Maryland conducted the fourth administration of the Maryland YRBS and now has four years (2005, 2007, 2009, and 2011) of results to compare across time. This report compares the YRBS results for all four years, noting where behaviors have undergone significant change over time (between 2005 and 2011). The report also highlights significant differences within subgroups of the youth population (e.g., gender, grade). Tables generally show percentages for all students. Where data are broken out separately by males and females, the percentages shown apply solely to that gender and should not be added together.

How to understand statistically significant results

Although the differences between some numbers may appear large, these differences are not considered statistically significant unless they are explicitly stated as such or are identified with the following symbols:

- ▲ statistically significant increase in a negative behavior
- ▲ (with a dot) statistically significant increase in a positive behavior
- ▼ statistically significant decrease in a positive behavior
- ▼ (with a dot) statistically significant decrease in a negative behavior
- difference is not statistically significant.

All estimates within this report were calculated at a 95% confidence interval, meaning that if the 2011 surveys were repeated 100 times, 95 of those repeated surveys would produce estimates within the confidence interval (CI) range calculated for the estimates in this report. In this report, change is described as "significant" when the change has been determined to be "statistically significant." This does not relate to the size of the change that has occurred. Rather, it is determined that the change observed between years is more likely to represent real change (95%) than it is to represent chance (5%).

HOW TO GET MORE INFORMATION ABOUT THE MARYLAND YRBS

For more information on the Maryland YRBS, contact Dr. Richard Scott at 410.767.0288 or e-mail rscott@msde.state.md.us.

Additional information on the Maryland YRBS results can be found at the website of the Centers for Disease Control and Prevention: www.cdc.gov/HealthyYouth/YRBS.

Bullying & Harassment

Bullying is a form of youth violence. Although definitions of bullying vary, most agree that bullying includes:

- ☒ Attack or intimidation with the intention to cause fear, distress, or harm that is either physical (hitting, punching), verbal (name calling, teasing), or psychological/relational (rumors, social exclusion);
- ☒ A real or perceived imbalance of power between the bully and the victim; and
- ☒ Repeated attacks or intimidation between the same children over time.

Bullying can occur in person or through technology (electronic aggression or cyberbullying). Electronic aggression is bullying that occurs through email, a chat room, instant messaging, a website, text messaging, or videos or pictures posted on websites or sent through cell phones.

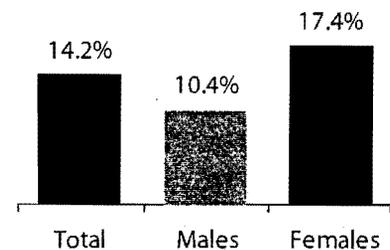
Percentage of Maryland Youth Who Have Seen:	2005	2007	2009	2011	Trend 2005–2011
Bullied on school property	28.4%	25.7%	20.9%	21.2%	▼
Teased because of weight/size*	-	28.7%	27.5%	29.7%	●
Harassed because of perceived sexual orientation	13.1%	13.0%	8.9%	11.2%	●
Teased because of ethnicity*	-	17.1%	14.7%	14.4%	●

* A comparison with 2005 results is not possible because the wording for this question was altered beginning with the 2007 Maryland YRBS.

2011 SURVEY HIGHLIGHTS

Bullying on school property decreased significantly between 2005 and 2011; however, the incidence of harassment stemming from students' perceived sexual orientation remained unchanged. The incidence of bullying, teasing, and harassment remained unchanged between 2009 and 2011.

Percentage of Maryland youth who were bullied electronically



Actions taken to address this behavior

On July 1, 2009, Maryland's 24 local school systems adopted policies prohibiting bullying, harassment, and intimidation in their schools and at school-sponsored events.

The school systems also were required to develop programs. They were able to choose the bullying prevention program most suitable for their needs and the means of educating students, staff, volunteers, and parents. The type of bullying prevention programming in the 24 local school systems varies.

Protective Factors

Protective factors represent the support structures youth have within their families, schools, and communities. Protective factors help to guide youth away from risky behaviors and to promote healthy behaviors. These factors include having parents, teachers, or other adults to turn to for advice or to discuss problems; receiving support from school personnel; being taught about specific risks; and participating in extracurricular activities.

2011 SURVEY HIGHLIGHTS

Maryland youth have consistently reported in 2005, 2007, 2009, and 2011 that they have an adult at school or elsewhere with whom they can talk about important issues.

The percentage of Maryland youth who report having been taught in school about HIV/AIDS infection has not changed significantly between 2005 and 2011.

Percentage of Maryland Youth Who	2005	2007	2009	2011	Trend 2005–2011
Talk to an adult outside of school	87.3%	85.9%	86.0%	84.6%	●
Talk to an adult other than a parent	84.7%	84.9%	83.1%	79.7%	●
Talk to a teacher or other adult in school*	–	59.9%	60.9%	63.7%	●
Feel that teachers really care	49.4%	49.7%	54.1%	54.6%	●
Are taught in school about HIV/AIDS infection	89.5%	85.3%	85.7%	83.5%	●
Males^	88.9%	82.5%	81.6%	81.9%	●
Females^	90.2%	88.7%	89.8%	85.4%	●
Participated in extracurricular activities	61.1%	61.6%	64.7%	61.5%	●

^Male/female percentages apply solely to that gender and should not be added together.

* A comparison with 2005 data is not possible because the question was added in 2007.



Actions taken to address this behavior

School connectedness is a major protective factor that results in decreases in school dropout rates, substance abuse, school absenteeism, gang involvement/school violence, unintentional injury, bullying, and other youth risk behaviors. For more than 12 years, the Positive Behavioral Interventions and Supports (PBIS) program has been implemented in Maryland schools to improve school climate. PBIS is implemented through a partnership among the Maryland State Department of Education (MSDE), the Sheppard Pratt Health System, and the Johns Hopkins University, Bloomberg School of Public Health. The PBIS program has shown positive results in reducing discipline referrals, suspensions, truancy and in improving school climate. In 2010, Maryland was selected by the United States Department of Education, Office of Safe and Healthy Students as one of 11 states to implement a Safe and Supportive Schools (S3) grant. Included in the goals of this initiative is increasing student engagement. In this randomized controlled study, school-level data are being collected annually for four years to assess school and student needs in the areas of bullying, substance abuse, student engagement, and school safety. In addition, evidence-based practices are selected based on each schools' survey and implementation guidance is provided by trained staff to ensure fidelity.

Suicide

According to the CDC, suicide is the third leading cause of death among American youth between 13 and 18 years of age. Females continue to be significantly more likely than males to report feeling “sad and hopeless.” In 2011, nearly one in three females reported feeling this way.

Percentage of Maryland Youth Who:	2005	2007	2009	2011	Trend 2005–2011
Felt sad and hopeless	29.7%	23.2%	25.1%	25.4%	●
Males^	21.5%	15.5%	20.2%	19.2%	●
Females^	38.1%	30.7%	30.1%	31.4%	●
Seriously considered attempting suicide	17.4%	13.2%	14.5%	16.2%	●
Made a suicide plan	12.2%	10.2%	11.6%	12.6%	●
Attempted suicide	9.3%	7.5%	10.4%	10.9%	●
Males^	6.1%	6.5%	11.2%	10.1%	●
Females^	12.4%	8.1%	9.4%	11.1%	●
Attempted suicide and required medical care	2.7%	2.3%	3.5%	5.2%	▲
Males^	2.2%	2.1%	4.4%	5.2%	▲
Females^	3.3%	2.3%	2.7%	4.9%	●

^Male/female percentages apply solely to that gender and should not be added together.

2011 SURVEY HIGHLIGHTS

In the last 12 months, almost one-third (29.7%) of Maryland youth reported experiencing feelings of sadness and hopelessness “every day for two or more weeks in a row” to the point they “stop doing usual activities.” Although notable, this percentage—as well as the percentage of youth who considered attempting suicide, made a plan for committing suicide, or attempted suicide—has remained largely unchanged between 2005 and 2011. However, the percentage of youth whose suicide attempts required medical care increased significantly between 2005 and 2011, both overall and among males.



Actions taken to address this behavior

Nineteen of Maryland’s 24 local school systems are recipients of the Garrett Lee Smith (GLS) Youth Suicide Prevention Grant, at various funding levels. The Johns Hopkins University is the grant manager. The purpose of the grant is to assist local systems with developing and implementing youth suicide prevention and early intervention strategies using public-private partnerships that must include local schools, colleges, as well as the juvenile justice, child welfare, substance abuse, mental health systems, and other youth-serving agencies. Many local systems have used funding to provide gatekeeper trainings to school staff via evidence-based programs and public awareness.

The Maryland State Department of Education (MSDE) is a member of the Governor’s Commission on Suicide Prevention. The mission of the Commission is to decrease suicide across the life span in Maryland by increasing citizen awareness, use of best practices, training and techniques, and access to life-saving resources.

MSDE has facilitated a subcommittee of local stakeholders to investigate the possibility of creating a statewide suicide intervention data collection system. The information will assist with identifying and implementing programs.



Overweight & Obesity

Between 1980 and 2008, the prevalence of obesity among adolescents ages 12 to 19 more than tripled, rising from 5% to 18%. Nationwide, more than one-third of children and adolescents are overweight or obese. Obese youth are at risk for cardiovascular disease; prediabetes, bone and joint problems, sleep apnea, and psychosocial problems, such as poor self-esteem. As they age, obese children and adolescents are more at risk for heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.

Percentage of Maryland Youth Who	2005	2007	2009	2011	Trend 2005-2011
Are overweight or obese (measured by the BMI)	28.7%	28.3%	27.8%	27.4%	●
Describe themselves as overweight	27.4%	27.5%	27.5%	26.3%	●
Are trying to lose weight	42.5%	42.6%	43.7%	44.2%	●
Males [^]	29.0%	28.4%	32.3%	31.0%	●
Females [^]	56.2%	57.0%	55.6%	58.0%	●
Did not eat for 24 hours or more to lose weight or to prevent weight gain	10.3%	11.5%	10.7%	15.2%	▲
Males [^]	7.5%	7.9%	7.2%	9.4%	●
Females [^]	13.2%	15.1%	14.3%	20.9%	▲
Vomited or took laxatives to lose weight or to prevent weight gain	3.2%	6.5%	5.9%	5.8%	▲
Took diet pills, powders, etc. without a doctor's prescription	5.5%	5.7%	5.4%	6.3%	●

[^]Male/female percentages apply solely to that gender and should not be added together.

2011 SURVEY HIGHLIGHTS

The percentage of Maryland youth who are overweight or obese, or who describe themselves as overweight, has not changed significantly between 2005 and 2011. Indeed, approximately one in four Maryland youth is overweight or obese, defined as ≥ 85 th percentile for body mass index, by age and sex, based on reference data.

While there is no significant difference between males and females in the percentage who are overweight or obese, or describe themselves as such, significantly more females are trying to lose weight.

In 2011, one in five females reported not eating for 24 hours or more to lose weight or to prevent weight gain, which is significantly higher than the percentage of males who reported doing so. Between 2005 and 2011, there was a significant increase in the percentage of youth who engaged in this unhealthy weight loss or maintenance practice, both overall and among females. For females, there was also a significant increase in this practice between 2009 and 2011. In addition, from 2005 and 2011, there was a significant increase in the percentage of youth who vomited or took laxatives to lose weight or to prevent weight gain.

Nutrition

Eating a healthy diet during adolescence is essential because teenagers are still growing and adding bone mass, and important emotional changes are taking place. A healthy diet during adolescence aids in the prevention of such health problems as anemia, cavities, and obesity. Eating a healthy diet is also associated with the prevention of the three leading causes of death: heart disease, cancer, and stroke. In general, most Americans do not eat a healthy diet, exceeding recommendations for calories, fats, cholesterol, sugar, and salt.

Percentage of Maryland Youth Who:	2005	2007	2009	2011	Trend 2005–2011
Drank 100% fruit juices during the past week	82.8%	80.8%	82.6%	81.0%	●
Ate fruit during the past week	84.4%	81.5%	85.0%	86.0%	●
Ate green salad during the past week	63.6%	62.3%	61.8%	62.1%	●
Ate carrots during the past week	41.3%	43.1%	45.7%	48.3%	●
Males [^]	41.4%	47.0%	45.6%	50.8%	▲
Females [^]	41.3%	39.0%	45.7%	45.5%	●
Ate fruits and vegetables 5 or more times per day*	19.9%	19.0%	22.5%	23.3%	●

[^]Male/female percentages apply solely to that gender and should not be added together.

*Excluded French fries, fried potatoes, and chips. Included fruit juices.



Actions taken to address this behavior

Nutrition education is addressed in the Maryland State Curriculum for Health Education; Standard 6: Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle. Each local school system shall provide in public schools an instructional program in comprehensive health education each year, with sufficient frequency and duration to meet the requirements of the state curriculum for all students in prekindergarten through grade 8, and offer a comprehensive health education program in grades 9–12 that enables students to meet graduation requirements and to select health education electives.

The nutritional and physical activity needs of Maryland youth are addressed in schools through wellness policies designed and implemented by each local school system. These wellness policies are designed to help students learn to take responsibility for their nutritional health and to guide them in their efforts to adopt healthy behaviors, habits, and attitudes for life. Wellness policies are developed and maintained through a collaborative effort of school supervisors from nutrition services, physical education, health education, and other areas involved with student wellness. Each school systems' wellness policy must address the following four components:

- (1) Nutrition guidelines;
- (2) Physical education/activity;
- (3) Nutrition/health education; and
- (4) Other school-based activities.

2011 SURVEY HIGHLIGHTS

With the exception of a significant increase in carrot consumption among males, fruit and vegetable consumption remained unchanged between 2005 and 2011.

The United States Department of Agriculture (USDA) Food Guide pyramid recommends 5 fruits and vegetables a day. However, only about one-fourth of Maryland youth are consuming this amount. Consumption is significantly higher among males than females (25.8% vs 20.7%).

Physical Activity

Regular physical activity among children and adolescents is associated with improved cardio-respiratory and muscular fitness, bone health, good metabolism, and proper body composition. To maintain healthy outcomes into adulthood and reduce the risk of diseases such as coronary heart disease, stroke, some cancers, type 2 diabetes, osteoporosis, and depression, physical activity must be a lifelong habit. Although Maryland requires most middle school students to take physical education every semester, the requirement for high school students drops to .5 credits (or one semester) of physical education over four years to graduate.

Percentage of Maryland Youth Who:	2005	2007	2009	2011	Trend 2005–2011
Are physically active for 60 or more minutes 5 or more days per week*	32.4%	30.6%	38.8%	41.2%	▲
Males [^]	42.8%	36.4%	46.0%	50.1%	●
Females [^]	21.9%	25.0%	31.6%	32.3%	▲
Watched 3 or more hours of TV per day	40.7%	41.9%	39.1%	34.2%	●
Played video/computer games or used a computer for 3 or more hours per day**	–	–	28.9%	34.5%	–

[^]Male/female percentages apply solely to that gender and should not be added together.

*Any statistically significant changes must be interpreted with caution because of the change in question order starting in 2009.

**A comparison with 2005 is not possible because the question was added in 2009.

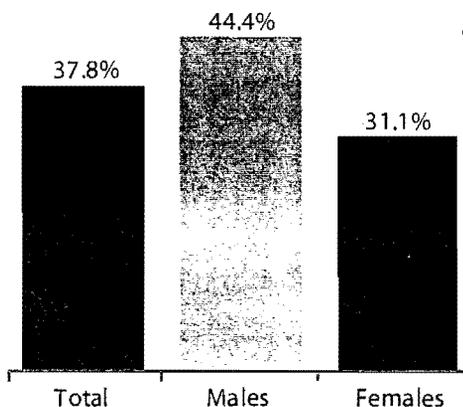
2011 SURVEY HIGHLIGHTS

Overall, the percentage of Maryland youth who engage in 60 minutes of physical activity per day as recommended by the Physical Activity Guidelines for Americans* stands at about 41%. Males are significantly more likely than females to meet the recommended 60 minutes per day and are more likely to participate in a physical education class on one or more days per week. When the bar is lowered to 20 minutes of physical activity for three or more days during the last week, the percentage of youth rises to 59.1%. This has stayed the same since 2005 (data not shown).

The percentage of Maryland youth who watch three or more hours of TV per day has been steadily decreasing since 2005, but the percentage who play video or computer games or use a computer for reasons other than school work for three or more hours per day rose between 2009 and 2011.

**U.S. Department of Health and Human Services*

Males are more likely to participate in a physical education class at least once a week



Injury & Violence

According to the CDC, nearly three-fourths of all deaths among children and adolescents ages 10–24 years are attributable to just four causes: motor vehicle crashes (30%), other unintentional injuries (15%), homicide (15%), and suicide (12%).

Percentage of Maryland Youth Who:	2005	2007	2009	2011	Trend 2005–2011
Traffic-Related Injuries					
Rarely or never wear a bicycle helmet	81.7%	85.0%	83.8%	80.4%	●
Rarely or never wear a seatbelt	6.1%	9.5%	8.2%	11.8%	▲
Have ridden in a car driven by someone who had been drinking in the last 30 days	25.0%	28.9%	26.7%	25.9%	●
Have driven a car after drinking in the last 30 days	7.2%	8.5%	8.7%	7.7%	●
Violence (Last 12 months, unless otherwise noted)					
Involved in a physical fight one or more times	36.6%	35.7%	32.5%	29.1%	●
Males [^]	43.7%	44%	38.1%	33.6%	▼
Females [^]	29.3%	27.5%	26.6%	23.6%	●
Had a physical fight that required medical attention	5.0%	6.0%	5.8%	5.2%	●
Had been physically hurt by a boyfriend/girlfriend	16.3%	15.5%	16.9%	16.0%	●
Carried a weapon on school property	6.9%	5.9%	4.6%	5.3%	●
Did not go to school because they felt unsafe in the last 30 days	7.6%	7.4%	7.1%	7.4%	●

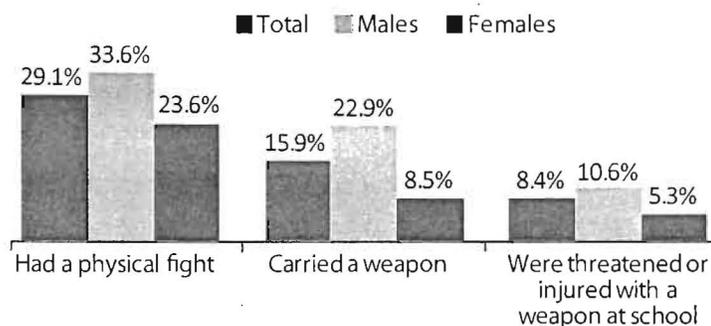
[^]Male/female percentages apply solely to that gender and should not be added together.

2011 SURVEY HIGHLIGHTS

Between 2005 and 2011, behaviors related to injuries remained relatively unchanged, with the exception of a significant increase in the percentage of youth who had rarely or never worn a seatbelt. This trend is especially troubling in light of the fact that motor vehicle crashes are the leading cause of death among adolescents nationwide.

There was a significant decrease in physical fighting among males between 2005 and 2011 and, although not significant, weapon carrying among youth has steadily decreased from 19.1% to 15.9% in that same time period.

In 2011, significantly more males than females had been in a physical fight, carried a weapon, and were threatened at school



Tobacco Use

The overwhelming majority of adult cigarette smokers initiated and established the habit during adolescence. Although youth may not recognize the short-term impact of cigarette use, damage to the respiratory and cardiovascular systems is almost immediate, and many of the long-term diseases—such as lung cancer—are more prevalent among adults who began smoking in their adolescence.

Percentage of Maryland Youth Who:	2005	2007	2009	2011	Trend 2005–2011
Have ever tried cigarette smoking	48.5%	50.3%	43.5%	41.2%	●
Smoked a whole cigarette before age 13	13.7%	13.4%	10.8%	10.9%	●
Are current cigarette smokers	16.5%	16.8%	11.9%	12.5%	●
Are heavy cigarette smokers	7.4%	7.4%	4.4%	4.4%	●
Are current smokeless tobacco users	2.9%	4.2%	5.4%	7.2%	▲
Males [^]	4.4%	6.7%	8.4%	10.9%	▲
Females [^]	1.3%	1.8%	2.0%	2.8%	●
Are current cigar smokers	11.6%	11.0%	12.7%	12.9%	●
Males [^]	16.5%	13.8%	16.4%	16.1%	●
Females [^]	6.7%	7.9%	8.8%	8.9%	●
Are current users of any type of tobacco (cigarettes, cigars, or smokeless tobacco)	20.4%	20.4%	18.0%	17.9%	●

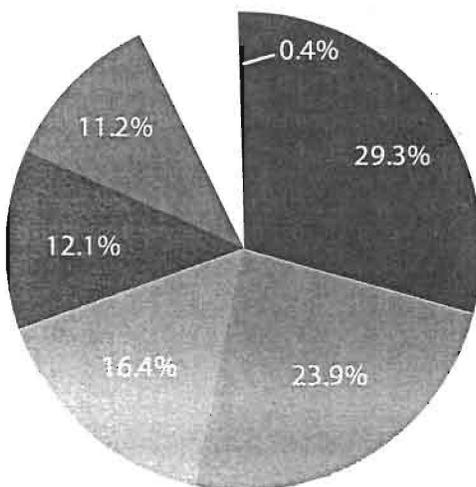
[^]Male/female percentages apply solely to that gender and should not be added together.



2011 SURVEY HIGHLIGHTS

The majority of tobacco use behaviors remained unchanged between 2005 and 2011, but there was a significant increase in the use of smokeless tobacco, overall and among males. In addition, there has been no significant change in the usual means by which underage current smokers acquire their cigarettes.

Where Maryland youth acquired cigarettes in 2011



- Purchased by someone else with youth's own money
- Borrowed
- Purchased from a store or gas station
- Acquired by other methods
- Acquired by someone over the age of 18
- Taken from family member or retail store
- Purchased from a vending machine

Alcohol Use

Youth who begin drinking in early adolescence are four times more likely to develop alcohol dependence than those who abstain until adulthood. Alcohol use among youth is associated with a variety of health and social problems, including injuries, accidental deaths, suicide, antisocial behavior, and violence.

Percentage of Maryland Youth Who:	2005	2007	2009	2011	Trend 2005-2011
Have ever had a drink of alcohol	73.1%	72.9%	67.2%	63.5%	▼
Males [^]	71.5%	70.7%	65.0%	59.8%	▼
Females [^]	74.7%	75.3%	69.3%	66.8%	●
Had a drink of alcohol before age 13	24.8%	23.5%	24.5%	23.2%	●
Are current drinkers	39.8%	42.9%	37.0%	34.8%	●
Males [^]	37.6%	40.3%	34.4%	32.3%	●
Females [^]	41.9%	45.3%	39.4%	36.8%	●
Are binge drinkers	20.8%	23.9%	19.4%	18.4%	●

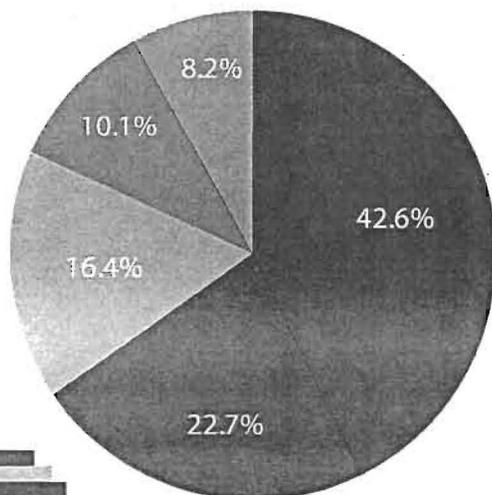
[^]Male/female percentages apply solely to that gender and should not be added together.

2011 SURVEY HIGHLIGHTS

Between 2005 and 2011, there was a significant decrease in the percentage of Maryland youth who had ever had a drink of alcohol, both overall and among males. Although not significant, a greater percentage of females (66.8%) than males (59.8%) reported ever having had a drink of alcohol. There was no significant change in other alcohol use behaviors; however, just over one-third (34.8%) of Maryland youth are current alcohol drinkers and nearly one-fifth (18.4%) of youth engage in binge drinking.

Among youth who are current drinkers (34.8%), significantly more females than males usually got alcohol from someone who gave it to them (49.2% vs 38.4%).

How Maryland youth acquired alcohol in 2011



- Given by someone else
- Purchased by someone else
- Acquired by other methods
- Purchased at a store, restaurant, or public event
- Taken from family member or retail store



Other Drug Use

The use of illegal drugs among youth has been associated with antisocial behavior, academic problems, violence, and unintentional injuries. Nationwide, 18% of drivers killed in motor vehicle accidents tested positive for illegal drugs.* In addition, illegal drug use contributes directly and indirectly to the HIV/AIDS epidemic.

*National Highway Traffic Safety Administration. (November 2010). *Traffic Safety Facts: Drug Involvement of Fatally Injured Drivers*. Retrieved on March 16, 2012 from <http://www-nrd.nhtsa.dot.gov/Pubs/811415.pdf>

2011 SURVEY HIGHLIGHTS

Overall, the percentages of youth who have ever tried marijuana, tried marijuana for the first time before age 13, and are current marijuana users have not changed significantly between 2005 and 2011; however, current marijuana use among males has increased significantly. Further, between 2005 and 2011, there was a significant increase in the percentage of youth who have ever used a needle to inject an illegal drug into their body.

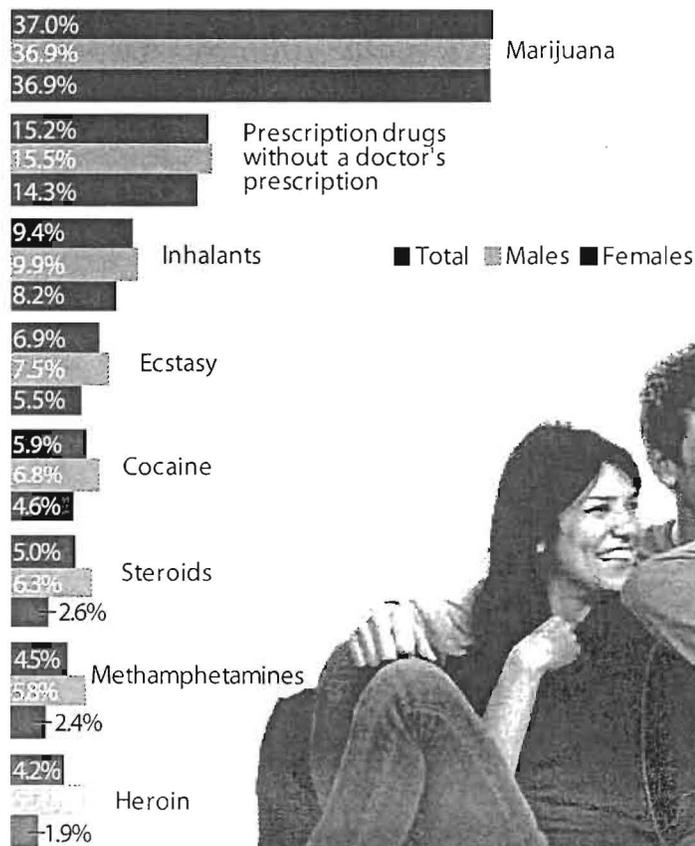
Between 2005 and 2011, there was no significant change in inhalant, ecstasy, cocaine, and steroid use among youth overall; but there was a significant decrease in inhalant use among females from 13.6% to 8.2% (data not shown).

Finally, significantly more males than females have ever used heroin or steroids.

Percentage of Maryland Youth Who:	2005	2007	2009	2011	Trend 2005-2011
Have ever tried marijuana	38.2%	36.5%	35.9%	37.0%	●
Tried marijuana for the first time before age 13	8.9%	8.6%	8.1%	8.5%	●
Are current marijuana users	18.5%	19.4%	21.9%	23.2%	●
Males^	18.5%	23.0%	24.6%	25.9%	▲
Females^	18.4%	15.9%	19.2%	20.4%	●
Are current cocaine users	2.4%	2.6%	3.2%	2.7%	●
Used a needle to inject any illegal drug into their body	2.0%	2.1%	3.0%	4.1%	▲

^Male/female percentages apply solely to that gender and should not be added together.

Percentage of Maryland youth who ever used the following drugs one or more times



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None

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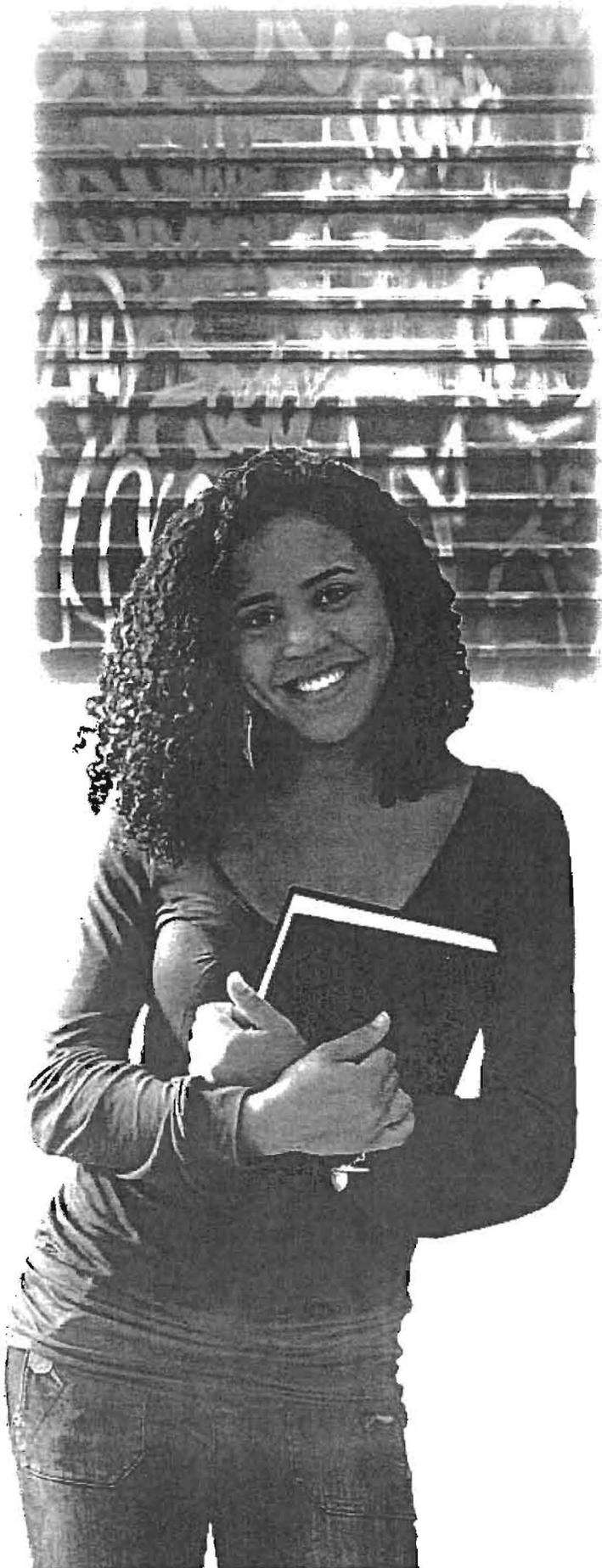
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Maryland 2011 and United States 2011 Results

High School Youth Risk Behavior Survey

Question	Maryland 2011	United States 2011	p-value	Maryland 2011 More Likely Than United States 2011	United States 2011 More Likely Than Maryland 2011	No Difference
Unintentional Injuries and Violence						
Rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)	80.4 (73.9–85.6) [†]	87.5 (85.0–89.7)	0.02		●	
Rarely or never wore a seat belt (when riding in a car driven by someone else)	11.8 (8.3–16.3)	7.7 (6.5–9.1)	0.04	●		
Rode with a driver who had been drinking alcohol one or more times (in a car or other vehicle during the 30 days before the survey)	25.9 (22.4–29.6)	24.1 (22.9–25.3)	0.33			●
Drove when drinking alcohol one or more times (a car or other vehicle during the 30 days before the survey)	7.7 (6.4–9.2)	8.2 (7.6–8.8)	0.51			●
Carried a weapon on school property on at least 1 day (for example, a gun, knife, or club during the 30 days before the survey)	5.3 (4.2–6.6)	5.4 (4.7–6.1)	0.87			●
Did not go to school because they felt unsafe at school or on their way to or from school on at least 1 day (during the 30 days before the survey)	7.4 (5.4–10.1)	5.9 (5.1–6.9)	0.20			●
Threatened or injured with a weapon on school property one or more times (for example, a gun, knife, or club during the 12 months before the survey)	8.4 (7.0–9.9)	7.4 (6.8–8.1)	0.21			●
In a physical fight on school property one or more times (during the 12 months before the survey)	11.0 (8.7–14.0)	12.0 (11.3–12.8)	0.45			●
Bullied on school property (during the 12 months before the survey)	21.2 (18.6–24.1)	20.1 (18.7–21.5)	0.42			●
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	25.4 (22.6–28.3)	28.5 (27.2–29.7)	0.04		●	
Seriously considered attempting suicide (during the 12 months before the survey)	16.2 (13.7–19.0)	15.8 (15.1–16.5)	0.76			●
Made a plan about how they would attempt suicide (during the 12 months before the survey)	12.6 (10.9–14.4)	12.8 (12.0–13.6)	0.80			●
Attempted suicide one or more times (during the 12 months before the survey)	10.9 (8.5–13.9)	7.8 (7.1–8.5)	0.02	●		
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	5.2 (3.9–6.9)	2.4 (2.0–2.9)	0.00	●		

Carried a weapon on at least 1 day (for example, a gun, knife, or club during the 30 days before the survey)	15.9 (13.7–18.4)	16.6 (15.4–18.0)	0.56	●
Carried a gun on at least 1 day (during the 30 days before the survey)	5.7 (4.2–7.7)	5.1 (4.6–5.7)	0.53	○
In a physical fight one or more times (during the 12 months before the survey)	29.1 (25.4–33.1)	32.8 (31.5–34.1)	0.06	○
Injured in a physical fight one or more times (injuries had to be treated by a doctor or nurse, during the 12 months before the survey)	5.2 (3.6–7.2)	3.9 (3.5–4.4)	0.16	●
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (during the 12 months before the survey)	16.0 (13.0–19.5)	9.4 (8.6–10.3)	0.00	●
Ever physically forced to have sexual intercourse (when they did not want to)	—	8.0 (7.3–8.8)	~	
Ever been electronically bullied (including through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 months before the survey)	14.2 (12.6–15.9)	16.2 (15.3–17.2)	0.02	●
Tobacco Use				
Ever tried cigarette smoking (even one or two puffs)	41.2 (36.6–45.8)	44.7 (42.3–47.2)	0.15	●
Smoked a whole cigarette for the first time before age 13 years	10.9 (8.5–14.0)	10.3 (9.3–11.5)	0.66	●
Smoked cigarettes on at least 1 day (during the 30 days before the survey)	12.5 (9.4–16.3)	18.1 (16.7–19.5)	0.00	●
Smoked cigarettes on 20 or more days (during the 30 days before the survey)	4.4 (2.7–7.2)	6.4 (5.8–7.1)	0.07	●
Smoked more than 10 cigarettes per day (among students who currently smoked cigarettes, on the days they smoked during the 30 days before the survey)	6.3 (3.0–12.4)	7.8 (6.3–9.7)	0.49	●
Smoked cigarettes on school property on at least 1 day (during the 30 days before the survey)	4.3 (3.0–6.2)	4.9 (4.4–5.4)	0.46	●
Ever smoked at least one cigarette every day for 30 days	10.5 (7.7–14.1)	10.2 (9.2–11.2)	0.85	●
Did not try to quit smoking cigarettes (among students who currently smoked cigarettes, during the 12 months before the survey)	49.3 (43.0–55.6)	50.1 (47.0–53.1)	0.81	●
Usually obtained their own cigarettes by buying them in a store or gas station (among the students who were aged <18 years and who currently smoked cigarettes, during the 30 days before the survey)	15.2 (9.5–23.3)	14.0 (11.5–16.9)	0.74	●
Used chewing tobacco, snuff, or dip on at least 1 day (during the 30 days before the survey)	7.2 (4.7–11.1)	7.7 (6.6–9.0)	0.77	●
Used chewing tobacco, snuff, or dip on school property on at least 1 day (during the 30 days before the survey)	4.2 (2.6–6.8)	4.8 (4.0–5.9)	0.57	●
Smoked cigars, cigarillos, or little cigars on at least 1 day (during the 30 days before the survey)	12.9 (10.7–15.6)	13.1 (12.2–14.1)	0.89	●
Smoked cigarettes; smoked cigars, cigarillos, or little cigars; or used chewing tobacco, snuff, or dip on at least 1 day (during the 30 days before the survey)	17.9 (13.8–22.8)	23.4 (21.8–25.1)	0.02	●
Alcohol and Other Drug Use				
Ever had at least one drink of alcohol on at least 1 day (during their life)	63.5 (59.1–67.6)	70.8 (69.0–72.5)	0.00	●
Drank alcohol for the first time before age 13 years (other than a few sips)	23.2 (20.7–26.0)	20.5 (19.2–21.8)	0.05	●
Had at least one drink of alcohol on at least 1 day (during the 30 days before the survey)	34.8 (30.7–39.2)	38.7 (37.2–40.3)	0.07	●

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Had five or more drinks of alcohol in a row within a couple of hours on at least 1 day (during the 30 days before the survey)	18.4 (14.9–22.6)	21.9 (21.0–22.8)	0.07	●
Usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol during the 30 days before the survey)	44.2 (40.3–48.1)	40.0 (37.5–42.5)	0.06	○
Had at least one drink of alcohol on school property on at least 1 day (during the 30 days before the survey)	5.3 (4.2–6.9)	5.1 (4.5–5.8)	0.74	●
Ever used marijuana one or more times (during their life)	37.0 (33.1–41.1)	39.9 (37.8–42.1)	0.18	●
Tried marijuana for the first time before age 13 years	8.5 (6.8–10.7)	8.1 (7.3–9.0)	0.68	●
Used marijuana one or more times (during the 30 days before the survey)	23.2 (20.1–26.5)	23.1 (21.5–24.7)	0.95	●
Used marijuana on school property one or more times (during the 30 days before the survey)	5.7 (4.3–7.4)	5.9 (5.1–6.7)	0.80	●
Ever used any form of cocaine one or more times (for example, powder, crack, or freebase, during their life)	5.9 (4.5–7.7)	6.8 (6.2–7.5)	0.26	●
Used any form of cocaine one or more times (for example, powder, crack, or freebase, during the 30 days before the survey)	2.7 (2.0–3.6)	3.0 (2.6–3.5)	0.41	●
Ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times (during their life)	9.4 (8.0–11.2)	11.4 (10.7–12.1)	0.02	●
Ever used heroin one or more times (also called "smack", "junk", or "China white", during their life)	4.2 (2.9–6.0)	2.9 (2.5–3.3)	0.08	●
Ever used methamphetamines one or more times (also called "speed", "crystal", "crank", or "ice", during their life)	4.5 (3.1–6.5)	3.8 (3.4–4.3)	0.39	●
Ever used ecstasy one or more times (also called "MDMA", during their life)	6.9 (5.4–8.6)	8.2 (7.2–9.4)	0.13	●
Ever took steroid pills or shots without a doctor's prescription one or more times (during their life)	5.0 (4.0–6.2)	3.6 (3.2–4.1)	0.01	●
Ever took prescription drugs one or more times without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)	15.2 (13.3–17.3)	20.7 (19.2–22.2)	0.00	●
Ever used a needle to inject any illegal drug into their body one or more times (during their life)	4.1 (3.1–5.2)	2.3 (1.9–2.7)	0.00	●
Offered, sold, or given an illegal drug by someone on school property (during the 12 months before the survey)	30.4 (26.3–34.8)	25.6 (23.6–27.6)	0.04	●
Sexual Behaviors				
Ever had sexual intercourse	—	47.4 (45.0–49.9)	~	
Had sexual intercourse for the first time before age 13 years	—	6.2 (5.6–6.9)	~	
Had sexual intercourse with four or more persons (during their life)	—	15.3 (14.2–16.4)	~	
Had sexual intercourse with at least one person (during the 3 months before the survey)	—	33.7 (31.8–35.7)	~	
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	—	22.1 (20.6–23.6)	~	
Did not use a condom during last sexual intercourse (among students who were currently sexually active)	—	39.8 (37.1–42.5)	~	
Did not use birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)	—	82.0 (79.8–84.1)	~	

Were never taught in school about AIDS or HIV infection	16.5 (11.9–22.6)	16.0 (14.4–17.7)	0.83	●
Did not use Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), implanon (or any implant), or any IUD use before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)	—	94.7 (93.6–95.6)	~	
Did not use birth control pills or Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), implanon (or any implant), or any IUD before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)	—	76.7 (74.3–79.0)	~	
Did not use both a condom during last sexual intercourse and birth control pills or Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), implanon (or any implant), or any IUD before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)	—	90.5 (89.1–91.8)	~	
Did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)	—	12.9 (11.6–14.2)	~	
Dietary Behaviors				
Did not drink 100% fruit juices (during the 7 days before the survey)	19.0 (17.3–20.8)	19.2 (18.0–20.5)	0.84	●
Did not eat fruit (during the 7 days before the survey)	14.0 (12.1–16.1)	11.7 (10.8–12.6)	0.03	●
Did not eat green salad (during the 7 days before the survey)	37.9 (34.0–42.0)	38.0 (36.1–39.9)	0.95	●
Did not eat potatoes (excluding French fries, fried potatoes, or potato chips, during the 7 days before the survey)	36.5 (33.6–39.5)	31.2 (30.0–32.6)	0.00	●
Did not eat carrots (during the 7 days before the survey)	51.7 (48.1–55.2)	52.0 (49.9–54.1)	0.88	●
Did not eat other vegetables (excluding green salad, potatoes, or carrots, during the 7 days before the survey)	18.5 (15.6–22.0)	17.0 (15.8–18.2)	0.34	●
Drank a can, bottle, or glass of soda or pop (not counting diet soda or diet pop, during the 7 days before the survey)	77.2 (73.6–80.4)	79.1 (77.6–80.5)	0.29	●
Drank a can, bottle, or glass of soda or pop one or more times per day (not counting diet soda or diet pop, during the 7 days before the survey)	24.9 (21.7–28.4)	27.8 (25.6–30.1)	0.14	●
Drank a can, bottle, or glass of soda or pop two or more times per day (not counting diet soda or diet pop, during the 7 days before the survey)	17.2 (14.4–20.4)	19.0 (16.9–21.3)	0.30	●
Drank a can, bottle, or glass of soda or pop three or more times per day (not counting diet soda or diet pop, during the 7 days before the survey)	10.2 (8.6–12.1)	11.3 (9.9–12.9)	0.34	●
Did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)	5.4 (4.3–6.9)	4.8 (4.3–5.4)	0.34	●
Ate fruit or drank 100% fruit juices less than one time per day (during the 7 days before the survey)	38.7 (36.0–41.6)	36.0 (34.3–37.8)	0.09	●
Ate fruit or drank 100% fruit juices less than two times per day (during the 7 days before the survey)	65.3 (62.7–67.8)	66.0 (64.4–67.7)	0.61	●
Ate fruit or drank 100% fruit juices less than three times per day (during the 7 days before the survey)	77.7 (75.3–80.0)	77.6 (76.2–79.0)	0.94	●

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Did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	7.3 (5.8–9.2)	5.7 (5.1–6.4)	0.07	●
Ate vegetables less than one time per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	38.9 (35.5–42.4)	37.7 (36.0–39.5)	0.52	○
Ate vegetables less than two times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	70.6 (68.7–72.5)	71.7 (70.3–73.1)	0.34	●
Ate vegetables less than three times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	84.7 (82.9–86.3)	84.7 (83.6–85.7)	1.00	●
Overweight (students who were \geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	15.4 (13.6–17.5)	15.2 (14.4–16.1)	0.85	●
Obese (students who were \geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	12.0 (10.4–13.7)	13.0 (11.7–14.4)	0.31	●
Described themselves as slightly or very overweight	26.3 (24.1–28.7)	29.2 (27.7–30.6)	0.03	●
Did not eat for 24 or more hours to lose weight or to keep from gaining weight (during the 30 days before the survey)	15.2 (13.1–17.6)	12.2 (11.3–13.1)	0.01	●
Took diet pills, powders or liquids to lose weight or to keep from gaining weight (without a doctor's advice, during the 30 days before the survey)	6.3 (5.0–7.9)	5.1 (4.5–5.6)	0.11	●
Vomited or took laxatives to lose weight or to keep from gaining weight (during the 30 days before the survey)	5.8 (4.7–7.2)	4.3 (3.8–4.7)	0.02	●
Physical Activity				
Physically active at least 60 minutes per day on less than 5 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	—	50.5 (48.5–52.6)	~	
Did not attend physical education classes in an average week (when they were in school)	62.2 (57.0–67.1)	48.2 (42.4–54.0)	0.00	●
Did not attend physical education classes 5 days in an average week (when they were in school)	80.7 (76.5–84.4)	68.5 (62.6–73.9)	0.00	●
Did not play on sports teams (run by their school or community groups during the 12 months before the survey)	47.2 (43.1–51.4)	41.6 (39.3–44.0)	0.02	●
Watched television 3 or more hours per day (on an average school day)	34.2 (31.2–37.4)	32.4 (30.9–34.0)	0.29	●
Used computers 3 or more hours per day (played video or computer games or used a computer for something that was not school work on an average school day)	34.5 (32.3–36.8)	31.1 (29.3–32.9)	0.02	●
Physically active at least 60 minutes per day on less than 7 days (doing 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)	78.6 (75.7–81.2)	71.3 (69.7–72.9)	0.00	●
Did not participate in at least 60 minutes of physical activity on any day (doing 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)	15.6 (13.3–18.2)	13.8 (12.8–14.8)	0.14	●

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Asthma

Ever told by a doctor or nurse that they had asthma	28.7 (26.1–31.4)	23.0 (21.7–24.3)	0.00	●
Ever told by a doctor or nurse that they had asthma and still have asthma	13.6 (11.7–15.7)	11.9 (10.9–12.9)	0.12	●

Footnotes

† Percentage, confidence interval

'—' = Data not available

~ = P-value not available

Application URL: <http://apps.nccd.cdc.gov/youthonline/App/Results.aspx?>

TT=G&OUT=0&SID=HS&QID=QQ&LID=MD&YID=2011&LID2=XX&YID2=2011&COL=&ROW1=&ROW2=&HT=QQ&LCT=&FS=1&FR=1&FG=1&FSL=&FRL=&FGL=&PV=&TST=True&C1=MD2011&C2=XX2011&QP=G&DP=1&VA=CI&CS=N&SYID=&EYID=&SC=DEFAULT&SO=ASC&PF=1

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COMMENTS ON THE YRBS

Carol W. Garvey, MD, MPH

July 30, 2012

History:

Although state education secretary Nancy Grasmick worked with state health secretary Marty Wasserman to sell the YRBS to school superintendents in the 1990s, the superintendents were adamantly against it, believing that the schools would be held responsible for improving the results. Several years of effort by county health officers failed to convince them. Ultimately, we were able to implement the YRBS in Maryland only by passing a state law requiring it – thanks to Senator Rob Garagiola, who worked hard to get it passed. And because it initially passed with a requirement for active parental consent, the first results were useless – only 18% of Montgomery County students selected to take it actually did.

A joint MSDE-DHMH work group, on which Judy Covich and I served, recommended that YRBS be combined with the Maryland Adolescent Survey (MAS) and the Youth Tobacco Survey (YTS). While the MAS can be foregone with notice to the State legislature, the YTS must be performed in order for the State to qualify for federal tobacco use prevention funds. The work group recommended that the sample size be sufficient to provide county-level data, as the MAS and YTS had done. This recommendation was accepted, and the first county-level data will be provided by the 2013 survey.

Administrative responsibility:

Because the survey was administered in the schools, MSDE was given responsibility not only for arranging the testing but also for analyzing and presenting the data. MSDE has now provided data from 4 surveys, for the years 2005, 2007, 2009, and 2011. It has been deemed more appropriate, however, for DHMH to take responsibility, since the data involve health rather than education. DHMH will be managing the survey from 2013 onward.

INFORMATION ON CONTENT

The survey consists of 90-100 questions provided by the CDC. In order to maximize comparability among states, all jurisdictions are required to retain at least two thirds of the CDC's questions but may substitute their own questions for the remaining third. This enables states to focus on their areas of greatest concern and to remove content that they do not wish to pursue. CDC itself adds and subtracts questions over time, depending on its areas of greatest interest and concern.

Nutrition, physical activity, and obesity:

Lack of these data disqualified Maryland and Montgomery County for a major federal grant in 2004. Following trends in overweight and obesity will be a useful way to monitor the effectiveness of healthful lifestyle programs, but obviously in the aggregate – they won't tell us which programs were most effective. We should, however, be able to get data from some specific programs, such as the 7-3-3-1 program developed by the Primary Care Coalition for heavy 6-11 year old children in the Care for Kids program. (The program was successful in improving health habits but had no funding to sustain it and is no longer in use).

Sexual behavior:

Conservative members of the Maryland General Assembly were horrified that the full CDC questionnaire contains up to 8 questions on sexual behavior and used this as a rationale for voting against the YRBS requirement. A few states, including Maryland and Virginia (but not D.C.), have chosen not to include the sexual behavior questions. This is unfortunate, as nationally, about two thirds of twelfth graders answered that they had had sexual intercourse, as had more than a fifth of 9th grade girls and more than a third of 9th grade boys. If Montgomery County data are similar, it has implications for how and when we provide health education around sexuality.

Suicidality:

For Maryland, all four surveys show that an average of about 15% of students have considered suicide, 11% have made a plan, and about 10% have made a suicide attempt. Nationally, over 20% of Hispanic female students have considered suicide. It is not clear to me how best to address this area, but it is certainly of concern and merits attention.

Use of tobacco, alcohol, and drugs:

Funding to combat substance use and abuse among teens has waxed and waned. Obtaining county-level data (as we had in the past with the MAS and the YTS) will be very helpful in indicating how trends relate to funding and when and whether funding has been effective.

Injury and violence:

Injury (intentional and unintentional) is the leading cause of death in children and adolescents. Gaining insight into dangers kids face and how attuned they are to safety issues has the potential for saving lives.

Conclusion:

The planned implementation of the YRBS in 2013 provides Public Health with valuable data which will enhance county health planning.