



# 2021-2022 Maryland YRBS/YTS Overview

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# Mission and Vision

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## **MISSION**

The mission of the Prevention and Health Promotion Administration is to protect, promote and improve the health and well-being of all Marylanders and their families through provision of public health leadership and through community-based public health efforts in partnership with local health departments, providers, community based organizations, and public and private sector agencies, giving special attention to at-risk and vulnerable populations.

## **VISION**

The Prevention and Health Promotion Administration envisions a future in which all Marylanders and their families enjoy optimal health and well-being.

# Maryland YRBS/YTS Overview

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- The Maryland YRBS/YTS combines the Youth Risk Behavior Survey and Youth Tobacco Survey into one survey instrument.
- Collects data on middle school and high school health risk behaviors.
- Required by state statute every other even calendar year.
- Delayed from fall 2020 to fall 2021 due to COVID-19.
- This presentation will focus on on the high school estimates and reference what was seen on the middle school survey.
- Baltimore City fell below the 60% required response rate.

# By the Numbers: 2021-22 MD YRBS/YTS

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- Survey Administration from September 27, 2021 - January 28, 2022
  - 369 Schools Selected
    - 182 participating middle schools***
    - 184 participating high schools***
    - 1 ineligible school***
    - \*2 excused for traumatic loss***
- 57,991 students completed surveys
  - 21,522 middle school students
  - 36,469 high school students
- Over 75% overall response rate
  - 77% middle school response rate
  - 73% high school response rate

# Overall Trends from the 2021-2022 YRBS/YTS

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- Despite the return to in-person learning environments, Maryland's students are undoubtedly still feeling the effects of the pandemic which have contributed to the poor mental health outcomes found on the most recent YRBS/YTS.
  - Female students and students identifying as LGBTQ+ were significantly more likely to report these mental health issues.
- Changes in youth lives related to virtual learning and social isolation may have contributed to the rapid decline of most substance misuse including tobacco, alcohol, marijuana, and other illicit substances.

*2021-2022 Maryland YRBS/YTS*

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# **Mental Health**

# Overall Mental Health

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2021-2022  
39.2%

**Significant increase in  
high school students  
feeling sad or hopeless  
for two weeks or more  
during the past 12  
months.**

2018-2019: 32.0%

2021-2022  
36.8%

**Significant increase in  
middle school students  
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during the past 12  
months.**

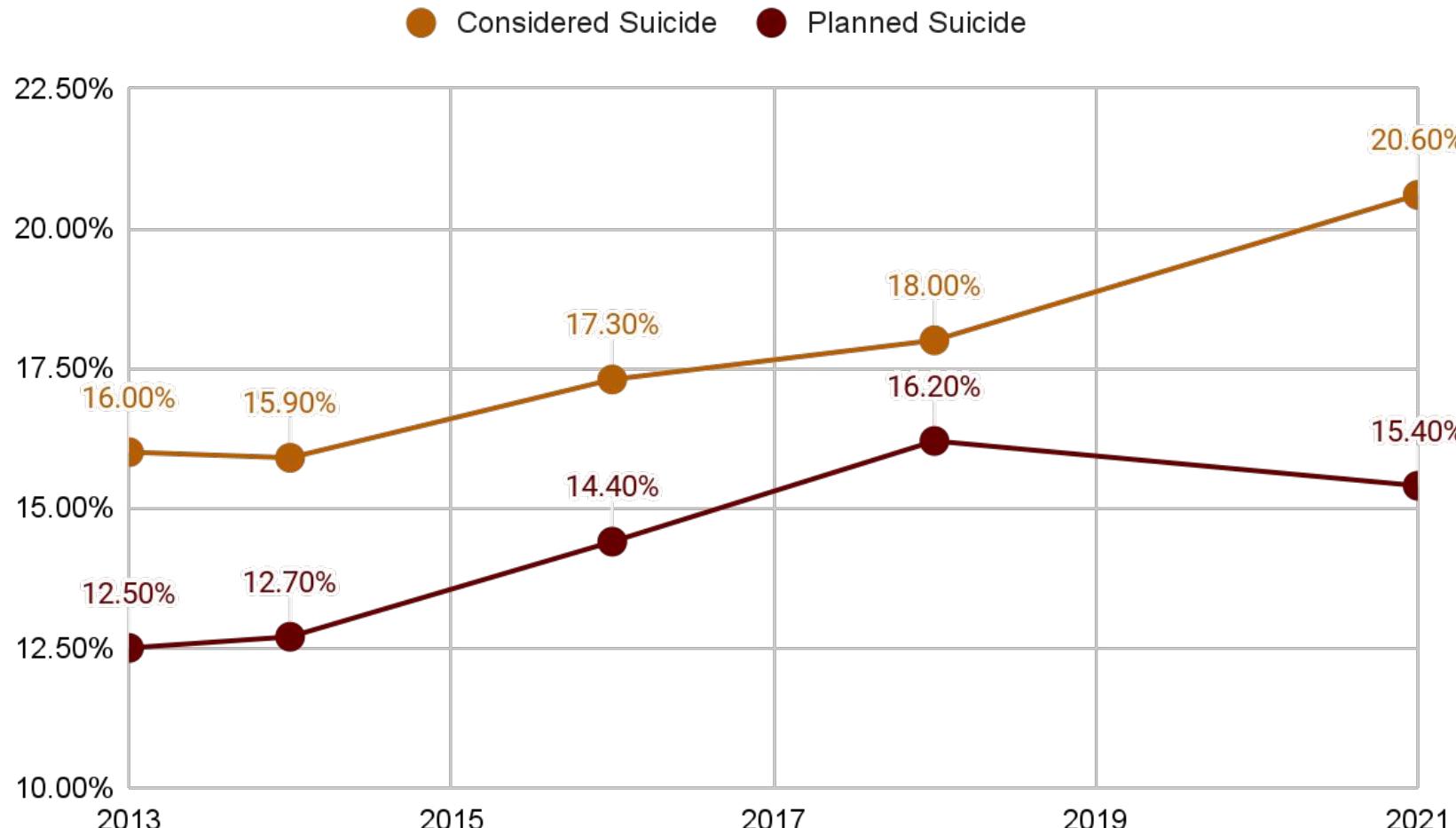
2018-2019: 25.5%

**High School:** 64.6 percent of students identifying as LGB, 59.4 percent of other/questioning, and 69.3 percent of Transgender students reported being sad or hopeless.

## New Mental Health Question!

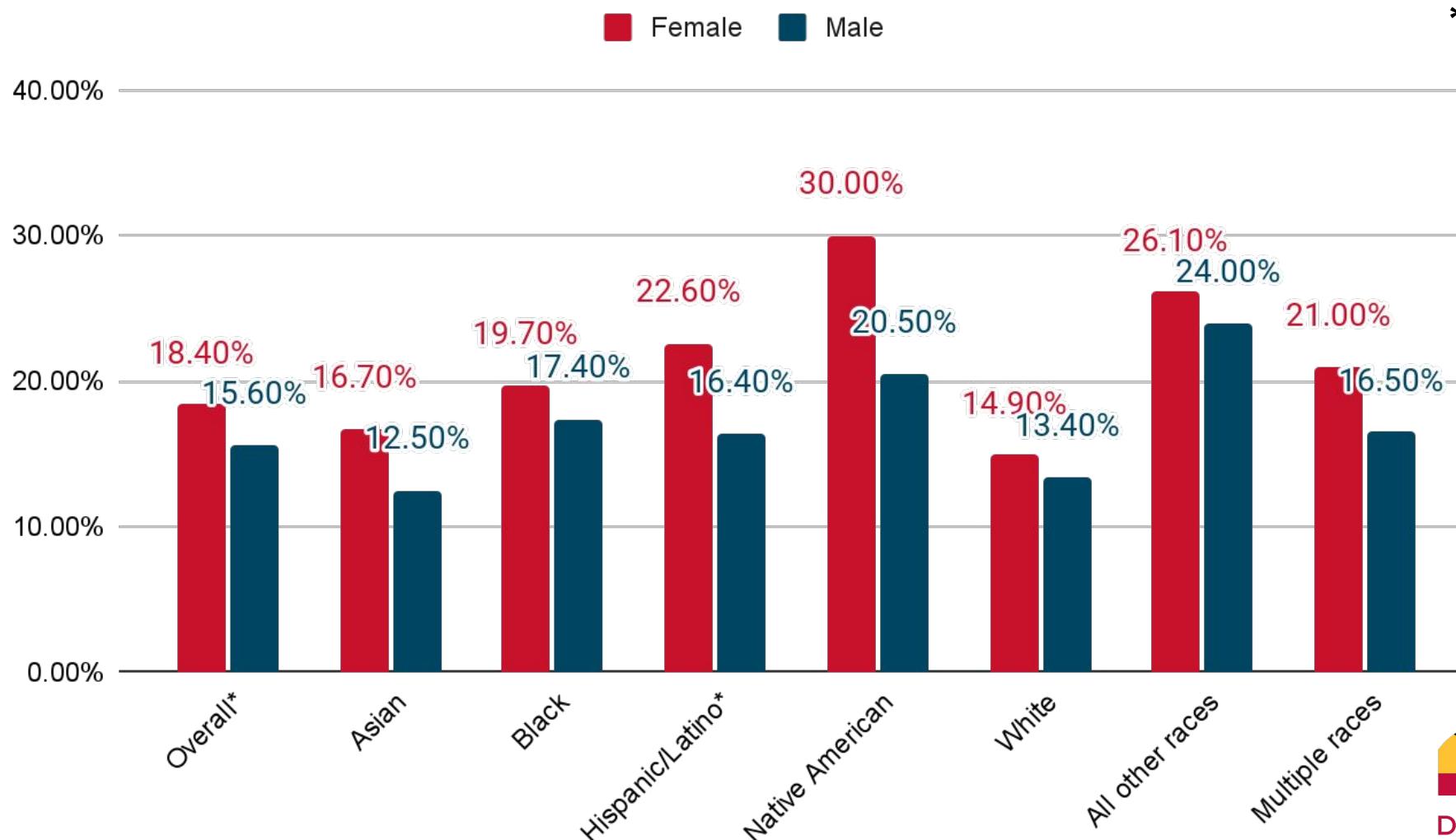
- 29 percent of high school and 23 percent of middle school students reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during past 30 days)

# Suicidal Ideation (past 12 months)



- Significant increase for high school students considering suicide between 2018 and 2021.
- No significant change for planning suicide between 2018 to 2021. However there has been a significant increase since 2013.

# Suicide Attempt



\*Significant difference

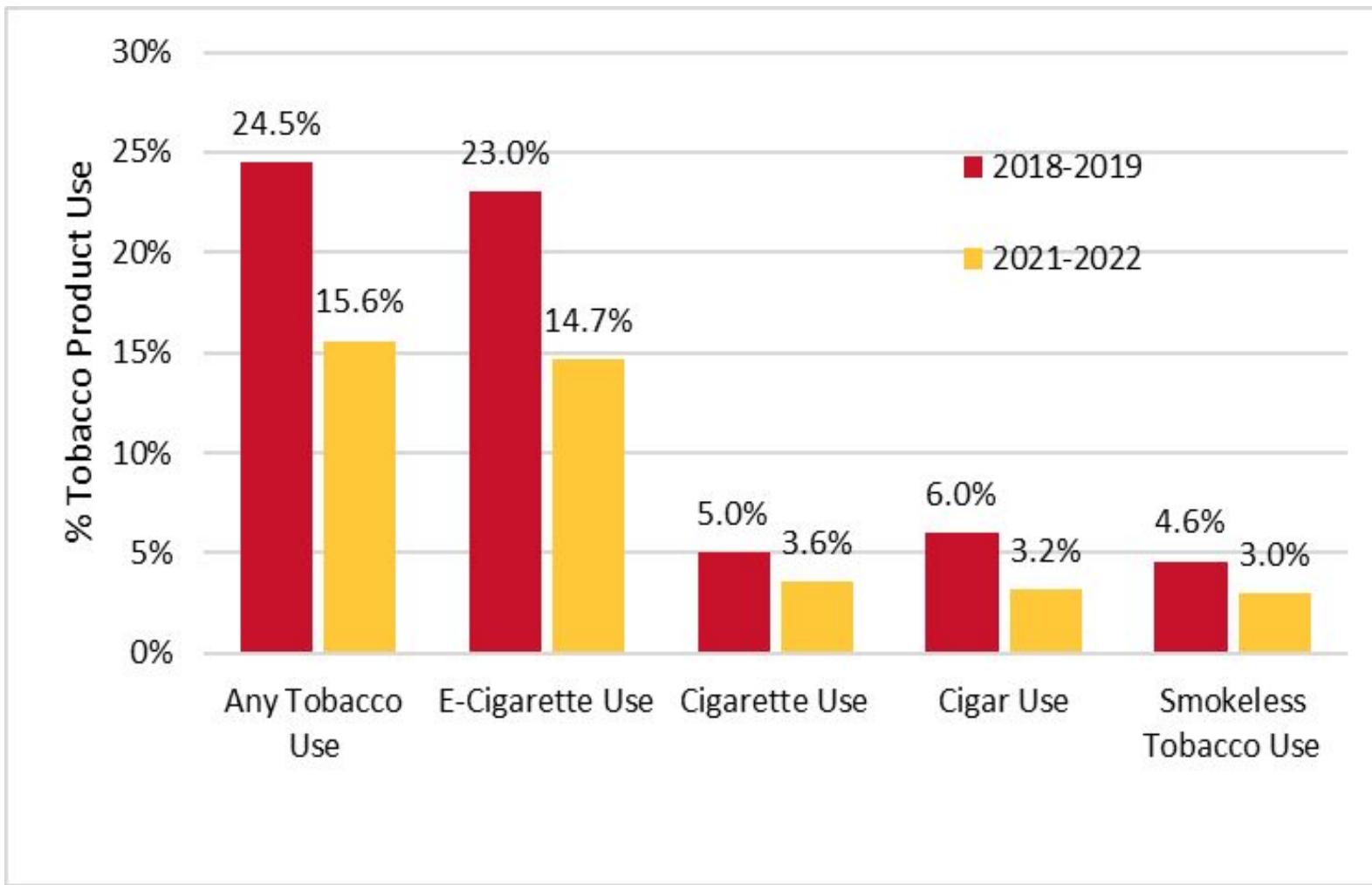
- 17.3 percent of high school students reported actually attempting suicide in the last 12 months.
- 11 percent of middle school students ever actually tried to kill themselves.

*2021-2022 Maryland YRBS/YTS*

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# Substance Use

# Current Tobacco Use



Significant decrease across all tobacco products between survey years 2018-19 and 2021-22.

# Current Alcohol Use

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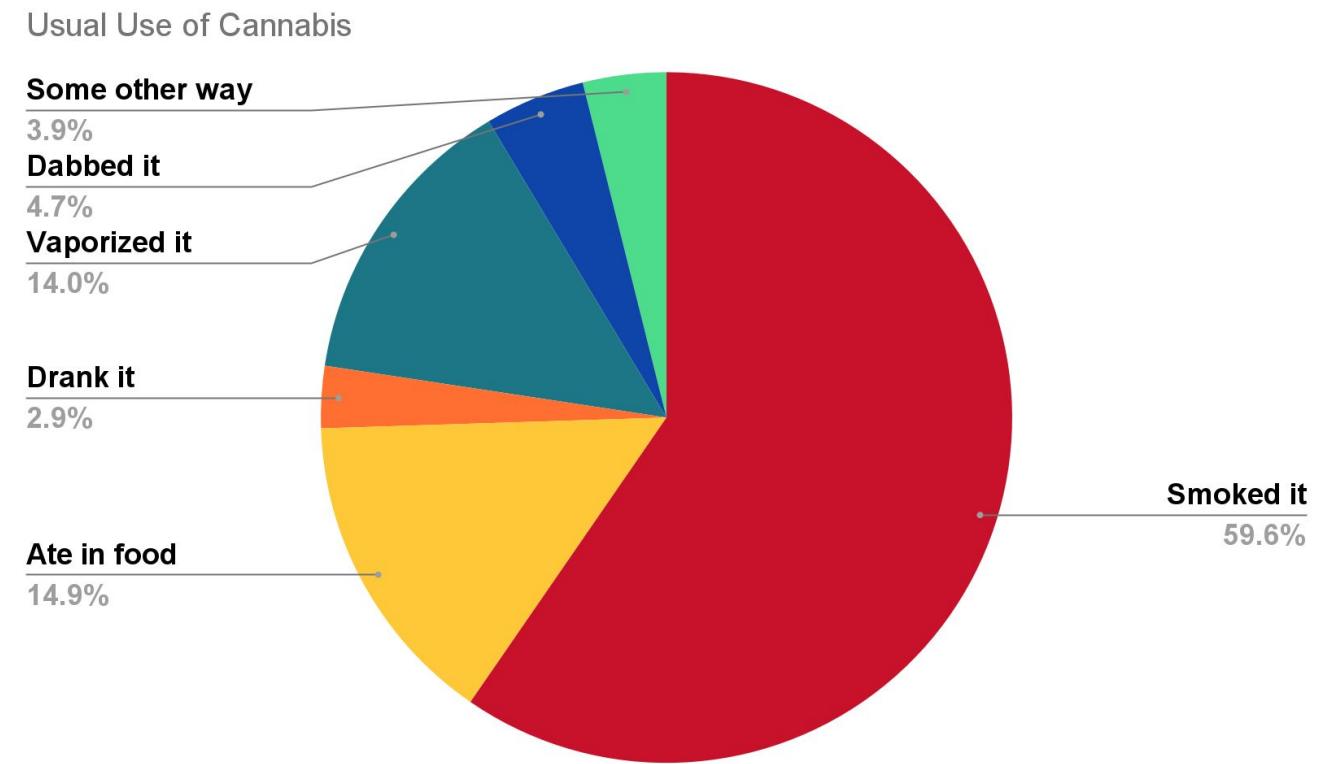


- About **1 in 5 (19.4 percent)** high school students currently drink alcohol. Down from a third of students in 2013.
- Close to **1 in 10 (9.8 percent)** binge drank in the past 30 days. Down from 13 percent in 2016.

# Current Cannabis Use

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- With the upcoming legalization of adult cannabis possession and use in July, the baseline for current cannabis use among high school students is important to know.
- 15.0 percent** of high school students reported past 30 day use of cannabis. Down from 19.8 percent in 2013.



# Ever Other Drug Use

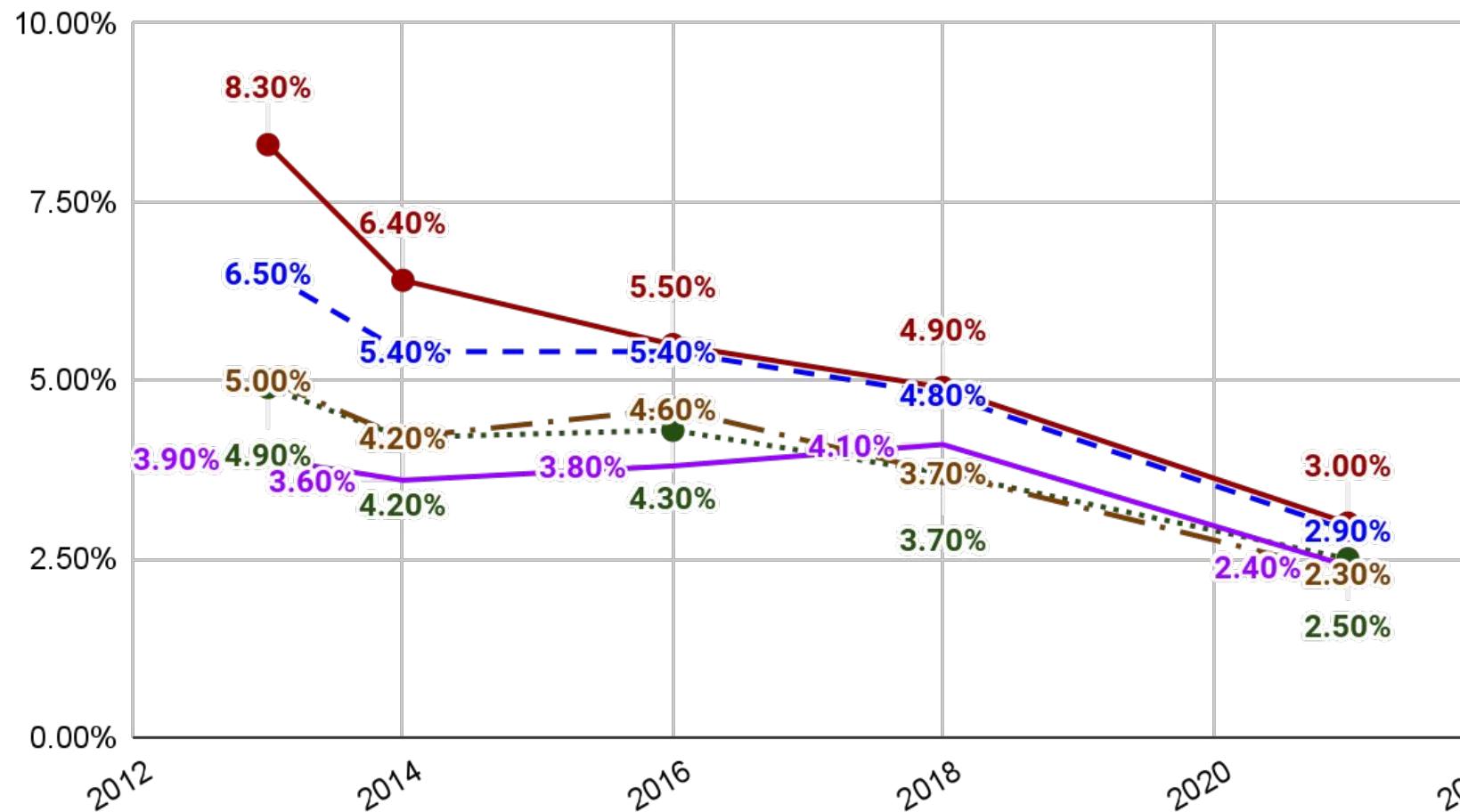
● Cocaine

● Heroin

● Methamphetamines

● Ecstacy

— Injection drug



- Sharp declines in illicit drug use among high school students
- **14.6 percent** of high school students reported prescription drug misuse.

# Substance Use Disparities

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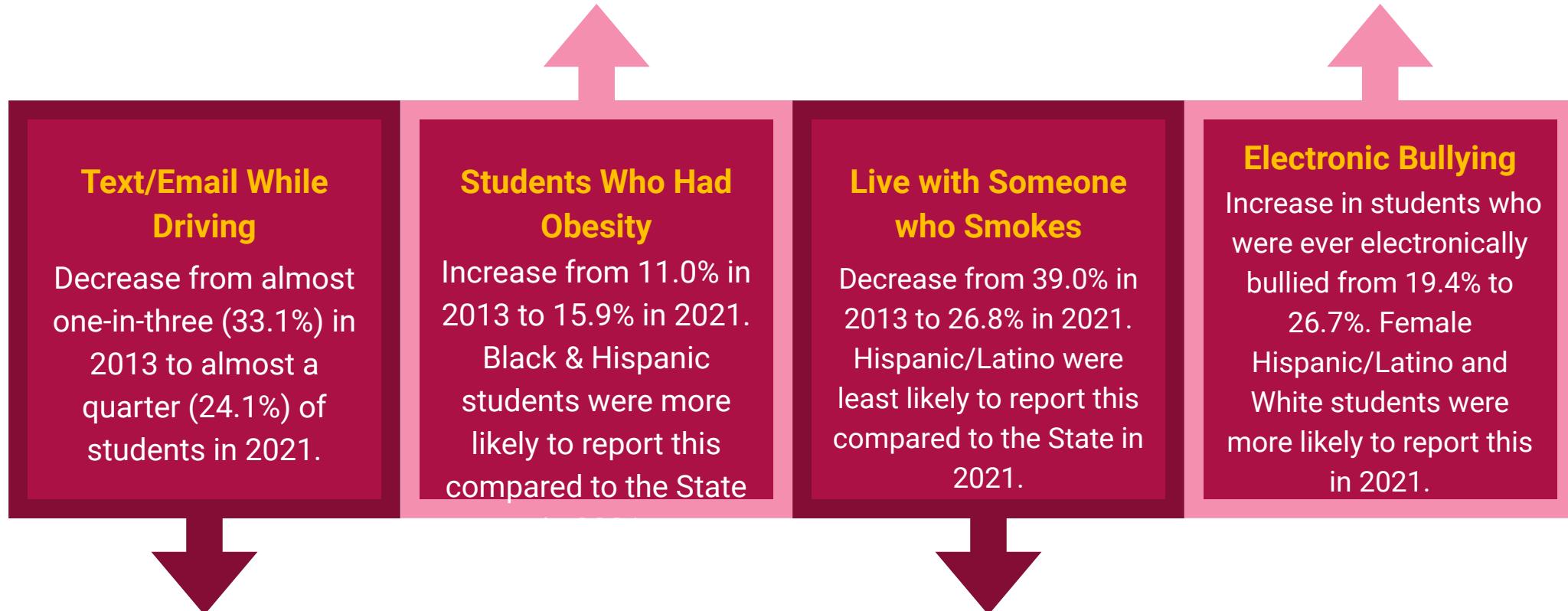
- About a quarter (**24.9 percent**) of HS students identifying as lesbian, gay or bisexual (LGB) used a tobacco product compared to **14.0 percent** of heterosexual (straight) students and **22.2 percent** of HS students identifying as transgender used a tobacco product compared to **15.3 percent** of cisgender students.
- Both middle (**6.1 percent**) and high school (**16.2 percent**) *female* students use marijuana more than *male* middle (**4.2 percent**) and high school (**13.6 percent**) students.
- Prescription drug misuse among middle school students increased from **7.1 percent** to **11.5 percent** between 2018 and 2021.

*2021 Maryland YRBS/YTS*

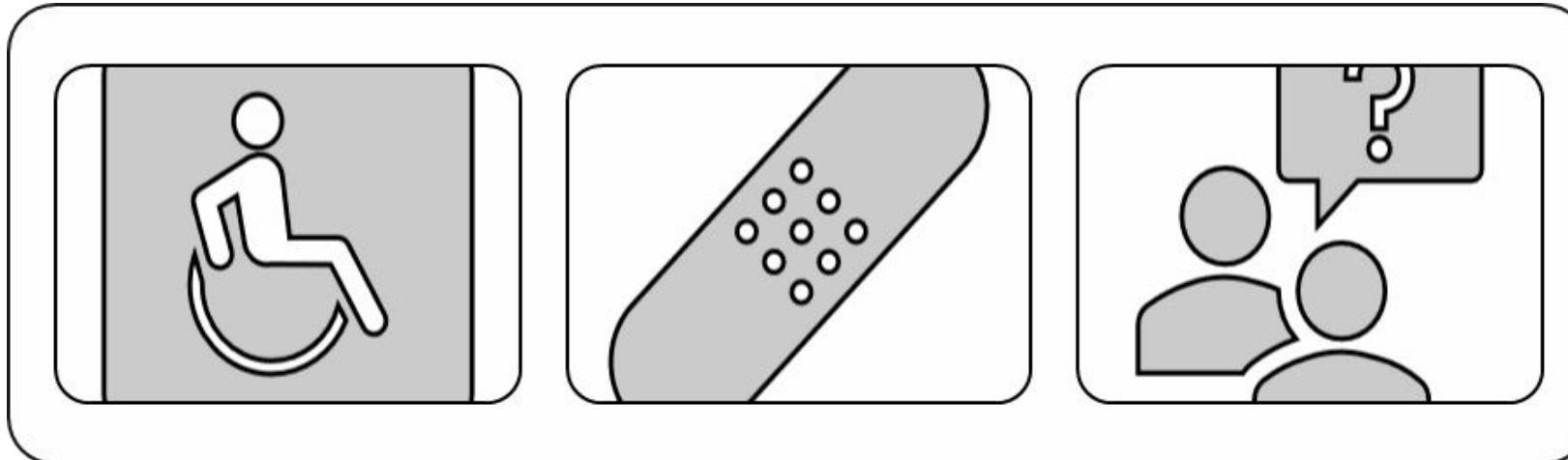
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# **Other relevant trends and new questions**

# Other Relevant Trends between the 2013 and 2021 Surveys



# New Topics on the 2021-2022 YRBS/YTS



**2021-2022 High School and Middle School Maryland Youth Risk Behavior Survey/Youth Tobacco Survey (YRBS/YTS)**

**7.6%** of middle school and **10.1%** of high school students who reported that they have a disability or long-term health problem that keeps them from doing everyday activities.

**21.5%** of middle school students ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood. Significantly more likely among Black and Hispanic/Latino students.

**Almost three-in-four (72.3%)** high school students would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life.

*2021-2022 Maryland YRBS/YTS*

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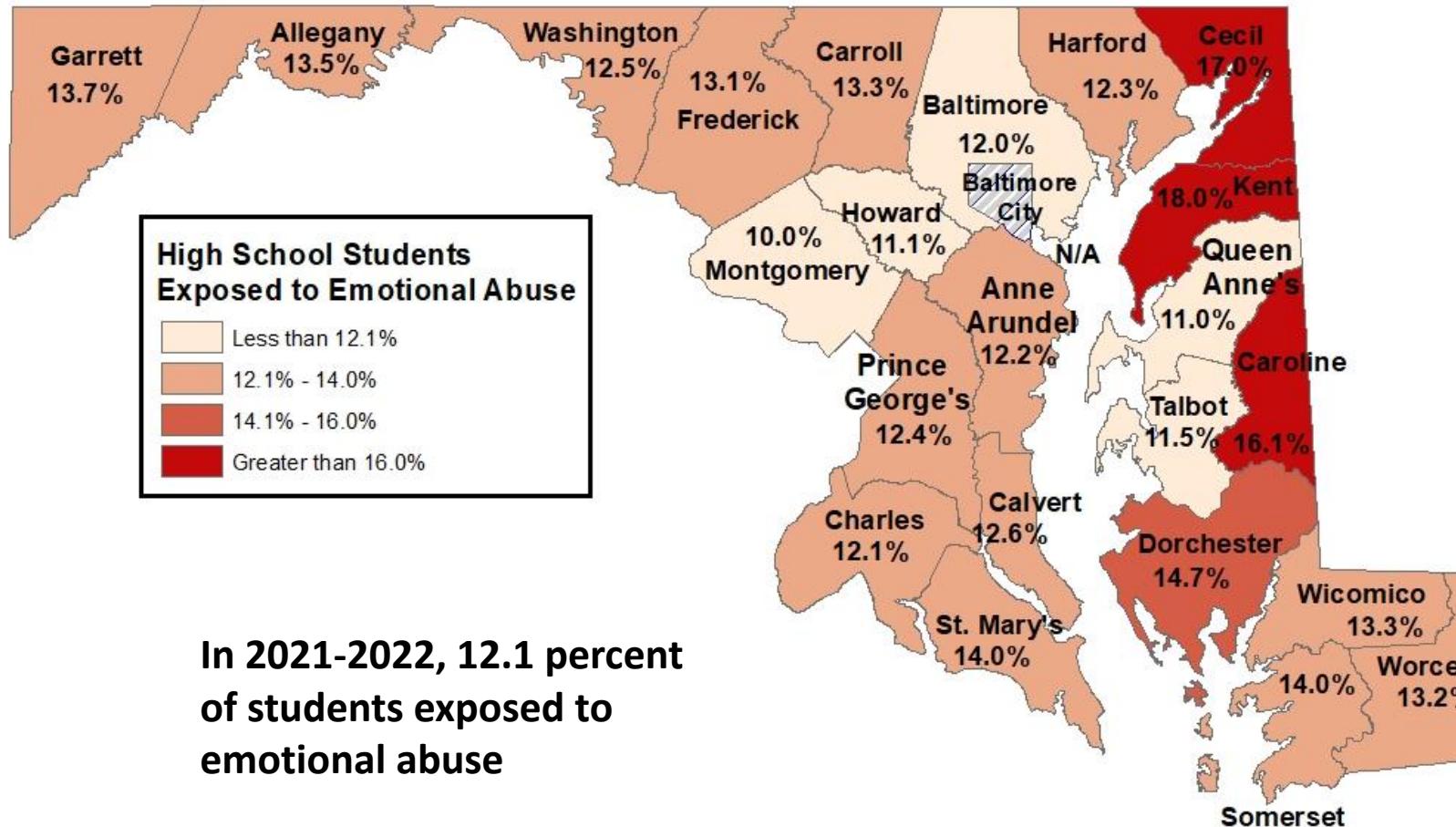
# **Adverse Childhood Experiences and Positive Childhood Experiences**

# ACE Topics Measured on the 2021-2022 Survey

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- **High School**
  - Emotional Abuse
  - Household Mental Illness
  - Household Substance Abuse
  - Household Incarceration
  - Witnessing Intimate Partner Violence (IPV)
- **Middle School**
  - Emotional Abuse
  - Household Mental Illness
  - Household Substance Abuse
  - Household Incarceration

# Emotional Abuse (MAP)



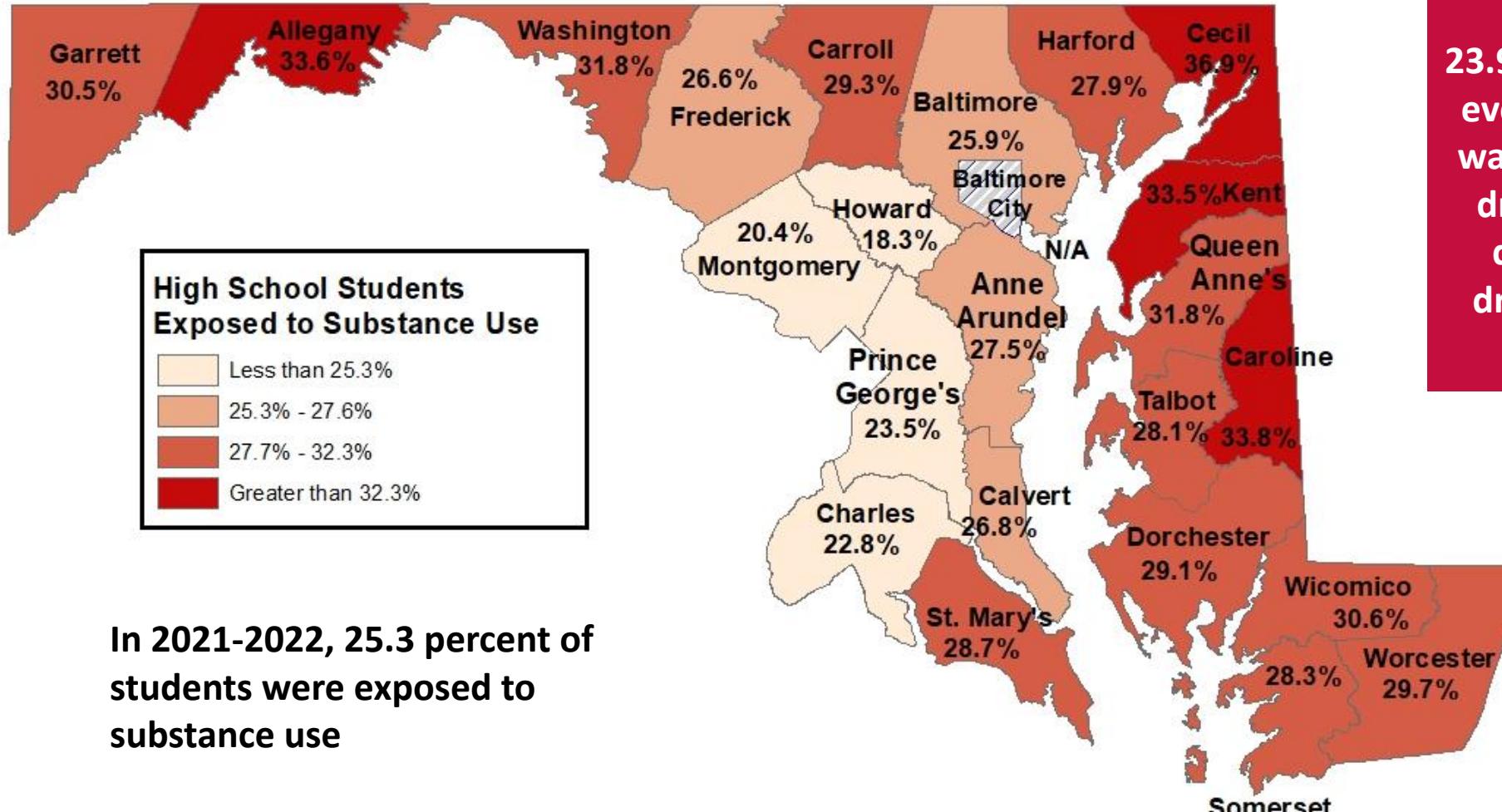
In 2021-2022, 12.1 percent of students exposed to emotional abuse

2018-2019

20.6 percent of students reported a parent or other adult in their home regularly swears at them, insults them, or puts them down.

Middle School Data:  
12.1 percent

# Household Substance Use (MAP)



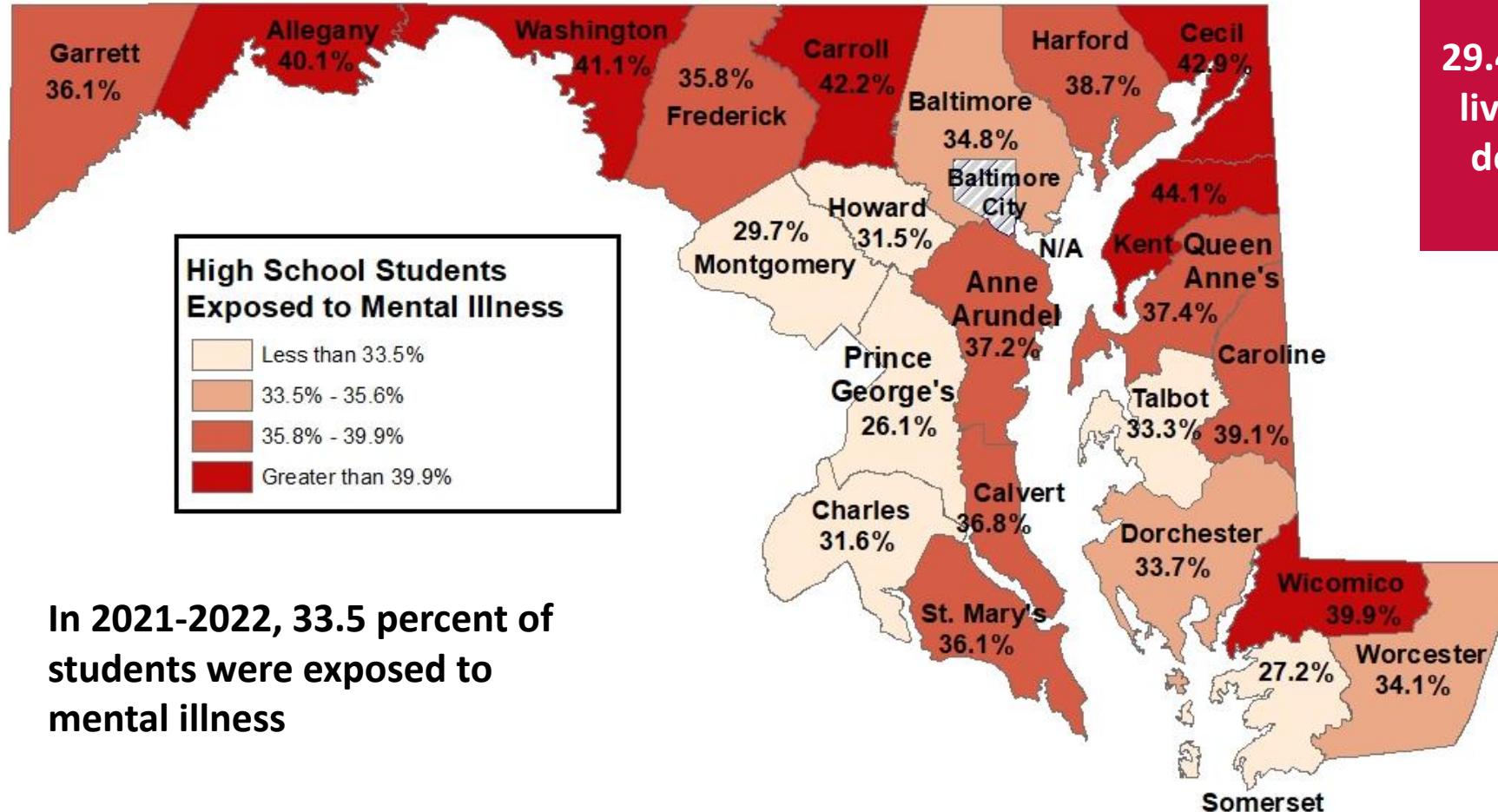
2018-2019

23.9 percent of students have ever lived with anyone who was an alcoholic or problem drinker, used illegal street drugs, took prescription drugs to get high, or was a problem gambler.

**Middle School Data:  
18.3 percent**

In 2021-2022, 25.3 percent of students were exposed to substance use

# Household Mental Illness (MAP)



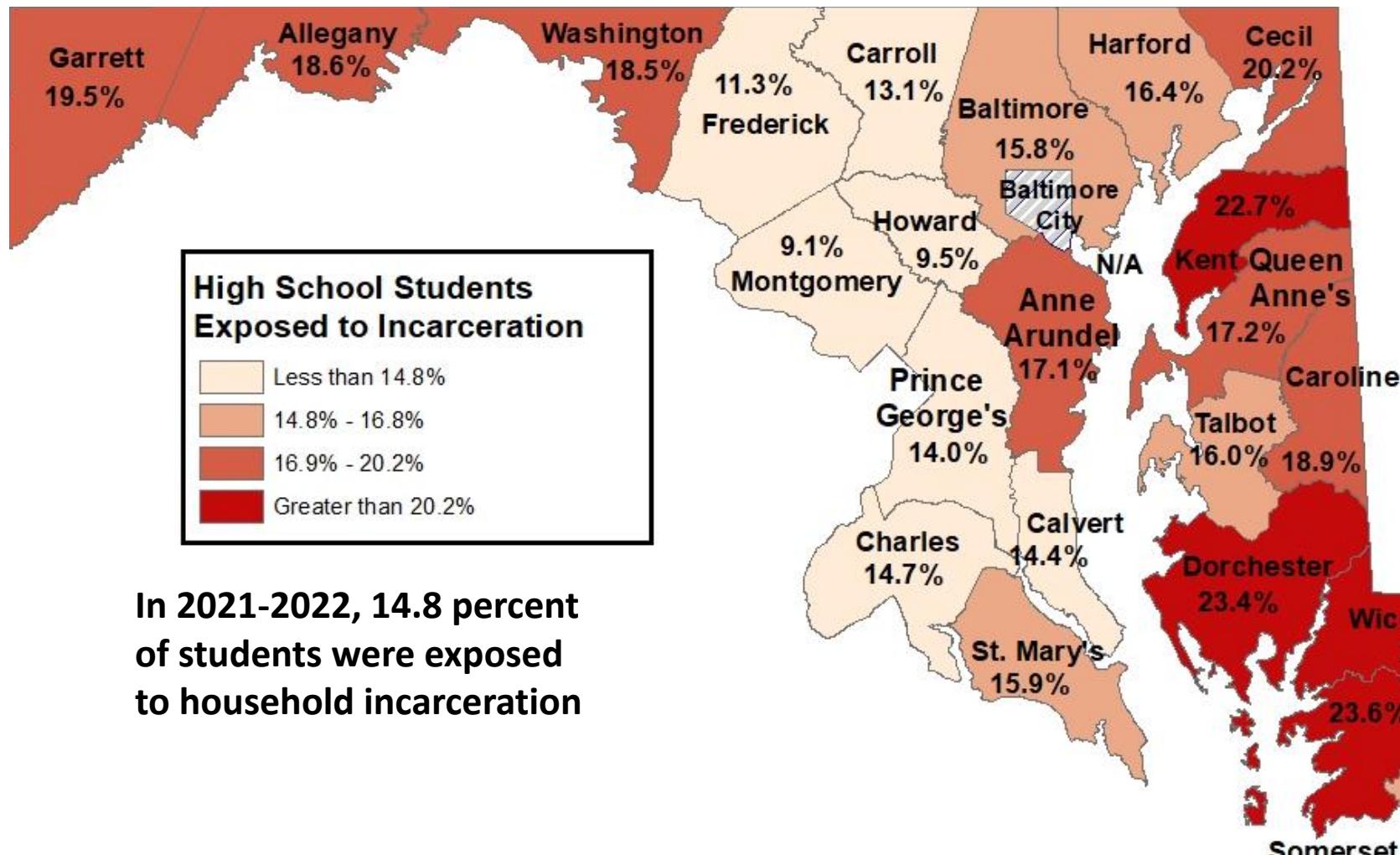
In 2021-2022, 33.5 percent of students were exposed to mental illness

2018-2019

29.4 percent of students ever lived with anyone who was depressed, mentally ill, or suicidal.

Middle School Data:  
22.7 percent

# Household Incarceration (MAP)

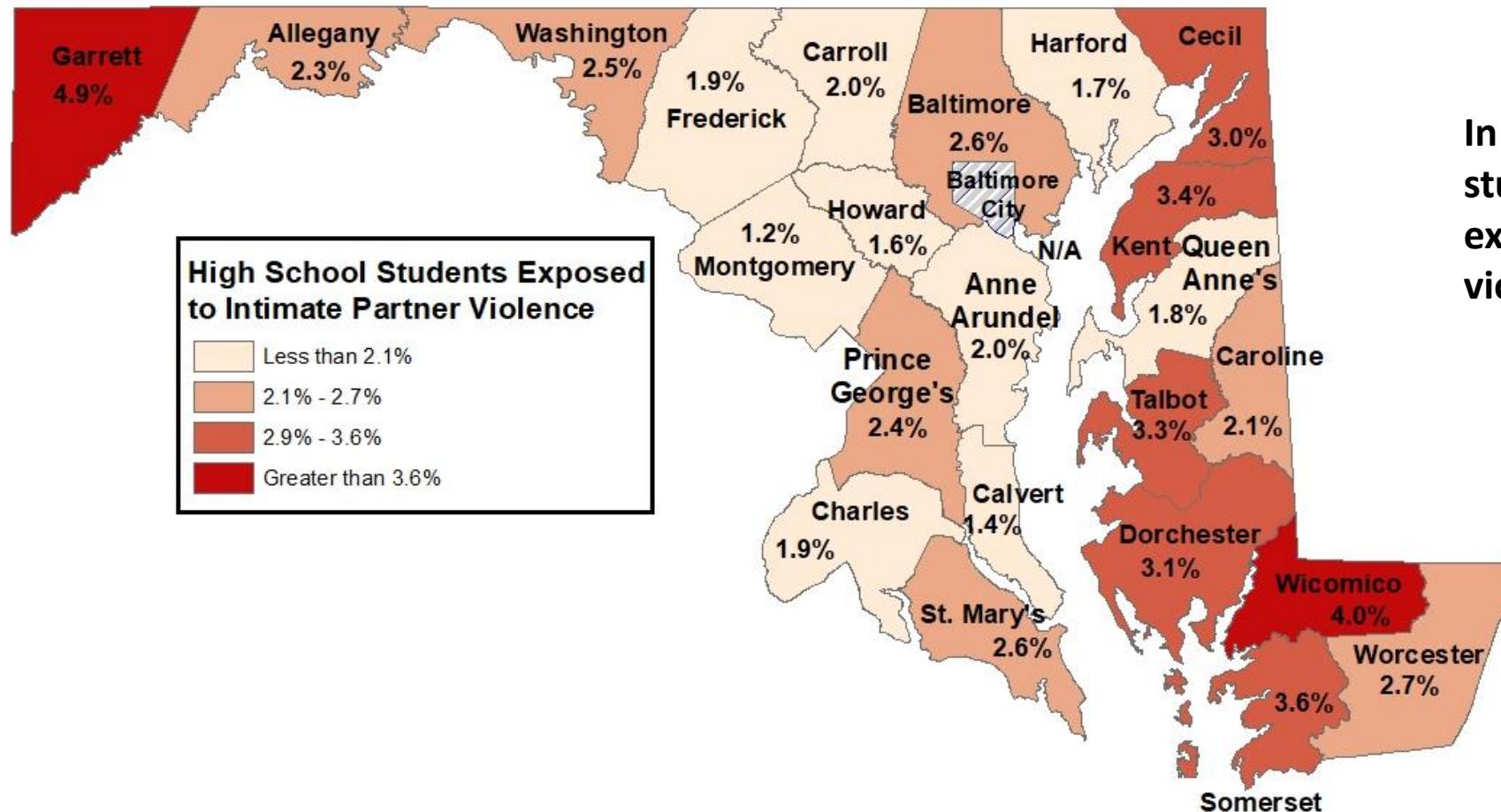


2018-2019

23.7 percent of students reported someone in their household has ever gone to jail or prison.

**Middle School Data:**  
**11.4 percent**

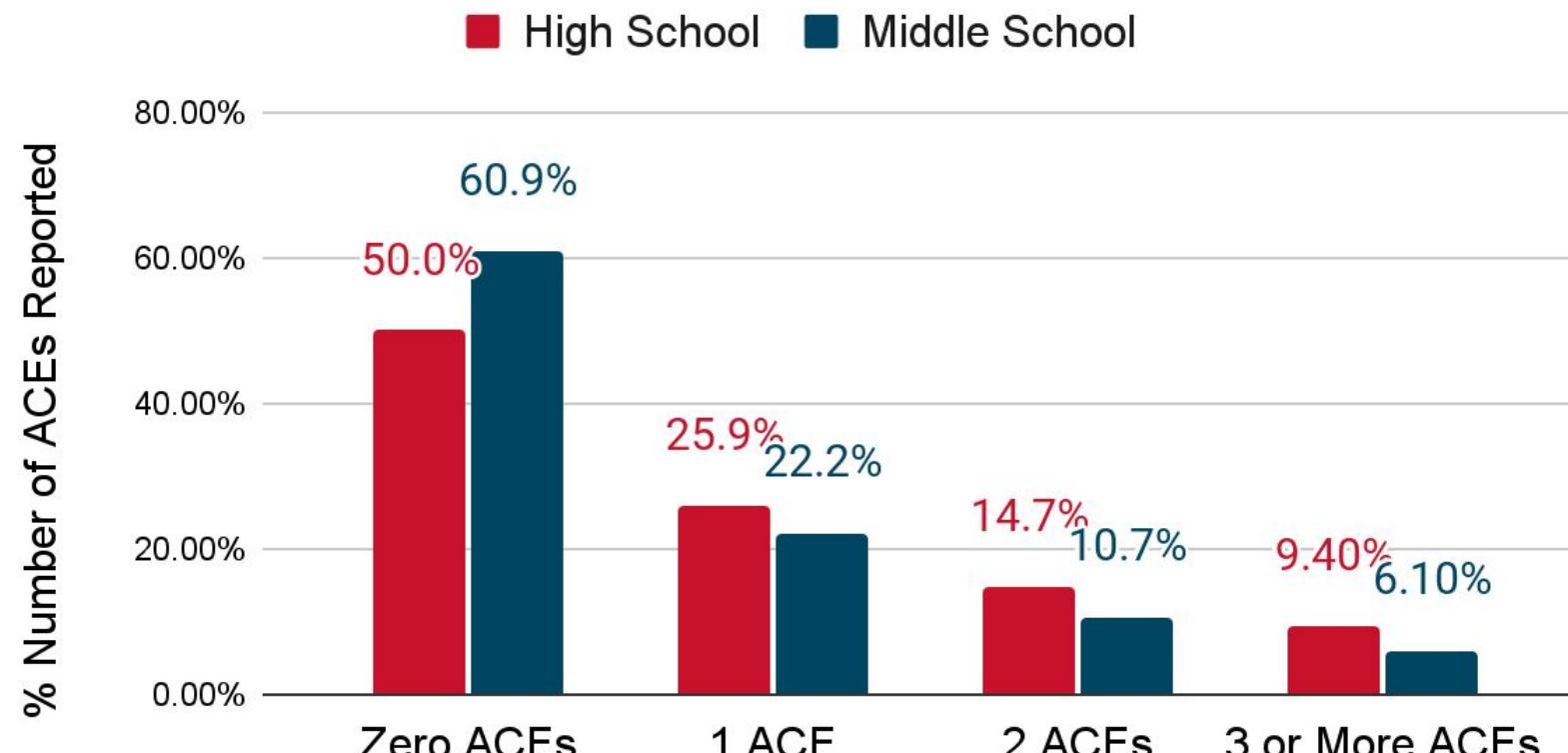
# Witnessing Intimate Partner Violence (MAP)



In 2021-2022, 2.1 percent of students reported being exposed to intimate partner violence

# Students with Multiple ACEs

Number of ACEs reported by Middle School and High School Students, 2021-2022 Maryland



# Three or More ACEs Demographics

9.4 percent  
reported  
three or  
more ACEs

## Sex

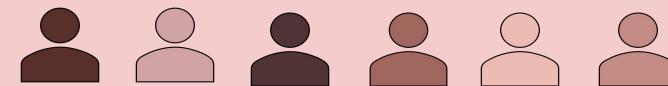


**11.1\*\***  
percent of  
female  
students



**7.6\***  
percent  
of male  
students

## Race/Ethnicity



Asian: **4.2\*** percent  
Black: **8.3** percent  
Hispanic/Latino: **9.2** percent  
White: **10.4** percent  
All Other Races: **13.1** percent

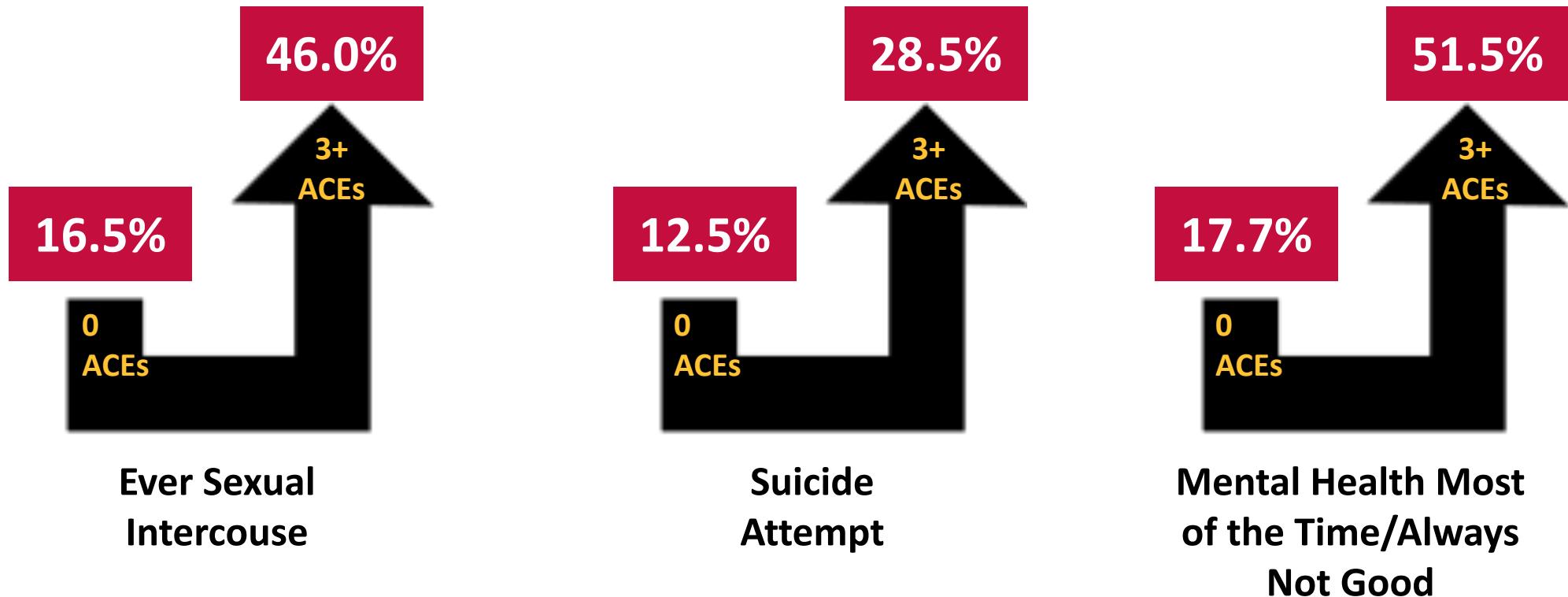
## LGBTQ+

Heterosexual (Straight):  
**7.4\*** percent  
Lesbian, Gay, Bisexual:  
**16.9\*\*** percent  
Other/Questioning:  
**12.6\*\*** percent  
Transgender: **20.4\*\***  
percent

Legend: \* Estimate significantly lower than Statewide estimate

\*\* Estimate significantly higher than Statewide estimate

# Multiple ACEs x Risk Behaviors



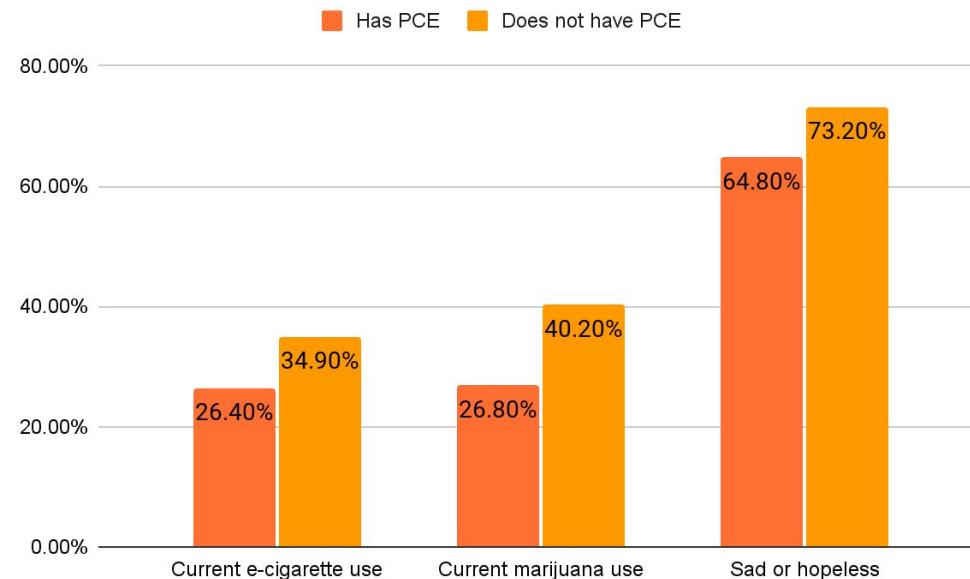
# Positive Childhood Experiences (PCEs)



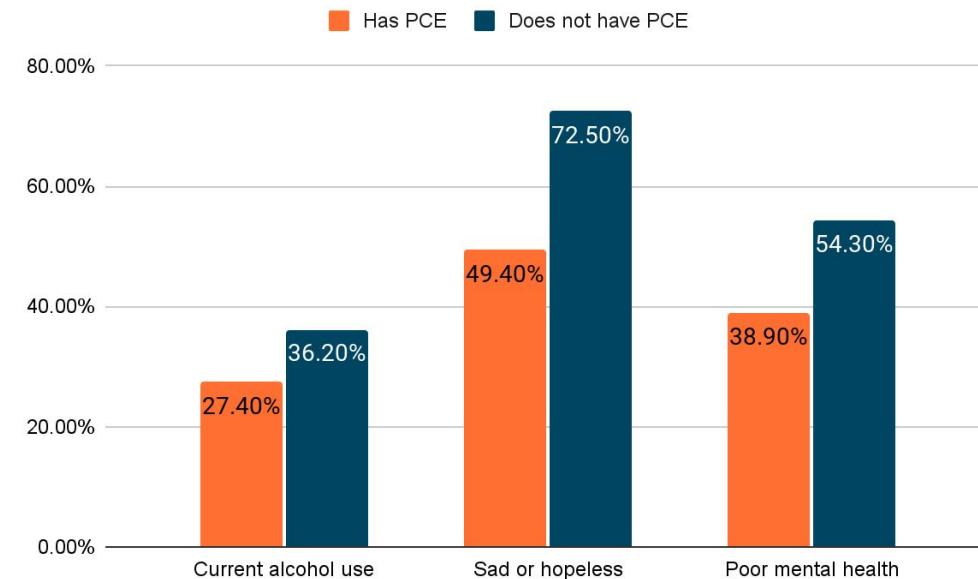
To mitigate the effects of ACEs communities can focus on strategies that promote positive childhood experiences which can lessen the effect of ACEs and reduce ACE exposure.

# PCEs and Risk Behaviors - Among students with 3 or more ACEs

## Participation in Extracurricular Activities

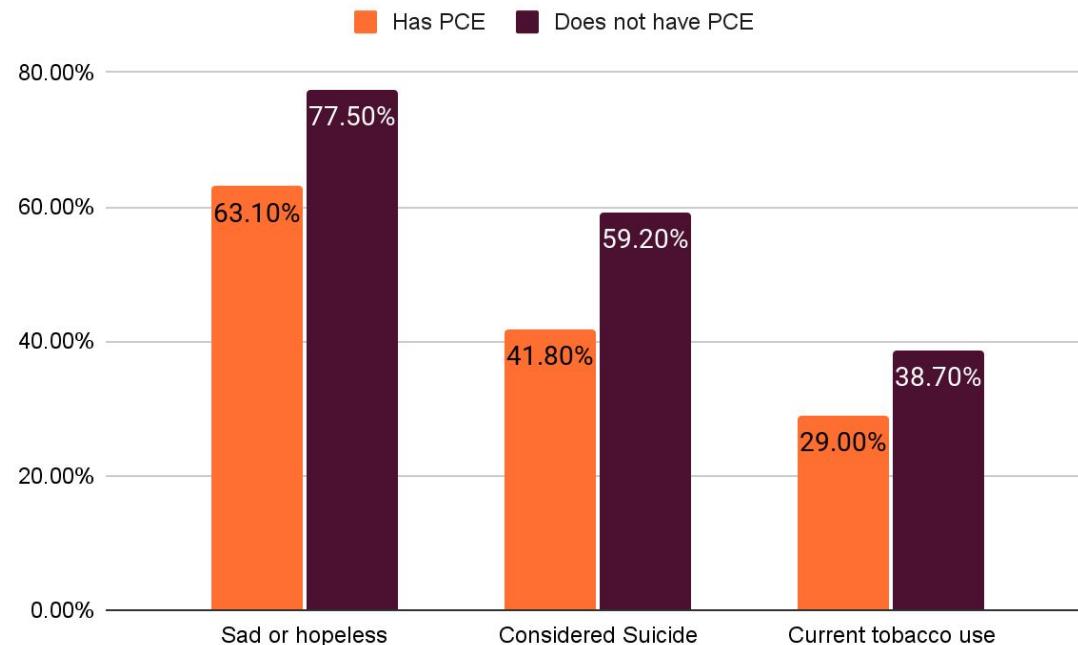


## Able to Talk to an Adult about their Feelings

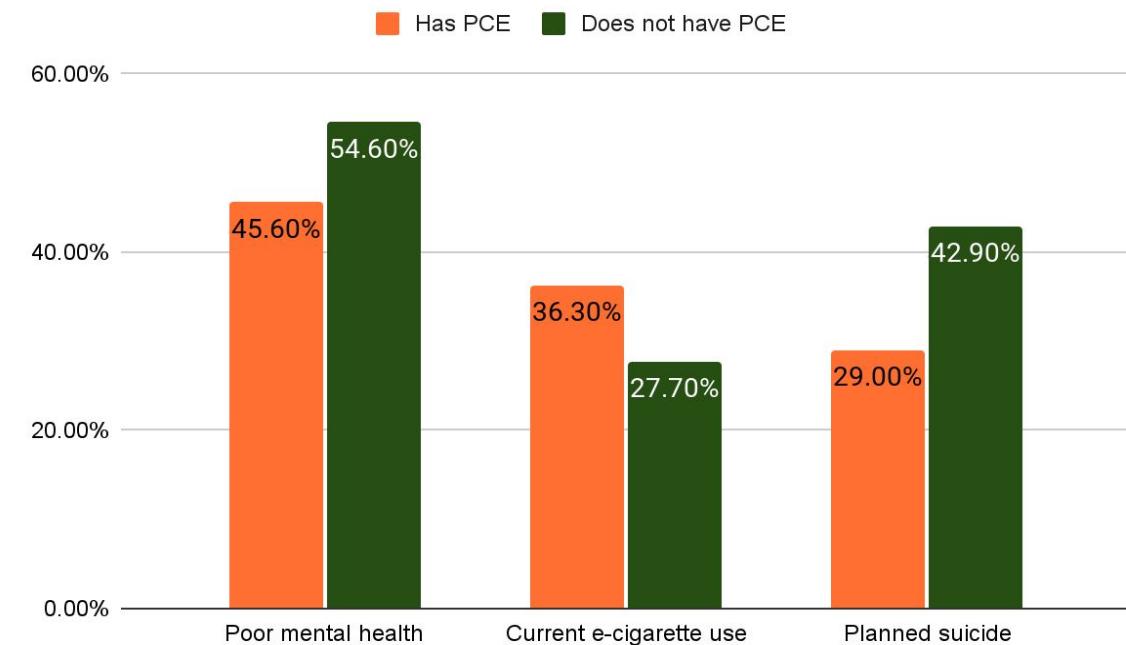


# PCEs and Risk Behaviors - Among students with 3 or more ACEs (2)

## Food secure



## Two or more non-parent adult support



- PCE not protective against current e-cigarette use

*Maryland YRBS/YTS*

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# Final Thoughts

# In Summary

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- Increases in poor mental health outcomes call for improved access to mental health support in school and at home and increasing positive childhood experiences through peer supports, school-based extracurricular activities, and adult support.
- As students return to school, we hope that there are programs in place to educate and re-emphasize the harms of substance use.
- The next YRBS/YTS data set (2022-2023) will be released early 2024 and will include the full 8 question ACEs module on the high school survey.
- The next YRBS/YTS administration is scheduled for Fall 2024.

# Maryland YRBS/YTS Updates & Data Access

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- **2021-2022 YRBS/YTS** data products are out now!
- **2022-23 YRBS/YTS** data expected to be released publicly in March 2024
- **YRBS/YTS MS & HS Data Sheets**
  - <https://phpa.health.Maryland.gov/ccdpc/Reports/Pages/YRBS-Main.aspx>
- **Maryland Indicator Based Information System (IBIS)**
  - YRBS/YTS and BRFSS data queries
  - <https://ibis.health.maryland.gov/>
  - 2021-2022 YRBS/YTS data will be uploaded soon.
- **About the Maryland YRBS/YTS**
  - <https://health.maryland.gov/phpa/ohpetup/Pages/YTRBS.aspx>
  - Details, Questionnaires, etc.
- **Dataset or Data Analysis Requests**
  - <https://app.smartsheet.com/b/form/1ff9e9525d6c4475bd6e9eade5d35cf3>

# Questions? Comments.

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