



2005 Maryland Youth Risk Behavior Survey

Maryland State Department of Education
Division of Student, Family and School Support



About the 2005 Maryland Youth Risk Behavior Survey (YRBS)

- The YRBS is part of the U.S. Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Surveillance System (YRBSS).
- The YRBSS was established in 1990 to monitor those health risk behaviors that lead to death, disability and social problems among youth and adults.
- In 2004, the Maryland General Assembly mandated Maryland's participation in the YRBS. Maryland first participated in the YRBS in 2005.

About the 2005 Maryland YRBS (cont.)

- The survey was conducted in the spring of 2005.
- Active parental consent was required for participation in the survey.
- The anonymity of participating students was maintained.
- Trained survey administrators implemented the survey.

About the 2005 Maryland YRBS (cont.)

- A representative sample of 30 high schools was selected randomly from Maryland's 24 school districts.
- About 2,000 high school students were invited to participate in the survey.
- A response rate of about 65 percent (1,414) allowed generalizable results to be calculated for high school students statewide

About the 2005 Maryland YRBS (cont.)

- The 2005 Maryland YRBS assessed seven major categories of high school students' behavior and attitudes:
 - Traffic safety
 - Personal safety
 - Tobacco use
 - Alcohol and other drug use
 - Suicide
 - Diet, nutrition, and physical activity
 - Protective factors

About the 2005 Maryland YRBS (cont.)

- The YRBS survey results allow:
 - Comparisons between Maryland high school students and students in the national YRBS sample.
 - Analysis of the differences among Maryland High school students by gender and grade level.

Related Surveys

- Maryland Adolescent Survey (MAS) – The MAS mirrors the National Monitoring the Future Study and provides comparative data on substance abuse for Maryland. In addition, the MAS collects data and reports findings on:
 - Protective factors
 - Alcohol, tobacco and other drug use
 - Parenting and peer influences
 - Information about impaired driving among twelfth graders
 - And reveals how safe students feel at school, going to or from school, and in their neighborhoods

How to Use the Maryland YRBS Results

- The survey results:
 - Analyze risk behavior determinants and interrelationships
 - Help develop strategic plans for school health programs
 - Aid in attaining *Healthy People 2010* objectives

How to use the Maryland YRBS Results (cont.)

- Increased awareness among:
 - Parents and other care givers
 - Government officials, including boards of education
 - School administrators and staff members
 - Students
 - Local communities and concerned citizens
 - Media

How to Use the Maryland YRBS Results (cont.)

- YRBS data can inform program planning for:
 - Student health issues
 - Students in high risk situations
 - Developing guides and instructional materials
 - Professional development programs for school staff

How to Use the Maryland YRBS Results (cont.)

- The YRBS results can support legislative and regulatory initiatives, including:
 - Drug-free or weapons-free school zones
 - Access to alcohol, tobacco and other drugs by minors
 - Drinking and driving
 - Information about healthy food choices
 - Requests for program funding

About the Presentation

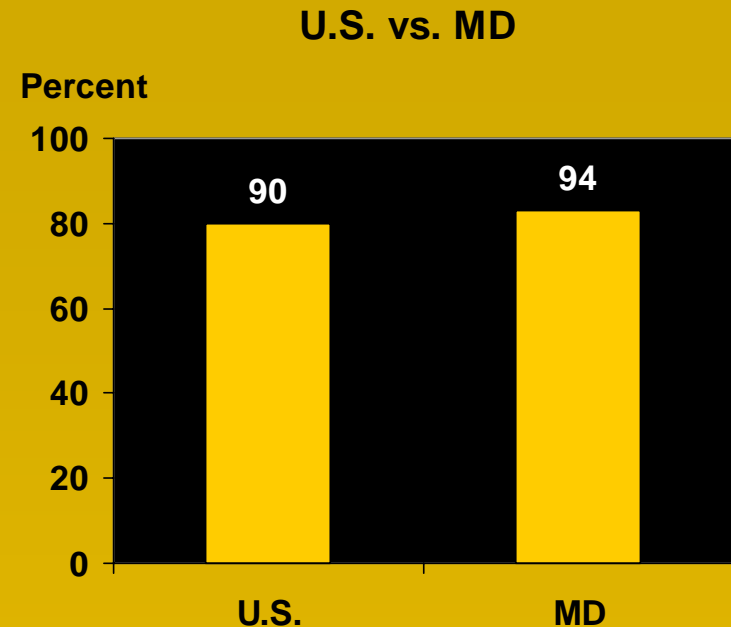
- In addition this presentation will:
 - Highlight the major findings in the seven areas covered by the 2005 Maryland YRBS.
 - Summarize some of the programs and initiatives underway to address areas of concern.

Traffic Safety

- The 2005 Maryland YRBS examined:
 - Seatbelt use
 - Riding in a car driven by someone who has been drinking alcohol
 - Driving after drinking alcohol
 - Bicycle helmet use

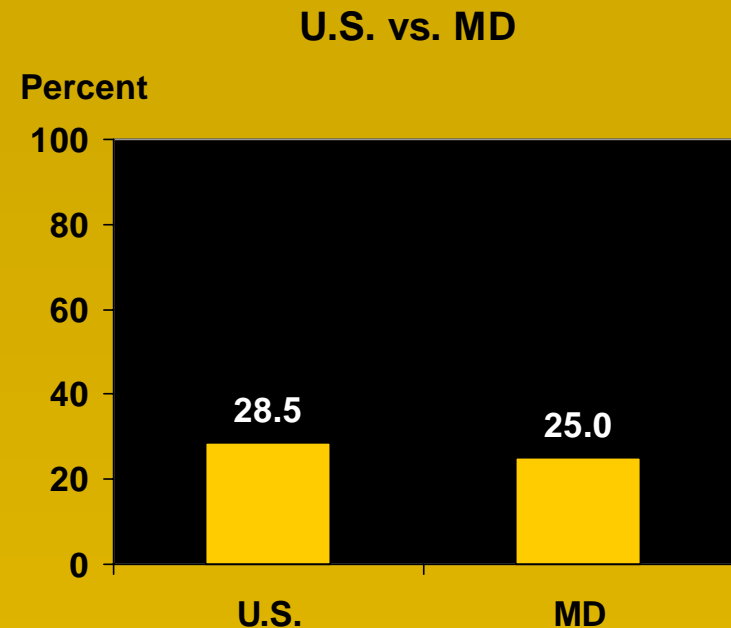
Percentage of high school students who wear a seatbelt when riding in a vehicle driven by someone else.

- 94 percent of Maryland high school students wear a seatbelt at least sometimes, significantly better than students nationwide.



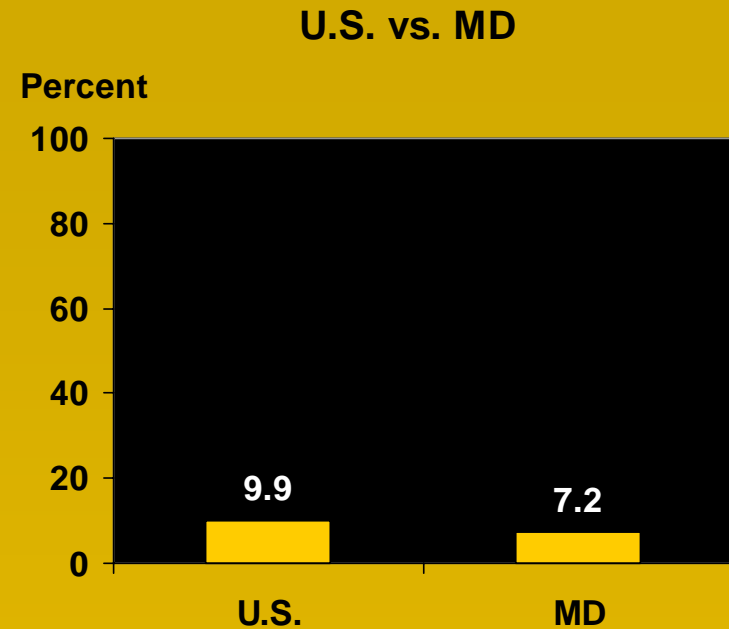
Percentage of high school students who rode in a vehicle driven by someone who had been drinking in the past 30 days.

- One fourth of Maryland high school students recently rode in a vehicle driven by someone who had been drinking.



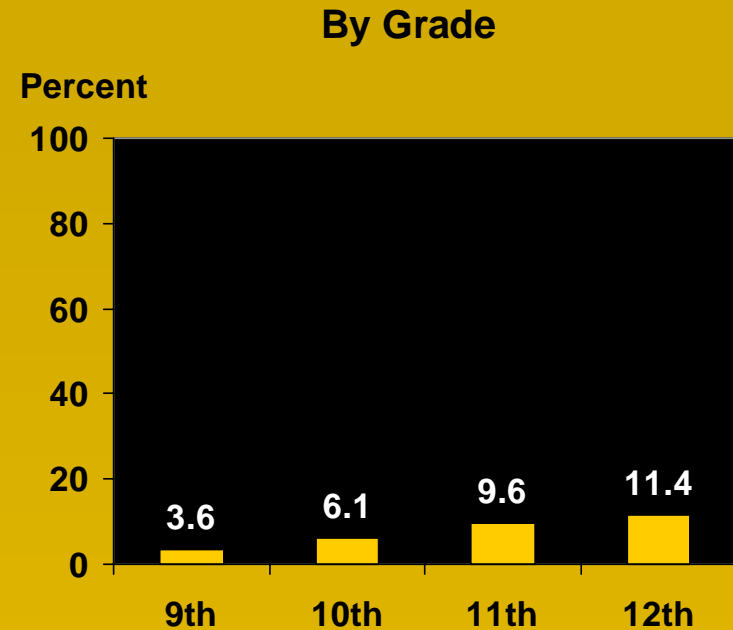
Percentage of high school students who drove a vehicle after drinking alcohol in the past 30 days

- 7.2 percent of Maryland students recently drove a vehicle after drinking.



Percentage of high school students who drove a vehicle after drinking alcohol in the past 30 days (cont.)

- One in 10 Maryland 11th and 12th grade students recently drove a vehicle after drinking.



Traffic Safety Programs and Initiatives

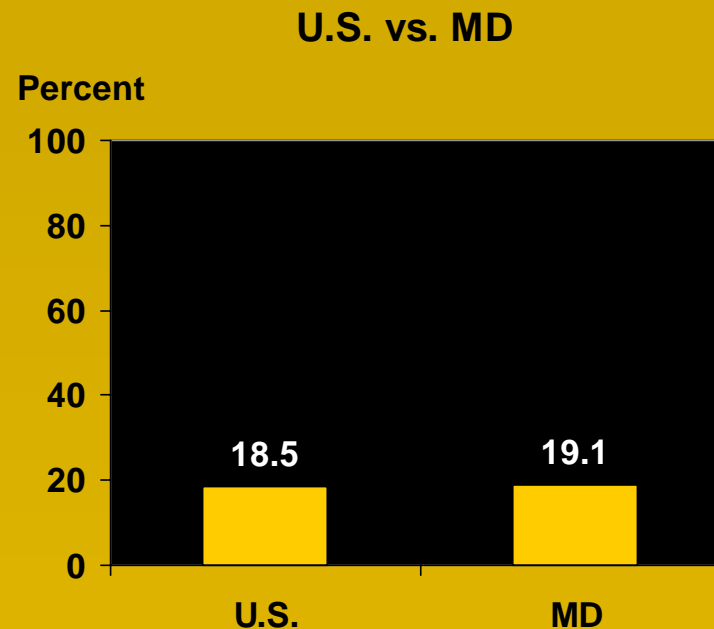
- Current programs and initiatives include:
 - Safety and Injury Prevention
 - Following traffic signs
 - Wearing a helmet
 - Vehicular and recreational safety

Personal Safety

- The 2005 Maryland YRBS examined:
 - Verbal slurs, harassment and bullying
 - Fighting
 - Weapons carrying
 - Perceptions of safety

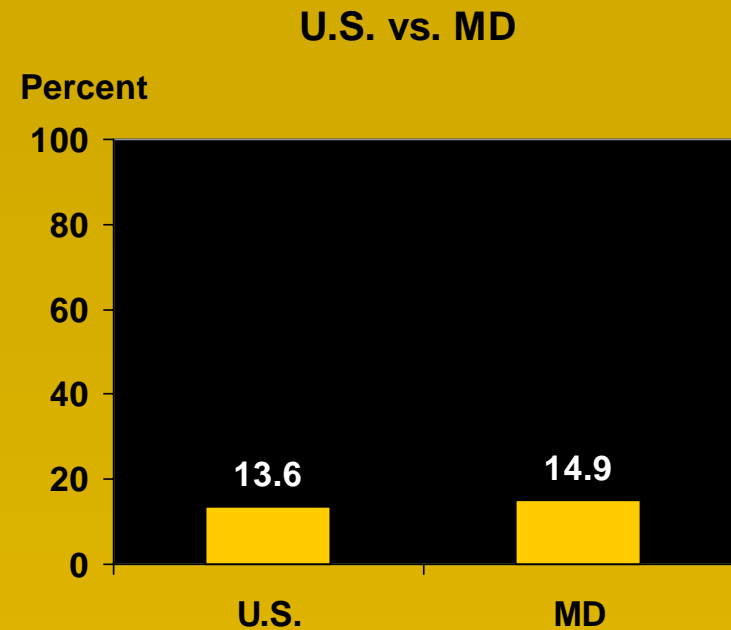
Percentage of high school students who carried a weapon in the past 30 days

- About 1 in 5 Maryland high school students (19.1 percent) carried a weapon in the past 30 days.



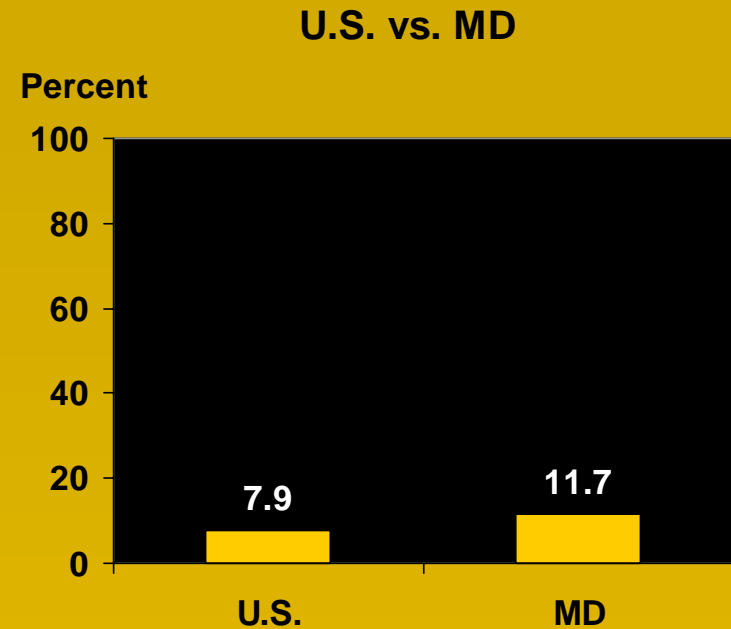
Percentage of students who were in a fight on school property in the past 30 days

- 14.9 percent of Maryland high school students have been involved in a physical fight on school property over the past 12 months.



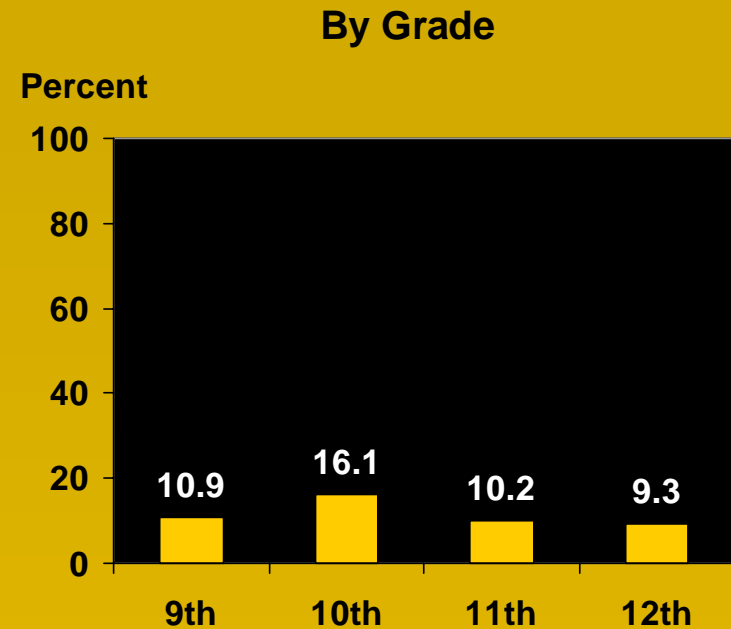
Percentage of students who were threatened or injured on school property in the past 30 days

- Maryland high school students are significantly more likely to report being threatened or injured by a weapon on school property than students in the national YRBS sample.



Percentage of students who were threatened or injured on school property in the past 30 days (cont.)

- 10th grade students are at greater risk of being threatened or injured by a weapon on school property than are students in the 9th, 11th, or 12th grades.



Personal Safety Programs and Initiatives

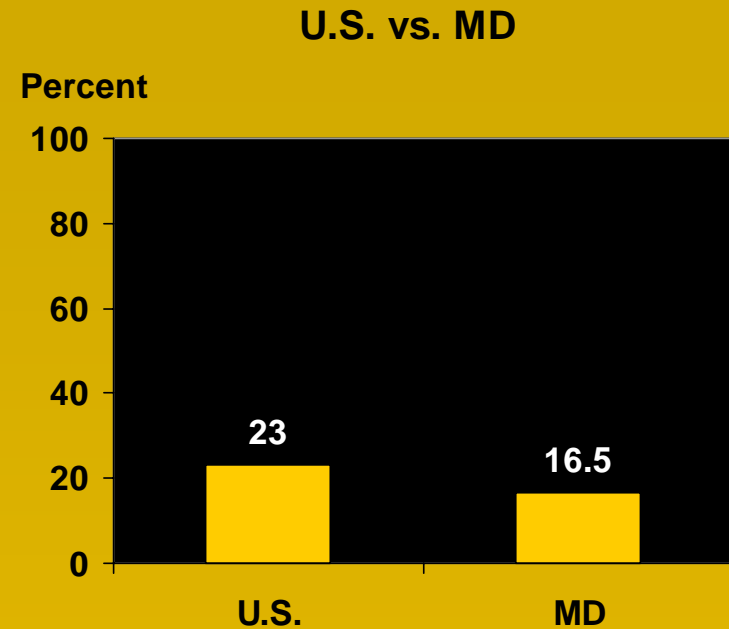
- Current programs and initiatives include:
 - The Maryland State Department of Education’s (MSDE) program in Bullying and Harassment Prevention.
 - MSDE’s Sexual Harassment/Assault Prevention Program.
 - Comprehensive health education for students K-8, and in at least one course in high school.
 - Character Education

Tobacco Use

- The 2005 Maryland YRBS examined:
 - Cigarette smoking
 - Smokeless tobacco use
 - Underage cigarette purchases

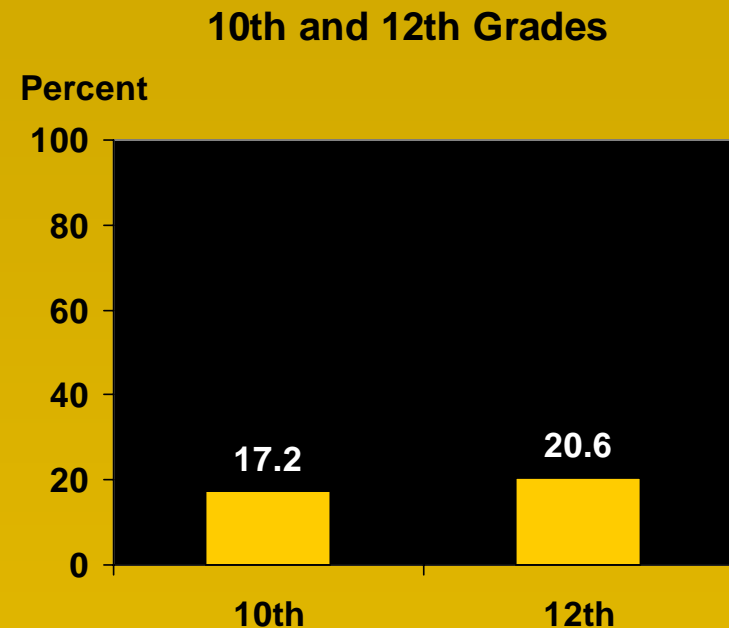
Percentage of students who smoked a cigarette in the past 30 days (current smokers)

- Maryland high school students are significantly less likely than students nationwide to be current smokers (16.5 vs. 23 percent).



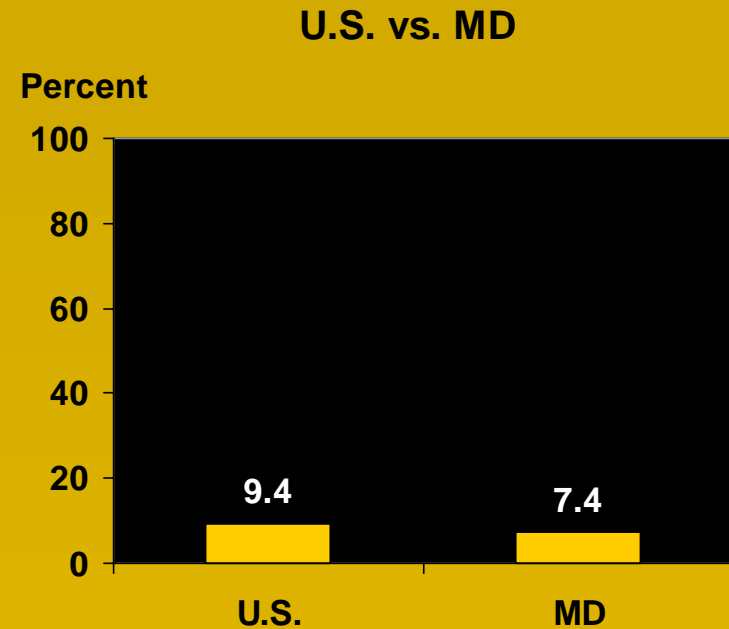
Percentage of students who smoked a cigarette in the past 30 days (current smokers) (cont.)

- Maryland high school students report an increase between grades 10 and 12 in the percentage of students who report smoking a cigarette in the past 30 days.



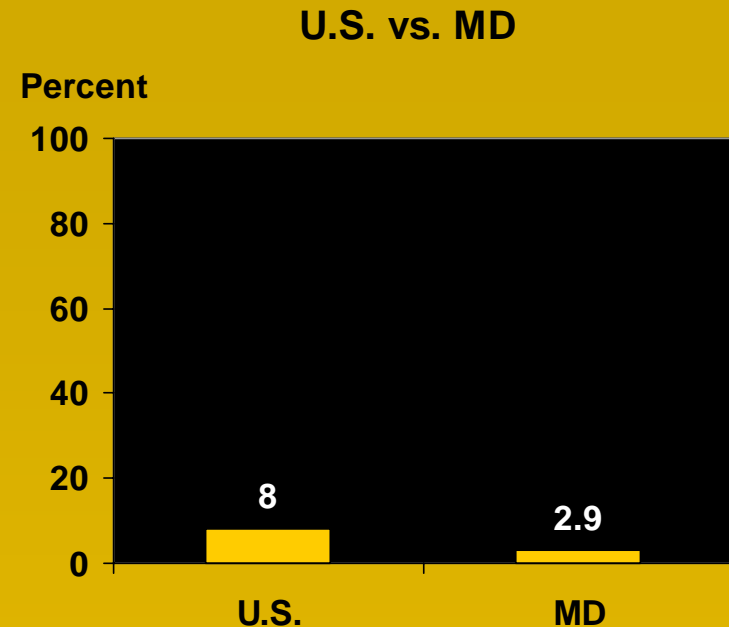
Percentage of students who smoked cigarettes on 20 or more of the past 30 days

- Maryland high school students are slightly less likely to smoke heavily than students nationally (7.4 vs. 9.4 percent).



Percentage of students who used smokeless tobacco in the past 30 days

- Maryland high school students are significantly less likely than their national counterparts to use smokeless tobacco products (2.9 vs. 8 percent).



Tobacco Use Programs and Initiatives

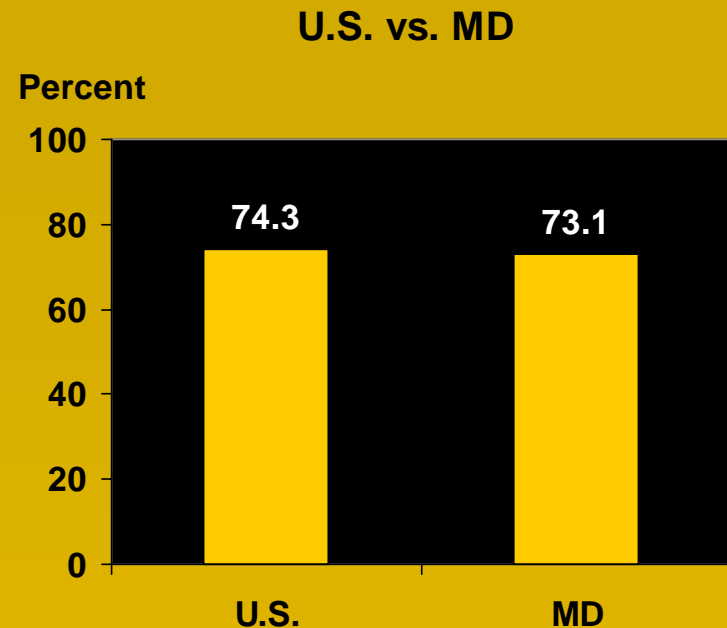
- Current programs and initiatives include:
 - MSDE and DHMH assist local school districts with grants for tobacco use prevention and tobacco cessation.
 - Local health departments' support for tobacco use prevention.
 - The Maryland Adolescent Survey (MAS), which has been tracking smoking trends among Maryland youth for more than 30 years.

Alcohol and Other Drug Use

- The 2005 Maryland YRBS examined the use of:
 - Alcohol
 - Marijuana
 - Other illegal drugs
 - Drugs on school property

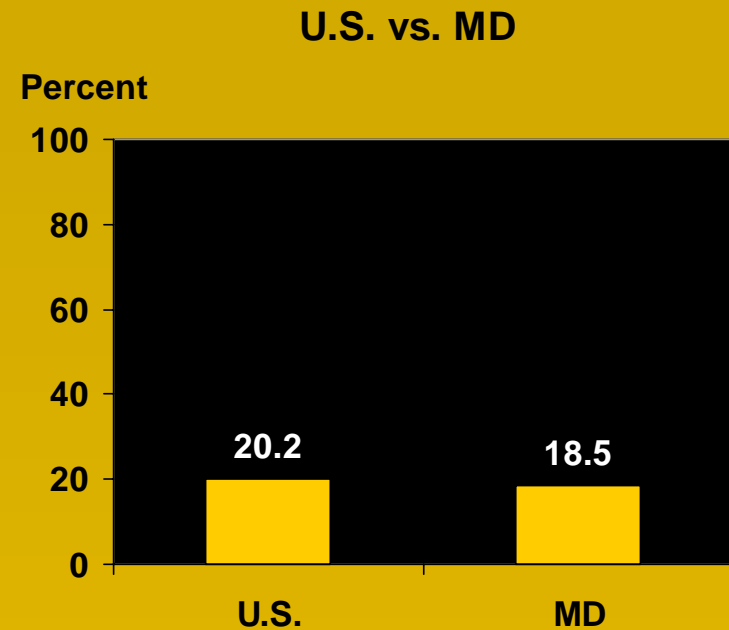
Percentage of students who tried alcohol at least once

- Nearly 75 percent of Maryland and nationwide high school students have tried alcohol at least once.



Percentage of students who used marijuana in the past 30 days

- The percentage of Maryland high school students who currently use marijuana is 18.5 percent.



Percentage of students who used other illegal drugs one or more times during their life

- Other illegal drug use among Maryland high school students is lower than students nationwide.
- Methamphetamine use is lower among Maryland high school students than nationwide.

Other Drugs	U.S.	MD
Cocaine (including powder, crack or freebase)	7.6	6.9
Methamphetamines	6.2	4.0
Heroin	2.4	2.6
Ecstasy	6.3	5.0
Steroids (pills or shots without prescription)	4.0	3.6
Inhalants (glue, aerosol cans, paint)	12.4	12.5

Percentage increase in the use of other illegal drugs between 11th and 12th grades

- There is a spike in use of all other drugs in the 12th grade*.
- Methamphetamines have the highest increase in use (154 percent)*.

*See Table 6.10.b (p. 43) in the 2005 Maryland Youth Risk Behavior Survey report

Other Drugs	Percent increase in use from 11 th to 12 th Grade
Cocaine (including powder, crack or freebase)	108
Methamphetamines	154
Heroin	89
Ecstasy	98
Steroids (pills or shots without prescription)	52
Inhalants (glue, aerosol cans, paint)	38

Drug and Alcohol Prevention Programs and Initiatives

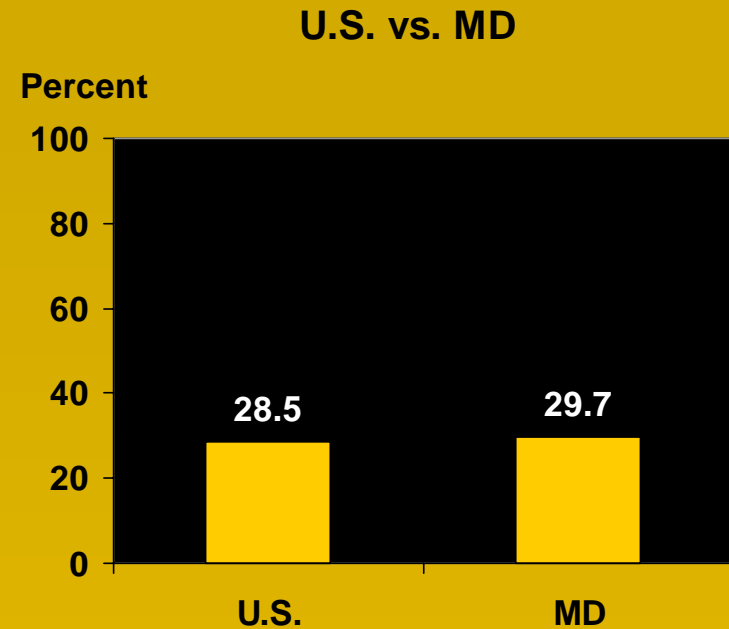
- MSDE provides grants to school districts to support a variety of prevention education programs, including:
 - Grades K-12 Drug Prevention Education.
 - Peer Leadership.
 - Student Assistance/Early Intervention (SA/EI).
 - The “I Want to Know” campaign, in partnership with First Lady Kendel Ehrlich.

Suicide

- The 2005 Maryland YRBS examined:
 - Students' feelings of sadness or hopelessness
 - Suicide plans
 - Suicide attempts
 - Injuries from suicide attempts

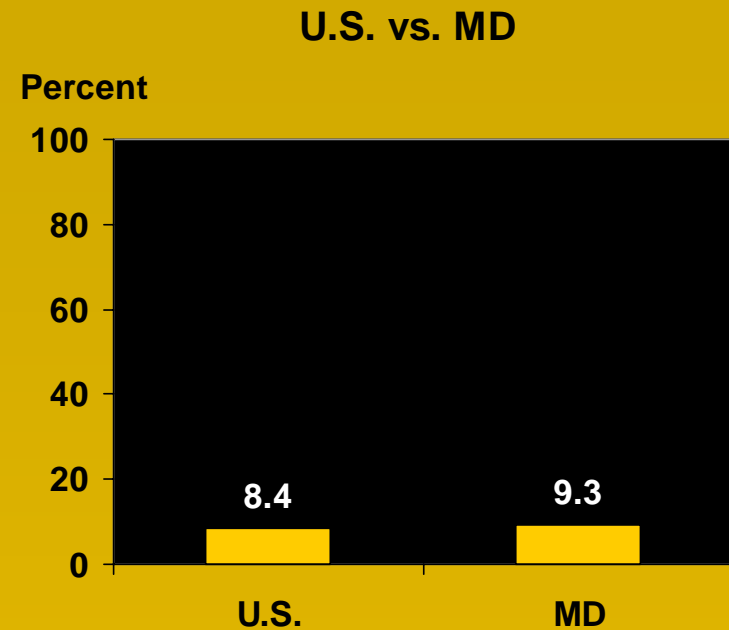
Percentage of students who felt sad or hopeless for two weeks or more in a row

- Nearly 3 in 10 of Maryland high school students report feelings of sadness for two weeks or more during the past 12 months.



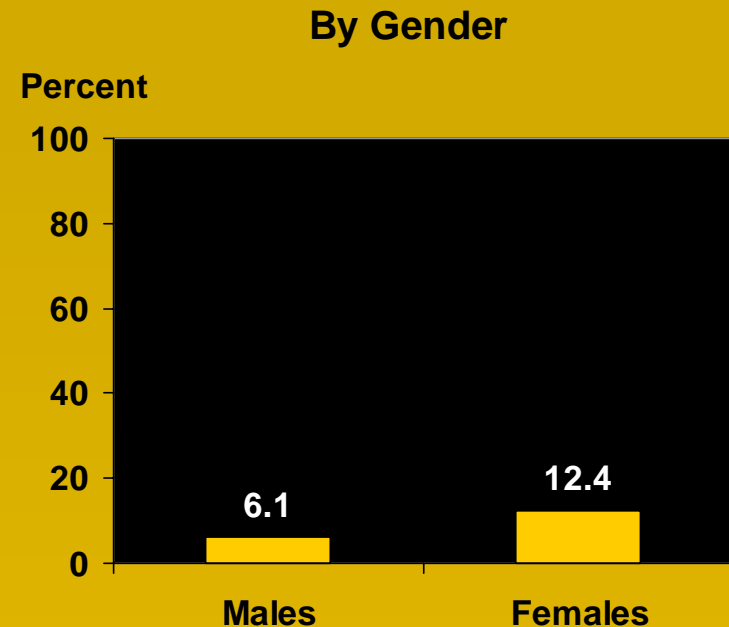
Percentage of students who actually attempted suicide on one or more times during the past 12 months

- 9.3 percent of Maryland high school students attempted suicide in the past year.



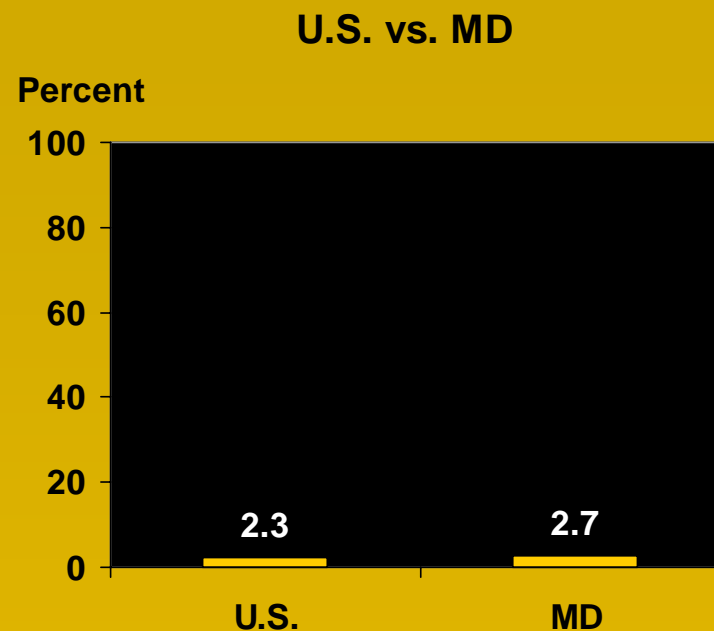
Percentage of students who actually attempted suicide on one or more times during the past 12 months, by gender

- The percentage of female students who attempted suicide in the past 12 months is twice the rate for male students.



Percentage of students who made a suicide attempt that required medical attention during the past 12 months

- Fewer than 3 percent of Maryland students made a suicide attempt requiring medical treatment in the past year.



Suicide Prevention Programs and Initiatives

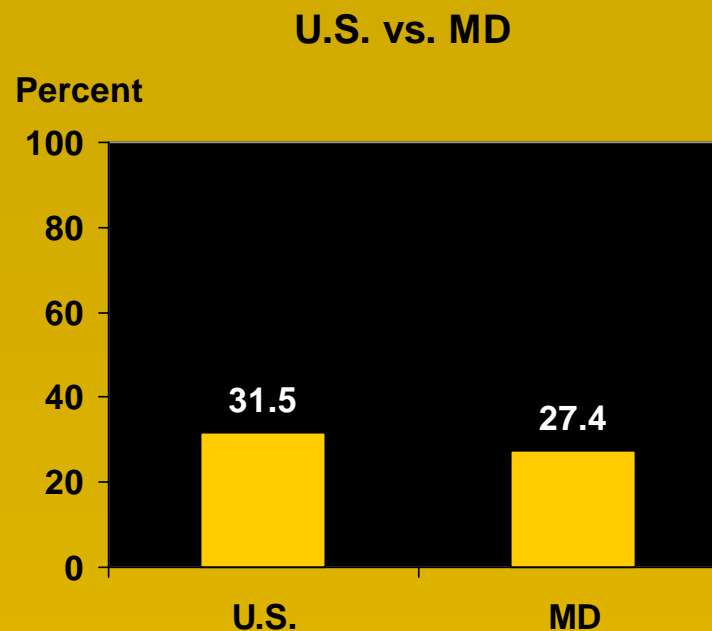
- Current programs and initiatives include:
 - Youth Suicide Prevention.
 - Maryland School Mental Health Alliance.
 - Positive Behavioral Interventions Systems and Supports (PBIS).
 - School Psychological Services.
 - School Based Health Centers.

Diet, Nutrition, and Physical Activity

- The 2005 Maryland YRBS examined:
 - Student weight and obesity
 - Weight control
 - Diet preferences
 - Fitness

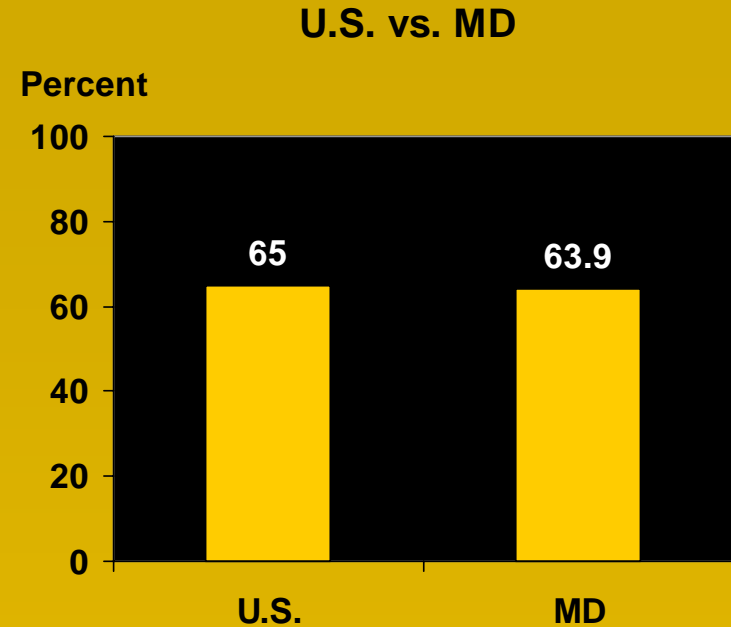
Percentage of students who consider themselves as slightly or very overweight

- More than one-fourth of Maryland high school students (27.4 percent) say they are slightly or very overweight, which is significantly below the 31.5 percent of students who do so nationwide.



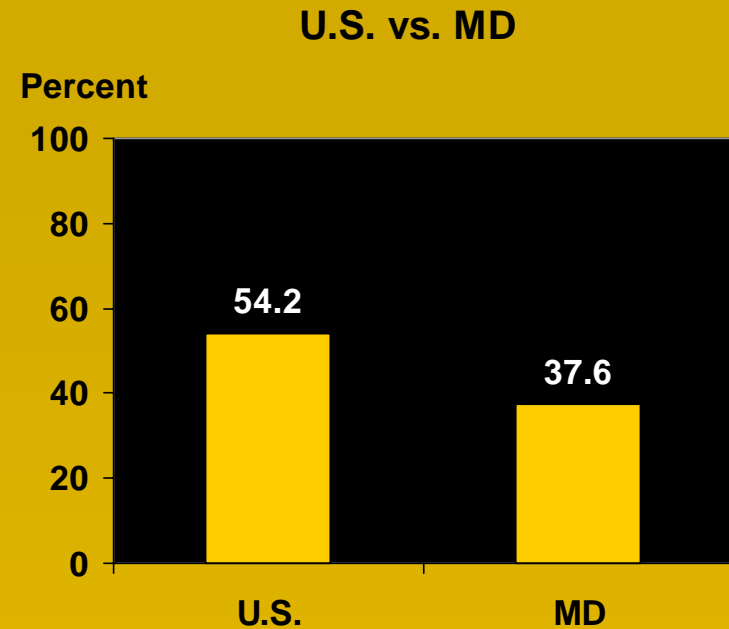
Percentage of students who watch two or more hours of TV on an average school day

- Almost two-thirds of high school students, in Maryland and nationally, watch two or more hours of TV on an average school day.



Percentage of students who attend physical education classes on one or more days in an average week

- Maryland high school students are significantly less likely to attend physical education classes than students nationwide.



Diet, Nutrition, and Physical Activity Programs and Initiatives

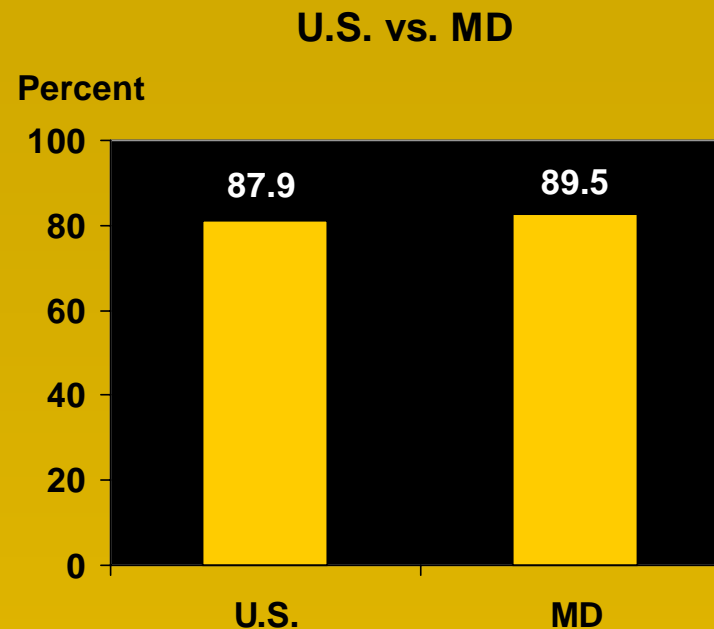
- Current programs and initiatives include:
 - “Maryland on the Move”, a joint project of the Governor’s Office, MSDE, the Department of Health and Mental Hygiene (DHMH), and the Department of Agriculture.
 - DHMH’s Nutrition and Physical Activity Plan.
 - MSDE’s Community and School Nutrition Branch support to school districts to develop Comprehensive Wellness plans for schools.
 - “Live It!”, a fitness and nutrition program to increase students’ awareness of the importance of healthy and active lifestyles.

Protective Factors

- The 2005 Maryland YRBS examined:
 - Exposure to education on HIV/AIDS
 - Participation in extracurricular activities
 - Student access to an adult in whom they can confide

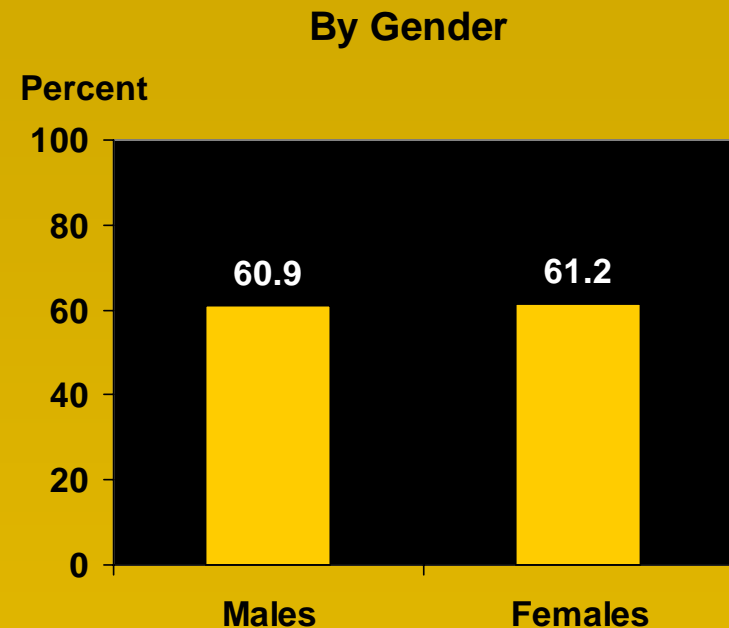
Percentage of students who have been taught about HIV infection in school

- About 90 percent of Maryland high school students say they have been taught in school about AIDS or HIV infection.



Percentage of students who participate in extracurricular activities

- Most Maryland high school students, including both males and females, participate in extracurricular activities.



Percentage of Maryland students who have an adult to whom they can turn for advice, and who feel that their teachers really care about them

- Approximately 87 percent of Maryland high school students say they would be comfortable seeking help from one or more adults outside school.
- About half of these students agreed or strongly agreed that their teachers really care about them and give them lots of encouragement.

Type of Adult	Percent
Adult outside school	87.3
Adult other than a parent	84.7
Teacher or other adult in school	55.2
Teachers really care	49.4

Using the YRBS for Program Planning

- In summary, the Maryland YRBS can be used to:
 - Increase awareness of high school students' risk behaviors among parents, teachers, and administrators.
 - Assist in developing and refining programs aimed at improving Maryland high school students' health and well-being.
 - Support legislative and regulatory initiatives, and decision-making about program funding.

Further Information

- For more information on the 2005 Maryland YRBS:
 - Visit <http://www.marylandpublicschools.org/MSDE>
 - Visit <http://www.cdc.gov/HealthyYouth/YRBS>
 - Contact Ms. Alicia Mezu with the MSDE Student Services and Alternative Programs Branch, at 410-767-0353 or email amezu@msde.state.md.us.