

**2007  
MARYLAND YOUTH RISK  
BEHAVIOR SURVEY**

September 2008

# Maryland State Board of Education

**James H. DeGraffenreidt, Jr.**

*President*

**Blair G. Ewing**

*Vice President*

**Lelia T. Allen**

**Dunbar Brooks**

**Charlene M. Dukes**

**Mary Kay Finan**

**Rosa M. Garcia**

**Richard L. Goodall**

**Karabelle Pizzigati**

**Dr. Ivan C.A. Walks**

**Kate Walsh**

**D. Derek Wu (Student Member)**

**Nancy S. Grasmick**

*Secretary-Treasurer of the Board*

*State Superintendent of Schools*

**JoAnne L. Carter**

*Deputy State Superintendent*

*Office of Instruction and Academic Acceleration*

**Ann E. Chafin**

*Assistant State Superintendent*

*Division of Student, Family, and School Support*

**Charles J. Buckler**

*Director*

*Student Services and Alternative Programs Branch*

**Martin O'Malley**

*Governor*

The Maryland State Department of Education does not discriminate on the basis of race, color, sex, age, national origin, religion, disability, or sexual orientation in matters affecting employment or in providing access to programs. For inquiries related to departmental policy, please contact the Equity Assurance and Compliance Branch, Maryland State Department of Education, 200 West Baltimore Street, Baltimore, Maryland 21201-2595 (410) 767-0426 VOICE, (410) 333-6442 TTY/TDD, (410) 333-2226 FAX.

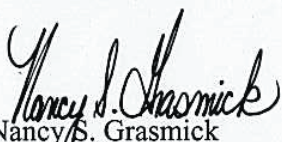
## FOREWORD

The Maryland State Department of Education (MSDE) is pleased to publish the results of the 2007 Maryland Youth Risk Behavior Survey (YRBS). In 2004, the Maryland General Assembly passed legislation requiring MSDE to conduct the YRBS. The first Maryland YRBS was conducted in 2005 to collect information and establish baseline data about a variety of priority health risk behaviors among youth. The law requires that the survey be conducted every two years to provide trend data that may be used to monitor health risk behaviors among Maryland's youth and young adults.

The Maryland YRBS is a part of the Youth Risk Behavior Surveillance System (YRBSS) developed in 1990 by the U.S. Centers for Disease Control and Prevention (CDC). The YRBSS monitors six categories of priority health-risk behaviors among youth and young adults, including: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancies and sexually transmitted diseases, including HIV infection; unhealthy dietary behaviors; and physical inactivity. It also monitors the prevalence of obesity and asthma and includes a national school-based survey conducted by CDC and state and local entities.

The 2007 Maryland YRBS was administered to approximately 1,528 students in grades 9-12 and includes responses to questions on: traffic safety; weapons; personal safety and harassment; tobacco, alcohol and other drug use; suicide; diet, nutrition, and physical activity; and protective factors such as HIV prevention education, extracurricular activities, and support from parents, teachers, and other adults. The data provided by the 2007 Maryland YRBS may be used to identify trends linked to the Leading Health Indicators around which state and national health policies are organized and for policy development and program planning at the State and local levels. Additionally, the 2007 Maryland YRBS provides data that is useable at the local jurisdiction level and can be compared with the 2007 national YRBS.

The success of Maryland's 2007 YRBS is attributed to the hard work and professionalism of staff and administrators in our local school systems and schools who did everything possible to ensure the survey was conducted in a timely and professional manner. We encourage you to use the data provided in this report to implement and evaluate programs and services that address the priority health risk behaviors of our youth and families.



Nancy S. Grasmick  
State Superintendent of Schools



# Table of Contents

Executive Summary .....	i
Chapter 1. Introduction.....	1
Chapter 2. Survey Methodology.....	3
Chapter 3. Traffic Safety .....	6
3.1 Bicycle Helmet Use.....	7
3.2 Seat Belt Use .....	8
3.3 Riding in a Car Driven by Someone Who Consumed Alcohol.....	9
3.4 Driving After Drinking.....	10
Chapter 4. Personal Safety .....	11
4.1 Youth Who Have Been the Victims of Teasing or Name-Calling Because of Their Weight, Size, or Physical Appearance .....	13
4.2 Youth Who Have Been the Victims of Teasing or Name-Calling Because of Their Race or Ethnic Background.....	14
4.3 Youth Who Have Been Harassed or Bullied on School Property .....	15
4.4 Youth Who Have Been Harassed or Bullied Due to Perceived Sexual Orientation .....	16
4.5 Youth in a Physical Fight .....	17
4.6 Youth Who Had Property Stolen or Deliberately Damaged on School Property.....	18
4.7 Youth Carrying Weapons.....	19
4.8 Youth Carrying Guns .....	20
4.9 Youth Who Were Threatened or Injured With a Weapon on School Property .....	21
4.10 Youth Who Did Not Go to School Due to Feeling Unsafe .....	22
4.11 Youth Who Felt Unsafe in Their Neighborhoods .....	23
Chapter 5. Tobacco Use .....	24
5.1 Ever Tried Cigarette Smoking.....	25
5.2 Youth Smoking for First Time Prior to Age 13 .....	26
5.3 Youth Who Currently Smoke Cigarettes.....	27
5.4 Youth Who Smoke Heavily .....	28
5.5 Cigarette Purchases by Underage Smokers.....	29
5.6 Smokeless Tobacco Use.....	30
Chapter 6. Alcohol and Other Drug Use .....	31
6.1 Had at Least One Drink of Alcohol in Their Life .....	33
6.2 Youth Taking First Drink Before Age 13.....	34
6.3 Current Drinkers.....	35
6.4 Binge Drinkers .....	36
6.5 Recent Drinking on School Property.....	37
6.6 Marijuana Use .....	38
6.7 Tried Marijuana Before Age 13 .....	39

6.8	Current Marijuana Use .....	40
6.9	Smoking Marijuana on School Property .....	41
6.10	Other Drug Use .....	42
6.11	Use of Illegal Drugs Injected by Needle .....	44
6.12	Youth Offered, Sold, or Given Illegal Drugs on School Property .....	45
Chapter 7. Suicide .....		46
7.1	Persistent Sadness/Hopelessness for Two Weeks or More .....	48
7.2	Youth Who Seriously Considered Suicide in the Past 12 Months .....	49
7.3	Youth Who Had a Plan for Committing Suicide During the Past 12 Months .....	50
7.4	Youth Who Attempted Suicide During the Past 12 Months .....	51
Chapter 8. Diet, Nutrition, and Physical Activity.....		52
8.1	Youth Perceptions of Their Weight and Calculated Body Mass Index (BMI).....	54
8.2	Youth Trying to Lose or Control Their Weight .....	55
8.3	Weight Loss and Control Methods.....	56
8.4	Youth Diet Preferences .....	57
8.5	Physical Activity .....	58
8.6	Television Viewing .....	59
8.7	Physical Education Class Attendance .....	60
Chapter 9. Protective Factors .....		61
9.1	Youth Taught About HIV/AIDS Infection.....	62
9.2	Extracurricular Activities .....	63
9.3	Youth Who Have an Adult to Whom They Can Turn.....	64
Chapter 10. Policy and Program Initiatives.....		65
10.1	Physical Activity .....	65
10.2	Overweight and Obesity .....	66
10.3	Tobacco Use .....	66
10.4	Substance Abuse.....	67
10.5	Responsible Sexual Behavior.....	67
10.6	Mental Health.....	68
10.7	Injury and Violence .....	68
10.8	Further Information .....	69
References .....		70
Appendix A, Summary Tables .....		72
Appendix B, Race/Ethnic Group Analysis .....		82

---

# *List of Charts and Tables*

2.1	Composition of Maryland 2007 High School Enrollment and 2007 YRBS Samples .....	4
3.1	Percentage of youth bicycle riders who never or rarely wore a helmet in the past 12 months .....	7
3.2	Percentage of youth who never or rarely wear a seatbelt when riding in a car driven by someone else.....	8
3.3	Percentage of youth who rode in a vehicle driven by someone who had been drinking alcohol at least once in the past 30 days .....	9
3.4	Percentage of youth who drove a vehicle after drinking alcohol at least once in the past 30 days .....	10
4.1.a	Percentage of youth in 2007 who were the victims of teasing or name-calling because of their weight, size, or physical appearance, during the past 30 days .....	13
4.1.b	Percentage of youth in 2005 who were the victims of a verbal slur because of their weight, size, or physical appearance, during the past 30 days .....	13
4.2.a	Percentage of youth in 2007 who were the victim of teasing or name-calling because of their race or ethnic background, during the past 30 days .....	14
4.2.b	Percentage of youth in 2005 who were the victim of a verbal slur because of their race or ethnic background, during the past 30 days .....	14
4.3	Percentage of youth who were harassed or bullied on school property on one or more occasions during the past 12 months.....	15
4.4	Percentage of youth who were harassed or bullied because someone thought they were gay, lesbian, or bisexual one or more times during the past 12 months .....	16
4.5	Percentage of youth who were in a physical fight, one or more times during the past 12 months.....	17
4.6	Percentage of youth who had property, such as their cars, clothing, or books, stolen or deliberately damaged on school property one or more times during the past 12 months .....	18
4.7	Percentage of youth who carried a weapon on one or more of the past 30 days.....	19
4.8	Percentage of youth who carried a gun on one or more of the past 30 days .....	20
4.9	Percentage of youth who were threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months .....	21
4.10	Percentage of youth who did not go to school, on one or more of the past 30 days, because they felt unsafe at school or on their way to and from school .....	22
4.11	Percentage of youth who never or rarely feel safe in their neighborhoods .....	23
5.1	Percentage of youth who ever tried cigarette smoking, even one or two puffs.....	25
5.2	Percentage of youth who smoked a whole cigarette for the first time before age 13 .....	26
5.3	Percentage of youth who smoked one or more cigarettes in the past 30 days (current smokers).....	27
5.4	Percentage of youth who smoked cigarettes on 20 or more of the past 30 days (heavy smokers) .....	28

---

5.5	Percentage of current smokers, less than 18 years of age, who regularly buy their own cigarettes in a store or gas station.....	29
5.6	Percentage of youth who used chewing tobacco, snuff, or dip on one or more of the past 30 days .....	30
6.1	Percentage of youth who have tried alcohol at least once.....	33
6.2	Percentage of youth who had their first drink of alcohol, other than a few sips, before age 13 .....	34
6.3	Percentage of youth who had at least one drink of alcohol on one or more of the past 30 days (current drinkers) .....	35
6.4	Percentage of youth who had five or more drinks of alcohol in a row, within a couple of hours, on one or more of the past 30 days .....	36
6.5	Percentage of youth who had at least one drink of alcohol on school property on one or more of the past 30 days.....	37
6.6	Percentage of youth who used marijuana one or more times during their life .....	38
6.7	Percentage of youth who tried marijuana for the first time before age 13 .....	39
6.8	Percentage of youth who used marijuana one or more times during the past 30 days .....	40
6.9	Percentage of youth who used marijuana on school property one or more times during the past 30 days.....	41
6.10.a	Other Drug Use: Percentage of youth who used listed drugs one or more times during their life.....	42
6.10.b	Other Drug Use: Percentage of youth who used listed drugs one or more times during their life, by grade level .....	43
6.11	Percentage of youth who used a needle to inject any illegal drug into their body one or more times during their life.....	44
6.12	Percentage of youth who were offered, sold, or given an illegal drug on school property by someone during the past 12 months .....	45
7.1	Percentage of youth who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped some usual activities during the past 12 months.....	48
7.2	Percentage of youth who seriously considered attempting suicide during the past 12 months .....	49
7.3	Percentage of youth who made a plan about how they would attempt suicide during the past 12 months .....	50
7.4	Percentage of youth who actually attempted suicide, and whose suicide attempt required medical attention, during the past 12 months.....	51
8.1	Youth perceptions of their weight and calculated body mass index (BMI) .....	54
8.2	Percentage of youth who are trying to lose or control their weight .....	55
8.3	Percentage of youth who use different weight-loss methods .....	56
8.4	Diet Preferences: Frequency that youth consumed different types of healthful foods in the past seven days .....	57
8.5	Percentage of youth who exercised or participated in physical activity that made them sweat and breathe hard for 20 minutes or more on three or more of the past seven days .....	58

---

8.6	Percentage of youth who watched three or more hours per day of TV on an average school day.....	59
8.7	Percentage of youth who attended physical education classes on one or more days in an average week when they were in school .....	60
9.1	Percentage of youth who had been taught in school about AIDS or HIV infection.....	62
9.2	Percentage of youth who participated in extracurricular activities .....	63
9.3	Percentage of youth who have an adult to whom they can turn for advice or to discuss a problem, and who feel that their teachers really care about them.....	64
Appendix A, Summary Tables .....		73-81
Appendix B, Table 1. Percentage of Black and White Youth on Selected Maryland YRBS Measures, for 2005 and 2007 .....		83

---



# *Executive Summary*

The Youth Risk Behavior Survey (YRBS) is part of the Youth Risk Behavior Surveillance System, developed by the United States Centers for Disease Control and Prevention (CDC). The Maryland State Department of Education (MSDE) implemented the state's first YRBS in 2005; the 2007 Maryland YRBS marks the second administration of the YRBS in Maryland.

The 2007 Maryland YRBS addresses seven areas of youth attitudes and behaviors:

- Traffic safety;
- Personal safety;
- Tobacco use;
- Alcohol and other drug use;
- Suicide;
- Diet, nutrition, and physical activity; and
- Protective factors.

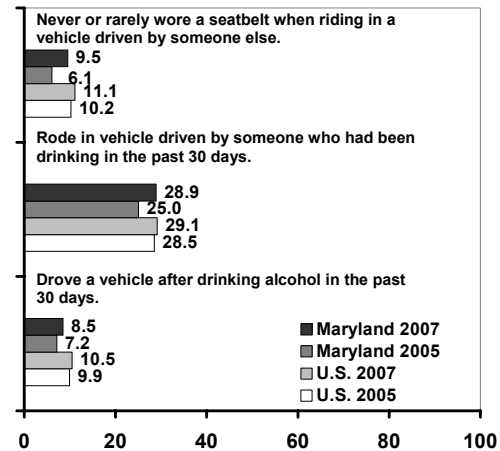
The findings from the 2007 YRBS are based on survey responses of 1,528 students from randomly selected classrooms in 30 randomly selected high schools. The sample represents 13 of Maryland's 24 districts. Explicit, active parental consent was required for students to participate. MSDE's contractor, KRA Corporation, administered the survey and ensured student privacy and confidentiality. The YRBS findings in each of the seven areas will help MSDE, educators, state and local agencies, businesses, students, parents, and other stakeholders develop and refine initiatives aimed at improving the health and well-being of Maryland youth.

## Traffic safety

The YRBS examined factors associated with traffic safety such as use of bicycle helmets and seatbelts, and driving after drinking.

- 9.5 percent of Maryland youth never or rarely wear seatbelts, a rate significantly higher than in 2005 (6.1 percent), and a lower rate compared to youth nationwide (11.1 percent).
- 28.9 percent of Maryland youth recently rode in a vehicle driven by someone who had been drinking, a rate slightly higher than in 2005 (25.0 percent), and comparable to youth nationwide (29.1 percent).
- 8.5 percent of Maryland youth recently drove a vehicle after drinking, a rate consistent with the 2005 results (7.2 percent), and slightly lower compared to youth nationwide (10.5 percent).

Percentage of youth who:



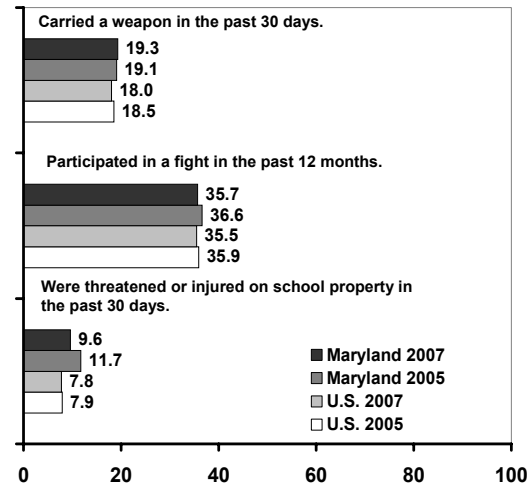
## *Personal safety*

The YRBS focused on teasing or name-calling, harassment and bullying, fighting, carrying weapons, and perceptions of safety.

- 19.3 percent of Maryland youth carried a weapon in the past 30 days, a rate nearly identical to the one in 2005 (19.1 percent), and slightly higher compared to youth nationwide (18.0 percent).
- 35.7 percent of Maryland youth have been involved in a physical fight over the past 12 months, a rate nearly identical to 2005 (36.6 percent), and nearly identical to youth nationwide (35.5 percent).
- In 2007, Maryland youth are less likely to be threatened or injured by a weapon on school property than in 2005 (9.6 versus 11.7 percent), and they are more likely to be threatened or injured by a weapon on school property than youth nationwide (7.8 percent).

MSDE facilitates the implementation of the Positive Behavioral Interventions and Supports (PBIS) initiative. PBIS focuses on improving a school's ability to teach and support positive behavior for all students. MSDE partners with local universities and other state agencies to provide grants and support to local school systems to develop or enhance peer mediation or conflict-resolution programs.

### Percentage of youth who:



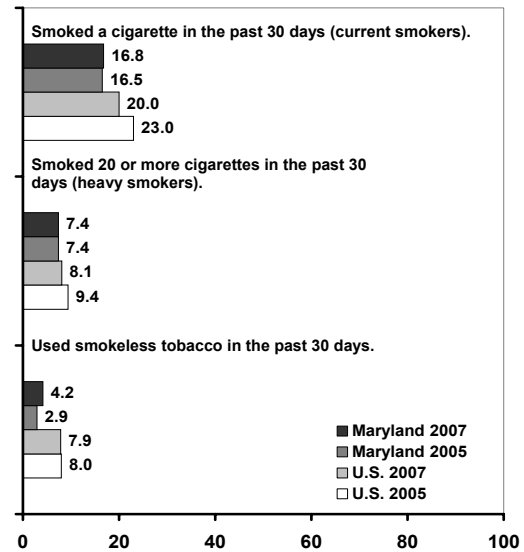
## ***Tobacco use***

The YRBS investigated cigarette smoking, smokeless tobacco use, and underage cigarette purchases.

- In 2007, Maryland youth are as likely to be current smokers as in 2005 (16.8 versus 16.5 percent), and they are less likely to be current smokers compared to youth nationwide (20.0 percent).
- In 2007, Maryland youth are equally as likely to smoke heavily as in 2005 (7.4 and 7.4 percent), and they are less likely to smoke heavily compared to youth nationwide (8.1 percent).
- Maryland youth in 2007 are more likely to use smokeless tobacco products than in 2005 (4.2 versus 2.9 percent), and they are significantly less likely to do so compared to youth nationwide (7.9 percent).

MSDE provides technical assistance to local school districts in their efforts to assist smokers to quit and encourage others not to start.

### **Percentage of youth who:**



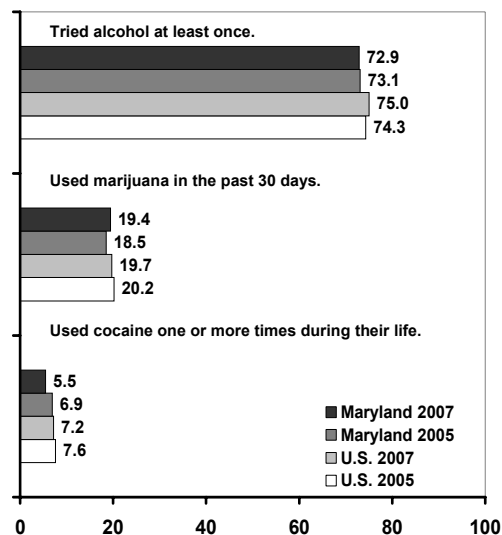
## *Alcohol and other drug use*

The YRBS focused on youth use of alcohol and drugs and the prevalence of drugs on school property.

- Over 70 percent of Maryland youth in 2007 and 2005 have tried alcohol at least once (72.9 and 73.1 percent), a rate slightly lower compared to youth nationwide (75.0 percent).
- The percentage of Maryland youth in 2007 who are current marijuana users is comparable to the rate in 2005 (19.4 and 18.5 percent), and is comparable to youth nationwide (19.7 percent).
- Maryland youth in 2007 are less likely to use cocaine than in 2005 (5.5 versus 6.9 percent), a lower rate compared to youth nationwide (7.2 percent).

MSDE provides grants and technical assistance to school districts to support a variety of intervention and prevention programs.

### Percentage of youth who:

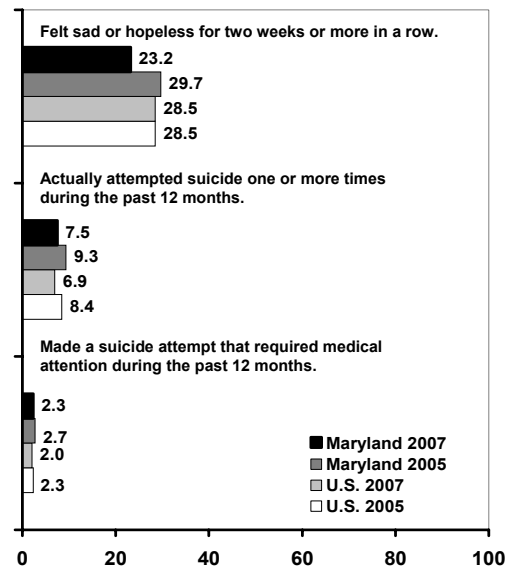


## Suicide

The YRBS examined behaviors associated with youth suicide including periods of extended sadness, actual attempts, and injuries.

- Maryland youth in 2007 are significantly less likely to have feelings of sadness for two weeks or more compared to 2005 (23.2 versus 29.7 percent). Maryland youth are significantly less likely to experience extended periods of sadness compared to youth nationwide (28.5 percent).
- The percentage of Maryland youth who attempted suicide (7.5 percent) is lower than in 2005 (9.3 percent), and higher when compared to youth nationwide (6.9 percent).
- Less than 3 percent of Maryland youth made a suicide attempt that required medical treatment in the past year, nearly identical to the rate reported in 2005 (2.3 and 2.7 percent), and comparable to youth nationwide (2.0 percent).

Percentage of youth who:



MSDE has programs to address mental health such as the Youth Suicide Prevention School Program, School Counseling, and School Psychology. MSDE partners with local universities and other state agencies on mental health initiatives.

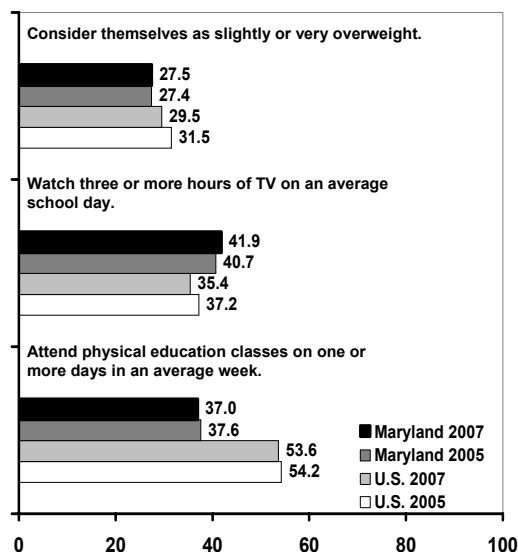
## ***Diet, nutrition, and physical activity***

The YRBS investigated obesity, weight control, food preferences, and fitness.

- More than one fourth of Maryland youth (27.5 percent) consider themselves as slightly or very overweight, a rate that has changed little since 2005 (27.4 percent), and is slightly lower compared to youth nationwide (29.5 percent).
- Nearly 42 percent of Maryland youth watch three or more hours of TV on an average school day, a rate similar to 2005 (41.9 versus 40.7 percent), and is higher compared to youth nationwide (35.4 percent).
- Maryland youth report nearly identical rates of physical education-class attendance in 2007 and 2005 (37.0 and 37.6 percent). Maryland youth in 2007 are significantly less likely to attend physical education classes than youth nationwide (53.6 percent).

MSDE is working with school systems to implement Comprehensive Wellness Plans in the area of nutrition and physical activity.

### **Percentage of youth who:**



## ***Protective factors***

The Maryland YRBS looked at several factors that can protect youth from risky behaviors and promote health and well-being. Most of these questions did not appear in the national YRBS.

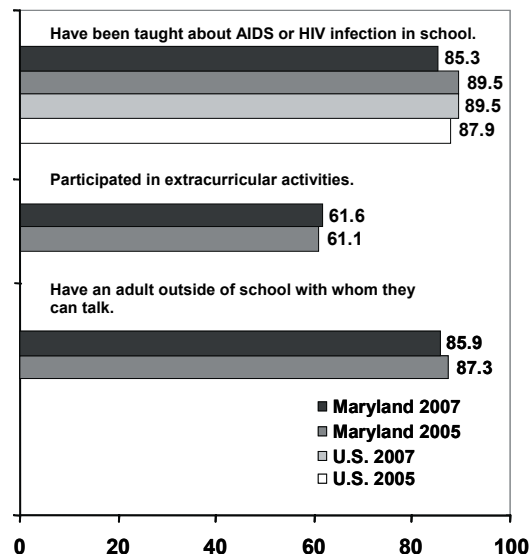
- Maryland youth in 2007 are less likely to report having been taught in school about AIDS or HIV infection than in 2005 (85.3 versus 89.5 percent), a rate significantly lower when compared to youth nationwide (89.5 percent).
- About the same percentage of Maryland youth in 2007 and 2005 participated in extracurricular activities (61.6 and 61.1 percent).
- 85.9 percent of Maryland youth report having an adult outside of school whom they can turn to for advice, a rate similar to 2005 (87.3 percent).

MSDE has programs in place to promote health and well-being, including character education, HIV/AIDS prevention education, and health services programs.

## ***2009 Maryland YRBS***

The next Maryland YRBS will be conducted in the spring of 2009. As in 2007 and 2005, the 2009 Maryland YRBS will monitor attitudes and behaviors of Maryland youth that could affect morbidity (disease) and mortality (death).

**Percentage of youth who:**



For more information on the Maryland YRBS, contact Mr. Richard Scott at (410) 767-0288 or email [rscott@msde.state.md.us](mailto:rscott@msde.state.md.us).

# Chapter 1.

## *Introduction*

The Youth Risk Behavior Survey (YRBS) was developed by the U.S. Centers for Disease Control and Prevention (CDC) to monitor behaviors that affect morbidity (disease) and mortality (death) among high-school-age youth. The YRBS program has been in existence since 1990, and data are collected during odd-numbered years. The national YRBS, therefore, provides a series of snapshots of youth behavior that policy-makers, educators, and parents can use to develop and refine initiatives aimed at improving the health and well-being of youth.

In 2004, the Maryland General Assembly authorized the Maryland State Department of Education (MSDE) to participate in the YRBS, starting with the 2005 survey. The 2007 Maryland YRBS marks the second administration of the YRBS in Maryland, and is the focus of this report.

The 2007 Maryland YRBS addresses seven major categories of youth attitudes and behavior:

- Traffic safety;
- Personal safety;
- Tobacco use;
- Alcohol and other drug use;
- Suicide;
- Diet, nutrition, and physical activity; and
- Protective factors.

This report provides information on all seven of these topics, including the extent to which different health-related behaviors are exhibited by Maryland youth, how the behaviors of Maryland youth have changed between 2005 and 2007, how Maryland youth compare to youth nationwide, and how the attitudes and behaviors of Maryland youth vary by gender and grade level. These findings will be used, as they are in other states, to help health educators and other specialists plan and deliver programs addressing priority youth risk behaviors.

The report is divided into 10 chapters.

Chapter 2 summarizes the methodology Maryland used to implement the 2007 YRBS.

Chapters 3 through 9 detail the results related to each of the seven major categories of youth attitudes and behavior covered by the Maryland YRBS.

Chapter 10 describes the Maryland YRBS data within the context of the major Leading Health Indicators, the 10 major public health concerns around which state and national health policies are organized. MSDE and other relevant state agencies are working to reduce risk behaviors among Maryland's youth.

Appendix A provides detailed tables for each measure discussed in chapters 3 through 9, including the 2005 and 2007 survey results for gender and grade level. The tables also identify statistically significant differences.

Appendix B provides a summary analysis of the 2007 Maryland YRBS results by race/ethnicity.<sup>1</sup>

Additional information on the YRBS can be found at the CDC's website (<http://www.cdc.gov/HealthyYouth/YRBS>).

---

<sup>1</sup> Race/ethnicity is not addressed in the main body of this report because the subgroup samples for all race/ethnic groups besides Black and White were too small to provide estimates.

## Chapter 2.

# *Survey Methodology*

This chapter summarizes how MSDE, selected public school systems, individual high schools, the survey contractor, and the CDC worked together to obtain the sample, conduct the 2007 Maryland YRBS, and analyze the findings.

### ***Sample Selection Process***

There are 24 public school districts in the state of Maryland, one for each of 23 counties plus Baltimore City. The 30 public schools in the 2007 Maryland YRBS were randomly drawn from the 24 districts to provide a representative sample for the entire state. Schools in 13 districts participated in the 2007 YRBS from across Maryland's diverse regions.

The 30 selected schools were asked to provide class lists for all classes meeting during 2<sup>nd</sup> period during the survey period (March – May 2007). Classes were randomly selected in accordance with CDC guidelines. Depending on a school's overall enrollment, three to four classes were selected to participate in the YRBS. The classes chosen had a total of about 2,400 students registered.

Each student enrolled in the selected classes was asked to participate in the survey. When the Maryland General Assembly approved Maryland's participation in the YRBS, it required the signature of a parent or guardian specifically authorizing a student's participation before a student could be given a survey to complete. This process is referred to as "active consent," and was designed to ensure that parents were aware of and comfortable with their child's participation. Students in the selected classrooms received a packet of information about the 2007 Maryland YRBS, including an Active Parental Consent form, to take home to their parents. Only students returning forms with signed parental consent were surveyed. Approximately 1,680 students returned their parent's consent to participate. In most schools, students who returned a signed form received an incentive, such as a \$5 gift card.

### ***Survey Administration Procedures***

MSDE's contractor, KRA Corporation (KRA) of Silver Spring, MD, collected the data in each school using a team of trained survey administrators. The 2007 Maryland YRBS was administered between late March and mid-May 2007. The survey administrators followed the survey administration procedures as outlined by the CDC, with an emphasis on ensuring the confidentiality of each respondent's survey form. The survey administrators also worked closely with each school's staff to ensure that only those students with active parental consent completed the survey.

### ***Response Rate***

KRA obtained useable surveys for 1,528 students statewide, about 63 percent of the enrollment in the sampled classes. Approximately seven percent of all students who had active parental consent did not complete the survey, usually because they were absent on the day the survey was administered; however, students could also refuse to take the survey if they did not want to participate.

### ***Weighting***

The number of useable surveys was large enough that the survey data could be weighted to represent the entire population of Maryland high school-aged youth. These weighted data yield statistically valid estimates for the entire state. Table 2.1 shows the composition of the Maryland 2007 YRBS sample, and the corresponding breakdown of 2007 Maryland public high school enrollment.

#### **2.1 Composition of Maryland 2007 High School Enrollment and 2007 YRBS Samples**

<b>Demographic Subgroup</b>	<b>State Enrollment (Percent)</b>	<b>YRBS Sample (Percent)</b>
<b>Gender</b>		
Males	50.6	50.4
Females	49.4	49.6
Total	100	100
<b>Race/Ethnicity</b>		
African American	38.0	37.3
White	49.0	50.1
Hispanic/Latino	7.3	6.9
All others	5.7	5.7
Total	100	100
<b>Grade</b>		
9 <sup>th</sup>	28.3	28.9
10 <sup>th</sup>	25.4	25.4
11 <sup>th</sup>	23.3	23.5
12 <sup>th</sup>	23.0	22.1
Other	0.0	0.1
Total	100	100

(Maryland State Department of Education, 2007)

### ***Data Analysis***

The data were edited for logical consistency. Responses that did not pass these edit checks were set to “missing” and not included in the analysis. The data were analyzed by the CDC using the SUDAAN statistical software package to produce prevalence estimates and confidence intervals.

The CDC compared 2005 and 2007 results, using a logistic-regression analysis to discern whether the linear change between the two surveys is statistically significant. KRA compared 2007 results among gender, among race/ethnicity groups, and among grade levels by comparing the 95-percent confidence intervals for each respondent group provided by the CDC. This analysis permits a determination of whether these subgroups are truly different in their responses.

### ***Data Presentation***

With the 2007 survey, Maryland has YRBS results that will enable an analysis of trends across time. This analysis controlled for changes in distributions by gender, race/ethnicity (Appendix B), and grade level. The report presents trend data for Maryland in each of the major risk behavior categories in the YRBS (traffic safety; personal safety; tobacco use; alcohol and other drug use; suicide; diet, nutrition, and physical activity; and protective factors), except where the subgroup sample for a question contained fewer than 100 students, in which case estimates could not be made. The report compares Maryland youth in 2007 to 2005, except where such comparisons are not possible due to differences in the wording of the items included on the 2005 and 2007 Maryland surveys. The report also compares Maryland youth in 2007 to youth nationwide.

#### **How to Understand the Data**

- The YRBS was administered to a representative sample of Maryland public high school students.
- The results reflect responses from the survey in 2005 and 2007.
- The report compares Maryland responses in 2007 to Maryland responses in 2005, and the report compares Maryland responses in 2007 to youth nationwide.
- When differences (e.g., 2005 Maryland versus 2007 Maryland; male versus female; grades 9 versus 12) are statistically different, the report explicitly states that there is a statistically significant difference.
- Some numbers may appear to be different, but there is not a significant difference unless explicitly stated. A *statistically significant* difference is one that is unlikely to have occurred by chance. Only differences that are statistically significant can be considered truly different.

## Chapter 3.

# *Traffic Safety*

According to the CDC (2004), motor vehicle accidents are the leading cause of death among Marylanders between the ages of 1 and 24. Over 70 percent of all deaths in the 10 to 24 age group can be attributed to motor-vehicle accidents.

The 2007 YRBS asked about the frequency of use of bike helmets and seatbelts, and also about whether Maryland youth rode with drinking drivers or drove themselves after consuming alcohol.

The 2007 survey results indicate that the percentage of Maryland youth who never or rarely wear a seatbelt significantly increased to 9.5 percent from 6.1 percent in 2005. Maryland youth are more likely to wear seatbelts than are youth nationwide (11.1 percent). In addition, males have significantly decreased their use of seatbelts since 2005.

Females are significantly more likely to have been driven by someone who had been drinking than in 2005. In addition, nearly 30 percent of Maryland youth have ridden in a car driven by someone who consumed alcohol, a rate slightly higher than in 2005 (25.0 percent), and a rate also comparable to youth nationwide (29.1 percent).

The 2007 YRBS results show little variation compared to the 2005 finding that nearly 10 percent of Maryland youth have driven a vehicle after drinking. Maryland youth have a slightly lower rate of driving after drinking when compared to youth nationwide (10.5 percent).

Eighty-five percent of Maryland youth never or rarely wear a helmet when riding a bicycle, a rate slightly higher compared to 81.7 percent in 2005.

*Seatbelt use among Maryland youth has decreased since 2005.*

*Females are significantly more likely to have been driven by someone who had been drinking, compared to 2005.*

*Nearly 30 percent of Maryland youth have ridden in a car driven by someone who consumed alcohol, slightly higher than the 25 percent reported in 2005.*

## 3.1 Bicycle Helmet Use

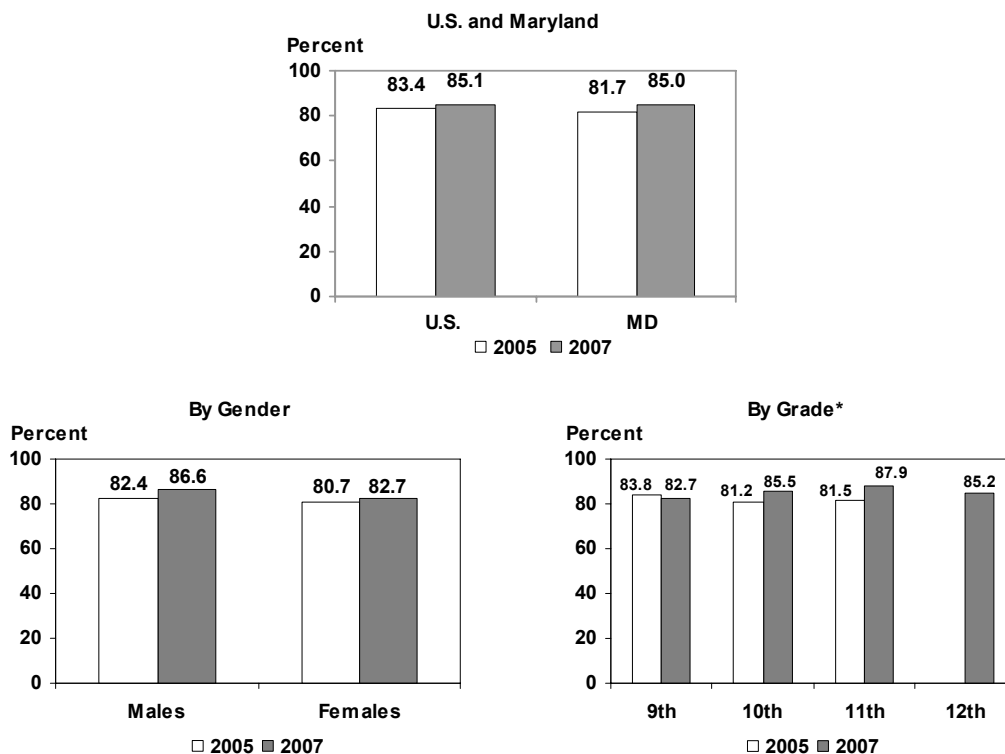
In 2007, 85.0 percent of bicycle-riding Maryland youth never or rarely wore a helmet when riding a bicycle in the past 12 months, a rate slightly higher than in 2005 (81.7 percent). Maryland youth wear bicycle helmets when riding a bicycle at a rate nearly identical to youth nationwide (85.1 percent).

The percentage of females (82.7 percent) who report never or rarely wearing a helmet

is less than the percentage of males (86.6 percent).

Failure to wear a helmet increases by grade level between the 9<sup>th</sup> (82.7 percent) and 11<sup>th</sup> (87.9 percent) grades, and then decreases in the 12<sup>th</sup> grade (85.2 percent). None of the differences by grade level are statistically significant.

### 3.1 Percentage of youth bicycle riders who never or rarely wore a helmet in the past 12 months



\*The 2005 12<sup>th</sup> grade sample of bicycle riders was too small to support an estimate of helmet use.

## 3.2 Seat Belt Use

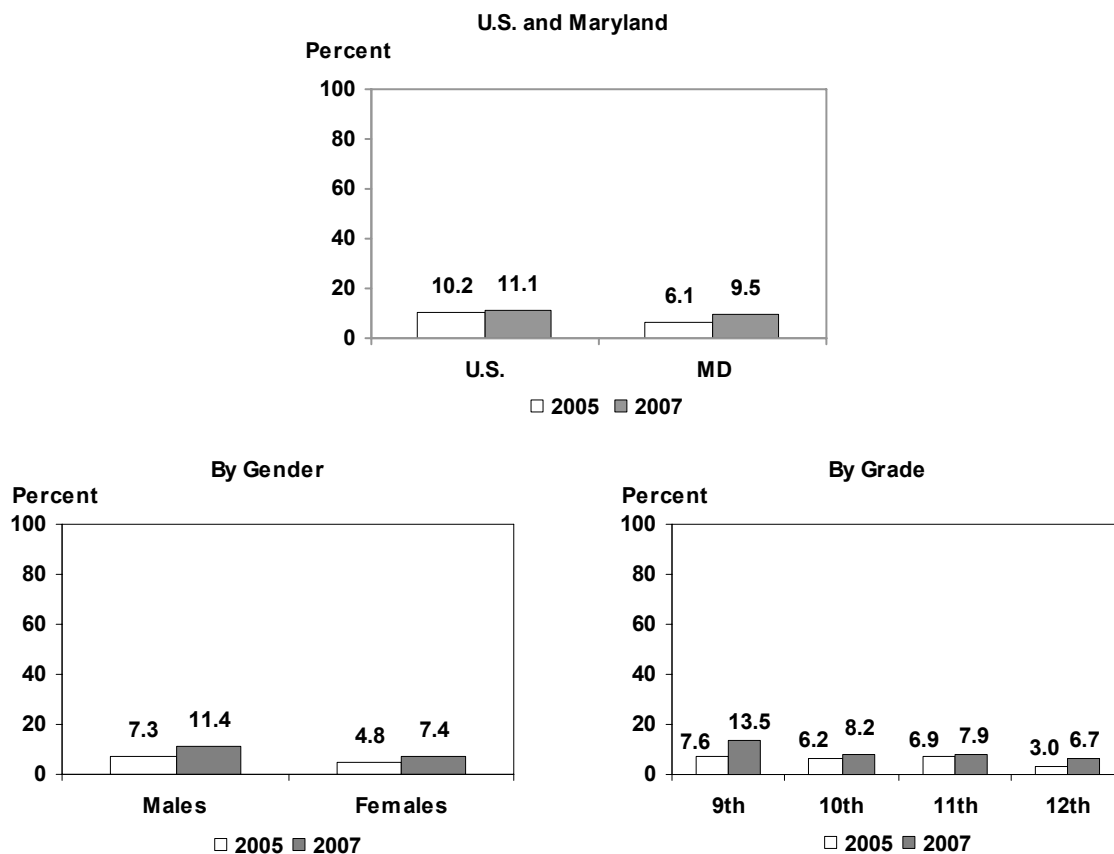
In 2007, 9.5 percent of Maryland youth never or rarely wear a seatbelt when riding in a car driven by someone else, a statistically significant difference compared to 2005 (6.1 percent). Maryland youth fail to wear seatbelts at a lower rate compared to youth nationwide (11.1 percent)

Males (11.4 percent) are more likely than females (7.4 percent) to never or rarely wear a seatbelt. Furthermore, the percentage of

males who failed to use a seatbelt increased by 4.1 percentage points since 2005 (11.4 versus 7.3 percent), a statistically significant difference.

The percentage of Maryland youth who never or rarely wear a seatbelt is at its highest in the 9<sup>th</sup> grade (13.5 percent) and lowest in the 12<sup>th</sup> grade (6.7 percent).

### 3.2 Percentage of youth who never or rarely wear a seatbelt when riding in a car driven by someone else



### 3.3 Riding in a Car Driven by Someone Who Consumed Alcohol

In 2007, 28.9 percent of Maryland youth rode in a vehicle at least once in the past 30 days driven by someone who had been drinking alcohol. This rate is slightly higher than the results in 2005 (25.0 percent).

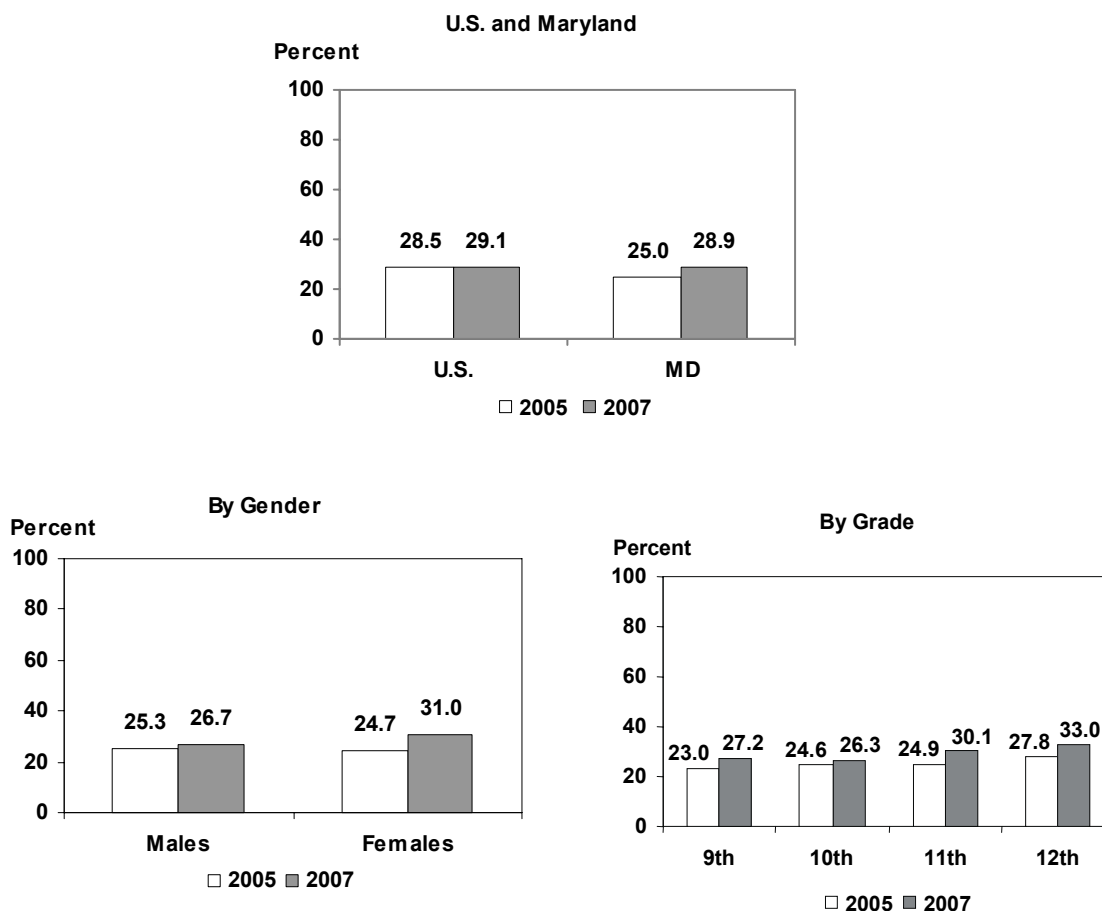
Maryland youth ride in cars driven by someone who has consumed alcohol at a rate comparable to youth nationwide (29.1 percent).

Females (31.0 percent) are more likely than males (26.7 percent) to have ridden in a vehicle driven by someone who had been

drinking. In addition, females in 2007 are significantly more likely than those in 2005 (24.7 percent) to have ridden in a vehicle driven by someone who had been drinking.

Riding in a vehicle driven by someone who had been drinking alcohol increases across the high school grades, from 27.2 percent in the 9<sup>th</sup> grade to 33.0 percent in the 12<sup>th</sup> grade, a pattern also found in 2005.

#### 3.3 Percentage of youth who rode in a vehicle driven by someone who had been drinking alcohol at least once in the past 30 days



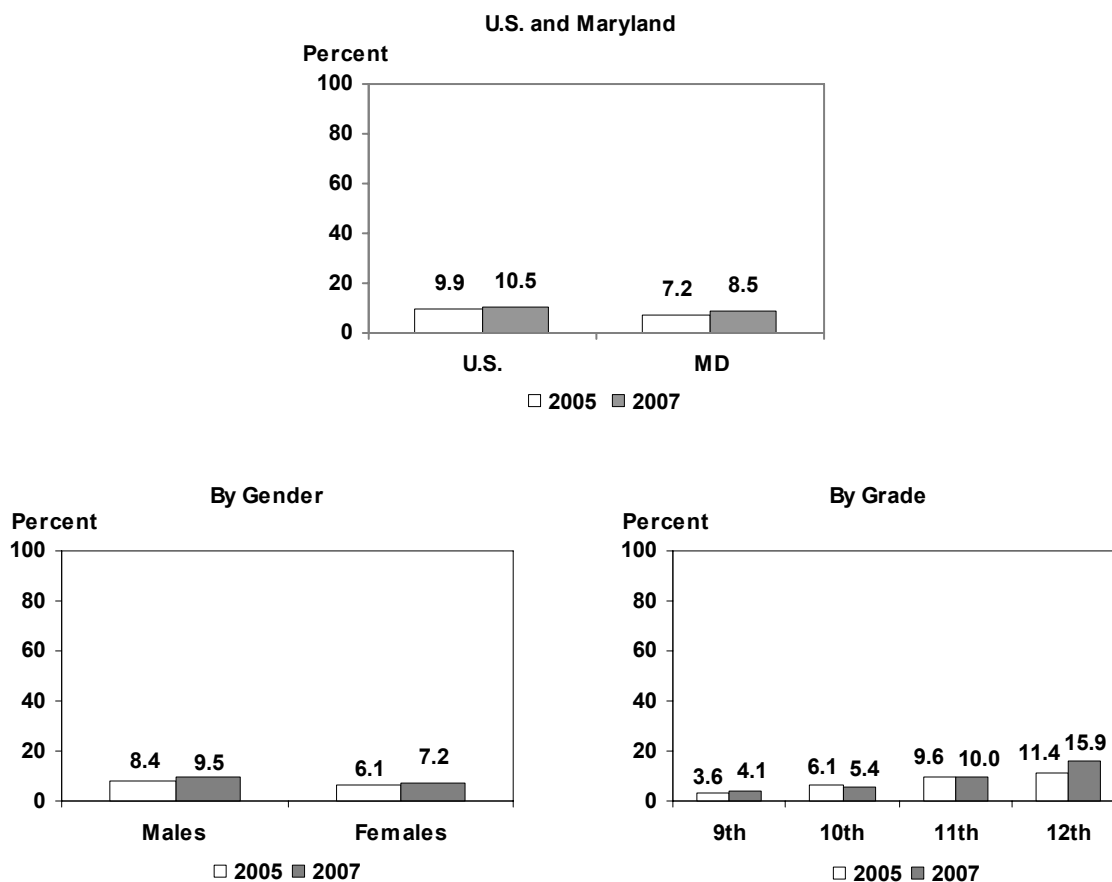
## 3.4 Driving After Drinking

The 2007 YRBS results show that 8.5 percent of Maryland youth have driven a vehicle within the past 30 days after drinking alcohol, a rate that has remained consistent since 2005 (7.2 percent). Maryland youth drive after drinking at a slightly lower rate compared to youth nationwide (10.5 percent).

Males (9.5 percent) are somewhat more likely than females (7.2 percent) to drive after drinking, a pattern also found in 2005.

The incidence of driving after drinking increases significantly between 9<sup>th</sup> (4.1 percent) and 12<sup>th</sup> (15.9 percent) grades, a pattern also seen in 2005.

### 3.4 Percentage of youth who drove a vehicle after drinking alcohol at least once in the past 30 days



## Chapter 4.

# *Personal Safety*

Unintentional injury can result from many risk behaviors in addition to those related to traffic safety. The national YRBS asked about weapons-carrying behavior, fighting, being threatened or injured at school, and school absences due to concerns about safety. The 2007 YRBS, like the 2005 survey, included additional items about experiencing harassment or teasing, which are important indicators of school climate, and students' perceptions of safety in their neighborhoods.

The 2007 YRBS reveals that approximately 1 in 10 males (10.3 percent) were threatened or injured with a weapon such as a gun, knife, or club on school property, a statistically significant decrease from 2005 (13.5 percent). Overall, Maryland youth are more likely to be threatened with a weapon on school property compared to youth nationwide (9.6 versus 7.8 percent, respectively).

Maryland youth in 2007 are as likely as youth in 2005 to participate in a physical fight, carry a gun, or carry another type of weapon. Maryland youth are equally as likely as youth nationwide to carry a gun, and be in a physical fight; and Maryland youth are slightly more likely than youth nationwide to carry a weapon, such as a gun, knife, or club. In addition, males are significantly more likely than females to be in a physical fight, carry a gun, or carry another type of weapon.

The rate of bullying and harassment remained consistent between 2005 and 2007. In 2007, rates of bullying and harassment decreased significantly across the high school grades.

*Males are significantly less likely to be threatened with a weapon on school property in 2007 than in 2005.*

*In 2007, Maryland youth are as likely as youth in 2005 to participate in a physical fight, carry a gun, or carry another type of weapon.*

*Bullying and harassment decrease significantly as youth progress through their high school years.*

Ten percent of Maryland youth never or rarely feel safe in their own neighborhoods compared to 8.1 percent in 2005. Furthermore, 7.4 percent did not go to school one or more times a month because they felt unsafe at school or on their way to and from school.

Approximately 32 percent (32.4 percent) of Maryland youth have had their property stolen or deliberately damaged on school property in the past 12 months, down from 34.6 percent in 2005.

*Ten percent of Maryland youth never or rarely feel safe in their own neighborhoods.*

*Approximately one third of Maryland youth have had their property stolen or deliberately damaged on school property in the past 12 months.*

## 4.1 Youth Who Have Been the Victims of Teasing or Name-Calling Because of Their Weight, Size, or Physical Appearance<sup>2,3</sup>

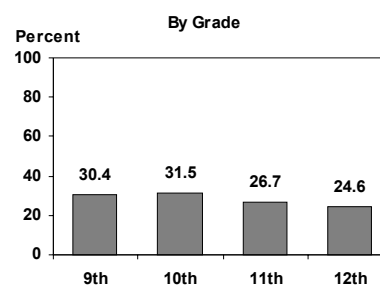
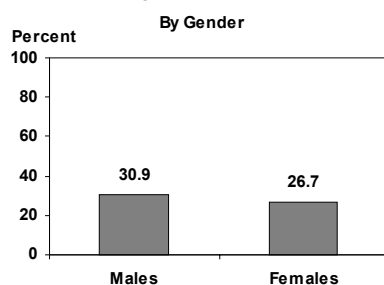
The results of the 2007 YRBS show that 28.7 percent (not shown) of Maryland youth were the victims of teasing or name-calling<sup>2</sup> because of their weight, size, or physical appearance during the past 30 days. Males (30.9 percent) are more likely to be victims of teasing or name-calling because of their appearance than are females (26.7 percent). Being teased or called names because of appearance does not vary significantly by grade; however, the behavior is higher in 9<sup>th</sup> (30.4 percent) and 10<sup>th</sup> (31.5 percent) grades.

Because quantitative comparisons of 2005

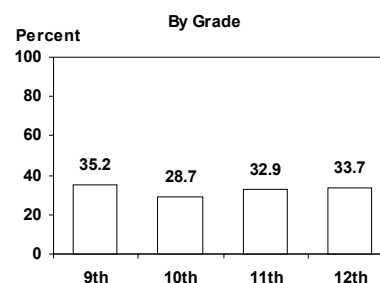
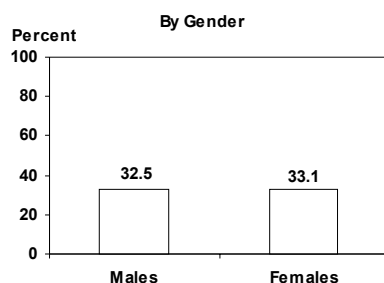
and 2007 results are not possible, a detailed account of 2005 results is provided to assist in comparing the findings.

In 2005, 32.8 percent (not shown) of Maryland youth reported being the victims of a verbal slur<sup>2</sup> during the past 30 days due to their weight, size, or physical appearance. Males (32.5 percent) and females (33.1 percent) reported virtually the same percentage of verbal abuse based on appearance. The incidence of verbal slurs did not vary significantly by grade, but was highest in the 9<sup>th</sup> grade (35.2 percent).

### 4.1.a Percentage of youth in 2007 who were the victims of teasing or name-calling because of their weight, size, or physical appearance, during the past 30 days



### 4.1.b Percentage of youth in 2005 who were the victims of a verbal slur because of their weight, size, or physical appearance, during the past 30 days



<sup>2</sup> A quantitative comparison of 2005 and 2007 results is not possible because the 2005 term “verbal slur” was replaced with “teasing and name-calling” in the 2007 YRBS. A detailed account of 2005 results is provided to assist in comparing the findings.

<sup>3</sup> This question was not included in the 2007 national YRBS.

## 4.2 Youth Who Have Been the Victims of Teasing or Name-Calling Because of Their Race or Ethnic Background<sup>4,5</sup>

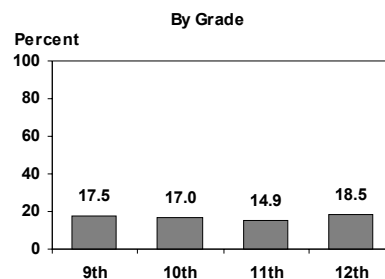
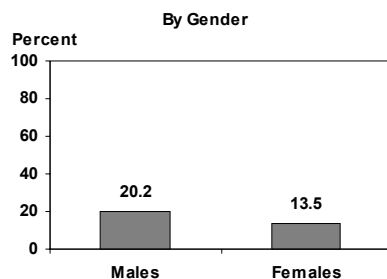
In 2007, 17.1 percent (not shown) of Maryland youth were the victims of teasing or name-calling<sup>4</sup> during the past 30 days due to their race or ethnic background. Teasing or name-calling because of race or ethnic background is highest among males (20.2 percent) and 12<sup>th</sup> graders (18.5 percent).

Because quantitative comparisons of 2005 and 2007 results are not possible, a detailed account of 2005 results is provided to assist

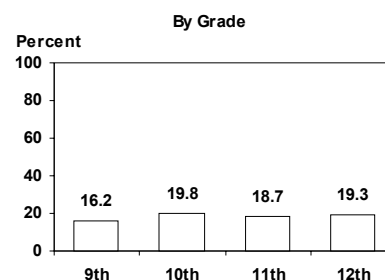
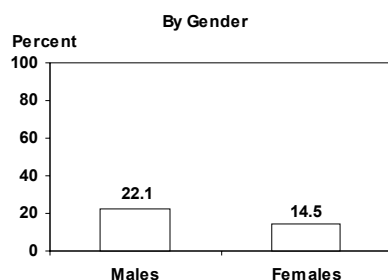
in comparing the findings.

In 2005, 18.3 (not shown) percent of Maryland youth were victims of a verbal slur<sup>4</sup> during the past 30 days because of their race or ethnic background. Males (22.1 percent) were significantly more likely to receive verbal slurs than were females (14.5 percent). Furthermore, reports of racial slurs were highest among 10<sup>th</sup> graders (19.8 percent).

### 4.2.a Percentage of youth in 2007 who were the victim of teasing or name-calling because of their race or ethnic background, during the past 30 days



### 4.2.b Percentage of youth in 2005 who were the victim of a verbal slur because of their race or ethnic background, during the past 30 days



<sup>4</sup> A quantitative comparison of 2005 and 2007 results is not possible because the 2005 term “verbal slur” was replaced with “teasing and name-calling” in the 2007 YRBS. A detailed account of 2005 results is provided to assist in comparing the findings.

<sup>5</sup> This question was not included in the 2007 national YRBS.

## 4.3 Youth Who Have Been Harassed or Bullied on School Property<sup>6</sup>

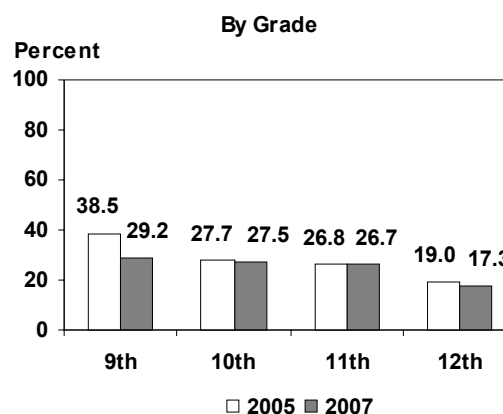
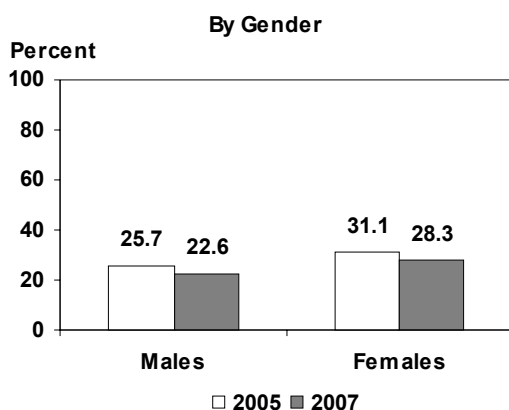
The 2007 YRBS shows that 25.7 percent (not shown) of Maryland youth have been harassed or bullied on school property during the past 12 months, a rate that has shown a slight decline from 2005 (28.4 percent, not shown).

Females (28.3 percent) are more likely than males (22.6 percent) to experience

harassment or bullying on school property, a pattern also observed in 2005 (31.1 versus 25.7 percent).

Harassment and bullying at school decline as youth progress through high school, from a high of 29.2 percent in 9<sup>th</sup> grade, to a low of 17.3 percent in 12<sup>th</sup> grade, which represents a statistically significant difference.

### 4.3 Percentage of youth who were harassed or bullied on school property on one or more occasions during the past 12 months



<sup>6</sup> This question was not included in the 2007 national YRBS.

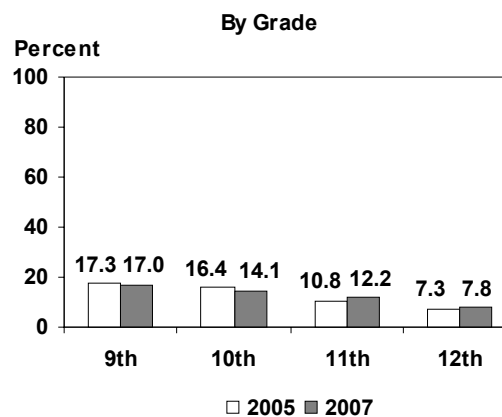
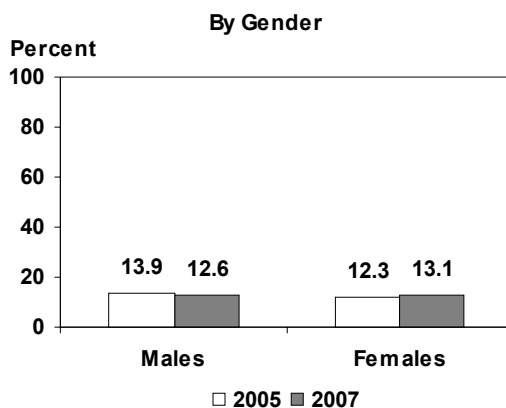
## 4.4 Youth Who Have Been Harassed or Bullied Due to Perceived Sexual Orientation<sup>7</sup>

The results of the 2007 YRBS show that 13.0 percent (not shown) of Maryland youth were harassed or bullied during the past 12 months due to perceived sexual orientation. This rate is nearly identical to that reported in 2005 (13.1 percent, not shown).

Females (13.1 percent) are more likely than males (12.6 percent) to be harassed or bullied because of their perceived sexual orientation.

There is a more than 50 percent decline in harassment and bullying due to perceived sexual orientation as youth progress from 9<sup>th</sup> (17.0 percent) to 12<sup>th</sup> (7.8 percent) grade, representing a statistically significant difference also found in 2005.

### 4.4 Percentage of youth who were harassed or bullied because someone thought they were gay, lesbian, or bisexual one or more times during the past 12 months



<sup>7</sup> This question was not included in the 2007 national YRBS.

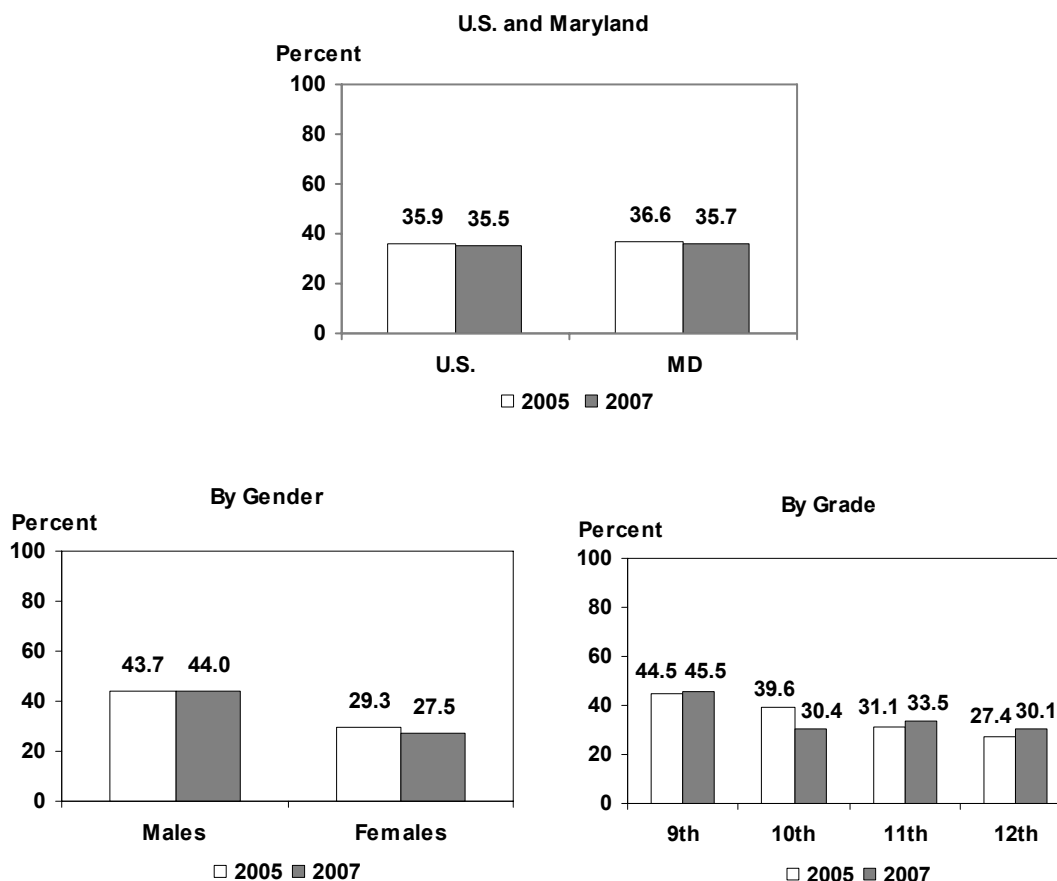
## 4.5 Youth in a Physical Fight

The 2007 YRBS results reveal that 35.7 percent of Maryland youth participated in a physical fight one or more times during the past 12 months, a rate nearly identical to 2005 (36.6 percent) and also nearly identical to youth nationwide (35.5 percent).

Males (44.0 percent) are more likely to participate in a physical fight than are females (27.5 percent), a statistically significant difference.

Participation in physical fights decreases significantly between 9<sup>th</sup> (45.5 percent) and 10<sup>th</sup> (30.4 percent) grades.

### 4.5 Percentage of youth who were in a physical fight, one or more times during the past 12 months



## 4.6 Youth Who Had Property Stolen or Deliberately Damaged on School Property

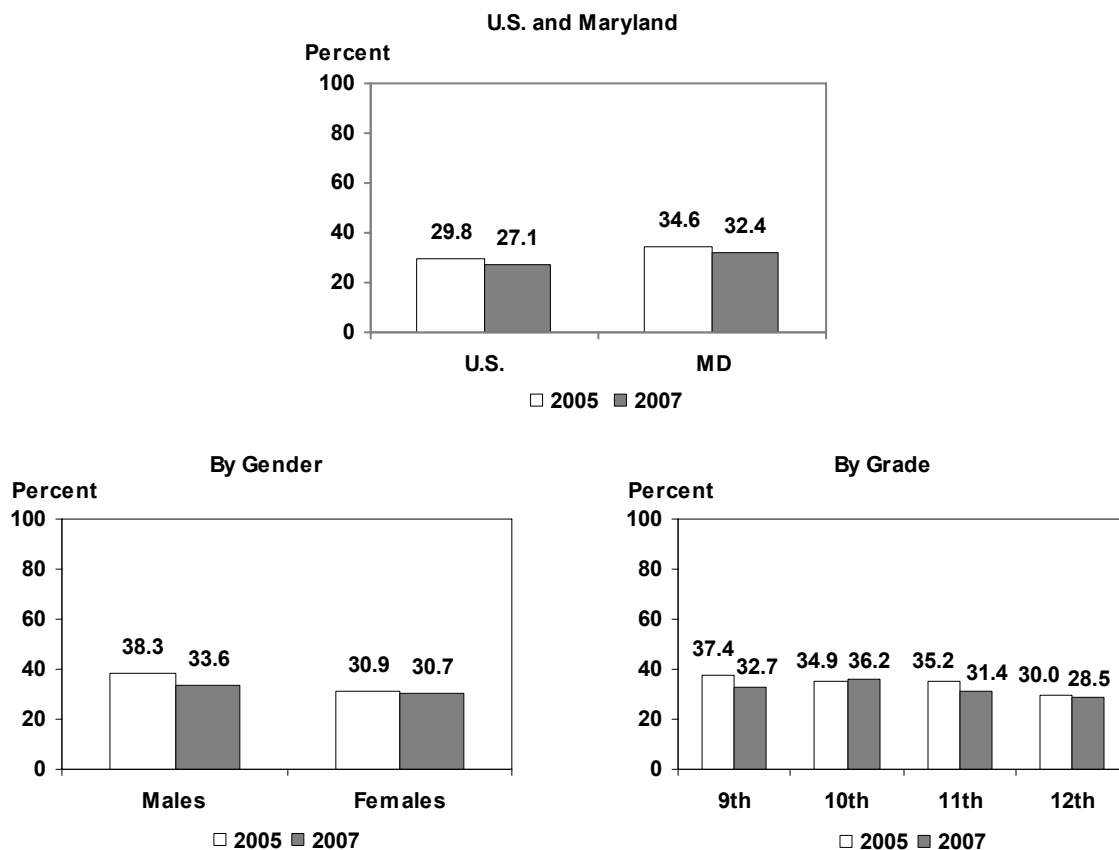
The 2007 YRBS results indicate that 32.4 percent of Maryland youth had their property stolen or deliberately damaged on school property one or more times during the past 12 months, a rate slightly lower than in 2005 (34.6 percent), and slightly higher compared to youth nationwide (27.1 percent).

Males (33.6 percent) are more likely than females (30.7 percent) to report

experiencing property damage or theft at school, a pattern also observed in 2005.

Property theft or damage decreased between 10<sup>th</sup> grade (36.2 percent) and 12<sup>th</sup> grade (28.5 percent), a pattern slightly different than the one found in 2005, where property theft or damage was highest in the 9<sup>th</sup> grade, and lowest in the 12<sup>th</sup> grade.

### 4.6 Percentage of youth who had property, such as their cars, clothing, or books, stolen or deliberately damaged on school property one or more times during the past 12 months



## 4.7 Youth Carrying Weapons

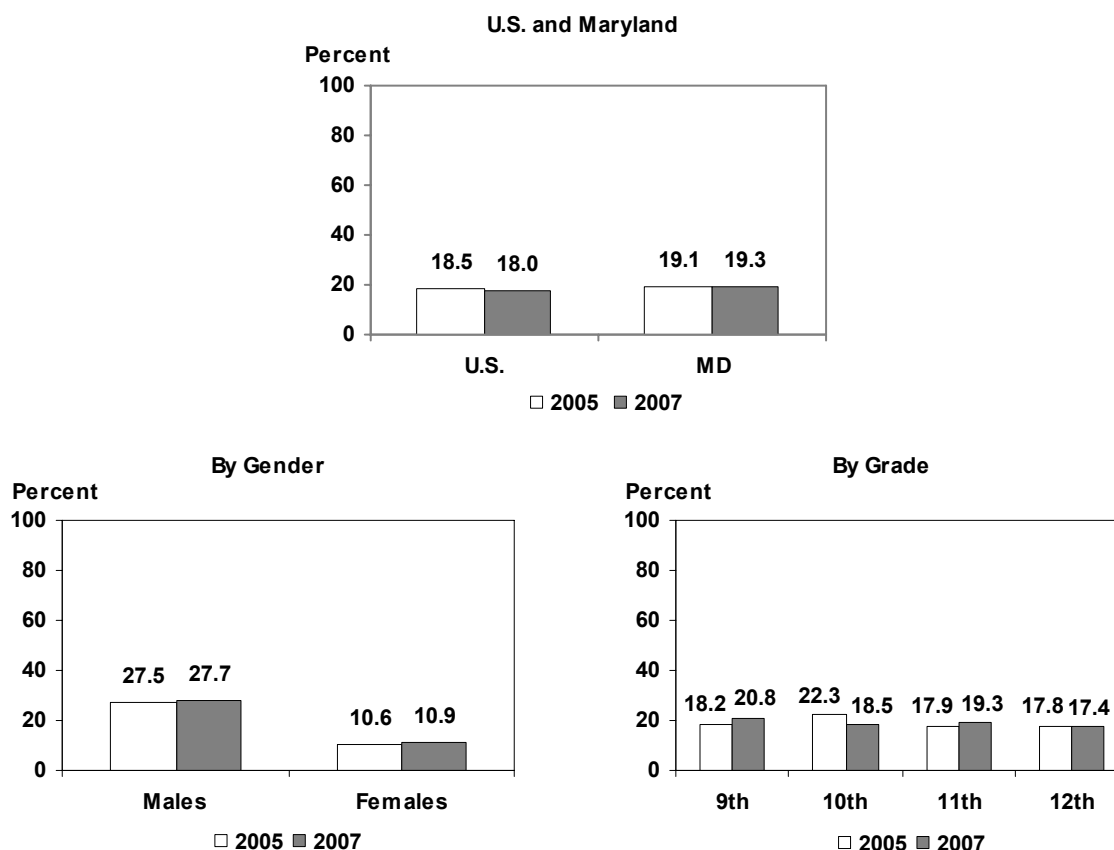
The 2007 YRBS results reveal that 19.3 percent of Maryland youth carried weapons on one or more of the past 30 days, a rate that is nearly identical to the results in 2005 (19.1 percent), and slightly higher compared to youth nationwide (18.0 percent).

Males (27.7 percent) are significantly more likely than females (10.9 percent) to carry a

weapon, a pattern also observed in 2005.

The highest percentage of weapons carrying can be found among 9<sup>th</sup> graders (20.8 percent), a pattern that differs from 2005, in which 10<sup>th</sup> graders were significantly more likely to carry a weapon (22.3 percent).

### 4.7 Percentage of youth who carried a weapon on one or more of the past 30 days



## 4.8 Youth Carrying Guns

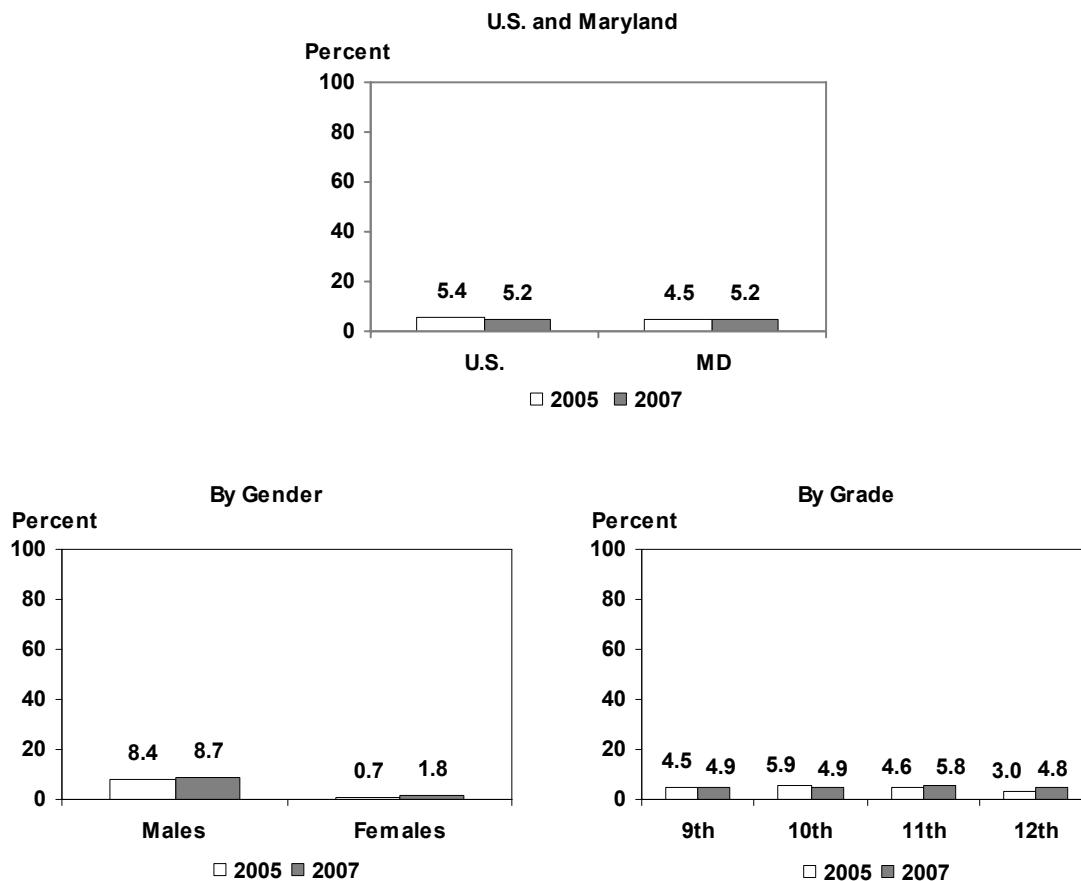
In 2007, 5.2 percent of Maryland youth carried a gun on one or more of the past 30 days, a rate that has remained relatively stable since 2005 (4.5 percent). Maryland youth are equally as likely as youth nationwide to carry a gun (5.2 percent).

gun, a statistically significant difference also found in 2005 (8.4 versus 0.7 percent).

Reports of gun carrying do not vary significantly across grade levels, a pattern also found in 2005.

Males (8.7 percent) are significantly more likely than females (1.8 percent) to carry a

### 4.8 Percentage of youth who carried a gun on one or more of the past 30 days



## 4.9 Youth Who Were Threatened or Injured With a Weapon on School Property

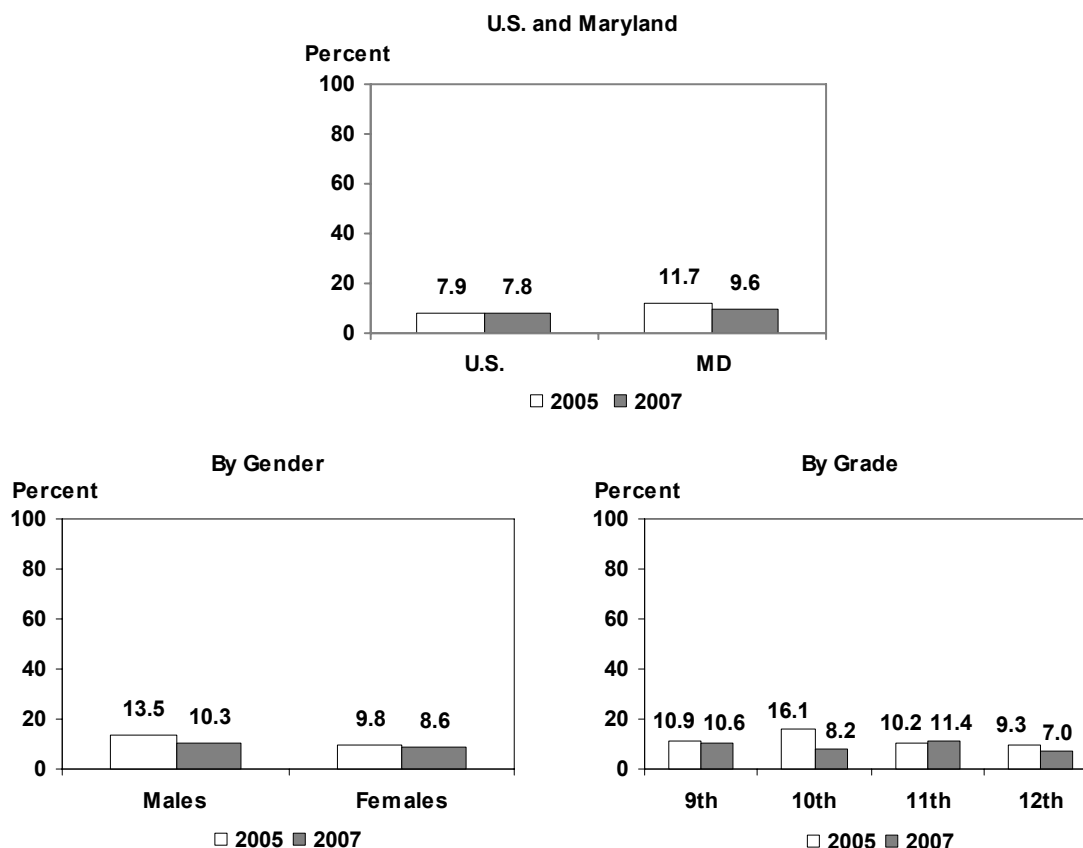
The results of the 2007 YRBS show that 9.6 percent of Maryland youth were threatened or injured with a weapon on school property during the past 12 months, a rate lower than in 2005 (11.7 percent), and higher compared to youth nationwide (7.8 percent).

Males (10.3 percent) are more likely than females (8.6 percent) to report receiving threats or injuries at school, a pattern also found in 2005. The percentage of males who report being threatened or injured on school property has decreased significantly

compared to 2005 (10.3 versus 13.5 percent).

Eleventh graders are more likely than those in other grades to report having been threatened or injured with a weapon on school property (11.4 percent), a pattern not found in 2005, in which 10<sup>th</sup> graders were more likely to be threatened or injured on school property (16.1 percent).

### 4.9 Percentage of youth who were threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months



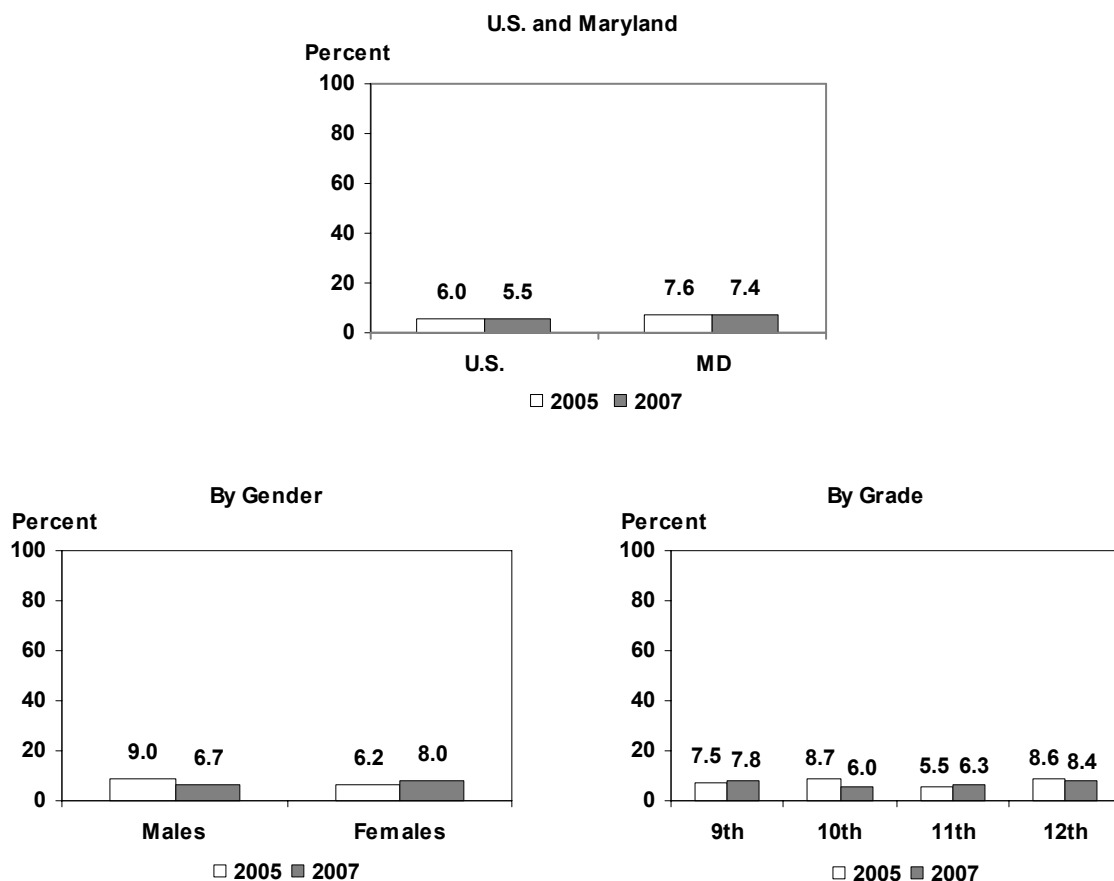
## 4.10 Youth Who Did Not Go to School Due to Feeling Unsafe

In 2007, 7.4 percent of Maryland youth did not go to school at least once in the past 30 days because they felt unsafe at school or on their way to and from school, a finding nearly identical to the one in 2005 (7.6 percent), and a rate higher compared to youth nationwide (5.5 percent).

Females (8.0 percent) are more likely to not go to school because of safety concerns

compared to males (6.7 percent). The percentage of Maryland youth who did not go to school due to feeling unsafe is highest in 12<sup>th</sup> grade (8.4 percent) and lowest in the 10<sup>th</sup> grade (6.0 percent), a pattern that differs from 2005, in which 10<sup>th</sup> graders were more likely to miss school for security concerns (8.7 percent).

### 4.10 Percentage of youth who did not go to school, on one or more of the past 30 days, because they felt unsafe at school or on their way to and from school



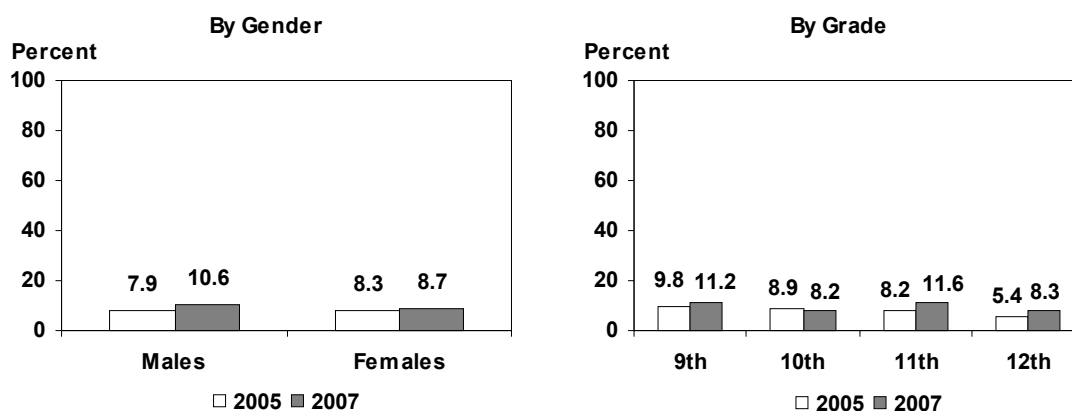
## 4.11 Youth Who Felt Unsafe in Their Neighborhoods<sup>8</sup>

The 2007 YRBS results show that 10.1 percent (not shown) of Maryland youth never or rarely feel safe and secure in their neighborhoods, a rate slightly higher than in 2005 (8.1 percent, not shown).

Males (10.6 percent) feel slightly less safe in their neighborhoods compared to females

(8.7 percent). Ninth and 11<sup>th</sup> graders (11.2 percent and 11.6 percent, respectively) are more likely to feel unsafe in their neighborhoods compared to 10<sup>th</sup> and 12<sup>th</sup> graders (8.2 percent and 8.3 percent, respectively).

### 4.11 Percentage of youth who never or rarely feel safe in their neighborhoods



<sup>8</sup> This question was not included in the 2007 national YRBS.

## Chapter 5.

# *Tobacco Use*

According to the U.S. Department of Health and Human Services (2004), tobacco use is the single most preventable cause of disease and death in the United States. Smoking is harmful to almost every organ in the body, and can be linked to numerous diseases.

The 2007 YRBS examined the incidence and frequency of smoking, cigarette purchases made by underage smokers, and smokeless tobacco use.

More than 50 percent of Maryland youth have tried cigarettes, and 16.8 percent are current smokers. These rates are consistent with usage in 2005. Maryland youth are less likely to be current smokers than are youth nationwide (20.0 percent).

Maryland youth in 2007 are equally as likely as youth in 2005 to have smoked cigarettes for the first time prior to age 13 (13.7 and 13.4 percent), and to be heavy smokers (7.4 and 7.4 percent). Maryland youth are less likely to be heavy smokers than are youth nationwide (8.1 percent).

Underage Maryland smokers are significantly less likely to have purchased their own cigarettes (17.3 percent) than in 2005 (29.9 percent). Maryland youth in 2007 are more likely to use smokeless tobacco products than in 2005 (4.2 versus 2.9 percent), and they are significantly less likely to do so compared to youth nationwide (7.9 percent). In addition, smokeless tobacco use is significantly higher among males (6.7 percent) than females (1.8 percent).

*Half of all Maryland youth have tried cigarettes.*

*Maryland youth are less likely to be current smokers than are youth nationwide.*

*Nearly one in six Maryland youth are current smokers.*

*Maryland youth in 2007 are equally as likely as youth in 2005 to have smoked cigarettes for the first time prior to age 13, and to be heavy smokers.*

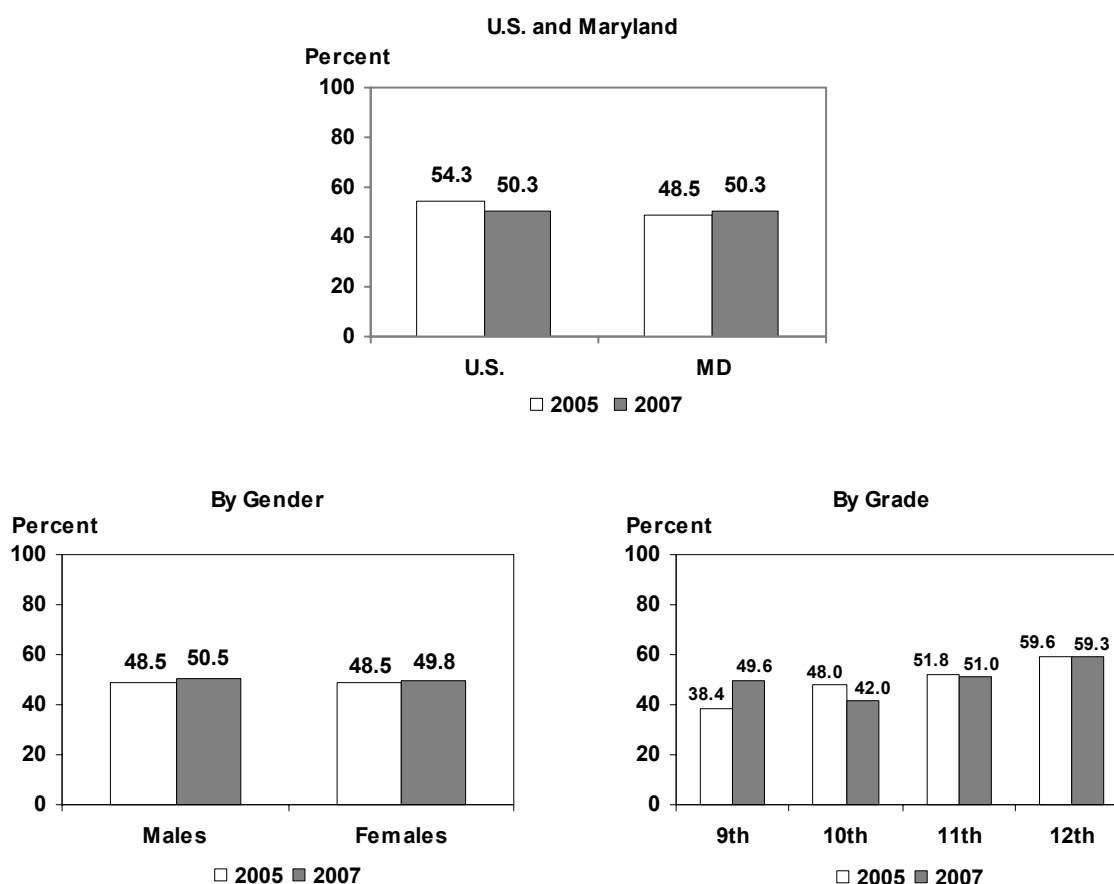
## 5.1 Ever Tried Cigarette Smoking

In 2007, 50.3 percent of Maryland youth had ever tried cigarette smoking, a rate consistent with 2005 (48.5 percent), and identical to youth nationwide (50.3 percent).

There is little difference between the percentages of males (50.5 percent) and females (49.8 percent) who have ever tried cigarette smoking.

The percentage of Maryland youth who have ever tried cigarette smoking is lowest in the 10<sup>th</sup> grade (42.0 percent) and increases through the 12<sup>th</sup> grade (59.3 percent), representing a statistically significant difference.

### 5.1 Percentage of youth who ever tried cigarette smoking, even one or two puffs

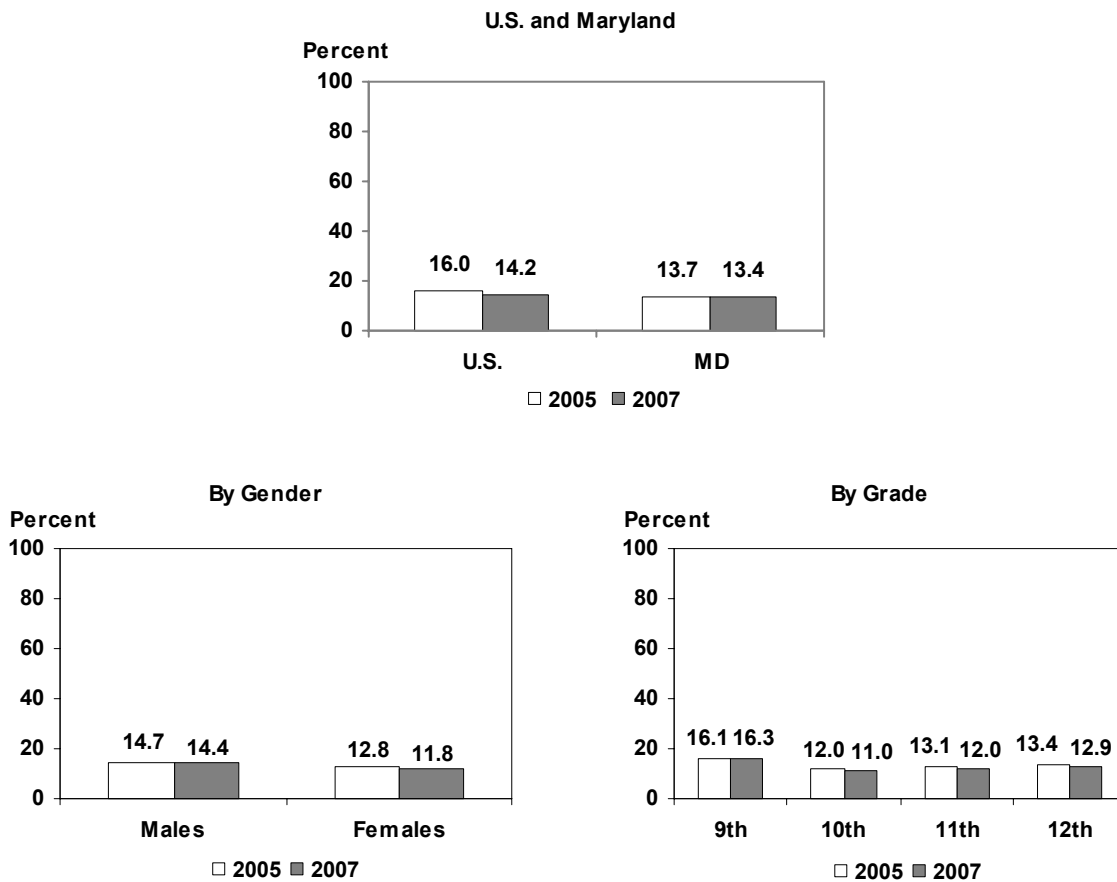


## 5.2 Youth Smoking for First Time Prior to Age 13

The 2007 YRBS results indicate that 13.4 percent of Maryland youth smoked a whole cigarette for the first time before age 13, a rate nearly identical to 2005 (13.7 percent), and lower compared to youth nationwide (14.2 percent).

Smoking for the first time before age 13 is more prevalent among males (14.4 percent) and 9<sup>th</sup> graders (16.3 percent). None of the differences by gender or grade level are statistically significant.

### 5.2 Percentage of youth who smoked a whole cigarette for the first time before age 13



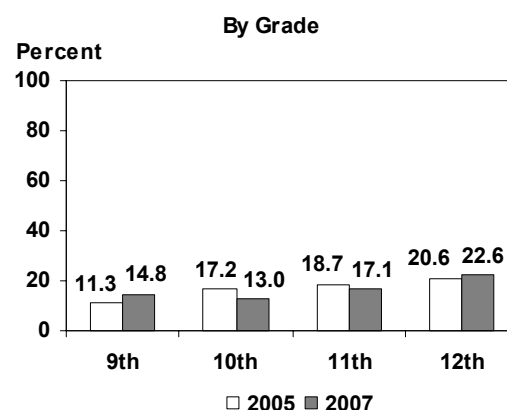
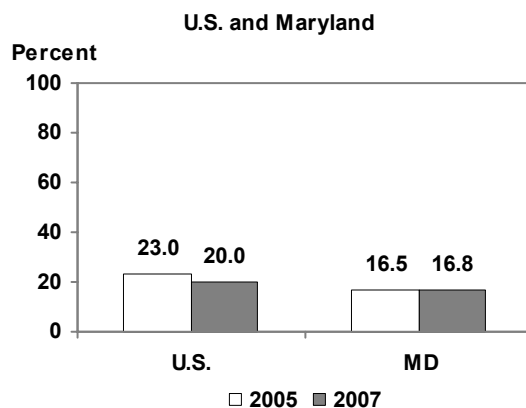
## 5.3 Youth Who Currently Smoke Cigarettes

In 2007, the percentage of Maryland youth who smoked one or more cigarettes in the past 30 days (current smokers) is almost identical to the rate in 2005 (16.8 and 16.5 percent, respectively), and is lower compared to youth nationwide (20.0 percent).

In 2007, the percentage of males who are current smokers is 17.4 percent and the percentage of female current smokers is 15.8 percent.

Smoking one or more cigarettes in the past 30 days increases from 14.8 percent in the 9<sup>th</sup> grade, to 22.6 percent in the 12<sup>th</sup> grade.

### 5.3 Percentage of youth who smoked one or more cigarettes in the past 30 days (current smokers)

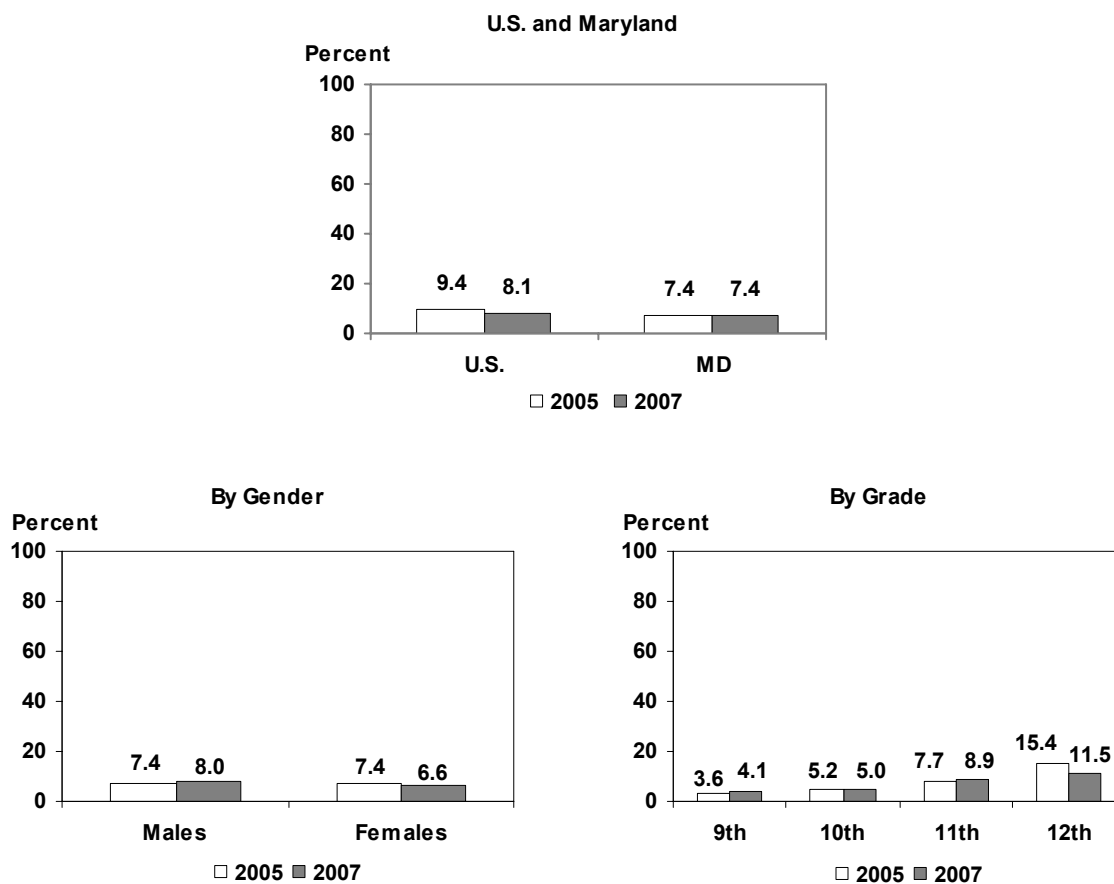


## 5.4 Youth Who Smoke Heavily

The 2007 YRBS results show that 7.4 percent of Maryland youth are heavy smokers (i.e., smoking cigarettes on 20 or more of the past 30 days), a rate identical to 2005 (7.4 percent), and slightly lower compared to youth nationwide (8.1 percent).

Eight percent of males (8.0 percent) and 6.6 percent of females are heavy smokers. Smoking heavily is lowest among 9<sup>th</sup> graders (4.1 percent) and highest among 12<sup>th</sup> graders (11.5 percent).

### 5.4 Percentage of youth who smoked cigarettes on 20 or more of the past 30 days (heavy smokers)

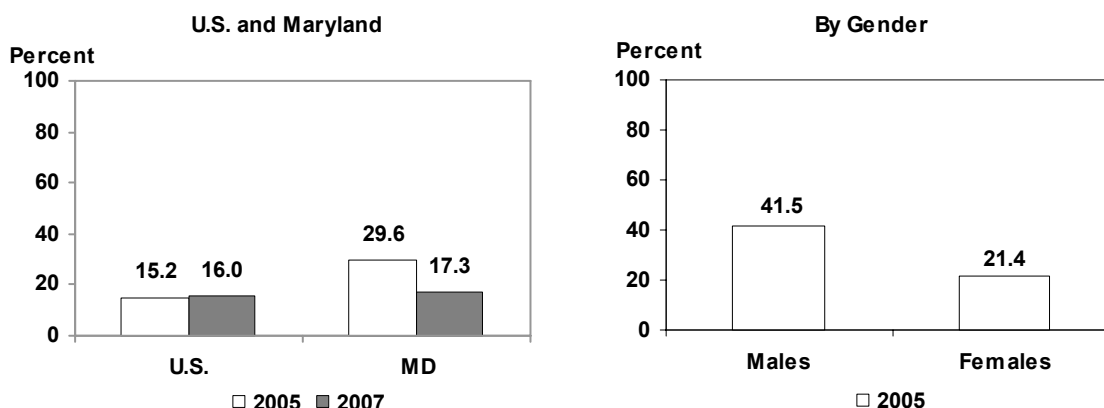


## 5.5 Cigarette Purchases by Underage Smokers

The percentage of Maryland underage current smokers who regularly buy their own cigarettes in a store or gas station decreased significantly from 29.6 percent in 2005 to 17.3 percent in 2007. Maryland underage youth are only slightly more likely to purchase their own cigarettes compared to youth nationwide (16.0 percent)

The number of underage current smokers was too small to support estimates by gender (in 2007) or grade level (in 2005 and 2007).

### 5.5 Percentage of current smokers, less than 18 years of age, who regularly buy their own cigarettes in a store or gas station

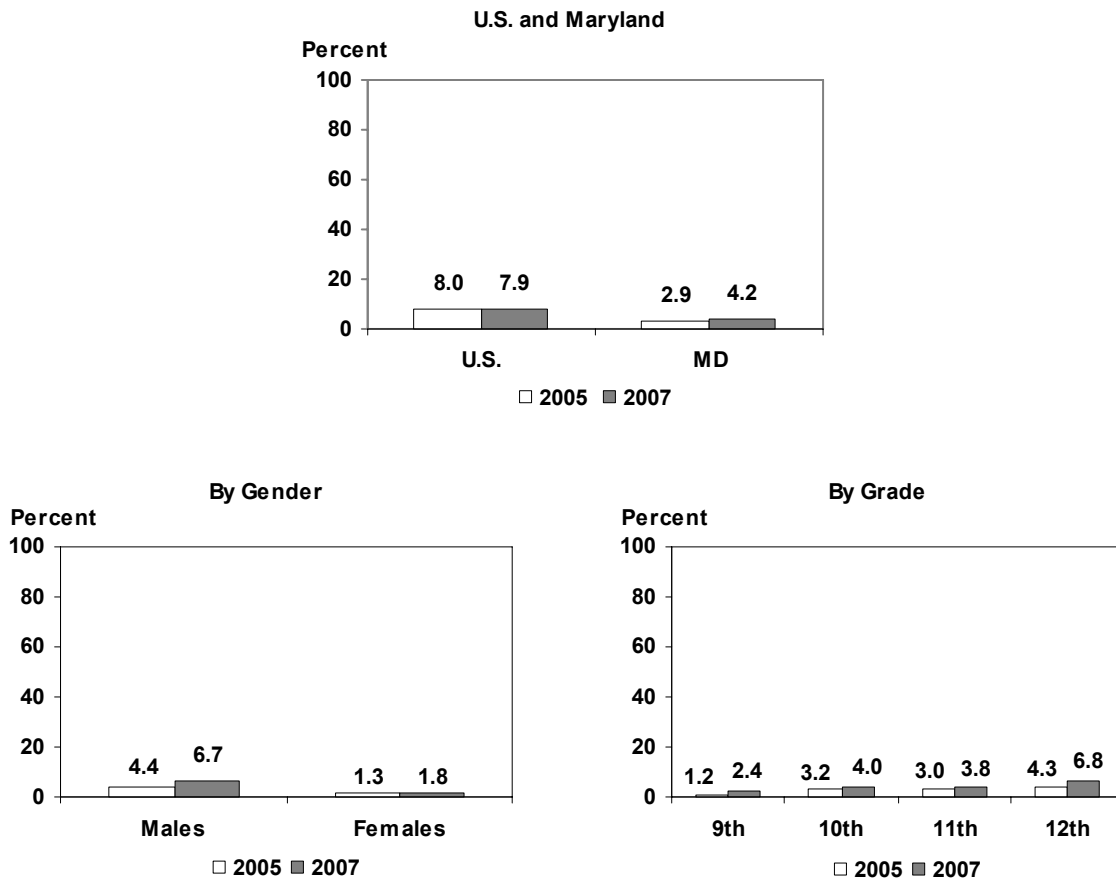


## 5.6 Smokeless Tobacco Use

The 2007 YRBS results reveal that the percentage of Maryland youth who used chewing tobacco, snuff, or dip within the past 30 days is higher than in 2005 (4.2 versus 2.9 percent), and is significantly lower compared to youth nationwide (7.9 percent).

Smokeless tobacco use is more than three times greater among males (6.7 percent) than among females (1.8 percent). This is consistent with the 2005 findings and represents a statistically significant difference. None of the differences by grade level were statistically significant.

### 5.6 Percentage of youth who used chewing tobacco, snuff, or dip on one or more of the past 30 days



## Chapter 6.

# *Alcohol and Other Drug Use*

Alcohol and other drug use are associated with many of the nation's most serious problems, including violence and injury, and is a barrier to educational progress (Substance Abuse and Mental Health Services Administration, 1999). In addition, drug use contributes directly and indirectly to the HIV epidemic (Naimi et al., 2003). The 2007 YRBS examined use of alcohol, marijuana, and other illicit drugs, and found that in almost all instances Maryland youth report similar rates of alcohol and drug use as in 2005.

Alcohol use was widespread among Maryland youth in 2005. Changes in alcohol use in 2007 are negligible. In 2007, nearly 73 percent of Maryland youth have tried alcohol (73.1 percent in 2005), approximately 43 percent are current drinkers (39.8 percent in 2005), and nearly 24 percent are binge drinkers (20.8 percent in 2005). Maryland youth are slightly less likely to have tried alcohol than youth nationwide (75.0 percent).

In 2007, there is a statistically significant increase in the proportion of Maryland youth who drink alcohol on school property, compared to 2005. This includes statistically significant increases among males, as well as 12<sup>th</sup> graders, who drink alcohol on school property.

Marijuana use in 2007 is comparable to use in 2005, with 36.5 percent of all Maryland youth having tried marijuana at least once (38.2 percent in 2005). About one in 12 Maryland youth (8.6 percent) have tried marijuana before age 13 (8.9 percent in 2005), and nearly 20 percent are currently using marijuana (18.5 percent in 2005). In addition, the percentage of Maryland youth who are current marijuana users is comparable to youth

*Alcohol use is as widespread among Maryland youth in 2007 as it was in 2005.*

*Maryland youth are significantly more likely to drink alcohol on school property in 2007 than in 2005.*

*Marijuana use in 2007 is comparable to use in 2005.*

nationwide (19.7 percent). Males are significantly more likely than females to try marijuana before age 13.

Less than 1 in every 18 Maryland youth (5.5 percent) has ever used cocaine, methamphetamines, heroin, or steroids. Heroin use has significantly decreased among females since 2005 (0.8 versus 2.3 percent). Since heroin use by males did not decrease in a similar manner, there is now a statistically significant difference in the rate of heroin use between males and females (3.7 versus 0.8 percent, respectively).

The 2007 YRBS results also show that steroid use by males has significantly decreased by 2.7 percentage points since 2005 (2.2 versus 4.9 percent). Males are significantly more likely than females to inject an illegal drug using a needle (2.9 versus 0.7 percent, respectively).

Approximately one quarter of Maryland youth (27.4 percent) have been offered, sold, or given an illegal drug on school property in the last 12 months.

*Heroin use has decreased significantly among females.*

*Steroid use by males has decreased significantly since 2005.*

*Approximately one quarter of Maryland youth have been offered, sold, or given an illegal drug on school property during the last 12 months.*

## 6.1 Had at Least One Drink of Alcohol in Their Life

The 2007 YRBS results show that 72.9 percent of Maryland youth have tried at least one drink of alcohol in their life, a finding similar to the one in 2005 (73.1 percent), and slightly lower compared to youth nationwide (75.0 percent).

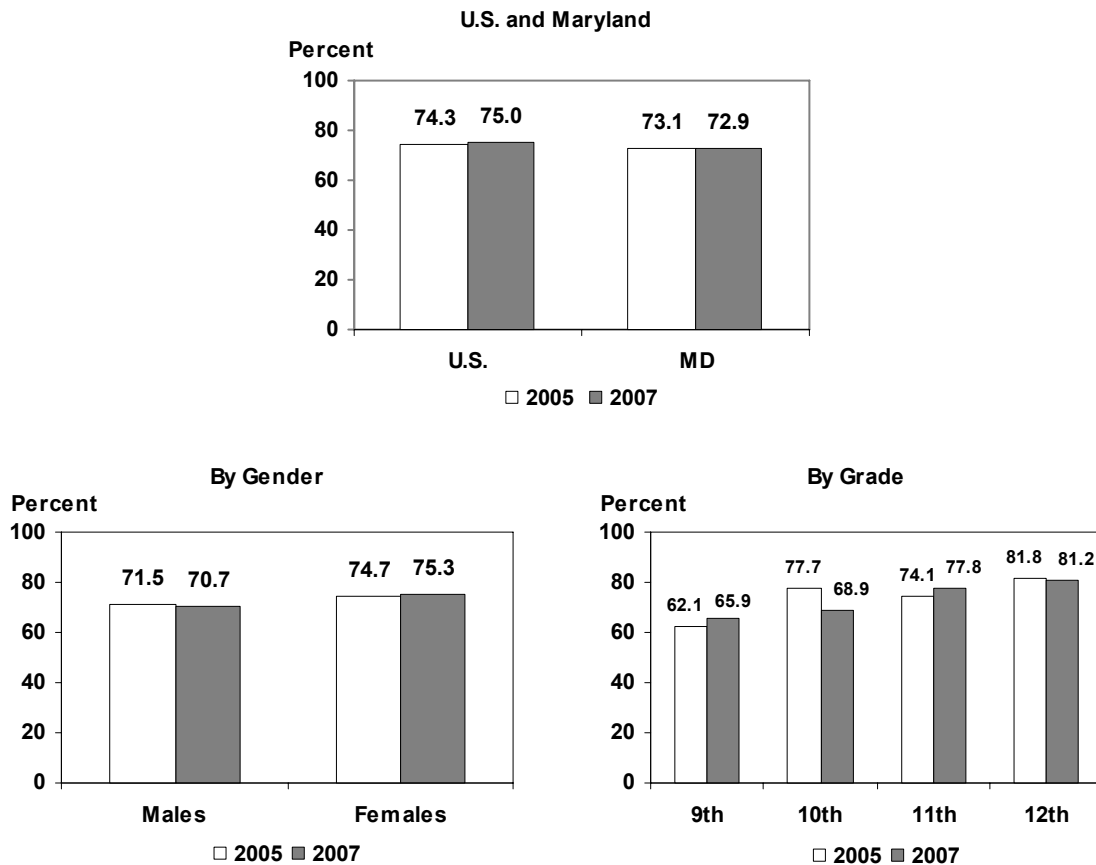
Females (75.3 percent) are more likely than males (70.7 percent) to have tried alcohol at least once, a finding also reported in 2005.

The percentage of Maryland youth who have tried alcohol at least once in their life

increases from 65.9 percent in the 9<sup>th</sup> grade to 81.2 percent in the 12<sup>th</sup> grade, a statistically significant difference also found in 2005.

The percentage of 10<sup>th</sup> graders who had tried alcohol at least once decreased by 8.8 percentage points between 2005 and 2007. This is a statistically significant difference.

### 6.1 Percentage of youth who have tried alcohol at least once



## 6.2 Youth Taking First Drink Before Age 13

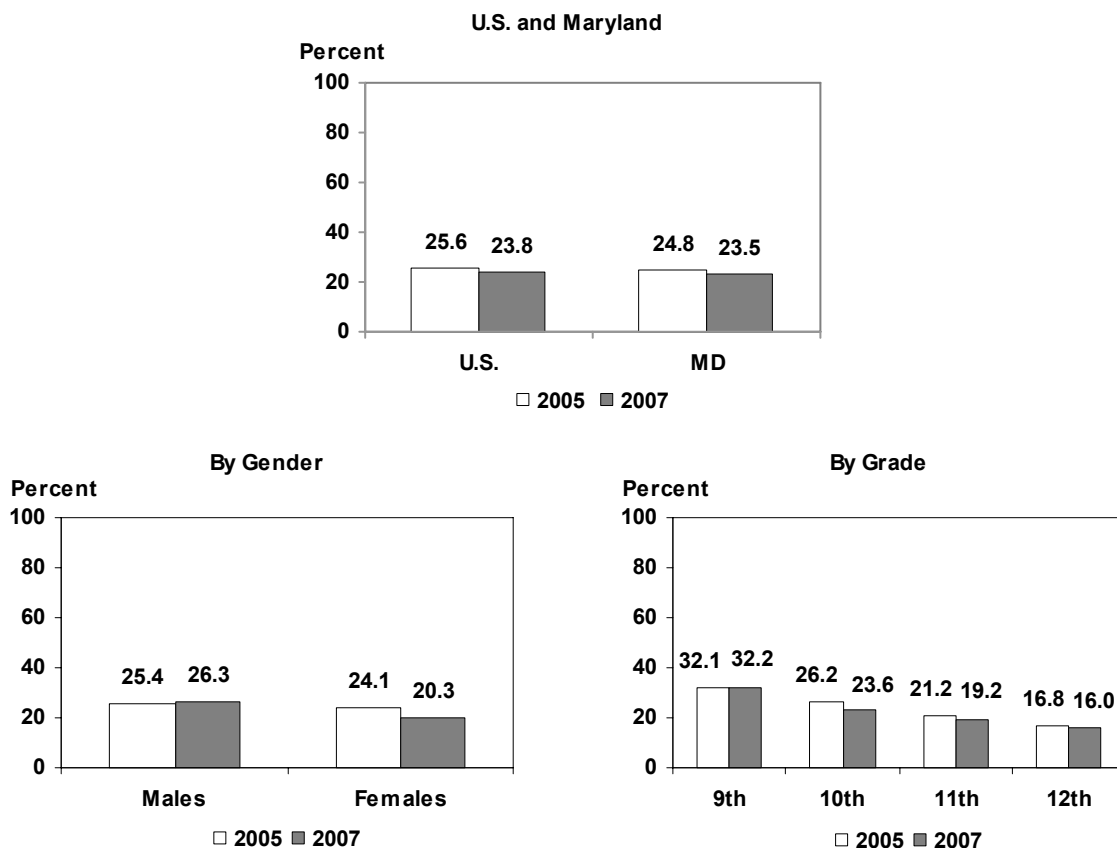
In 2007, 23.5 percent of Maryland youth had their first drink of alcohol before age 13, which is comparable to 2005 (24.8 percent) and also comparable to youth nationwide (23.8 percent).

Males (26.3 percent) report a higher level of early alcohol experimentation than females (20.3 percent), a pattern that differs from the 2005 YRBS, in which males (25.4 percent)

and females (24.1 percent) reported similar levels of early experimentation.

The percentage of Maryland youth who report early experimentation with alcohol decreased significantly across the high-school grade levels, from 32.2 percent in 9<sup>th</sup> grade, to 16.0 percent in 12<sup>th</sup> grade, a pattern comparable to 2005.

### 6.2 Percentage of youth who had their first drink of alcohol, other than a few sips, before age 13



## 6.3 Current Drinkers

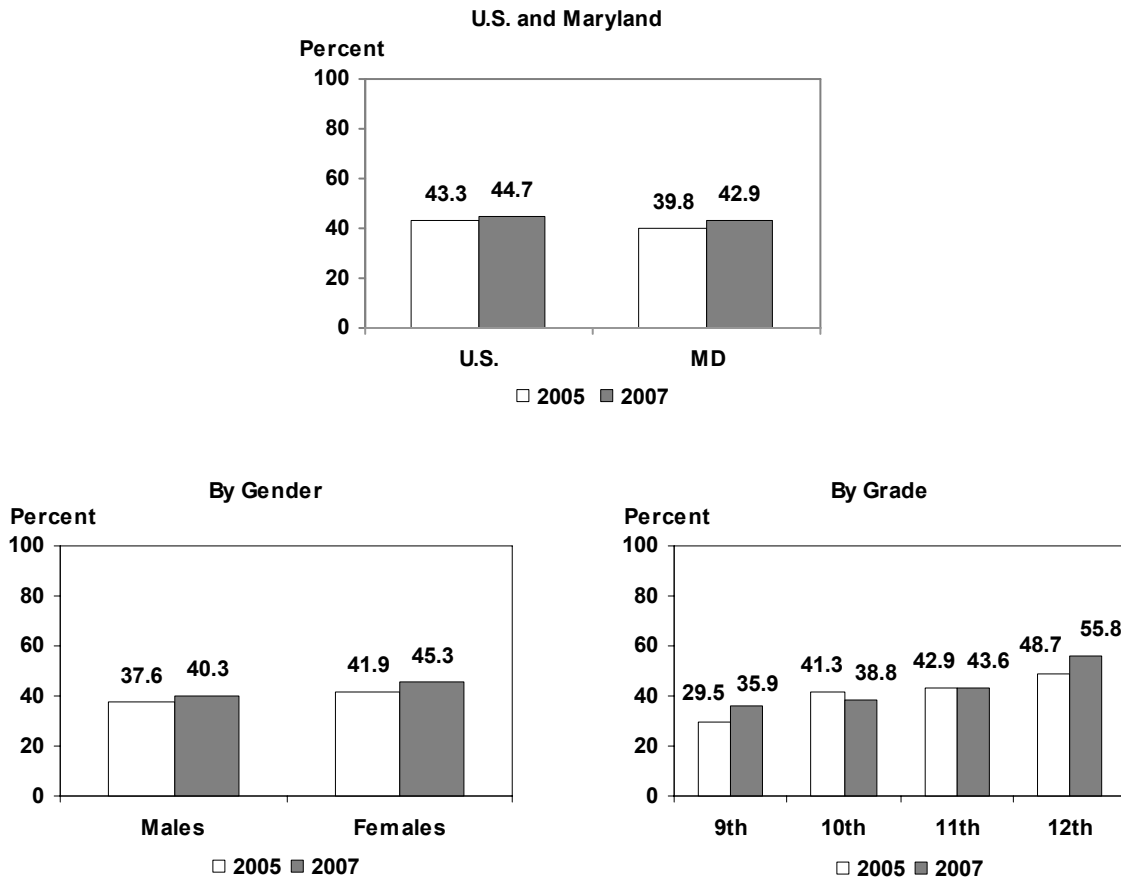
In 2007, 42.9 percent of Maryland youth are current drinkers (having at least one or more drinks of alcohol over the past 30 days), a rate similar to the one in 2005 (39.8 percent), and slightly lower compared to youth nationwide (44.7 percent).

More females (45.3 percent) are current drinkers than are males (40.3 percent), a

pattern also observed in 2005 (41.9 to 37.6 percent, respectively).

The percentage of current drinkers increases from 35.9 percent in 9<sup>th</sup> grade to 55.8 percent in 12<sup>th</sup> grade, a statistically significant increase also found in 2005.

### 6.3 Percentage of youth who had at least one drink of alcohol on one or more of the past 30 days (current drinkers)



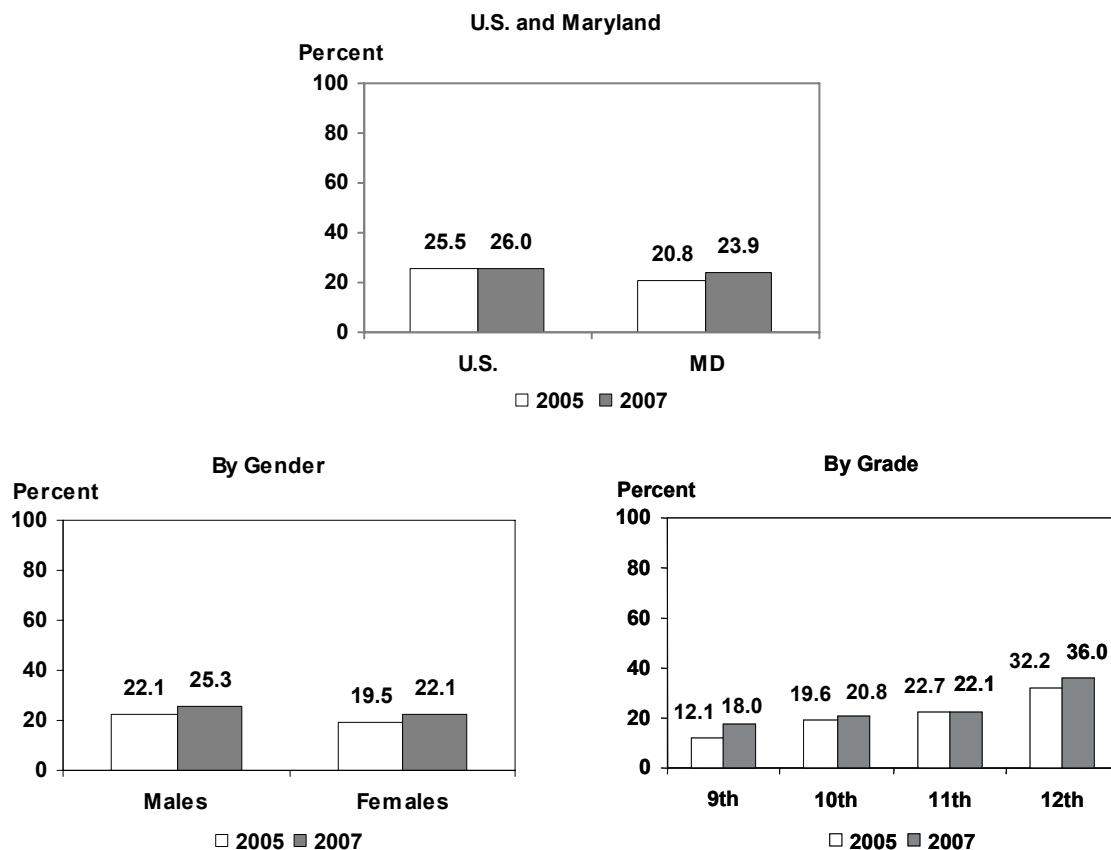
## 6.4 Binge Drinkers

The 2007 YRBS shows that 23.9 percent of Maryland youth are binge drinkers (i.e., had five or more drinks of alcohol in a row, on one or more of the past 30 days). Maryland youth in 2007 are less likely than youth nationwide to be binge drinkers (26.0 percent).

Binge drinking doubles between 9<sup>th</sup> (18.0 percent) and 12<sup>th</sup> grade in 2007 (36.0 percent), representing a statistically significant difference, a finding also reported in 2005.

Males (25.3 percent) and females (22.1 percent) are slightly more likely to binge drink than in 2005 (22.1 and 19.5 percent, respectively).

### 6.4 Percentage of youth who had five or more drinks of alcohol in a row, within a couple of hours, on one or more of the past 30 days



## 6.5 Recent Drinking on School Property

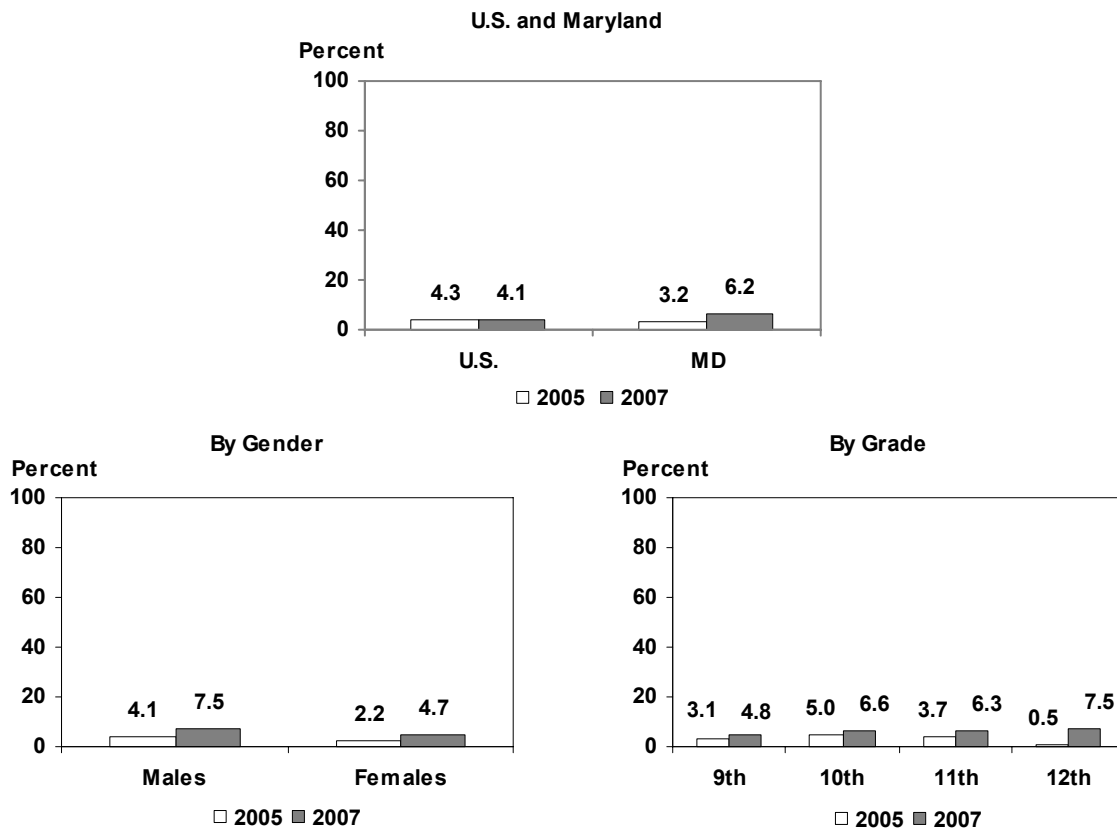
In 2007, 6.2 percent of Maryland youth consumed alcohol on school property on one or more of the past 30 days, a statistically significant increase from 2005 (3.2 percent). Maryland youth are more likely than youth nationwide (4.1 percent) to drink alcohol on school property.

In 2007, males and females report an increase in alcohol consumption on school property in comparison to 2005 (7.5 versus 4.1 percent, respectively, for males, and 4.7 versus 2.2 percent, respectively, for

females). The increase among males is statistically significant.

Alcohol consumption on school property increased for all grade levels, the greatest occurring in 12<sup>th</sup> grade, where consumption increased from 0.5 percent in 2005 to 7.5 percent in 2007. This increase represents a statistically significant difference.

### 6.5 Percentage of youth who had at least one drink of alcohol on school property on one or more of the past 30 days



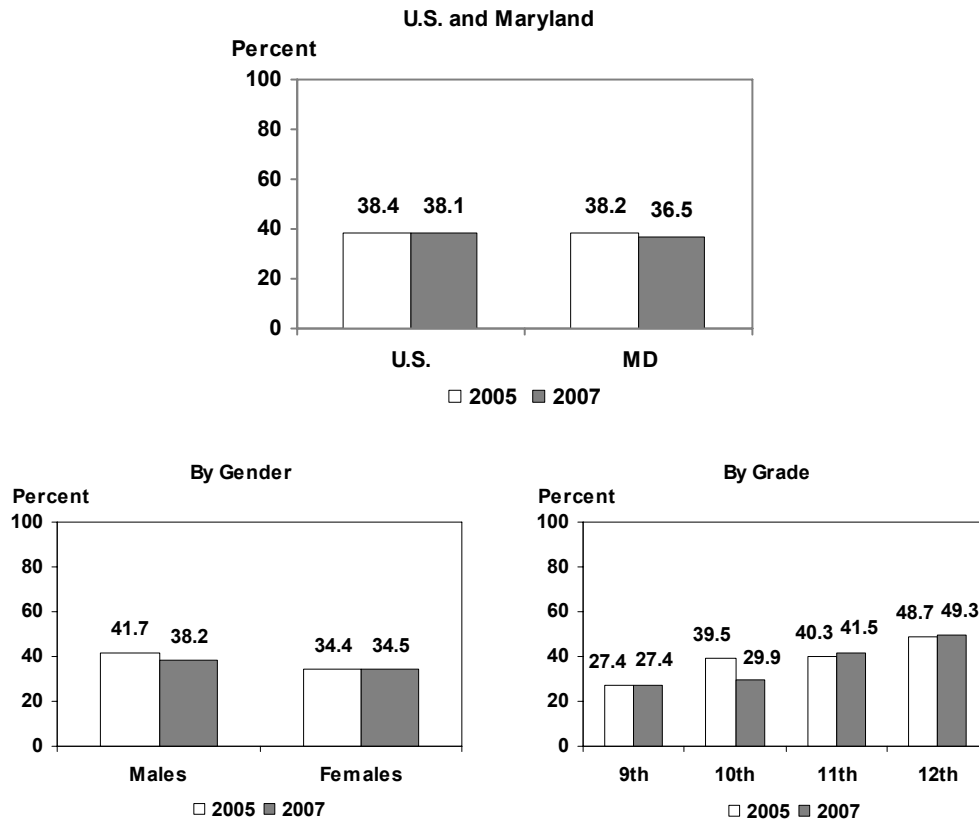
## 6.6 Marijuana Use

In 2007, 36.5 percent of Maryland youth used marijuana at least once during their life, a rate comparable to 2005 (38.2 percent) and slightly lower compared to youth nationwide (38.1 percent).

In 2007, marijuana use nearly doubles between 9<sup>th</sup> (27.4 percent) and 12<sup>th</sup> (49.3 percent) grades. This increase represents a statistically significant difference.

The percentage of males who have used marijuana at least once is lower than in 2005 (38.2 versus 41.7 percent, respectively).

### 6.6 Percentage of youth who used marijuana one or more times during their life



## 6.7 Tried Marijuana Before Age 13

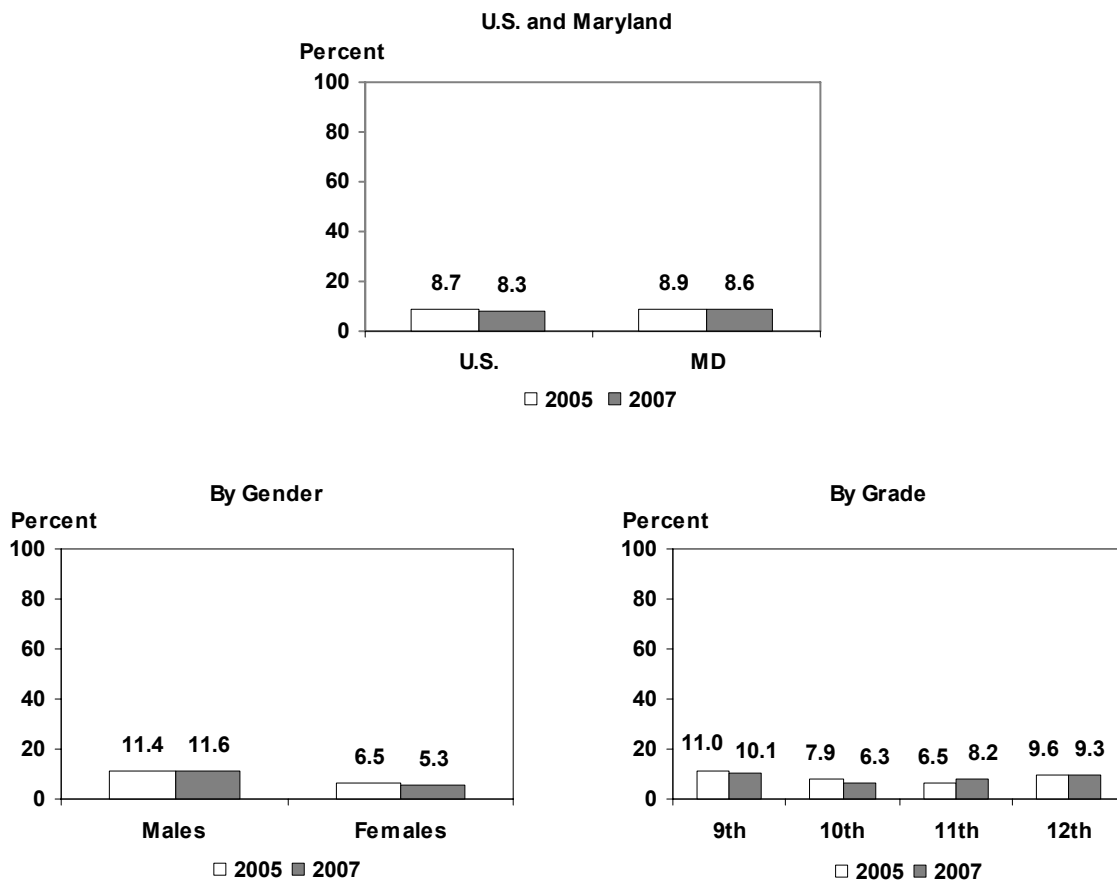
The 2007 YRBS results reveal that 8.6 percent of Maryland youth have tried marijuana for the first time before age 13, which is consistent with the 2005 rate (8.9 percent) and is also consistent with youth nationwide (8.3 percent).

Males (11.6 percent) are more likely than females (5.3 percent) to try marijuana for the first time before age 13, a statistically

significant difference, and a finding also observed in 2005.

Ninth graders (10.1 percent) have the highest percentage of early marijuana experimentation, a finding also observed in 2005.

### 6.7 Percentage of youth who tried marijuana for the first time before age 13



## 6.8 Current Marijuana Use

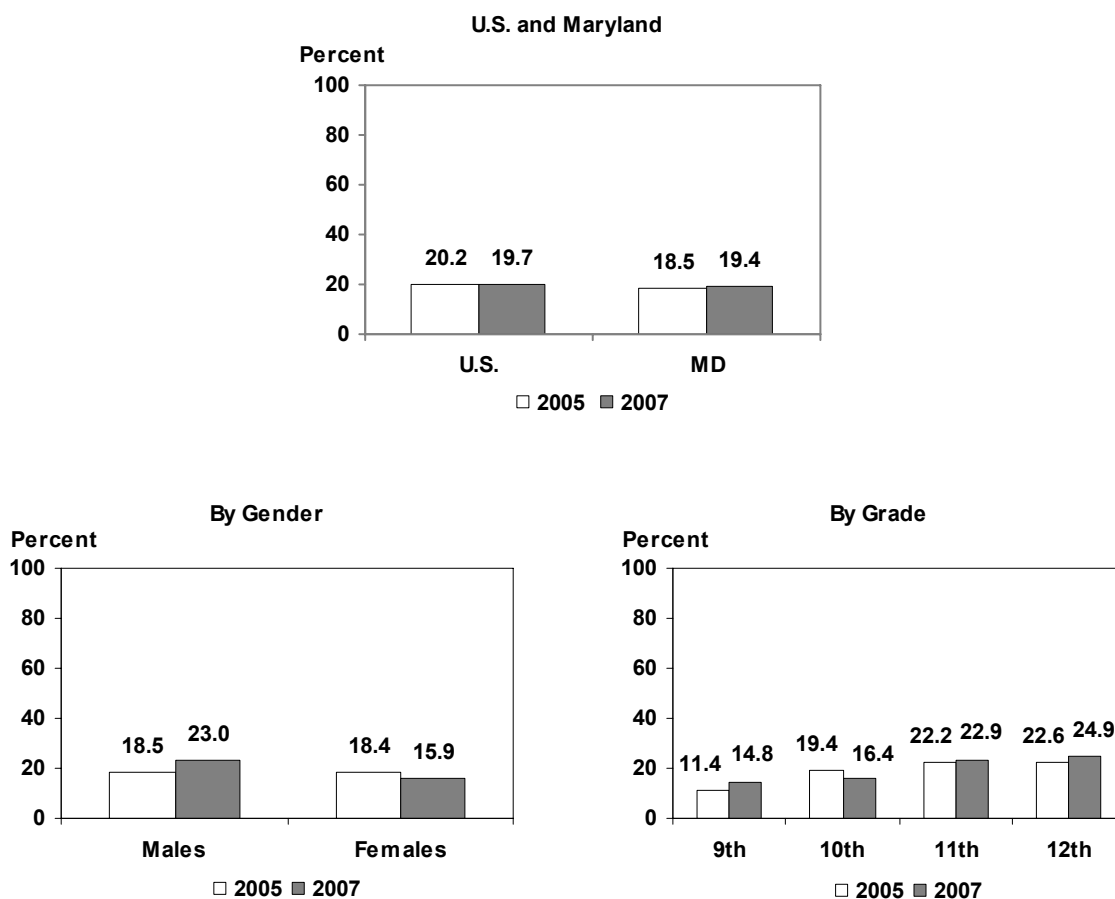
In 2007, 19.4 percent of Maryland youth report using marijuana one or more times during the past 30 days (current marijuana user), a finding similar to 2005 (18.5 percent) and similar to youth nationwide (19.7 percent).

Current marijuana use among males (23.0 percent) is higher than for females (15.9

percent), a pattern that differs from the 2005 YRBS, in which males (18.5 percent) and females (18.4 percent) reported similar levels of current marijuana use.

In 2007, current marijuana use is lowest among 9<sup>th</sup> (14.8 percent) and 10<sup>th</sup> (16.4 percent) graders, and highest among 11<sup>th</sup> (22.9 percent) and 12<sup>th</sup> (24.9 percent) graders.

### 6.8 Percentage of youth who used marijuana one or more times during the past 30 days



## 6.9 Smoking Marijuana on School Property

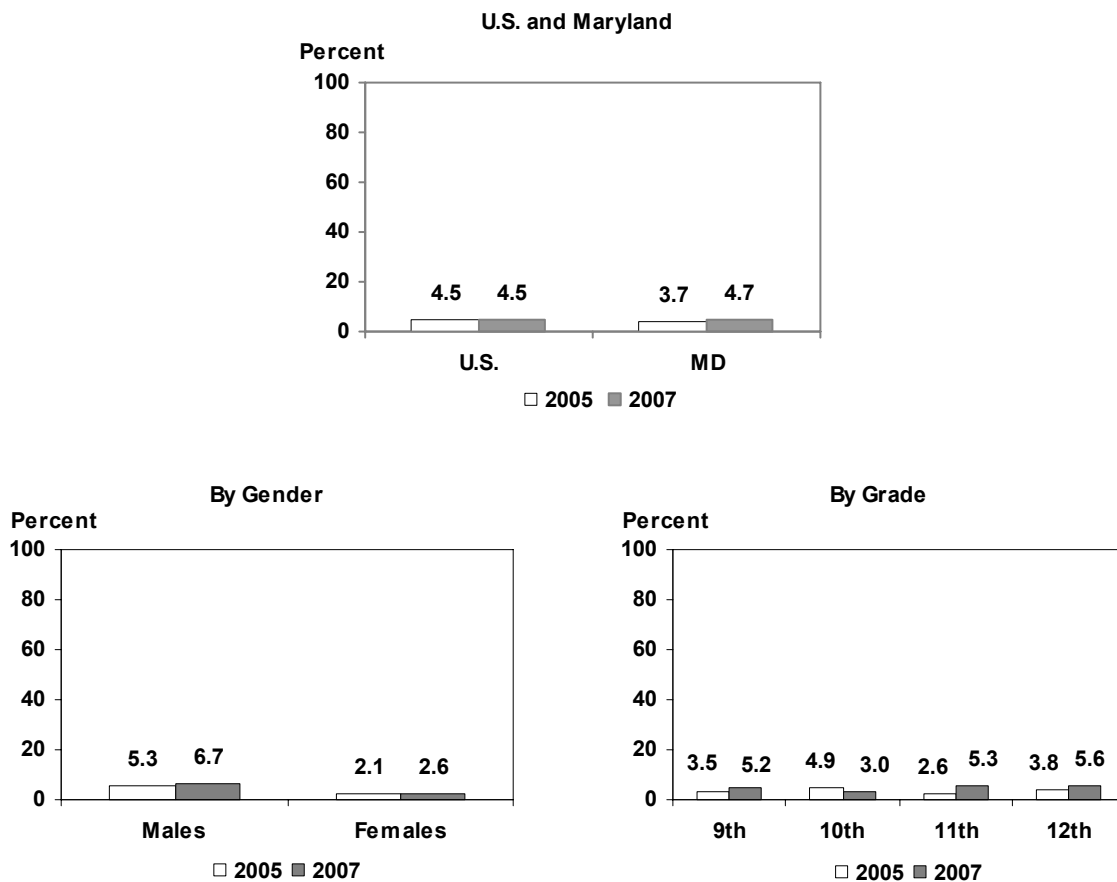
The percentage of Maryland youth who smoked marijuana on school property has increased slightly from 3.7 in 2005 to 4.7 in 2007. Maryland youth smoke marijuana on school property at a rate comparable to youth nationwide (4.5 percent).

Males (6.7 percent) smoked marijuana on school property at a greater rate than

females (2.6 percent), a pattern similar to 2005.

There is little variation between grade levels in the percentage of Maryland youth who smoked marijuana on school property, a pattern also observed in 2005.

### 6.9 Percentage of youth who used marijuana on school property one or more times during the past 30 days



## 6.10 Other Drug Use

The 2007 YRBS examined the use of several other illegal drugs, including cocaine, inhalants, methamphetamines, heroin, ecstasy, and steroids.

The results show a similar usage pattern as in 2005. With the exception of inhalants (12.9 percent) and ecstasy (6.3 percent), 5.5 percent or fewer of Maryland youth have ever used these illegal drugs. With the exception of ecstasy (6.3 percent), Maryland youth are as likely or less likely to use these illegal drugs as are youth nationwide, and they are significantly less likely to use steroids when compared to youth nationwide (2.5 versus 3.9 percent, respectively).

The use of these illegal drugs is lower than in 2005, except for ecstasy (up 1.3 percentage points) and inhalants (up 0.4 percentage points).

Female use of heroin has decreased significantly from 2.3 percent in 2005 to 0.8 percent in 2007. Males (3.7 percent) now use heroin at a significantly higher rate than females (0.8 percent).

Use of steroids by males significantly decreased from 4.9 percent in 2005 to 2.2 percent in 2007.

### 6.10.a Other Drug Use: Percentage of youth who used listed drugs one or more times during their life

Other Drugs	U.S.		MD		Males		Females	
	2005	2007	2005	2007	2005	2007	2005	2007
Cocaine (including powder, crack or freebase)	7.6	7.2	6.9	5.5	8.5	7.0	5.3	3.6
Methamphetamines	6.2	4.4	4.0	3.0	5.8	3.9	2.2	1.6
Heroin	2.4	2.3	2.6	2.4	2.8	3.7	2.3	0.8
Ecstasy	6.3	5.8	5.0	6.3	4.8	7.1	5.1	5.2
Steroids (pills or shots without prescription)	4.0	3.9	3.6	2.5	4.9	2.2	2.2	2.3
Inhalants (glue, aerosol cans, paint)	12.4	13.3	12.5	12.9	11.4	13.8	13.6	11.8

Use of all these illegal drugs increases between 9<sup>th</sup> and 12<sup>th</sup> grade with the exception of steroids and inhalants.

None of the differences in drug use by grade level are statistically significant; however, the lack of statistical significance may be due to the relatively low number of youth involved.

**6.10.b Other Drug Use: Percentage of youth who used listed drugs one or more times during their life, by grade level**

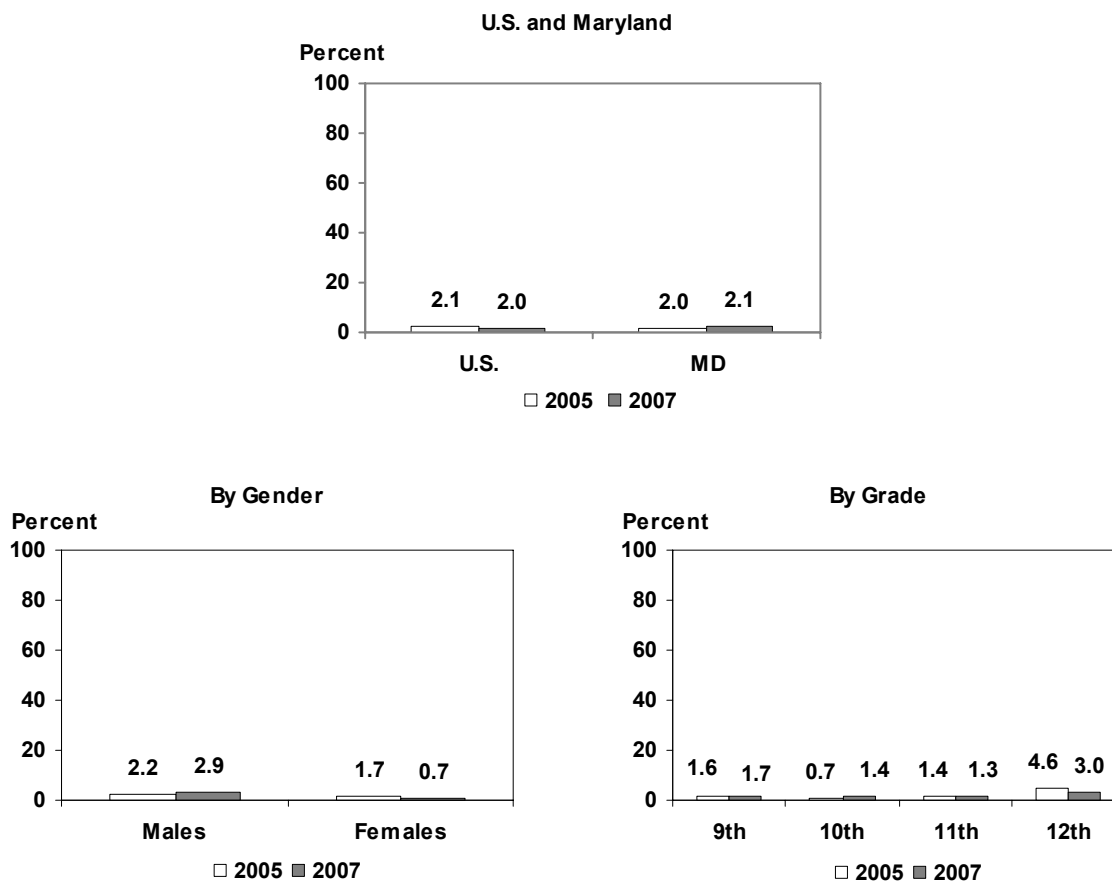
Other Drugs	Grade 9		Grade 10		Grade 11		Grade 12	
	2005	2007	2005	2007	2005	2007	2005	2007
Cocaine (including powder, crack or freebase)	4.0	3.4	4.2	5.0	6.8	5.4	14.2	8.2
Methamphetamines	2.4	1.7	2.8	2.7	3.3	3.0	8.4	4.0
Heroin	1.3	1.4	1.6	2.1	2.8	2.2	5.3	3.1
Ecstasy	2.6	3.6	3.1	4.7	5.2	7.7	10.3	9.3
Steroids (pills or shots without prescription)	3.2	2.2	2.0	1.9	3.8	3.4	5.8	1.9
Inhalants (glue, aerosol cans, paint)	15.7	14.3	13.0	14.8	8.4	12.0	11.6	9.3

## 6.11 Use of Illegal Drugs Injected by Needle

The 2007 YRBS results indicate that only a very small percentage (2.1 percent) of Maryland youth used a needle to inject illegal drugs into their body one or more times during their life, a rate nearly identical to 2005 (2.0 percent) and nearly identical to youth nationwide (2.0 percent).

Males (2.9 percent) are four times more likely as females (0.7 percent) to use a needle to inject illegal drugs, a statistically significant difference. None of the differences by grade level are statistically significant.

### 6.11 Percentage of youth who used a needle to inject any illegal drug into their body one or more times during their life

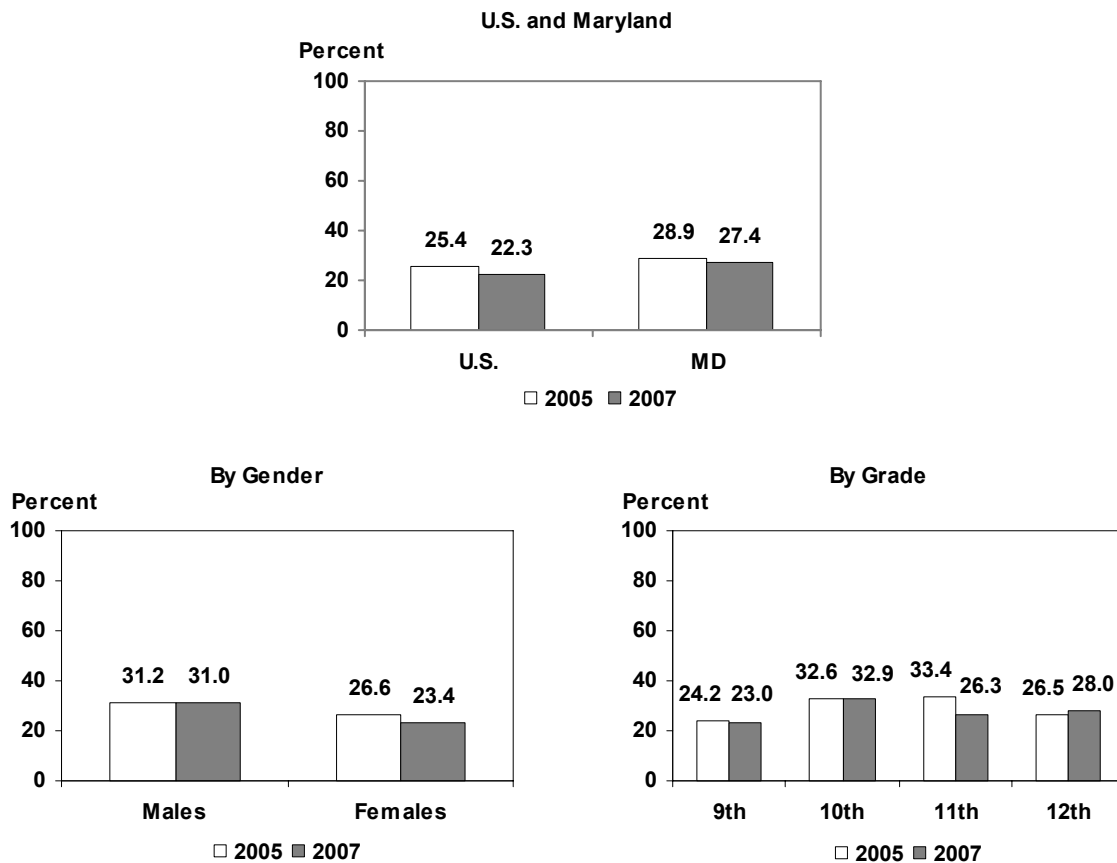


## 6.12 Youth Offered, Sold, or Given Illegal Drugs on School Property

In 2007, 27.4 percent of Maryland youth were offered, sold, or given illegal drugs on school property by someone during the past 12 months, a rate that is comparable to 2005 (28.9 percent), and significantly higher when compared to youth nationwide (22.3 percent). Males (31.0 percent) are more likely than females (23.4 percent) to be offered, sold, or given illegal drugs on school property, a pattern also observed in 2005.

Tenth graders (32.9 percent) are more likely to be offered, sold, or given an illegal drug on school property than are those in other grades, a shift from 2005, where 11<sup>th</sup> graders were more likely to be offered, sold, or given an illegal drug while at school.

**6.12 Percentage of youth who were offered, sold, or given an illegal drug on school property by someone during the past 12 months**



## Chapter 7.

# Suicide

According to Suicide Awareness Voices of Education (2008), suicide is the third leading cause of death among young people between the ages 15-24. The 2007 YRBS, like the 2005 survey, asked several questions related to mental health and potential suicidal behavior. The 2007 survey results underscore the seriousness of the risk of suicide among Maryland youth; however, the results also highlight a reduction in the percent of youth reporting depressive feelings and suicidal behavior.

The 2007 YRBS results indicate that Maryland youth, including females and males, are significantly less likely to experience extended periods of sadness and hopelessness compared to 2005. Overall, Maryland youth are significantly less likely to experience extended periods of sadness and hopelessness compared to youth nationwide.

The percentage of Maryland youth in 2007 who seriously considered suicide has decreased significantly since 2005 (13.2 versus 17.4 percent), and Maryland youth are less likely to have made a plan to commit suicide than in 2005 (10.2 versus 12.2 percent).

Females are nearly twice as likely as males to experience extended periods of sadness or hopelessness (30.7 versus 15.5 percent), a statistically significant difference, and a finding also revealed in 2005. However, since 2005, females are significantly less likely to make a plan for committing suicide (10.8 versus 15.6 percent), or to have seriously considered suicide (15.8 versus 22.0 percent).

The percentage of Maryland youth who actually attempted a suicide during the past 12 months is lower in 2007 than in 2005 (7.5 versus 9.3 percent), and of these attempts

*The 2007 survey results highlight a reduction in suicidal behavior among Maryland youth.*

*In comparison to 2005, Maryland youth, including females and males, are significantly less likely to experience extended periods of sadness and hopelessness in 2007.*

*In comparison to 2005, Maryland youth in 2007 are less likely to plan a suicide.*

*Females are nearly twice as likely as males to experience extended periods of sadness or hopelessness.*

*Compared to 2005, females in 2007 are significantly less likely to plan or seriously consider suicide.*

only 2.3 percent were serious enough to require medical attention. Maryland youth (7.5 percent) are slightly more likely to attempt a suicide than are youth nationwide (6.9 percent), and the percentage of Maryland youth who actually made a suicide attempt that required medical attention (2.3 percent) is comparable to youth nationwide (2.0 percent).

## 7.1 Persistent Sadness/Hopelessness for Two Weeks or More

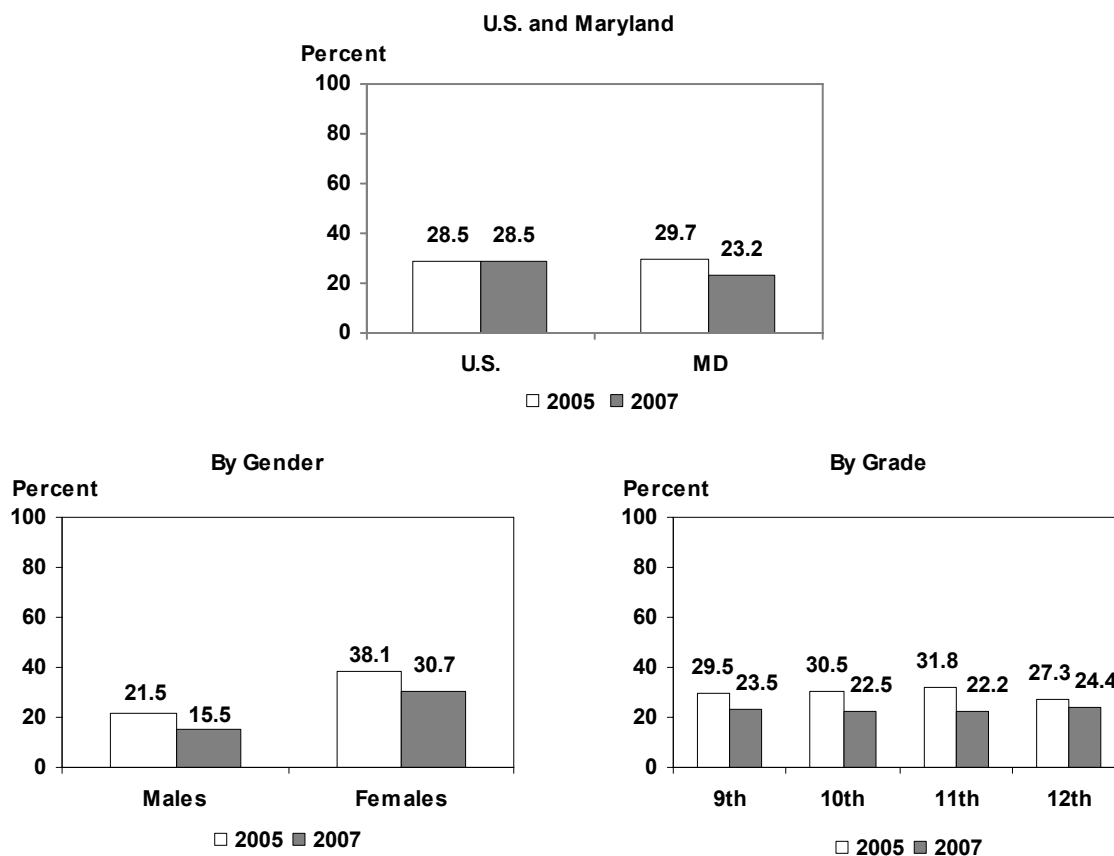
The 2007 YRBS shows that the percentage of Maryland youth who experienced sustained periods of sadness or hopelessness almost every day for two weeks or more has decreased significantly from 29.7 percent in 2005 to 23.2 percent in 2007. Maryland youth are significantly less likely to report sustained periods of sadness or hopelessness than youth nationwide (28.5 percent).

extended periods of sadness or hopelessness, a statistically significant difference, and a finding also revealed in 2005.

Sustained periods of sadness or hopelessness are lower across the high school grades in 2007 compared to 2005, with a statistically significant decrease among 11<sup>th</sup> graders (22.2 versus 31.8 percent, respectively).

Females (30.7 percent) are nearly twice as likely as males (15.5 percent) to experience

### 7.1 Percentage of youth who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped some usual activities during the past 12 months



## 7.2 Youth Who Seriously Considered Suicide in the Past 12 Months

In 2007, 13.2 percent of Maryland youth seriously considered ending their lives during the past 12 months, a statistically significant decrease from 2005 (17.4 percent). Maryland youth are slightly less likely than youth nationwide (14.5 percent) to seriously consider suicide.

likely in 2007 (15.8 percent) to have seriously considered suicide than in 2005 (22.0 percent).

None of the differences by grade level are statistically significant.

Females (15.8 percent) are more likely than males (10.3 percent) to seriously consider suicide, and females are significantly less

### 7.2 Percentage of youth who seriously considered attempting suicide during the past 12 months



## 7.3 Youth Who Had a Plan for Committing Suicide During the Past 12 Months

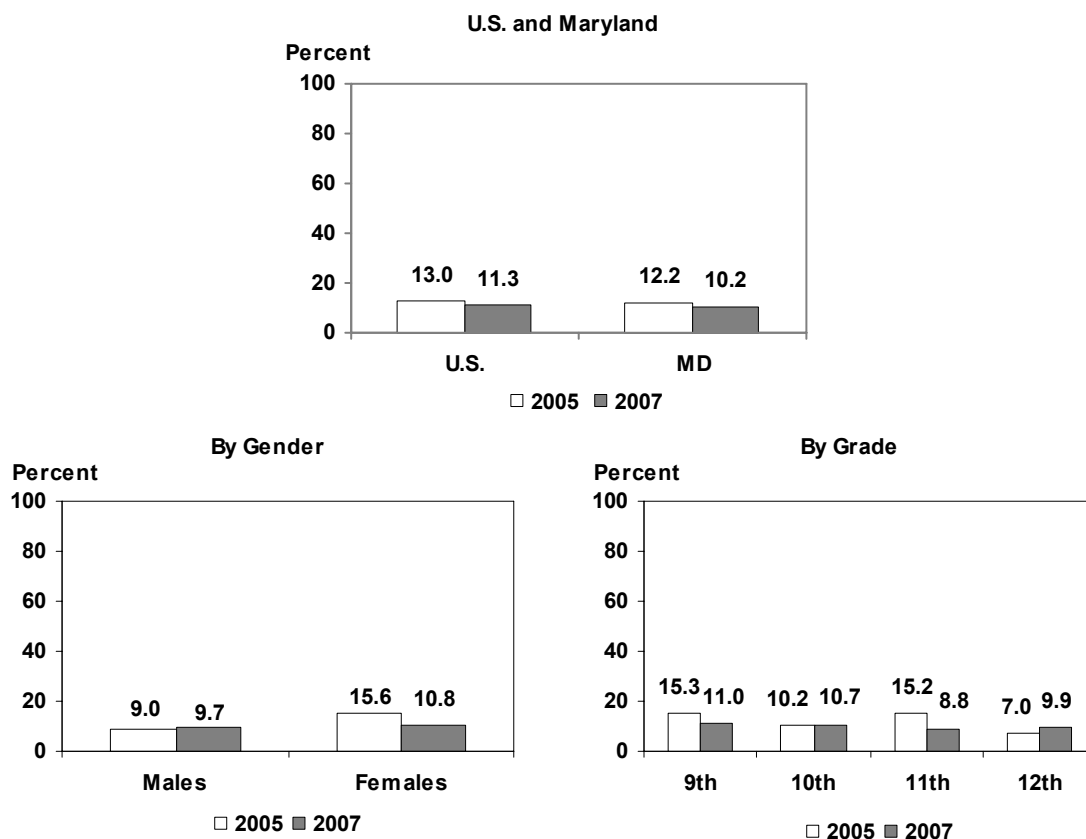
In 2007, 10.2 percent of Maryland youth had a plan about how they would attempt suicide in the past 12 months, a rate lower than in 2005 (12.2 percent). Maryland youth are slightly less likely than youth nationwide (11.3 percent) to have a plan for committing suicide.

a plan for committing suicide; however, females are significantly less likely to have had a plan in 2007 than in 2005 (10.8 versus 15.6 percent, respectively).

None of the differences by grade level are statistically significant.

Males (9.7 percent) and females (10.8 percent) are about equally likely to have had

### 7.3 Percentage of youth who made a plan about how they would attempt suicide during the past 12 months



## 7.4 Youth Who Attempted Suicide During the Past 12 Months

In 2007, 7.5 percent of Maryland youth made a suicide attempt within the past 12 months, a rate lower than in 2005 (9.3 percent), and a rate comparable to youth nationwide (6.9 percent).

Females (8.1 percent) are more likely than males (6.5 percent) to attempt a suicide, a pattern also reported in 2005.

Suicide attempts are lowest in 11<sup>th</sup> grade (5.9 percent), and highest in 12<sup>th</sup> grade (8.4 percent).

In rare cases, youth attempt a suicide that results in the need for medical attention. Approximately the same percentages of Maryland youth attempted a suicide that required medical attention in 2007 as in 2005 (2.3 and 2.7 percent, respectively). The percentage of Maryland youth who attempted a suicide that required medical attention is comparable to youth nationwide (2.0 percent).

### 7.4 Percentage of youth who actually attempted suicide, and whose suicide attempt required medical attention, during the past 12 months

Suicide Measure	U.S.		MD		Males		Females		Grade 9		Grade 10		Grade 11		Grade 12	
	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007
<b>Attempted Suicide</b>	8.4	6.9	9.3	7.5	6.1	6.5	12.4	8.1	11.5	7.8	8.0	7.3	10.6	5.9	6.4	8.4
<b>Required Medical Attention Due to Suicide Attempt</b>	2.3	2.0	2.7	2.3	2.2	2.1	3.3	2.3	4.0	1.0	2.0	3.2	3.8	2.4	0.8	2.9

## Chapter 8.

# *Diet, Nutrition, and Physical Activity*

In a recent study looking at the prevalence and trends of overweight in U.S. children and adolescents, Ogden et al. (2006) found that the prevalence of overweight among adolescents aged 12 to 19 has more than tripled between 1980 and 2004 (from 5 percent to 17.2 percent).

The 2007 YRBS results show very little change since 2005 in the percentage of Maryland youth who self-describe as overweight (27.5 and 27.4 percent), and this finding is confirmed by a Body Mass Index calculation for survey respondents reporting their height and weight. Maryland youth are slightly less likely to consider themselves overweight compared to youth nationwide (29.5 percent). Maryland females on average perceive that they have a greater problem being overweight than is in fact the case. Males tend to underestimate their weight problems.

The 2007 YRBS results show that more than 60 percent of Maryland youth are trying to lose or control their weight (63.3 percent), a nearly identical rate to the one in 2005 (63.9 percent). Exercise and dieting are the most popular ways to control weight. Females are significantly more likely than males to regard themselves as overweight (32.3 versus 22.6 percent), and females have a significantly higher use of dieting (49.2 percent) and fasting (15.1 percent) to lose or maintain their weight compared to males (28.4 and 7.9 percent, respectively).

The use of vomiting or laxatives to lose or control weight increased significantly since 2005 among Maryland youth (6.5 versus 3.2 percent), males (6.4 versus 2.0 percent), 10<sup>th</sup> graders (7.4 versus 1.9 percent), and 11<sup>th</sup> graders (6.4 versus 3.6 percent).

*The percentage of Maryland youth who self-describe as overweight is nearly identical to the rate in 2005.*

*Females tend to perceive that they have a greater problem being overweight than is in fact the case, and males tend to underestimate their weight problems.*

*More than 60 percent of Maryland youth are trying to lose or control their weight, a rate that has changed little since 2005.*

*Females are significantly more likely than males to regard themselves as overweight.*

*The use of vomiting or laxatives to lose or control weight increased significantly among Maryland youth, including males and 10<sup>th</sup> and 11<sup>th</sup> graders, since 2005.*

Overall, the consumption of healthful food on a daily basis by Maryland youth is lower than in 2005. Nearly one third of Maryland youth consumed at least one serving a day of milk (32.8 percent), down from 35.4 percent in 2005. More than one fourth consumed fruit juices (26.9 percent) in 2007, down from 29.4 percent in 2005. Fruit consumption also declined from 26.0 percent in 2005 to 23.9 percent in 2007.

*Overall, the consumption of healthful food on a daily basis by Maryland youth is lower than in 2005.*

Maryland youth have maintained their levels of physical activity on two measures since 2005. Approximately 60 percent participated in physical activity on at least three of the past seven days (59.6 percent), and 37.0 percent report attending physical education classes one or more days in the average school week, rates that are nearly identical to the 2005 results (59.8 and 37.6 percent). Maryland youth are significantly less likely to attend physical education classes than are youth nationwide (53.6 percent). In addition, the percentage of Maryland youth who watch three or more hours of TV on an average school day is similar to the results in 2005 (41.9 versus 40.7 percent), and higher compared to youth nationwide (35.4 percent).

*The percentage of Maryland youth who report watching three or more hours of TV on an average school day is similar to the results reported in 2005.*

## 8.1 Youth Perceptions of Their Weight and Calculated Body Mass Index (BMI)

The 2007 YRBS indicates that 27.5 percent of Maryland youth describe themselves as slightly or very overweight, a rate nearly identical to 2005 (27.4 percent), and slightly lower than youth nationwide (29.3 percent).

The Body Mass Index (BMI) confirmed youth perceptions of their weight, and was calculated for youth who reported their height and weight in the 2007 YRBS. Using the BMI, 28.3 percent of Maryland youth are either overweight or obese, and this rate is about the same as the percentage of youth who self-reported being slightly or very overweight (27.5 percent).<sup>9</sup> Self-reported weight was also confirmed by the BMI in 2005. About the same percentage of Maryland youth and youth nationwide (28.8 percent) are overweight or obese as determined by the BMI.

The BMI percentage-rate difference between males (31.8 percent) and females (24.6 percent) is not statistically significant,

suggesting that males and females are about equally likely to be overweight or obese.

The difference in the percentage of males (22.6 percent) and females (32.3 percent) who describe themselves as overweight is statistically significant. Females on average perceive that they have a greater problem being overweight than is in fact the case. That is, 32.3 percent describe themselves as overweight, whereas the actual percent who are overweight or obese (according to the BMI) is 24.6. Males tend to underestimate their weight problems: 22.6 percent describe themselves as overweight, whereas the actual percent who are overweight or obese (according to the BMI) is 31.8. The same patterns between males and females were also found in 2005.

The perception of being slightly or very overweight is highest among 11<sup>th</sup> (30.3 percent) and 12<sup>th</sup> (27.6 percent) graders.

### 8.1 Youth perceptions of their weight and calculated body mass index (BMI)

Weight Measure	U.S.		MD		Males		Females		Grade 9		Grade 10		Grade 11		Grade 12	
	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007
<b>Self Described as Overweight</b>	31.5	29.3	27.4	27.5	21.8	22.6	32.9	32.3	29.3	24.4	22.6	27.2	26.5	30.3	31.0	27.6
<b>BMI – Obese or Overweight</b>	28.8	28.8	28.7	28.3	31.8	31.8	25.4	24.6	33.0	29.9	25.6	27.4	27.0	28.1	28.1	27.4

<sup>9</sup> The 2005 Maryland Youth Risk Behavior Survey Report used the term “overweight” to describe youth whose BMI was above the 95<sup>th</sup> percentile for youths of the same age and sex, and “at risk for overweight” for those with a BMI between the 85<sup>th</sup> percentile and the 95<sup>th</sup> percentile. In 2007, however, the Expert Committee on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity, convened by the American Medical Association (AMA) and cofunded by AMA in collaboration with the Health Resources and Services Administration and CDC, recommended that the terms “obese” and “overweight” be used for these groups of youth, respectively. This report uses the terms “obese” and “overweight” in accordance with the 2007 recommendations (CDC, 2008).

## 8.2 Youth Trying to Lose or Control Their Weight<sup>10</sup>

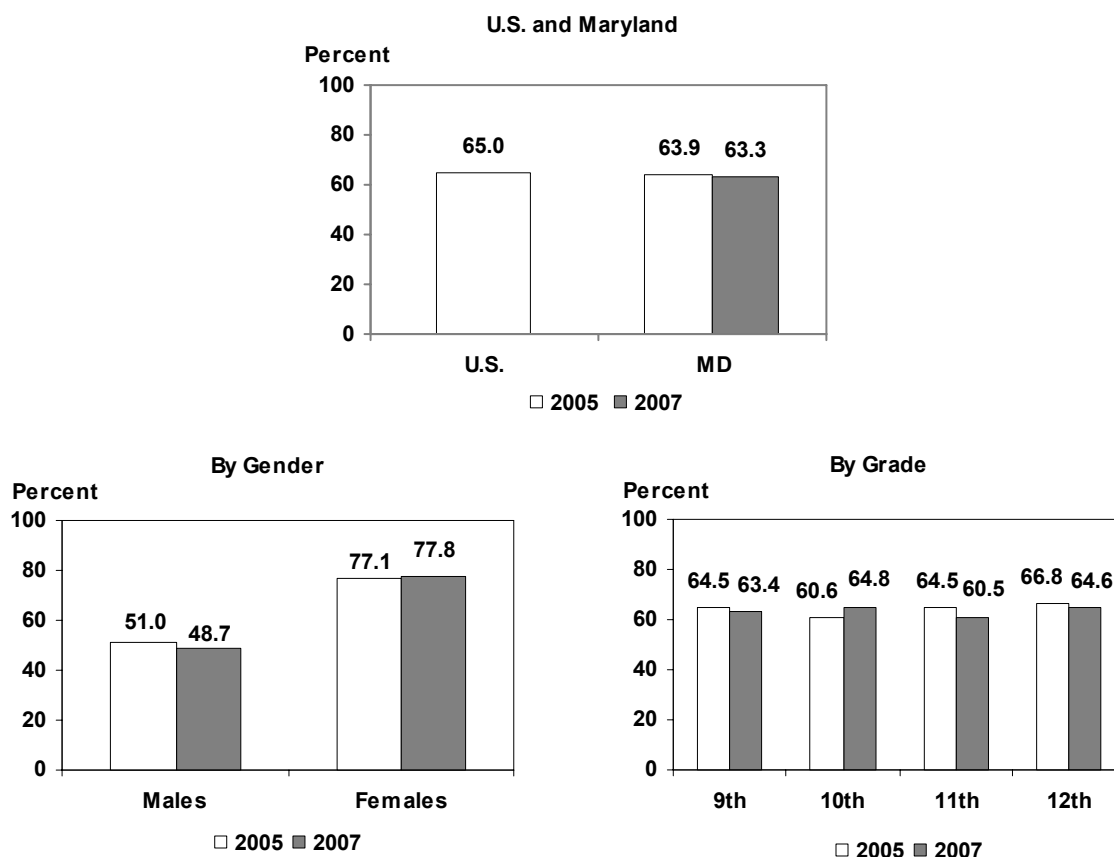
The 2007 YRBS results indicate that 63.3 percent of Maryland youth are trying to lose or control their weight, a rate that has remained nearly unchanged since 2005 (63.9 percent).

Trying to lose or control weight is much more prevalent among females (77.8

percent) than among males (48.7 percent), a pattern also observed in 2005.

The percentage of Maryland youth in 2007 who are trying to lose or control body weight is consistent across the high-school grades, with little variation compared to 2005.

### 8.2 Percentage of youth who are trying to lose or control their weight



<sup>10</sup> The 2007 national data is not presented here because the CDC analyzed the data in a different manner than the authors of this report. The Maryland analysis looked at the combined survey responses (*Lose weight* and *Stay the same weight*) to the survey question, "Which of the following are you trying to do about your weight?" The CDC only analyzed the *Lose weight* survey response.

## 8.3 Weight Loss and Control Methods

The 2007 YRBS examined different methods Maryland youth use to lose or maintain their weight, including:

- Exercise;
- Dieting – eating less food, fewer calories, or foods low in fat;
- Fasting – going without food for 24 hours or more;
- Using diet pills or liquids without a doctor's advice; and
- Vomiting or laxatives.

The 2007 YRBS results indicate that exercise (57.1 percent) and dieting (38.8 percent) are the most common means of weight loss and control among Maryland youth, and 11.5 percent of Maryland youth use fasting to help control their weight. There has been a statistically significant increase in the use of vomiting or laxatives to assist in controlling or losing weight since 2005 (6.5 versus 3.2 percent). Maryland youth are significantly less likely to use exercise than youth nationwide (57.1 versus

60.9 percent), and significantly more likely to use vomiting or laxatives to lose weight compared to youth nationwide (6.5 versus 4.3 percent).

Females are significantly more likely than males to use dieting (49.2 versus 28.4 percent, respectively) or fasting (15.1 versus 7.9 percent, respectively) to lose or maintain their weight, findings also reported in the 2005 YRBS. Males are using vomiting or laxatives to lose or control their weight at a significantly increased rate compared to 2005 (6.4 versus 2.0 percent).

The use of these weight-control methods does not vary significantly across the high-school grades, with the exception of the use of vomiting or laxatives, which has significantly increased by nearly four times since 2005 among 10<sup>th</sup> graders (7.4 versus 1.9 percent, respectively) and by almost five times among 12<sup>th</sup> graders since 2005 (8.3 versus 1.8 percent). The use of diet pills has also increased significantly between 9<sup>th</sup> (3.2 percent) and 12<sup>th</sup> (9.4 percent) grades.

### 8.3 Percentage of youth who use different weight-loss methods

Weight Loss Method	U.S.		MD		Males		Females		Grade 9		Grade 10		Grade 11		Grade 12	
	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007
<b>Exercise</b>	60.0	60.9	58.4	57.1	52.5	51.2	64.5	63.2	64.0	56.9	54.9	56.0	60.7	56.9	52.8	58.7
<b>Dieting</b>	40.7	40.6	38.6	38.8	25.7	28.4	51.7	49.2	42.7	32.7	33.8	41.0	36.9	39.2	40.6	43.7
<b>Fasting</b>	12.3	11.8	10.3	11.5	7.5	7.9	13.2	15.1	12.1	10.2	11.0	11.4	6.8	14.2	11.2	10.6
<b>Diet Pills/Liquids</b>	6.3	6.9	5.5	5.7	4.7	5.0	6.4	6.2	5.5	3.2	3.0	5.1	5.4	5.7	8.9	9.4
<b>Vomiting or Laxatives</b>	4.5	4.3	3.2	6.5	2.0	6.4	4.4	6.3	5.0	4.1	1.9	7.4	3.6	6.4	1.8	8.3

## 8.4 Youth Diet Preferences

The 2007 YRBS explored, in detail, youth consumption of different types of healthful foods. Overall, the consumption of healthful food on a daily basis by Maryland youth is lower than in 2005. The 2007 YRBS results show that 32.8 percent of Maryland youth consumed at least one serving a day of milk, down from 35.4 percent in 2005. Consumption of fruit juices has decreased from 29.4 percent in 2005 to 26.9 percent in 2007. Fruit consumption also declined from 26.0 percent in 2005 to 23.9 percent in 2007.

Daily consumption of healthful foods is lower than in 2005, except for carrots and potatoes, which have both increased by approximately one percentage point since 2005 (from 5.3 to 5.9 percent for carrots, and from 6.4 to 7.1 percent for potatoes).

The results suggest a slightly higher weekly consumption of milk and carrots compared to 2005 (77.8 versus 76.3 percent for milk, and 43.1 versus 41.3 percent for carrots). Maryland youth are significantly less likely than youth nationwide to consume potatoes or fruit at least one time per week (64.6 versus 69.1 percent for potatoes, and 81.5 versus 85.3 percent for fruit).

The 2007 YRBS also provides estimates of the percentage of Maryland youth who consume five or more servings per day of fruits and vegetables (not shown in the table). This recommended consumption pattern is reported by approximately one fifth of Maryland youth in 2007 and 2005 (19.0 and 19.9 percent).

### 8.4 Diet Preferences: Frequency that youth consumed different types of healthful foods in the past seven days

Food	In last 7 days, percent who:					
	Consumed at least one serving				Consumed at least one serving per day <sup>11</sup>	
	U.S.		MD		U.S.	MD
	2005	2007	2005	2007	2005	2007
<b>Glass of milk<sup>12</sup></b>	83.5	-	76.3	77.8	44.4	35.4
<b>100% fruit juice</b>	81.5	80.3	82.8	80.8	28.3	29.4
<b>Fruit</b>	85.1	85.3	84.4	81.5	26.1	26.0
<b>Green salad</b>	65.6	64.1	63.6	62.3	11.8	10.6
<b>Potatoes</b>	68.6	69.1	65.9	64.6	7.9	6.4
<b>Carrots</b>	46.9	46.3	41.3	43.1	5.8	5.3
<b>Other vegetables</b>	82.1	82.4	85.5	83.7	19.8	23.2

<sup>11</sup> The 2007 national data is not presented here because the CDC analyzed the data in a different manner than the authors of this report. The Maryland analysis looked at how many survey respondents consumed at least one serving of the foods listed per day, and the CDC analyzed how many survey respondents consumed at least one serving of the foods listed in the past 7 days.

<sup>12</sup> The 2007 national data is not presented here because the CDC analyzed the data in a different manner than the authors of this report. The Maryland analysis looked at how many survey respondents drank at least one glass of milk in the past 7 days, and the CDC analysis looked at how many survey respondents drank 3 or more glasses of milk per day in the past 7 days.

## 8.5 Physical Activity<sup>13</sup>

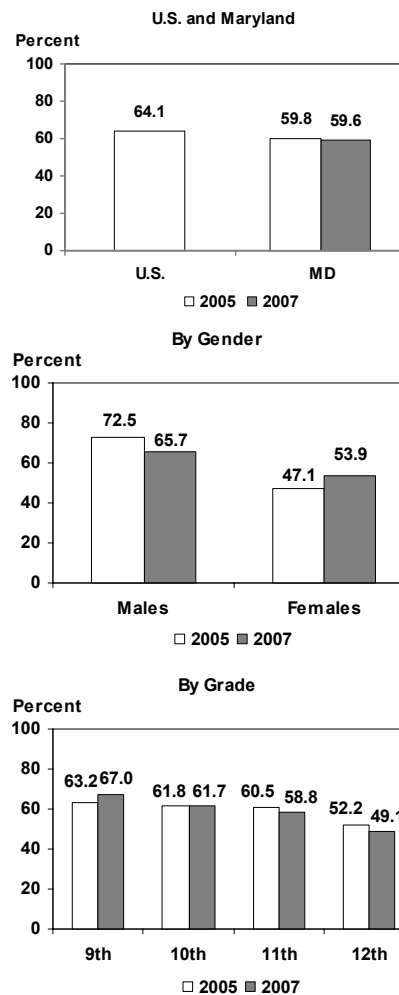
The 2007 YRBS results indicate that levels of physical activity among Maryland youth are equivalent to those reported in the 2005 YRBS on several measurements. These include participation in physical activity, including vigorous physical activity, on at least three of the past seven days; participation in moderate physical activity on five or more of the past seven days; participation in a physical education class at least one day a week; and daily participation in physical recreation.

In 2007, 59.6 percent of Maryland youth participated in a physical activity that made them sweat and breathe hard for 20 minutes or more on three or more of the past seven days, a rate similar to the one in 2005 (59.8 percent).

Males (65.7 percent) are significantly more likely than females (53.9 percent) to exercise or engage in physical activities that made them sweat and breathe hard for 20 minutes, a finding also reported in 2005.

There is a significant reduction in the frequency and intensity of exercise across the high-school grades from 67.0 percent in the 9<sup>th</sup> grade to 49.1 percent in the 12<sup>th</sup> grade, a pattern also observed in 2005.

### 8.5 Percentage of youth who exercised or participated in physical activity that made them sweat and breathe hard for 20 minutes or more on three or more of the past seven days



<sup>13</sup> The 2007 national data is not presented here because the CDC did not provide an analysis of this survey question.

## 8.6 Television Viewing

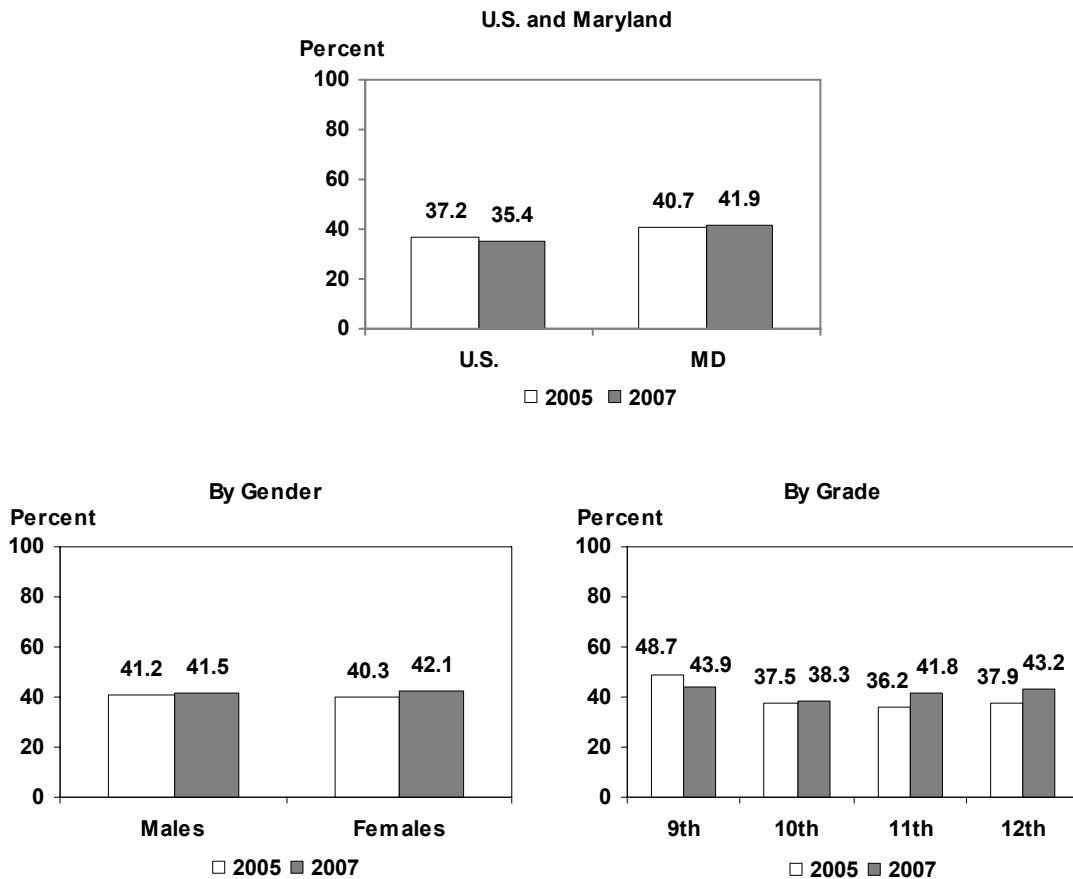
The 2007 YRBS results show that 41.9 percent of Maryland youth watch three or more hours per day of television (TV) on an average school day, a rate similar to the results in 2005 (40.7 percent). Maryland youth are more likely than youth nationwide (35.4 percent) to watch three or more hours per day of television.

percent) and females (42.1 percent) watch TV three or more hours per day, a rate similar to the one in 2005.

The percentage of Maryland youth who watch TV three or more hours per day is highest among 9<sup>th</sup> graders (43.9 percent), a pattern also observed in 2005.

Approximately 42 percent of males (41.5

### 8.6 Percentage of youth who watched three or more hours per day of TV on an average school day



## 8.7 Physical Education Class Attendance

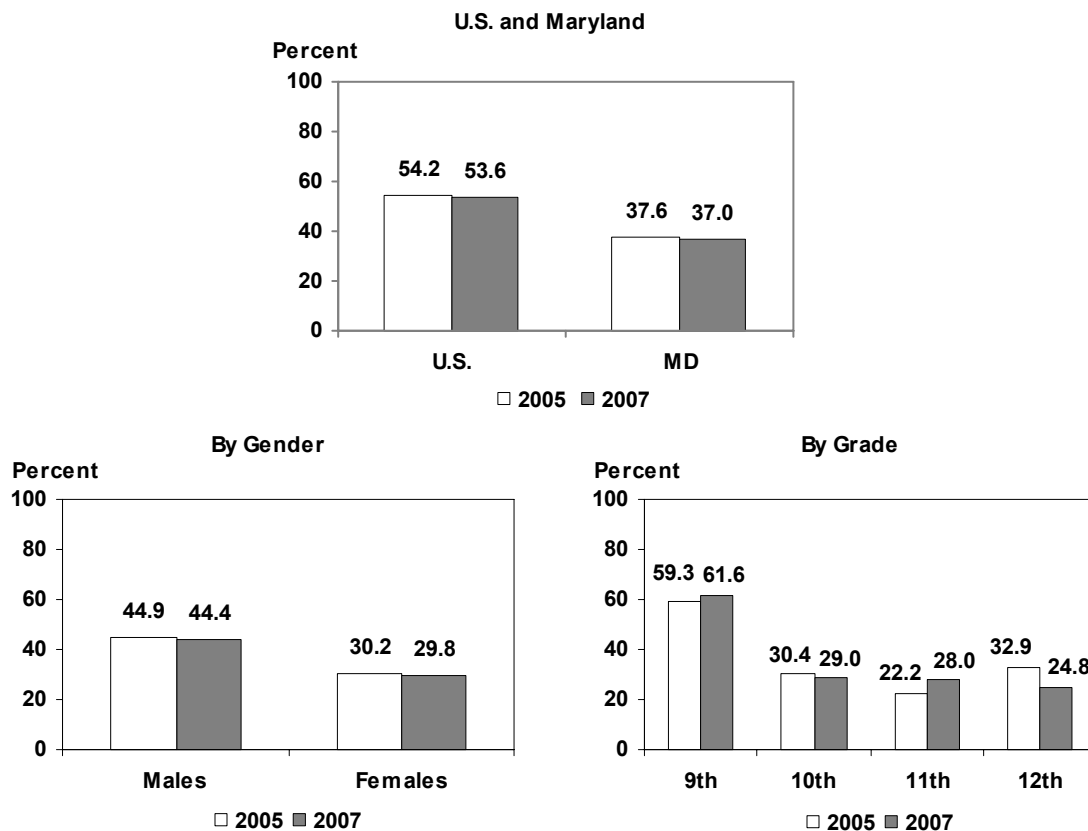
The 2007 YRBS results indicate that 37.0 percent of Maryland youth attend physical education classes on one or more days in the average week when they are in school, a rate nearly identical to 2005 (37.6 percent). Maryland youth are significantly less likely to attend physical education classes than are youth nationwide (53.6 percent).

Males (44.4 percent) participate in physical

education classes at a higher rate than do females (29.8 percent), rates similar to rates for males and females in 2005.

The percentage of Maryland youth who attend physical education classes decreases significantly between 9<sup>th</sup> (61.6 percent) and 10<sup>th</sup> (29.0 percent) grades, and continues to lower in the 11<sup>th</sup> (28.0 percent) and 12<sup>th</sup> (24.8 percent) grades.

### 8.7 Percentage of youth who attended physical education classes on one or more days in an average week when they were in school



## Chapter 9.

# *Protective Factors*

Protective factors represent the support structures youth have within their families, schools, and communities that can help protect them from risky behaviors and promote healthy behaviors. These 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.

The 2007 Maryland YRBS requested information on selected protective factors that did not appear on the national survey. Overall, the 2007 YRBS indicates that protective factors continue to be prevalent among Maryland youth.

Approximately 85 percent of Maryland youth received school-based HIV/AIDS instruction, a rate lower than in 2005, and significantly lower when compared to youth nationwide (89.5 percent). Compared to 2005, males are significantly less likely to have received school-based instruction about HIV/AIDS infection.

Maryland youth continue to report high levels of participation in extracurricular activities (over 60 percent), a rate consistent with 2005.

Similar to the results in 2005, approximately 85 percent of Maryland youth say they would be comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life, and about 60 percent indicate that they have a teacher or other adult in the school that they could talk to if they had a problem.

*Males in 2007 are significantly less likely to report receiving school-based instruction about HIV/AIDS compared to 2005.*

*Over 60 percent of Maryland youth participate in extracurricular activities, a rate comparable to 2005.*

*Maryland youth continue to report high levels of support, with approximately 85 percent who have an adult other than a parent to whom they can turn to for advice.*

## 9.1 Youth Taught About HIV/AIDS Infection

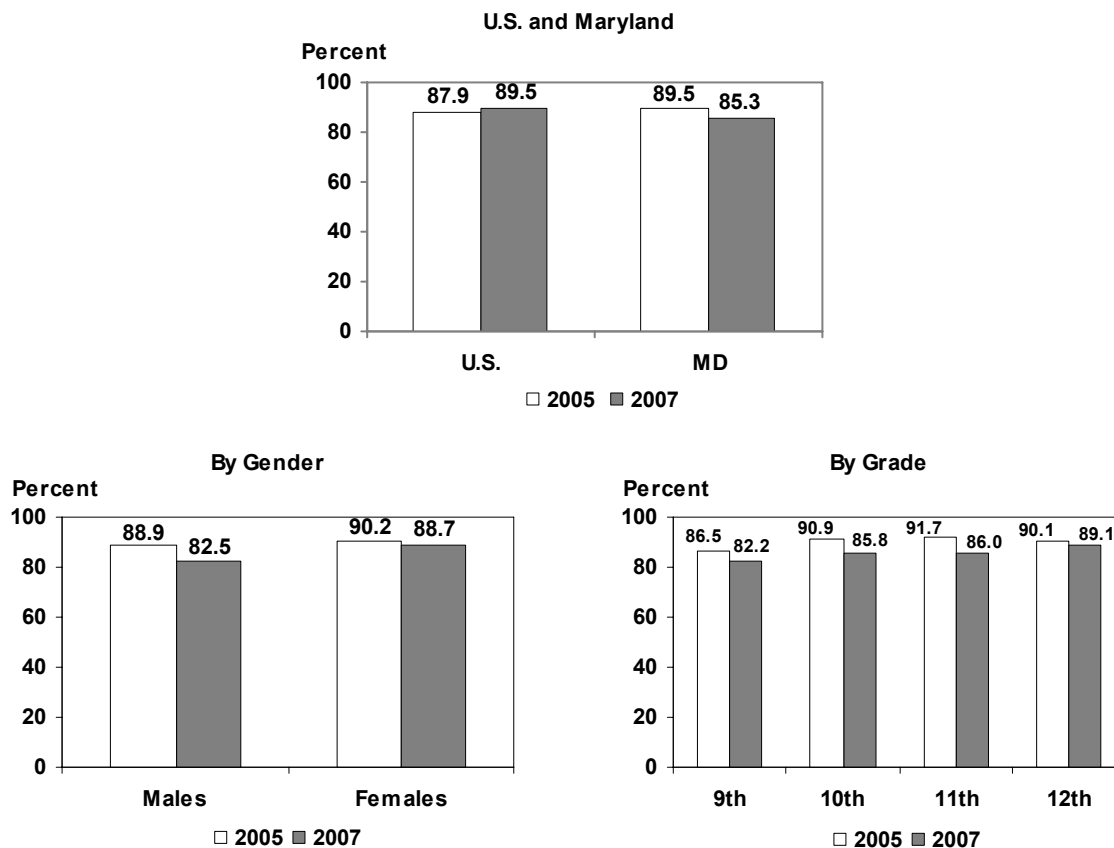
In 2007, 85.3 percent of Maryland youth received HIV/AIDS education at school, a rate lower than in 2005 (89.5 percent), and significantly lower when compared to youth nationwide (89.5 percent).

Males (82.5 percent) and females (88.7 percent) report receiving instruction about

HIV/AIDS; however, males show a significant decrease in receiving school-based HIV/AIDS information compared to 2005 (82.5 versus 88.9 percent, respectively).

None of the differences by grade level are statistically significant.

### 9.1 Percentage of youth who had been taught in school about AIDS or HIV infection



## 9.2 Extracurricular Activities<sup>14</sup>

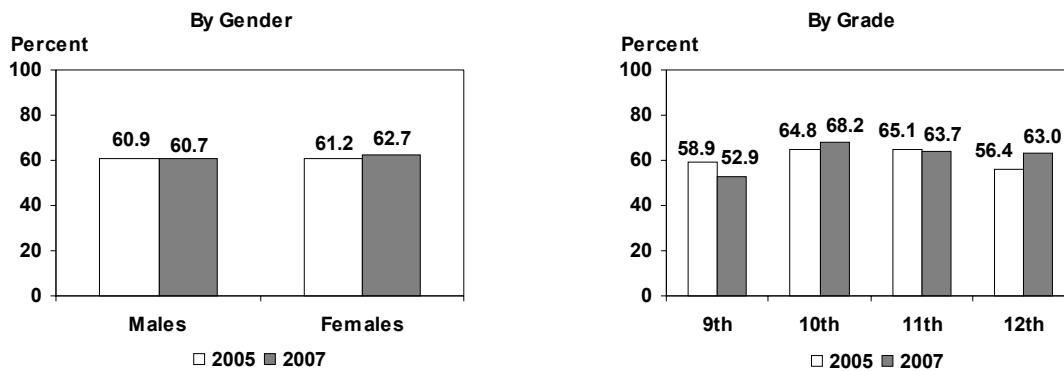
The 2007 YRBS shows that 61.6 percent (not shown) of Maryland youth participated in extracurricular activities, such as school sports, student government, and clubs, nearly identical to 2005 (61.1 percent).

Males (60.7 percent) and females (62.7 percent) participated in extracurricular

activities at comparable rates, a pattern also found in 2005.

Participation in extracurricular activities increases significantly between 9<sup>th</sup> (52.9 percent) and 10<sup>th</sup> (68.2 percent) grade.

### 9.2 Percentage of youth who participated in extracurricular activities



<sup>14</sup> This question was not included in the 2007 national YRBS.

## 9.3 Youth Who Have an Adult to Whom They Can Turn

The 2007 YRBS asked Maryland youth a number of questions about having an adult to whom they could talk about problems, an important factor in protecting against risky behaviors. As shown in Table 9.3, the availability of such adult support was present among Maryland youth in 2005, and continues to be widespread in 2007.

The percentage of Maryland youth who have an adult outside of school to whom they can turn for advice or to discuss a problem is 85.9, and the percentage who have an adult other than a parent to whom they can turn for help about an important life question is 84.9.

The percentage of Maryland youth who have a teacher or other adult at school with whom they can talk about a problem is 59.9.

There are no significant differences between males and females, or across the high-school grades, with one exception: the percentage of Maryland youth who feel that their teachers really care increases significantly between 9<sup>th</sup> (44.2 percent) and 12<sup>th</sup> (58.3 percent) grades.

### 9.3 Percentage of youth who have an adult to whom they can turn for advice or to discuss a problem, and who feel that their teachers really care about them

Type of Adult	MD		Males		Females		Grade 9		Grade 10		Grade 11		Grade 12	
	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007
Adult outside of school <sup>15</sup>	87.3	85.9	86.7	85.9	87.9	85.9	85.6	85.1	86.6	86.2	87.4	89.1	89.6	83.6
Adult other than a parent <sup>15</sup>	84.7	84.9	82.0	83.5	87.5	86.4	83.5	84.7	82.7	85.8	86.4	87.8	86.2	81.9
Teacher or other adult in school <sup>15, 16</sup>	-	59.9	-	57.8	-	62.1	-	51.2	-	56.0	-	69.8	-	65.2
Teachers really care <sup>15</sup>	49.4	49.7	48.3	48.9	50.4	50.5	41.7	44.2	52.2	43.7	52.6	54.0	52.4	58.3

<sup>15</sup> This question was not included in the 2007 national YRBS.

<sup>16</sup> This question was altered in the 2007 Maryland YRBS. See Appendix A for the full 2005 results.

## Chapter 10.

# *Policy and Program Initiatives*

This chapter links major YRBS findings to the Leading Health Indicators around which state and national health policies are organized. The indicators are aligned with *Healthy People 2010* and encourages everyone to take specific steps to ensure good health habits. For more information on Healthy People 2010, refer to the website at [www.healthypeople.gov](http://www.healthypeople.gov).

The Leading Health Indicators reflect 10 major public health concerns for the United States. This chapter links the YRBS findings presented in the preceding chapters to many of the indicators listed below, and provides information on programs underway or being developed by the Maryland State Department of Education (MSDE) and other relevant state agencies. The ten indicators and the corresponding report chapters are:

1. Physical Activity (Chapter 8);
2. Overweight and Obesity (Chapter 8);
3. Tobacco Use (Chapter 5);
4. Substance Abuse (Chapter 6);
5. Responsible Sexual Behavior (Chapter 9);
6. Mental Health (Chapters 7 and 9);
7. Injury and Violence (Chapters 3 and 4);
8. Environmental Quality;
9. Immunization; and
10. Access to Health Care.

Indicators 8, 9, and 10 were not directly addressed in the YRBS.

## 10.1 Physical Activity

Regular physical activity throughout life is important for physical and mental health. Laying a foundation for continued activity during the high school years can contribute to reduced morbidity and mortality. The 2005 Dietary Guidelines for Americans recommends that youth engage in at least 60 minutes of physical activity on most, preferably all, days of the week. Only 40 percent of 2007 YRBS youth report engaging in physical activity for at least 60 minutes on four or more days during the past seven days.

Most youth are less physically active than the recommended 60 minutes per day. Participation in physical education provides a venue to teach physical activity strategies and activities that can be continued into adulthood. Maryland has a physical education instructional curriculum that provides an individualized, developmentally appropriate, and challenging program that advances the student's knowledge, confidence, skills and motivation to become lifelong movers and learners. The physical education program also examines students' fitness levels and provides instruction to enable students to develop personal fitness plans. Adapted physical education programs are also made available for children with disabilities who require specific individual goals and objectives in the area of physical education.

Only about 60 percent of Maryland youth report engaging in vigorous activity for 20 minutes or more on three or more of the previous seven days. To encourage additional physical activity, school systems

are using programs to motivate students to exercise. One such example is “Live It,” a national physical activity and nutrition program, designed to engage and educate students in fourth through eighth grades about the importance of regular physical activity and healthy eating.

MSDE is working with school systems to implement Comprehensive Wellness Plans for their schools in the area of physical activity. The local school systems are writing and implementing wellness policies that encourage more physical activity during the school day. Local systems are encouraging daily recess and providing after-school programs using existing school facilities as the site for these activities. Local systems are also looking at developing collaborative partnerships with other local and state agencies to encourage family involvement in physical activity outside the school day.

## 10.2 Overweight and Obesity

Based on their responses to the 2007 YRBS, 28.3 percent of youth are overweight or obese (i.e., at or above the 85<sup>th</sup> percentile for body mass index, by age and sex).<sup>17</sup> About the same percentage of youth (27.5 percent)

---

<sup>17</sup> The 2005 Maryland Youth Risk Behavior Survey Report used the term “overweight” to describe youth whose BMI was above the 95<sup>th</sup> percentile for youths of the same age and sex, and “at risk for overweight” for those with a BMI between the 85<sup>th</sup> percentile and the 95<sup>th</sup> percentile. In 2007, however, the Expert Committee on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity, convened by the American Medical Association (AMA) and cofunded by AMA in collaboration with the Health Resources and Services Administration and CDC, recommended that the terms “obese” and “overweight” be used for these groups of youth, respectively. This report uses the terms “obese” and “overweight” in accordance with the 2007 recommendations (CDC, 2008).

describe themselves as slightly or very overweight and approximately 63 percent of youth report trying to lose or control their weight.

MSDE is working with school systems to implement Comprehensive Wellness Plans for their schools. These plans initiate policy and program changes to make healthier foods available to students at school, and propose reduction in the use of unhealthy foods as incentives or rewards. MSDE reviewed school wellness policies from all 24 local school systems and developed a list of best practices and recommendations for future policies. MSDE has conducted wellness policy training for school nurses, food service supervisors, food service employees, health and physical education teachers, and child care providers.

Maryland’s Department of Health and Mental Hygiene has developed and issued a statewide Nutrition and Physical Activity Plan ([www.fha.state.md.us/pdf/cphs/npaplan.pdf](http://www.fha.state.md.us/pdf/cphs/npaplan.pdf)).

## 10.3 Tobacco Use

Cigarette smoking is the single largest preventable cause of disease and death in the United States. Half of all Maryland youth report having tried cigarettes and nearly 20 percent of youth report using one or more forms of tobacco. Maryland youth in 2007 are equally as likely as youth in 2005 to report having smoked cigarettes for the first time prior to age 13, and to be heavy smokers.

The Maryland Adolescent Survey (MAS) has been tracking smoking trends among Maryland youth since 1992. The MAS was last administered in the Fall of 2007. The MAS was administered to students in grades 6, 8, 10 and 12. The 2004 MAS results indicated a notable decrease in the percentage of sixth graders who reported

being casual smokers, from 32.3 percent in 2002 to 25.2 percent in 2004. A smaller decrease in casual use rates was observed in comparing eighth and twelfth grade findings from 2004 to 2002 data. For example, in 2002, 33.6 percent of recent eighth grade smokers reported being casual smokers while 28.3 percent did so in 2004. The 2007 MAS results will be published in Fall 2008.

The Maryland Youth Tobacco Survey (MYTS) is a biennial survey of Maryland public middle and high school students administered in schools by the Maryland Department of Health and Mental Hygiene in cooperation with MSDE. The Youth Tobacco Survey was administered as a baseline survey in 2000. The MYTS was administered again in 2002 and 2006. Results from the 2006 administration are due to be reported as part of the September 2008 tobacco study report. MYTS results confirm the declining trend in tobacco use overall among Maryland youth.

Maryland has a comprehensive Safe & Drug-Free Schools Program (SDFSP) that supports and provides local systems with resources, services, programs, and activities to assist with the prevention of illegal use of alcohol, drugs, and tobacco.

## 10.4 Substance Abuse

Drinking alcohol and using illegal drugs are associated with violence, injuries and HIV infection. About 43 percent of 2007 Maryland youth indicate they are current drinkers, and approximately 24 percent engaged in binge drinking over the past 30 days. Approximately 20 percent of youth report currently using marijuana.

One pattern revealed by almost all the YRBS questions related to illegal drug use is the increasing use of illegal drugs among youth from the 9<sup>th</sup> to the 12<sup>th</sup> grades. For example, the percentage of youth reporting

use of methamphetamines increases from 1.7 percent of 9<sup>th</sup> grade youth to 4.0 percent of 12<sup>th</sup> grade youth. The percent of youth who report using any form of cocaine during their life increases from 3.4 percent of 9<sup>th</sup> grade youth to 8.2 percent of 12<sup>th</sup> grade youth. These patterns underscore the continuing need to reinforce drug use prevention and intervention as students enter their final years of high school.

MSDE provides grants to school districts to support a variety of prevention and intervention education programs. These programs include:

- Kindergarten - 12<sup>th</sup> Grade Drug Prevention Education;
- Peer Leadership (Peer to Peer);
- Student Assistance/Early Intervention (SA/EI);
- Alcohol, Tobacco and Other Drug Policy;
- Steroid Awareness Program; and
- Middle School Tobacco Use Prevention Education.

## 10.5 Responsible Sexual Behavior

About 85 percent of Maryland youth report having been taught in school about HIV/AIDS prevention. Through a collaborative agreement with the United States Centers for Disease Control and Prevention (CDC), MSDE provides professional development and technical assistance for HIV Prevention Education to the 24 local school systems. Updated HIV prevention information is provided annually to local school systems. Additional technical assistance is provided through administrative meetings and regional conferences to health educators, school health supervisors, school-based health center staff, school counselors, pupil personnel workers, and other student support services staff regarding HIV Prevention

## Education and Teen Pregnancy Prevention Education.

MSDE continues to collaborate with state and local agencies and other key stakeholders to promote the health and well-being of Maryland's youth. MSDE works closely with the Maryland AIDS Administration in the Department of Health and Mental Hygiene and The Community Planning Group (CPG) to provide local school systems with current information that is scientifically and medically accurate in regards to HIV/AIDS prevention education.

## 10.6 Mental Health

A comparison of responses to the 2007 YRBS and 2005 YRBS indicates a significant reduction in the percentage of youth reporting sustained periods of sadness and hopelessness during the past 12 months. There has also been a significant reduction in the percentage of youth reporting that they considered attempting suicide during the past 12 months.

While these trends are positive, the incidence of suicidal behavior among Maryland youth warrants continued attention and action. One in 10 Maryland youth continue to report having made a plan about how they would attempt suicide and 7.5 percent of youth report having attempted suicide during the past year.

MSDE continues to implement the Youth Suicide Prevention School Program and continues to provide technical assistance to local school systems. During annual meetings and professional development with school system representatives, MSDE provides prevalence data about suicidal ideation and youth suicide, as well as information about best practices to prevent youth suicide.

MSDE and its partner agencies have used federal School Mental Health Integration grant funds to improve links among school personnel, students and their families, health care providers and the wider public mental health system.

MSDE partners with local universities and other state agencies to support school mental health.

## 10.7 Injury and Violence

According to the results of the Maryland YRBS, a substantial percentage of youth report carrying weapons, engaging in fights, being the victims of harassment and bullying, and having property damaged or stolen at school.

MSDE will be able to compare bullying and harassment data received from the 2007 YRBS with bullying and harassment information provided by all 24 local school systems under the requirements of the Safe Schools Reporting Act. School systems are encouraged to compare YRBS data and grade-level trend information with their disciplinary data to determine if targeted interventions may be needed locally at specific grade levels.

In 2002, the Maryland State Board of Education adopted a regulation to identify persistently dangerous schools. Schools so classified are required to develop and implement corrective action plans to alleviate the conditions that led to being designated as persistently dangerous. MSDE reviews the corrective action plans and monitors compliance.

In collaboration with Sheppard Pratt Health System (SPHS) and the Johns Hopkins University's Center for the Prevention of Youth Violence, MSDE is implementing Positive Behavioral Interventions and Supports (PBIS). PBIS is a process for

creating safer and more efficient schools. Since 1999, MSDE has coordinated the statewide PBIS initiative as part of a systems approach to enhancing the capacity of schools to educate all children by developing research-based, school-wide and classroom discipline systems. The process focuses on improving a school's ability to teach and support positive behavior for all students.

## **10.8 Further Information**

The Student Services and Alternatives Programs Branch (SSAP) is the unit within MSDE that is responsible for Maryland's

participation in the YRBS. Among SSAP's array of programs are school counseling and career development, school psychology, pupil personnel, school social work, school health services, school-based health centers, safe and drug-free schools, dropout prevention and alternative programs, home schooling and home and hospital teaching. There are also initiatives to reduce disruption and violence, address at-risk behaviors, and facilitate achievement. For more information on programs and initiatives, contact Mr. Richard Scott at (410) 767-0288 or email [rscott@msde.state.md.us](mailto:rscott@msde.state.md.us).

# References

- Centers for Disease Control and Prevention. (2004). *Web-based injury statistics query and reporting system (WISQARS)*. Retrieved December 20, 2007, from [www.cdc.gov/ncipc/wisqars](http://www.cdc.gov/ncipc/wisqars).
- Centers for Disease Control and Prevention. (2008). Youth risk behavior surveillance – United States, 2007. *Morbidity and Mortality Weekly Report (MMWR)*. June 6, 2008, Volume 57, Number SS-4.
- Department of Health and Human Services (HHS). (2005). *Dietary guidelines for Americans, 2005*. Washington, DC: U.S. Government Printing Office.
- Maryland State Department of Education. (2007). Maryland public school enrollment by race/ethnicity and gender and number of schools, September 30, 2007. Retrieved on February 1, 2008 from <http://www.marylandpublicschools.org/NR/rdonlyres/95CF37D5-9CD5-4351-8264-DD3C91FA8A6D/15142/enroll09.pdf>
- Naimi, T. S., Brewer, R. D., Mokdad, A., Denny C., Serdula, M. K., Marks, J.S. (2003). Binge drinking among US adults. *The Journal of the American Medical Association*, 289, 70-75. Retrieved February 4, 2008, from the Journal of the American Medical Association website.
- Ogden, C.L., Carroll M.D., Curtin, L.R., McDowell, M.A., Tabak T.J., Flegal K.M. (2006). Prevalence of obesity in the United States, 1999-2004. *The Journal of the American Medical Association*, 295, 1549-1555. Retrieved February 4, 2008, from the Journal of the American Medical Association website.
- Substance Abuse and Mental Health Services Administration. (1999). The relationship between mental health and substance abuse among Adolescents. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved on December 20, 2007, from <http://www.oas.samsha.gov/NHDSA/A-9/comorb3c.htm>.
- Suicide Awareness Voices of Education. (2008). *Suicide facts*. Retrieved on February 1, 2008, from <http://www.save.org>.
- U.S. Department of Health and Human Services. (2004). *The health consequences of smoking: A report of the surgeon general*. Atlanta, GA: U.S. Department of Health and Human Services. Retrieved on December 20, 2007, from <http://www.surgeongeneral.gov/library/smokingconsequences/>.

# *Appendices*

# Appendix A

## Summary Tables

### Introduction

The following summary tables present the 2005 and 2007 Maryland YRBS results for each measure discussed in the 2007 Maryland YRBS report. The tables present the findings by year, sex and grade level.

### How to Understand the Tables

- The tables present the findings by year, sex, and grade level.
- Each table is numbered to correspond with its chapter and number, (e.g., Table 3.1 is the first measure in Chapter 3).
- When appropriate, the tables indicate statistically significant findings.

	Example	
	2005	2007
Total	73.1	72.9
Male	71.5	70.7
Female	74.7	75.3
9th	62.1 <sup>1,2</sup>	65.9 <sup>3</sup>
10th	77.7 <sup>1,*</sup>	68.9 <sup>*,4</sup>
11th	74.1	77.8
12th	81.8 <sup>2</sup>	81.2 <sup>3,4</sup>

Statistically significant differences across years are identified by asterisks immediately following the results in question. In the example table above the following differences are statistically significant:

- \*2005, 10<sup>th</sup> grade (77.7) versus \*2007, 10<sup>th</sup> grade (68.9)

Statistically significant differences within the same year are identified by identical superscript numbers immediately following the results in question. In the example table above the following differences are statistically significant:

- <sup>1</sup>2005, 9<sup>th</sup> grade (62.1) versus <sup>1</sup>2005, 10<sup>th</sup> grade (77.7)
- <sup>2</sup>2005, 9<sup>th</sup> grade (62.1) versus <sup>2</sup>2005, 12<sup>th</sup> grade (81.8)
- <sup>3</sup>2007, 9<sup>th</sup> grade (65.9) versus <sup>3</sup>2007, 12<sup>th</sup> grade (81.2)
- <sup>4</sup>2007, 10<sup>th</sup> grade (68.9) versus <sup>4</sup>2007, 12<sup>th</sup> grade (81.2)

3.1 Percentage of youth bicycle riders who never or rarely wore a helmet in the past 12 months <sup>†</sup>		
	2005	2007
Total	81.7	85.0
Male	82.4	86.6
Female	80.7	82.7
9th	83.8	82.7
10th	81.2	85.5
11th	81.5	87.9
12th	-	85.2

3.4 Percentage of youth who drove a vehicle after drinking alcohol at least once in the past 30 days		
	2005	2007
Total	7.2	8.5
Male	8.4	9.5
Female	6.1	7.2
9th	3.6	4.1 <sup>1</sup>
10th	6.1	5.4 <sup>2</sup>
11th	9.6	10.0
12th	11.4	15.9 <sup>1,2</sup>

4.2.a Percentage of youth in 2007 who have been the victim of teasing or name-calling because of their race or ethnic background, during the past 30 days <sup>††</sup>		
	2005	2007
Total	-	17.1
Male	-	20.2
Female	-	13.5
9th	-	17.5
10th	-	17.0
11th	-	14.9
12th	-	18.5

3.2 Percentage of youth who never or rarely wore a seatbelt when riding in a car driven by someone else		
	2005	2007
Total	6.1 <sup>*</sup>	9.5 <sup>*</sup>
Male	7.3 <sup>*</sup>	11.4 <sup>*</sup>
Female	4.8	7.4
9th	7.6	13.5
10th	6.2	8.2
11th	6.9	7.9
12th	3.0	6.7

4.1.a Percentage of youth in 2007 who have been the victim of teasing or name-calling because of their weight, size, or physical appearance, during the past 30 days <sup>††</sup>		
	2005	2007
Total	-	28.7
Male	-	30.9
Female	-	26.7
9th	-	30.4
10th	-	31.5
11th	-	26.7
12th	-	24.6

4.2.b Percentage of youth in 2005 who have been the victim of a verbal slur because of their race or ethnic background, during the past 30 days <sup>††</sup>		
	2005	2007
Total	18.3	-
Male	22.1 <sup>1</sup>	-
Female	14.5 <sup>1</sup>	-
9th	16.2	-
10th	19.8	-
11th	18.7	-
12th	19.3	-

3.3 Percentage of youth who rode in a vehicle driven by someone who had been drinking alcohol at least once in the past 30 days		
	2005	2007
Total	25.0	28.9
Male	25.3	26.7
Female	24.7 <sup>*</sup>	31.0 <sup>*</sup>
9th	23.0	27.2
10th	24.6	26.3
11th	24.9	30.1
12th	27.8	33.0

4.1.b Percentage of youth in 2005 who have been the victim of a verbal slur because of their weight, size, or physical appearance, during the past 30 days <sup>††</sup>		
	2005	2007
Total	32.8	-
Male	32.5	-
Female	33.1	-
9th	35.2	-
10th	28.7	-
11th	32.9	-
12th	33.7	-

4.3 Percentage of youth who have been harassed or bullied on school property on one or more occasions during the past 12 months		
	2005	2007
Total	28.4	25.7
Male	25.7	22.6
Female	31.1	28.3
9th	38.5 <sup>1</sup>	29.2 <sup>2</sup>
10th	27.7	27.5
11th	26.8	26.7
12th	19.0 <sup>1</sup>	17.3 <sup>2</sup>

<sup>†</sup> The 2005 12th grade sample of bicycle riders was too small to support an estimate.

<sup>††</sup> This question was altered in the 2007 YRBS. Due to this change, it is not possible to statistically compare the 2005 and 2007 results.

<b>4.4 Percentage of youth who have been harassed or bullied because someone thought they were gay, lesbian, or bisexual one or more times during the past 12 months</b>	<b>4.7 Percentage of youth who carried a weapon on one or more of the past 30 days</b>	<b>4.10 Percentage of youth who did not go to school, on one or more of the past 30 days, because they felt unsafe at school or on their way to and from school</b>																																																																								
<table> <tr> <th></th><th>2005</th><th>2007</th></tr> <tr> <td>Total</td><td>13.1</td><td>13.0</td></tr> <tr> <td>Male</td><td>13.9</td><td>12.6</td></tr> <tr> <td>Female</td><td>12.3</td><td>13.1</td></tr> <tr> <td>9th</td><td>17.3<sup>1</sup></td><td>17.0<sup>3</sup></td></tr> <tr> <td>10th</td><td>16.4<sup>2</sup></td><td>14.1</td></tr> <tr> <td>11th</td><td>10.8</td><td>12.2</td></tr> <tr> <td>12th</td><td>7.3<sup>1,2</sup></td><td>7.8<sup>3</sup></td></tr> </table>		2005	2007	Total	13.1	13.0	Male	13.9	12.6	Female	12.3	13.1	9th	17.3 <sup>1</sup>	17.0 <sup>3</sup>	10th	16.4 <sup>2</sup>	14.1	11th	10.8	12.2	12th	7.3 <sup>1,2</sup>	7.8 <sup>3</sup>	<table> <tr> <th></th><th>2005</th><th>2007</th></tr> <tr> <td>Total</td><td>19.1</td><td>19.3</td></tr> <tr> <td>Male</td><td>27.5<sup>1</sup></td><td>27.7<sup>2</sup></td></tr> <tr> <td>Female</td><td>10.6<sup>1</sup></td><td>10.9<sup>2</sup></td></tr> <tr> <td>9th</td><td>18.2</td><td>20.8</td></tr> <tr> <td>10th</td><td>22.3</td><td>18.5</td></tr> <tr> <td>11th</td><td>17.9</td><td>19.3</td></tr> <tr> <td>12th</td><td>17.8</td><td>17.4</td></tr> </table>		2005	2007	Total	19.1	19.3	Male	27.5 <sup>1</sup>	27.7 <sup>2</sup>	Female	10.6 <sup>1</sup>	10.9 <sup>2</sup>	9th	18.2	20.8	10th	22.3	18.5	11th	17.9	19.3	12th	17.8	17.4	<table> <tr> <th></th><th>2005</th><th>2007</th></tr> <tr> <td>Total</td><td>7.6</td><td>7.4</td></tr> <tr> <td>Male</td><td>9.0</td><td>6.7</td></tr> <tr> <td>Female</td><td>6.2</td><td>8.0</td></tr> <tr> <td>9th</td><td>7.5</td><td>7.8</td></tr> <tr> <td>10th</td><td>8.7</td><td>6.0</td></tr> <tr> <td>11th</td><td>5.5</td><td>6.3</td></tr> <tr> <td>12th</td><td>8.6</td><td>8.4</td></tr> </table>		2005	2007	Total	7.6	7.4	Male	9.0	6.7	Female	6.2	8.0	9th	7.5	7.8	10th	8.7	6.0	11th	5.5	6.3	12th	8.6	8.4
	2005	2007																																																																								
Total	13.1	13.0																																																																								
Male	13.9	12.6																																																																								
Female	12.3	13.1																																																																								
9th	17.3 <sup>1</sup>	17.0 <sup>3</sup>																																																																								
10th	16.4 <sup>2</sup>	14.1																																																																								
11th	10.8	12.2																																																																								
12th	7.3 <sup>1,2</sup>	7.8 <sup>3</sup>																																																																								
	2005	2007																																																																								
Total	19.1	19.3																																																																								
Male	27.5 <sup>1</sup>	27.7 <sup>2</sup>																																																																								
Female	10.6 <sup>1</sup>	10.9 <sup>2</sup>																																																																								
9th	18.2	20.8																																																																								
10th	22.3	18.5																																																																								
11th	17.9	19.3																																																																								
12th	17.8	17.4																																																																								
	2005	2007																																																																								
Total	7.6	7.4																																																																								
Male	9.0	6.7																																																																								
Female	6.2	8.0																																																																								
9th	7.5	7.8																																																																								
10th	8.7	6.0																																																																								
11th	5.5	6.3																																																																								
12th	8.6	8.4																																																																								
<b>4.5 Percentage of youth who were in a physical fight, one or more times during the past 12 months</b>	<b>4.8 Percentage of youth who carried a gun on one or more of the past 30 days</b>	<b>4.11 Percentage of youth who never or rarely feel safe and secure in their neighborhood</b>																																																																								
<table> <tr> <th></th><th>2005</th><th>2007</th></tr> <tr> <td>Total</td><td>36.6</td><td>35.7</td></tr> <tr> <td>Male</td><td>43.7<sup>1</sup></td><td>44.0<sup>2</sup></td></tr> <tr> <td>Female</td><td>29.3<sup>1</sup></td><td>27.5<sup>2</sup></td></tr> <tr> <td>9th</td><td>44.5<sup>3,5</sup></td><td>45.5<sup>4</sup></td></tr> <tr> <td>10th</td><td>39.6</td><td>30.4<sup>4</sup></td></tr> <tr> <td>11th</td><td>31.1<sup>5</sup></td><td>33.5</td></tr> <tr> <td>12th</td><td>27.4<sup>3</sup></td><td>30.1</td></tr> </table>		2005	2007	Total	36.6	35.7	Male	43.7 <sup>1</sup>	44.0 <sup>2</sup>	Female	29.3 <sup>1</sup>	27.5 <sup>2</sup>	9th	44.5 <sup>3,5</sup>	45.5 <sup>4</sup>	10th	39.6	30.4 <sup>4</sup>	11th	31.1 <sup>5</sup>	33.5	12th	27.4 <sup>3</sup>	30.1	<table> <tr> <th></th><th>2005</th><th>2007</th></tr> <tr> <td>Total</td><td>4.5</td><td>5.2</td></tr> <tr> <td>Male</td><td>8.4<sup>1</sup></td><td>8.7<sup>2</sup></td></tr> <tr> <td>Female</td><td>0.7<sup>1</sup></td><td>1.8<sup>2</sup></td></tr> <tr> <td>9th</td><td>4.5</td><td>4.9</td></tr> <tr> <td>10th</td><td>5.9</td><td>4.9</td></tr> <tr> <td>11th</td><td>4.6</td><td>5.8</td></tr> <tr> <td>12th</td><td>3.0</td><td>4.8</td></tr> </table>		2005	2007	Total	4.5	5.2	Male	8.4 <sup>1</sup>	8.7 <sup>2</sup>	Female	0.7 <sup>1</sup>	1.8 <sup>2</sup>	9th	4.5	4.9	10th	5.9	4.9	11th	4.6	5.8	12th	3.0	4.8	<table> <tr> <th></th><th>2005</th><th>2007</th></tr> <tr> <td>Total</td><td>8.1</td><td>10.0</td></tr> <tr> <td>Male</td><td>7.9</td><td>10.6</td></tr> <tr> <td>Female</td><td>8.3</td><td>8.7</td></tr> <tr> <td>9th</td><td>9.8</td><td>11.2</td></tr> <tr> <td>10th</td><td>8.9</td><td>8.2</td></tr> <tr> <td>11th</td><td>8.2</td><td>11.6</td></tr> <tr> <td>12th</td><td>5.4</td><td>8.3</td></tr> </table>		2005	2007	Total	8.1	10.0	Male	7.9	10.6	Female	8.3	8.7	9th	9.8	11.2	10th	8.9	8.2	11th	8.2	11.6	12th	5.4	8.3
	2005	2007																																																																								
Total	36.6	35.7																																																																								
Male	43.7 <sup>1</sup>	44.0 <sup>2</sup>																																																																								
Female	29.3 <sup>1</sup>	27.5 <sup>2</sup>																																																																								
9th	44.5 <sup>3,5</sup>	45.5 <sup>4</sup>																																																																								
10th	39.6	30.4 <sup>4</sup>																																																																								
11th	31.1 <sup>5</sup>	33.5																																																																								
12th	27.4 <sup>3</sup>	30.1																																																																								
	2005	2007																																																																								
Total	4.5	5.2																																																																								
Male	8.4 <sup>1</sup>	8.7 <sup>2</sup>																																																																								
Female	0.7 <sup>1</sup>	1.8 <sup>2</sup>																																																																								
9th	4.5	4.9																																																																								
10th	5.9	4.9																																																																								
11th	4.6	5.8																																																																								
12th	3.0	4.8																																																																								
	2005	2007																																																																								
Total	8.1	10.0																																																																								
Male	7.9	10.6																																																																								
Female	8.3	8.7																																																																								
9th	9.8	11.2																																																																								
10th	8.9	8.2																																																																								
11th	8.2	11.6																																																																								
12th	5.4	8.3																																																																								
<b>4.6 Percentage of youth who had property such as their cars, clothing, or books stolen or deliberately damaged on school property one or more times during the past 12 months</b>	<b>4.9 Percentage of youth who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months</b>	<b>5.1 Percentage of youth who ever tried cigarette smoking, even one or two puffs</b>																																																																								
<table> <tr> <th></th><th>2005</th><th>2007</th></tr> <tr> <td>Total</td><td>34.6</td><td>32.4</td></tr> <tr> <td>Male</td><td>38.3</td><td>33.6</td></tr> <tr> <td>Female</td><td>30.9</td><td>30.7</td></tr> <tr> <td>9th</td><td>37.4</td><td>32.7</td></tr> <tr> <td>10th</td><td>34.9</td><td>36.2</td></tr> <tr> <td>11th</td><td>35.2</td><td>31.4</td></tr> <tr> <td>12th</td><td>30.0</td><td>28.5</td></tr> </table>		2005	2007	Total	34.6	32.4	Male	38.3	33.6	Female	30.9	30.7	9th	37.4	32.7	10th	34.9	36.2	11th	35.2	31.4	12th	30.0	28.5	<table> <tr> <th></th><th>2005</th><th>2007</th></tr> <tr> <td>Total</td><td>11.7</td><td>9.6</td></tr> <tr> <td>Male</td><td>13.5<sup>*</sup></td><td>10.3<sup>*</sup></td></tr> <tr> <td>Female</td><td>9.8</td><td>8.6</td></tr> <tr> <td>9th</td><td>10.9</td><td>10.6</td></tr> <tr> <td>10th</td><td>16.1</td><td>8.2</td></tr> <tr> <td>11th</td><td>10.2</td><td>11.4</td></tr> <tr> <td>12th</td><td>9.3</td><td>7.0</td></tr> </table>		2005	2007	Total	11.7	9.6	Male	13.5 <sup>*</sup>	10.3 <sup>*</sup>	Female	9.8	8.6	9th	10.9	10.6	10th	16.1	8.2	11th	10.2	11.4	12th	9.3	7.0	<table> <tr> <th></th><th>2005</th><th>2007</th></tr> <tr> <td>Total</td><td>48.5</td><td>50.3</td></tr> <tr> <td>Male</td><td>48.5</td><td>50.5</td></tr> <tr> <td>Female</td><td>48.5</td><td>49.8</td></tr> <tr> <td>9th</td><td>38.4<sup>1</sup></td><td>49.6</td></tr> <tr> <td>10th</td><td>48.0</td><td>42.0</td></tr> <tr> <td>11th</td><td>51.8</td><td>51.0</td></tr> <tr> <td>12th</td><td>59.6<sup>1</sup></td><td>59.3</td></tr> </table>		2005	2007	Total	48.5	50.3	Male	48.5	50.5	Female	48.5	49.8	9th	38.4 <sup>1</sup>	49.6	10th	48.0	42.0	11th	51.8	51.0	12th	59.6 <sup>1</sup>	59.3
	2005	2007																																																																								
Total	34.6	32.4																																																																								
Male	38.3	33.6																																																																								
Female	30.9	30.7																																																																								
9th	37.4	32.7																																																																								
10th	34.9	36.2																																																																								
11th	35.2	31.4																																																																								
12th	30.0	28.5																																																																								
	2005	2007																																																																								
Total	11.7	9.6																																																																								
Male	13.5 <sup>*</sup>	10.3 <sup>*</sup>																																																																								
Female	9.8	8.6																																																																								
9th	10.9	10.6																																																																								
10th	16.1	8.2																																																																								
11th	10.2	11.4																																																																								
12th	9.3	7.0																																																																								
	2005	2007																																																																								
Total	48.5	50.3																																																																								
Male	48.5	50.5																																																																								
Female	48.5	49.8																																																																								
9th	38.4 <sup>1</sup>	49.6																																																																								
10th	48.0	42.0																																																																								
11th	51.8	51.0																																																																								
12th	59.6 <sup>1</sup>	59.3																																																																								

5.2 Percentage of youth who smoked a whole cigarette for the first time before age 13		
	2005	2007
Total	13.7	13.4
Male	14.7	14.4
Female	12.8	11.8
9th	16.1	16.3
10th	12.0	11.0
11th	13.1	12.0
12th	13.4	12.9

5.5 Among youth who are less than 18 years of age and who are current smokers, the percentage who regularly buy their own cigarettes in a store or gas station <sup>†</sup>		
	2005	2007
Total	29.6 <sup>*</sup>	17.3 <sup>*</sup>
Male	41.5	-
Female	21.4	-
9th	-	-
10th	-	-
11th	-	-
12th	-	-

6.2 Percentage of youth who had their first drink of alcohol, other than a few sips, before age 13		
	2005	2007
Total	24.8	23.5
Male	25.4	26.3
Female	24.1	20.3
9th	32.1 <sup>1,2</sup>	32.2 <sup>3,4</sup>
10th	26.2	23.6
11th	21.2 <sup>1</sup>	19.2 <sup>3</sup>
12th	16.8 <sup>2</sup>	16.0 <sup>4</sup>

5.3 Percentage of youth who smoked one or more cigarettes in the past 30 days (current smokers)		
	2005	2007
Total	16.5	16.8
Male	17.2	17.4
Female	16.0	15.8
9th	11.3	14.8
10th	17.2	13.0
11th	18.7	17.1
12th	20.6	22.6

5.6 Percentage of youth who used chewing tobacco, snuff, or dip on one or more of the past 30 days		
	2005	2007
Total	2.9	4.2
Male	4.4	6.7 <sup>1</sup>
Female	1.3	1.8 <sup>1</sup>
9th	1.2	2.4
10th	3.2	4.0
11th	3.0	3.8
12th	4.3	6.8

6.3 Percentage of youth who had at least one drink of alcohol on one or more of the past 30 days (current drinkers)		
	2005	2007
Total	39.8	42.9
Male	37.6	40.3
Female	41.9	45.3
9th	29.5 <sup>1</sup>	35.9 <sup>2</sup>
10th	41.3	38.8 <sup>3</sup>
11th	42.9	43.6
12th	48.7 <sup>1</sup>	55.8 <sup>2,3</sup>

5.4 Percentage of youth who smoked cigarettes on 20 or more of the past 30 days		
	2005	2007
Total	7.4	7.4
Male	7.4	8.0
Female	7.4	6.6
9th	3.6	4.1
10th	5.2	5.0
11th	7.7	8.9
12th	15.4	11.5

6.1 Percentage of youth who have tried alcohol at least once		
	2005	2007
Total	73.1	72.9
Male	71.5	70.7
Female	74.7	75.3
9th	62.1 <sup>1,2</sup>	65.9 <sup>3</sup>
10th	77.7 <sup>1,*</sup>	68.9 <sup>*,4</sup>
11th	74.1	77.8
12th	81.8 <sup>2</sup>	81.2 <sup>3,4</sup>

6.4 Percentage of youth who had five or more drinks of alcohol in a row, within a couple of hours, on one or more of the past 30 days		
	2005	2007
Total	20.8	23.9
Male	22.1	25.3
Female	19.5	22.1
9th	12.1 <sup>1</sup>	18.0 <sup>2</sup>
10th	19.6	20.8
11th	22.7	22.1
12th	32.2 <sup>1</sup>	36.0 <sup>2</sup>

<sup>†</sup> The number of underage current smokers was too small to support estimates by gender (in 2007) or grade level (in 2005 and 2007).

6.5 Percentage of youth who had at least one drink of alcohol on school property on one or more of the past 30 days			
	2005	2007	
Total	3.2	6.2	
Male	4.1	7.5	
Female	2.2	4.7	
9th	3.1	4.8	
10th	5.0	6.6	
11th	3.7	6.3	
12th	0.5	7.5	

6.8 Percentage of youth who used marijuana one or more times during the past 30 days			
	2005	2007	
Total	18.5	19.4	
Male	18.5	23.0	
Female	18.4	15.9	
9th	11.4	14.8	
10th	19.4	16.4	
11th	22.2	22.9	
12th	22.6	24.9	

6.10.a.2 Other Drug Use: Percentage of youth who used inhalants one or more times during their life			
	2005	2007	
Total	12.5	12.9	
Male	11.4	13.8	
Female	13.6	11.8	
9th	15.7	14.3	
10th	13.0	14.8	
11th	8.4	12.0	
12th	11.6	9.3	

6.6 Percentage of youth who used marijuana one or more times during their life			
	2005	2007	
Total	38.2	36.5	
Male	41.7	38.2	
Female	34.4	34.5	
9th	27.4 <sup>1</sup>	27.4 <sup>2,4</sup>	
10th	39.5	29.9 <sup>3,5</sup>	
11th	40.3	41.5 <sup>2,3</sup>	
12th	48.7 <sup>1</sup>	49.3 <sup>4,5</sup>	

6.9 Percentage of youth who used marijuana on school property one or more times during the past 30 days			
	2005	2007	
Total	3.7	4.7	
Male	5.3	6.7	
Female	2.1	2.6	
9th	3.5	5.2	
10th	4.9	3.0	
11th	2.6	5.3	
12th	3.8	5.6	

6.10.a.3 Other Drug Use: Percentage of youth who used heroin one or more times during their life			
	2005	2007	
Total	2.6	2.4	
Male	2.8	3.7 <sup>1</sup>	
Female	2.3 <sup>*</sup>	0.8 <sup>1,*</sup>	
9th	1.3	1.4	
10th	1.6	2.1	
11th	2.8	2.2	
12th	5.3	3.1	

6.7 Percentage of youth who tried marijuana for the first time before age 13			
	2005	2007	
Total	8.9	8.6	
Male	11.4 <sup>1</sup>	11.6 <sup>2</sup>	
Female	6.5 <sup>1</sup>	5.3 <sup>2</sup>	
9th	11.0	10.1	
10th	7.9	6.3	
11th	6.5	8.2	
12th	9.6	9.3	

6.10.a.1 Other Drug Use: Percentage of youth who used cocaine one or more times during their life			
	2005	2007	
Total	6.9	5.5	
Male	8.5	7.0	
Female	5.3	3.6	
9th	4.0 <sup>1</sup>	3.4	
10th	4.2	5.0	
11th	6.8 <sup>2</sup>	5.4	
12th	14.2 <sup>1,2</sup>	8.2	

6.10.a.4 Other Drug Use: Percentage of youth who used methamphetamines one or more times during their life			
	2005	2007	
Total	4.0	3.0	
Male	5.8	3.9	
Female	2.2	1.6	
9th	2.4	1.7	
10th	2.8	2.7	
11th	3.3	3.0	
12th	8.4	4.0	

<b>6.10.a.5 Other Drug Use: Percentage of youth who used ecstasy one or more times during their life</b>			
	<b>2005</b>	<b>2007</b>	
Total	5.0	6.3	
Male	4.8	7.1	
Female	5.1	5.2	
9th	2.6	3.6	
10th	3.1	4.7	
11th	5.2	7.7	
12th	10.3	9.3	

<b>6.12 Percentage of youth who were offered, sold, or given an illegal drug on school property by someone during the past 12 months</b>			
	<b>2005</b>	<b>2007</b>	
Total	28.9	27.4	
Male	31.2	31.0	
Female	26.6	23.4	
9th	24.2	23.0	
10th	32.6	32.9	
11th	33.4	26.3	
12th	26.5	28.0	

<b>7.3 Percentage of youth who made a plan about how they would attempt suicide during the past 12 months</b>			
	<b>2005</b>	<b>2007</b>	
Total	12.2	10.2	
Male	9.0 <sup>1</sup>	9.7	
Female	15.6 <sup>1,*</sup>	10.8 <sup>*</sup>	
9th	15.3	11.0	
10th	10.2	10.7	
11th	15.2	8.8	
12th	7.0	9.9	

<b>6.10.a.6 Other Drug Use: Percentage of youth who used steroids one or more times during their life</b>			
	<b>2005</b>	<b>2007</b>	
Total	3.6	2.5	
Male	4.9 <sup>*</sup>	2.2 <sup>*</sup>	
Female	2.2	2.3	
9th	3.2	2.2	
10th	2.0	1.9	
11th	3.8	3.4	
12th	5.8	1.9	

<b>7.1 Percentage of youth who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped some usual activities during the past 12 months</b>			
	<b>2005</b>	<b>2007</b>	
Total	29.7	23.2 <sup>*</sup>	
Male	21.5 <sup>1,*</sup>	15.5 <sup>2,*</sup>	
Female	38.1 <sup>1,*</sup>	30.7 <sup>2,*</sup>	
9th	29.5	23.5	
10th	30.5 <sup>*</sup>	22.5 <sup>*</sup>	
11th	31.8	22.2	
12th	27.3	24.4	

<b>7.4.1 Percentage of youth who actually attempting suicide during the past 12 months</b>			
	<b>2005</b>	<b>2007</b>	
Total	9.3	7.5	
Male	6.1 <sup>1</sup>	6.5	
Female	12.4 <sup>1</sup>	8.1	
9th	11.5	7.8	
10th	8.0	7.3	
11th	10.6	5.9	
12th	6.4	8.4	

<b>6.11 Percentage of youth who used a needle to inject any illegal drug into their body one or more times during their life</b>			
	<b>2005</b>	<b>2007</b>	
Total	2.0	2.1	
Male	2.2	2.9 <sup>1</sup>	
Female	1.7	0.7 <sup>1</sup>	
9th	1.6	1.7	
10th	0.7	1.4	
11th	1.4	1.3	
12th	4.6	3.0	

<b>7.2 Percentage of youth who seriously considered attempting suicide during the past 12 months</b>			
	<b>2005</b>	<b>2007</b>	
Total	17.4 <sup>*</sup>	13.2 <sup>*</sup>	
Male	12.9 <sup>1</sup>	10.3	
Female	22.0 <sup>1,*</sup>	15.8 <sup>*</sup>	
9th	18.6	12.2	
10th	16.3	14.6	
11th	18.0	11.6	
12th	16.5	14.0	

<b>7.4.2 Percentage of youth who actually attempted suicide, and whose suicide attempt required medical attention, during the past 12 months</b>			
	<b>2005</b>	<b>2007</b>	
Total	2.7	2.3	
Male	2.2	2.1	
Female	3.3	2.3	
9th	4.0	1.0	
10th	2.0	3.2	
11th	3.8	2.4	
12th	0.8	2.9	

8.1 Percentage of youth who described themselves as slightly or very overweight			
	2005	2007	
Total	27.4	27.5	
Male	21.8 <sup>1</sup>	22.6 <sup>2</sup>	
Female	32.9 <sup>1</sup>	32.3 <sup>2</sup>	
9th	29.3	24.4	
10th	22.6	27.2	
11th	26.5	30.3	
12th	31.0	27.6	

8.3.1 Percentage of youth who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight			
	2005	2007	
Total	38.6	38.8	
Male	25.7 <sup>1</sup>	28.4 <sup>2</sup>	
Female	51.7 <sup>1</sup>	49.2 <sup>2</sup>	
9th	42.7	32.7	
10th	33.8	41.0	
11th	36.9	39.2	
12th	40.6	43.7	

8.3.4 Percentage of youth who exercised to lose weight or to keep from gaining weight			
	2005	2007	
Total	58.4	57.1	
Male	52.5 <sup>1</sup>	51.2 <sup>2</sup>	
Female	64.5 <sup>1</sup>	63.2 <sup>2</sup>	
9th	64.0	56.9	
10th	54.9	56.0	
11th	60.7	56.9	
12th	52.8	58.7	

8.1 Percentage of youth who are at risk of becoming overweight (at or above the 85th percentile but below the 95th percentile for body mass index) or who are overweight (at or above the 95th percentile for body mass index)			
	2005	2007	
Total	28.7	28.3	
Male	31.8	31.8	
Female	25.4	24.6	
9th	33.0	29.9	
10th	25.6	27.4	
11th	27.0	28.1	
12th	28.1	27.4	

8.3.2 Percentage of youth who went without eating for 24 hours or more to lose weight or to keep from gaining weight			
	2005	2007	
Total	10.3	11.5	
Male	7.5 <sup>1</sup>	7.9 <sup>2</sup>	
Female	13.2 <sup>1</sup>	15.1 <sup>2</sup>	
9th	12.1	10.2	
10th	11.0	11.4	
11th	6.8	14.2	
12th	11.2	10.6	

8.3.5 Percentage of youth who vomited or took laxatives to lose weight or to keep from gaining weight			
	2005	2007	
Total	3.2 <sup>*</sup>	6.5 <sup>*</sup>	
Male	2.0 <sup>*</sup>	6.4 <sup>*</sup>	
Female	4.4	6.3	
9th	5.0	4.1	
10th	1.9 <sup>*</sup>	7.4 <sup>*</sup>	
11th	3.6	6.4	
12th	1.8 <sup>*</sup>	8.3 <sup>*</sup>	

8.2 Percentage of youth who are trying to lose or control their weight			
	2005	2007	
Total	63.9	63.3	
Male	51.0	48.7	
Female	77.1	77.8	
9th	64.5	63.4	
10th	60.6	64.8	
11th	64.5	60.5	
12th	66.8	64.6	

8.3.3 Percentage of youth who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight			
	2005	2007	
Total	5.5	5.7	
Male	4.7	5.0	
Female	6.4	6.2	
9th	5.5	3.2	
10th	3.0	5.1	
11th	5.4	5.7	
12th	8.9	9.4	

8.4.1 Percentage of youth who drank 100% fruit juices one or more times during the past seven days			
	2005	2007	
Total	82.8	80.8	
Male	84.2	82.1	
Female	81.4	79.7	
9th	81.7	77.4	
10th	88.4	81.2	
11th	79.4	84.6	
12th	81.5	80.6	

8.4.2 Percentage of youth who ate fruit one or more times during the past seven days			
	2005	2007	
Total	84.4	81.5	
Male	83.6	78.8	
Female	85.0	84.5	
9th	84.7	81.0	
10th	85.6	85.1	
11th	87.5	82.5	
12th	79.2	77.9	

8.4.5 Percentage of youth who ate carrots one or more times during the past seven days			
	2005	2007	
Total	41.3	43.1	
Male	41.4	47.0	
Female	41.3	39.0	
9th	40.3	39.4	
10th	38.7	49.4	
11th	44.0	42.1	
12th	43.3	41.3	

8.4.8 Percentage of youth who consumed at least one serving per day of 100% fruit juices			
	2005	2007	
Total	29.4	26.9	
Male	31.2	27.9	
Female	27.7	25.8	
9th	31.7	26.7	
10th	28.2	27.1	
11th	28.1	29.5	
12th	29.1	23.7	

8.4.3 Percentage of youth who ate green salad one or more times during the past seven days			
	2005	2007	
Total	63.6	62.3	
Male	59.5	58.5	
Female	67.7	66.3	
9th	56.7	59.7	
10th	64.8	64.3	
11th	69.9	65.8	
12th	65.0	60.2	

8.4.6 Percentage of youth who ate other vegetables one or more times during the past seven days			
	2005	2007	
Total	85.5	83.7	
Male	83.4	81.8	
Female	87.7	85.9	
9th	83.8	83.6	
10th	85.4	84.8	
11th	90.9	85.8	
12th	82.6	80.2	

8.4.9 Percentage of youth who consumed at least one serving a day of fruit			
	2005	2007	
Total	26.0	23.9	
Male	27.6	22.2	
Female	24.1	25.9	
9th	25.3	22.0	
10th	27.8	30.0	
11th	27.3	21.8	
12th	22.6	22.1	

8.4.4 Percentage of youth who ate potatoes one or more times during the past seven days			
	2005	2007	
Total	65.9	64.6	
Male	68.6	65.2	
Female	62.9	64.0	
9th	60.7	61.4	
10th	68.4	63.4	
11th	69.7	67.9	
12th	65.4	66.3	

8.4.7 Percentage of youth who consumed at least one glass of milk during the past seven days			
	2005	2007	
Total	76.3	77.8	
Male	81.8	82.8	
Female	71.1	73.0	
9th	78.4	80.4	
10th	80.3	83.2	
11th	77.4	73.6	
12th	68.2	72.5	

8.4.10 Percentage of youth who consumed at least one serving a day of green salad			
	2005	2007	
Total	10.6	9.4	
Male	10.2	9.0	
Female	10.7	9.7	
9th	9.1	9.5	
10th	9.9	11.3	
11th	9.3	9.8	
12th	14.1	7.1	

8.4.11 Percentage of youth who consumed at least one serving a day of potatoes			
	2005	2007	
Total	6.4	7.1	
Male	7.7	8.8	
Female	5.0	5.2	
9th	4.4	8.0	
10th	6.7	6.3	
11th	6.1	8.6	
12th	8.9	3.7	

8.4.14 Percentage of youth who consumed at least one serving (glass) a day of milk			
	2005	2007	
Total	35.4	32.8	
Male	43.8	41.0	
Female	27.1	24.5	
9th	38.1	34.3	
10th	37.0	40.4	
11th	37.2	25.0	
12th	28.4	29.5	

8.7 Percentage of youth who attended physical education classes on one or more days in an average week when they were in school			
	2005	2007	
Total	37.6	37.0	
Male	44.9	44.4	
Female	30.2	29.8	
9th	59.3 <sup>1,2,3</sup>	61.6 <sup>4,5,6</sup>	
10th	30.4 <sup>1</sup>	29.0 <sup>4</sup>	
11th	22.2 <sup>2</sup>	28.0 <sup>5</sup>	
12th	32.9 <sup>3</sup>	24.8 <sup>6</sup>	

8.4.12 Percentage of youth who consumed at least one serving a day of carrots			
	2005	2007	
Total	5.3	5.9	
Male	5.6	6.4	
Female	5.0	9.9	
9th	6.1	5.6	
10th	4.9	6.2	
11th	4.0	6.1	
12th	6.2	4.9	

8.5 Percentage of youth who exercised or participated in physical activity that made them sweat and breathe hard for 20 minutes or more on three or more of the past seven days			
	2005	2007	
Total	59.8	59.6	
Male	72.5 <sup>1</sup>	65.7 <sup>2</sup>	
Female	47.1 <sup>1</sup>	53.9 <sup>2</sup>	
9th	63.2	67.0 <sup>3</sup>	
10th	61.8	61.7 <sup>4</sup>	
11th	60.5	58.8	
12th	52.2	49.1 <sup>3,4</sup>	

9.1 Percentage of youth who had ever been taught in school about AIDS or HIV infection			
	2005	2007	
Total	89.5	85.3	
Male	88.9 <sup>*</sup>	82.5 <sup>*</sup>	
Female	90.2	88.7	
9th	86.5	82.2	
10th	90.9	85.8	
11th	91.7	86.0	
12th	90.1	89.1	

8.4.13 Percentage of youth who consumed at least one serving a day of other vegetables			
	2005	2007	
Total	23.2	20.8	
Male	20.8	22.4	
Female	25.8	19.3	
9th	23.6	20.2	
10th	21.9	22.5	
11th	25.2	20.9	
12th	22.3	19.3	

8.6 Percentage of youth who watched three or more hours per day of TV on an average school day			
	2005	2007	
Total	40.7	41.9	
Male	41.2	41.5	
Female	40.3	42.1	
9th	48.7	43.9	
10th	37.5	38.3	
11th	36.2	41.8	
12th	37.9	43.2	

9.2 Percentage of youth who participated in extracurricular activities			
	2005	2007	
Total	61.1	61.6	
Male	60.9	60.7	
Female	61.2	62.7	
9th	58.9	52.9 <sup>1</sup>	
10th	64.8	68.2 <sup>1</sup>	
11th	65.1	63.7	
12th	56.4	63.0	

<b>9.3.1 Percentage of youth who have an adult outside of school they could talk to about things that were important to them</b>		
	<b>2005</b>	<b>2007</b>
Total	87.3	85.9
Male	86.7	85.9
Female	87.9	85.9
9th	85.6	85.1
10th	86.6	86.2
11th	87.4	89.1
12th	89.6	83.6

<b>9.3.b Percentage of youth who have at least one teacher or other adult at school that they could talk to if they had a problem<sup>†</sup></b>		
	<b>2005</b>	<b>2007</b>
Total	-	59.9
Male	-	57.8
Female	-	62.1
9th	-	51.2
10th	-	56.0
11th	-	69.8
12th	-	65.2

<b>9.3.2 Percentage of who would feel comfortable seeking help from one or more adults besides their parents if they had an important questions affecting their life</b>		
	<b>2005</b>	<b>2007</b>
Total	84.7	84.9
Male	82.0	83.5
Female	87.5	86.4
9th	83.5	84.7
10th	82.7	85.8
11th	86.4	87.8
12th	86.2	81.9

<b>9.3.4 Percentage of youth who feel that their teachers really care about them and give them a lot of encouragement</b>		
	<b>2005</b>	<b>2007</b>
Total	49.4	49.7
Male	48.3	48.9
Female	50.4	50.5
9th	41.7	44.2 <sup>1</sup>
10th	52.2	43.7 <sup>2</sup>
11th	52.6	54.0
12th	52.4	58.3 <sup>1,2</sup>

<b>9.3.3.a Percentage of youth who have a teacher or other adult at school that they could talk to if they had a problem<sup>†</sup></b>		
	<b>2005</b>	<b>2007</b>
Total	55.2	-
Male	54.6	-
Female	55.6	-
9th	45.6	-
10th	50.1	-
11th	60.3	-
12th	65.4	-

<sup>†</sup> This question was altered in the 2007 YRBS. Due to this change, it is not possible to statistically compare the 2005 and 2007 results.

# **Appendix B**

## *Race/Ethnic Group Analysis*

### ***Introduction***

This appendix presents a summary analysis of 2007 and 2005 Maryland YRBS race/ethnic group data. The analysis compares the results of 26 YRBS measures (see Table B.1) selected from the seven major categories of youth attitudes and behavior covered in the main body of the report (traffic safety; personal safety; tobacco use; alcohol and other drug use; suicide; diet, nutrition, and physical activity; and protective factors). The analysis compares the intra- and inter-group differences found in 2007 and 2005 for black and white youth by comparing the 95 percent confidence intervals for each group. The analysis does not include any other race (e.g., American Indian or Alaskan Native, Asian, or Native Hawaiian or other Pacific Islander) or ethnic groups (e.g., Hispanic) because the subgroup sample for all other race/ethnic groups was too small to provide estimates in both the 2005 and 2007 YRBS.

### ***Results***

The 2007 survey reveals that black and white Maryland youth share similar patterns of participation in risk behaviors.

#### ***Between-Group Differences – 2007***

In 2007, black youth are significantly more likely than white youth to watch TV three or more hours on an average school day (58.9 versus 30.1 percent, respectively).

#### ***Within-Group Differences – 2005 to 2007***

White youth are significantly more likely to use smokeless tobacco in 2007 than in 2005 (5.1 versus 1.5 percent). Black (23.0 percent) and white (21.5 percent) youth are both significantly less likely to have felt so sad or hopeless almost every day for two weeks or more in a row that they stopped some usual activities than in 2005 (30.1 and 28.4 percent, respectively). Lastly, in 2007, black youth are significantly less likely to have watched three or more hours of TV than in 2005 (58.9 versus 65.2 percent).

#### ***Between-Group Differences – 2005***

Similar to the 2007 YRBS results, the 2005 results revealed that black youth (65.2 percent) were significantly more likely than white youth (27.1 percent) to watch three or more hours per day of TV on an average school day. In addition, there were several other significant differences found between the black and white groups that did not appear in the 2007 YRBS. In 2005, white youth were significantly more likely than black youth to be current smokers (21.4 versus 9.0 percent), heavy smokers (10.9 versus 3.2 percent), and to have used cocaine (9.5 versus 2.9 percent) or methamphetamines (5.2 versus 2.0 percent) one or more times during their life.

**Appendix B, Table 1. Percentage of Black and White Youth on Selected Maryland YRBS Measures, for 2005 and 2007**

	Measure	Year	Black	White
Traffic Safety	Never or rarely wear a seatbelt when riding in a car driven by someone else	2005	7.2	5.6
		2007	9.7	7.2
	Rode in a vehicle driven by someone who had been drinking alcohol at least once in the past 30 days	2005	24.4	26.9
		2007	26.0	28.9
	Drove a vehicle after drinking alcohol at least once in the past 30 days	2005	5.6	9.0
		2007	5.2	9.0
Personal Safety	Carried a weapon on one or more of the past 30 days	2005	19.8	19.4
		2007	19.7	19.0
	Were in a physical fight one or more times during the past 12 months	2005	40.1	35.8
		2007	40.3	30.9
	Were threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months	2005	12.2	11.6
		2007	10.0	8.7
Tobacco Use	Smoked one or more cigarettes in the past 30 days (current smokers)	2005	9.0 <sup>1</sup>	21.4 <sup>1</sup>
		2007	12.9	18.5
	Smoked cigarettes on 20 or more of the past 30 days (heavy smokers)	2005	3.2 <sup>1</sup>	10.9 <sup>1</sup>
		2007	5.0	8.7
	Used chewing tobacco, snuff, or dip on one or more of the past 30 days	2005	0.9	1.5 <sup>1</sup>
		2007	2.0	5.1 <sup>1</sup>
Alcohol and Other Drug Use	Used marijuana one or more times during the past 30 days	2005	15.7	20.8
		2007	22.1	16.8
	Have used the listed drugs one or more times during their life:			
	Cocaine (Including powder, crack or freebase)	2005	2.9 <sup>1</sup>	9.5 <sup>1</sup>
		2007	2.7	6.3
	Methamphetamines	2005	2.0 <sup>1</sup>	5.2 <sup>1</sup>
		2007	1.9	3.1
	Heroin	2005	2.0	2.7
		2007	1.6	2.4
	Ecstasy	2005	3.7	6.5
		2007	5.3	6.7
	Steroids (pills or shots without prescription)	2005	2.2	4.7
		2007	1.4	2.3
Suicide	Inhalants (glue, aerosol cans, paint)	2005	9.3	14.8
		2007	10.8	14.2
	Have tried alcohol at least once	2005	68.5	77.1
		2007	65.5	77.3
	Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped some usual activities during the past 12 months	2005	30.1 <sup>1</sup>	28.4 <sup>2</sup>
		2007	23.0 <sup>1</sup>	21.5 <sup>2</sup>
	Actually attempted suicide	2005	10.1	8.8
		2007	8.3	6.0
	Suicide attempt required medical attention	2005	2.9	2.4
		2007	2.9	2.1
Diet, Nutrition, and Physical Activity	Describe themselves as slightly or very overweight	2005	24.2	29.2
		2007	24.6	29.0
	Watched three or more hours per day of TV on an average school day	2005	65.2 <sup>1,2</sup>	27.1 <sup>2</sup>
		2007	58.9 <sup>1,3</sup>	30.1 <sup>3</sup>
	Attended physical education classes on one or more days in an average week when they were in school	2005	38.3	28.4
		2007	34.1	39.9
Protective Factors	Had ever been taught in school about AIDS or HIV infection	2005	86.9	92.2
		2007	84.4	96.1
	Participated in extracurricular activities	2005	53.7	63.2
		2007	57.3	65.5
	Have an adult outside of school with whom they can talk	2005	84.7	88.0
		2007	86.1	87.0

<sup>1,2,3</sup> Percentages with corresponding superscript numbers are statistically significant.