

2016 FACTS

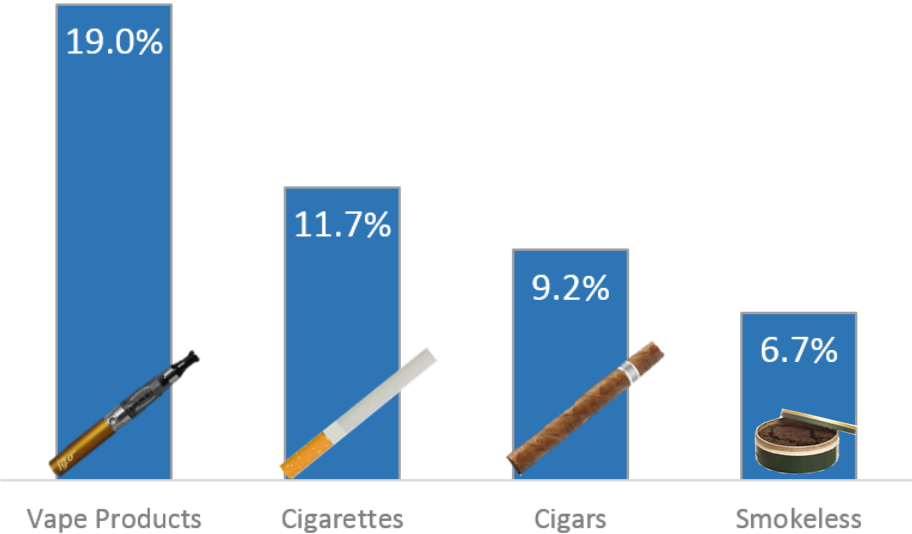
YOUTH RISK BEHAVIOR SURVEY

HIGH SCHOOL RESULTS – TOBACCO USE
ST. MARY'S COUNTY, MARYLAND

27% of high school students in St. Mary's are currently using tobacco products

22% compared to across Maryland

Current Use Among SMCPHS High School Students



WHY IS THIS IMPORTANT?

The use of tobacco products and exposure to second-hand smoke combined represent the **number one cause of preventable deaths** in the United States. Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Each day, more than **2,500** kids in the United States try their first cigarette and another **580** additional youth become new regular, daily smokers.

42% of students had tried electronic vapor products

13% bought their own cigarettes at a store or gas station



Nearly half of high school students in St. Mary's live with someone who smokes

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YOUTH RISK BEHAVIOR SURVEY

HIGH SCHOOL RESULTS – SUBSTANCE MISUSE
ST. MARY'S COUNTY, MARYLAND

24% of students were offered,
sold or given an illegal drug
on school property



15% took
prescription drugs
without a doctor's prescription
compared to 14% in MD

WHY IS THIS IMPORTANT?

Young people who abuse substances may experience an array of problems, including academic difficulties, health-related problems (including mental illness), complications with peer and family relationships, and involvement with the juvenile justice system. Drug abuse can also impact the brain's ability to function in the short-term as well as prevent proper growth and development for later in life.

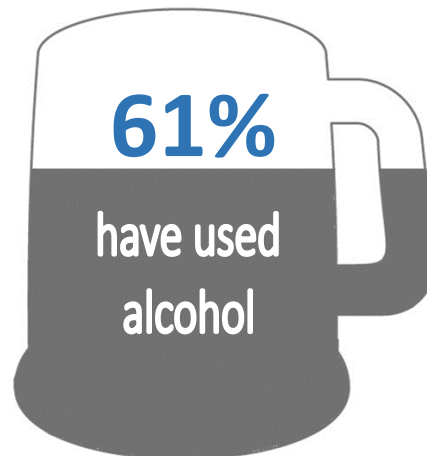
PERCENT OF STUDENTS WHO HAVE EVER USED:

Methamphetamines	4.5%
Heroin	3.8%
Cocaine	7.2%
Ecstasy	5.8%

31% have tried marijuana
(7% before age 13)

18% are currently
using marijuana

9% Have tried synthetic marijuana
compared to 7% in Maryland



18%
before
age 13

33%
are using
currently

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YOUTH RISK BEHAVIOR SURVEY

HIGH SCHOOL RESULTS – NUTRITION
ST. MARY'S COUNTY, MARYLAND

13% of students were obese
*above the 95th percentile for Body Mass Index (BMI)

14% of students were overweight
*above the 85th but below the 95th percentile for BMI

Key Indicators for Nutrition High School Students Who*:	St. Mary's %	Maryland %
ate vegetables 2+ times per day	22.3	24.0
did not eat salad	42.7	44.8
did not drink soda	29.2	31.8
drank soda 1+ times per day	15.5	14
ate fruit or drank 100% fruit juices 2+ times per day	23.7	26.7
*in the week prior to the survey		

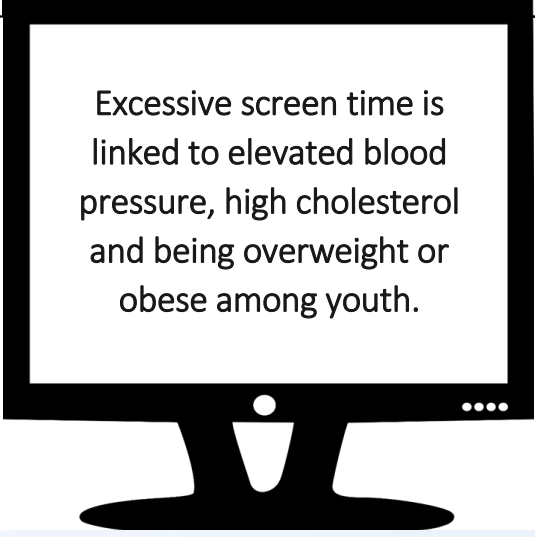
WHY IS THIS IMPORTANT?

At a very young age, children develop the habits and behaviors that will influence their life-long health. Healthy kids are more likely to grow into healthy adults. Healthy eating and active living can reduce the risk for being overweight or obese and help to prevent the development of chronic diseases like diabetes, cancer, heart disease and high blood pressure.

Average Day

22% watched 3+ hours of television

37% played 3+ hours of video or computer games
(Non-school related)



ONLY 18%

of students were physically active for 60 minutes a day



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YOUTH RISK BEHAVIOR SURVEY

HIGH SCHOOL RESULTS – MENTAL HEALTH
ST. MARY'S COUNTY, MARYLAND



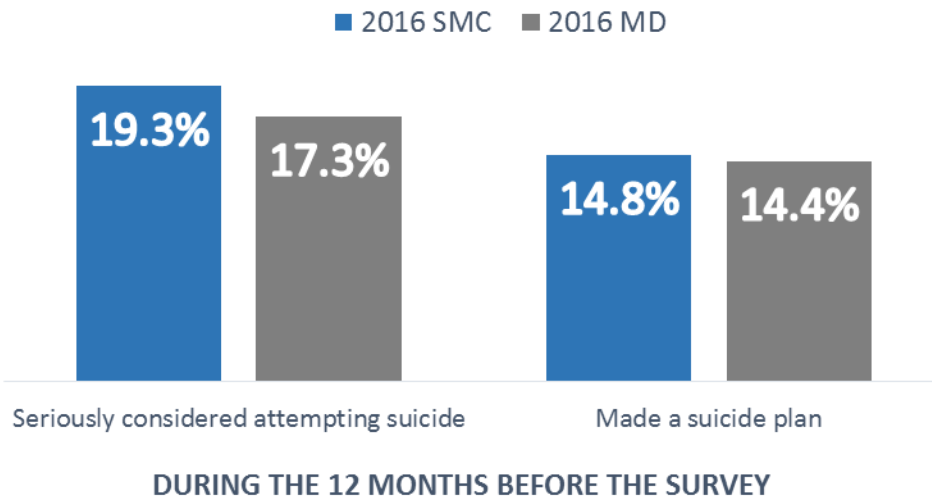
30%
of students
**FELT SO SAD
OR HOPELESS**

almost every day for two weeks or more in a row that they stopped doing some usual activities in the last year



WHY IS THIS IMPORTANT?

Mental health is critical to physical well-being and academic success. In a positive state of mental health, an individual can cope with the normal stresses of life, is better able to maintain good physical health, can work productively and is able to make a contribution to their community. Emotional distress or imbalance can interfere with the child's ability to successfully develop into a healthy, productive adult.



21%
were bullied on
school property

17%
were bullied
electronically