

METROWEST ADOLESCENT HEALTH SURVEY

ASHLAND MIDDLE SCHOOL

2016

561 students in grades 6-8 participated in the 2016 MWAHS, representing 95% of the students (Metrowest avg. was 93%).

Funded by
MetroWest Community
Health Care Foundation

METROWEST
COMMUNITY
HEALTH CARE
FOUNDATION

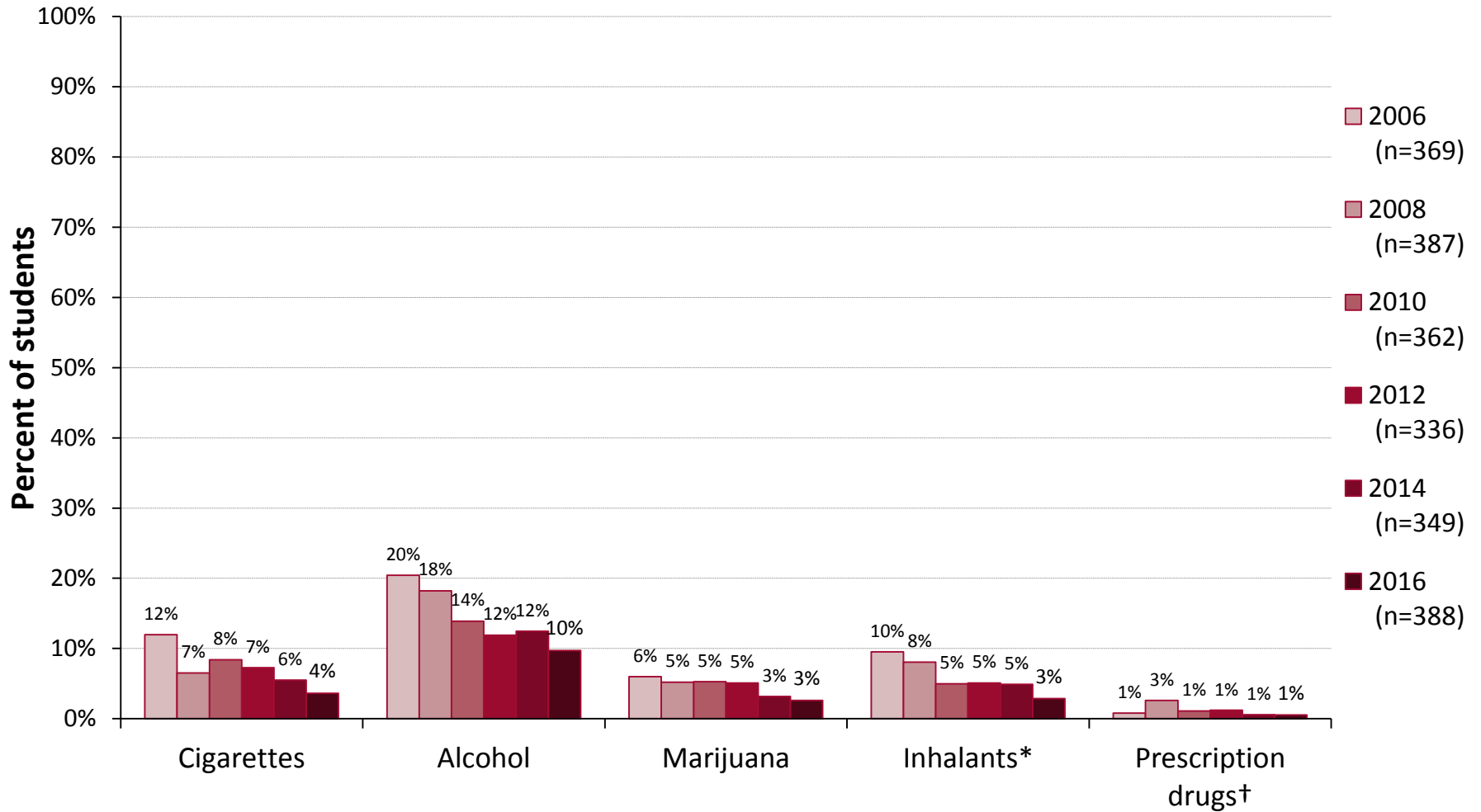
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Health & Human Development Division

EDC

Figure 2-1C. Trends in Lifetime Substance Use, 2006-2016

Ashland Middle School (Grades 7-8)

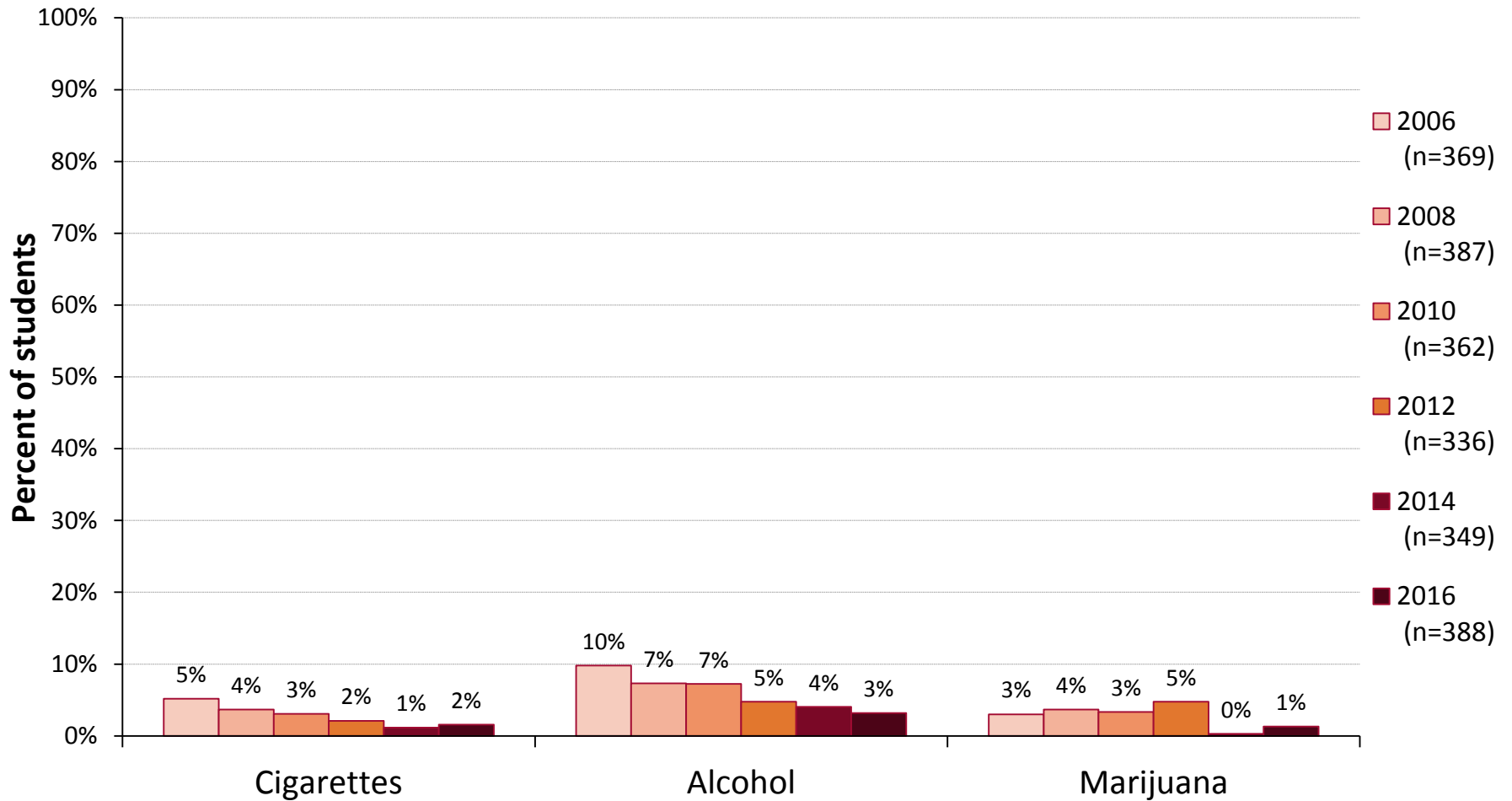
MetroWest Adolescent Health Survey



* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

† Without a doctor's prescription

Figure 2-2C. Trends in Current Substance Use,* 2006-2016 Ashland Middle School (Grades 7-8) *MetroWest Adolescent Health Survey*

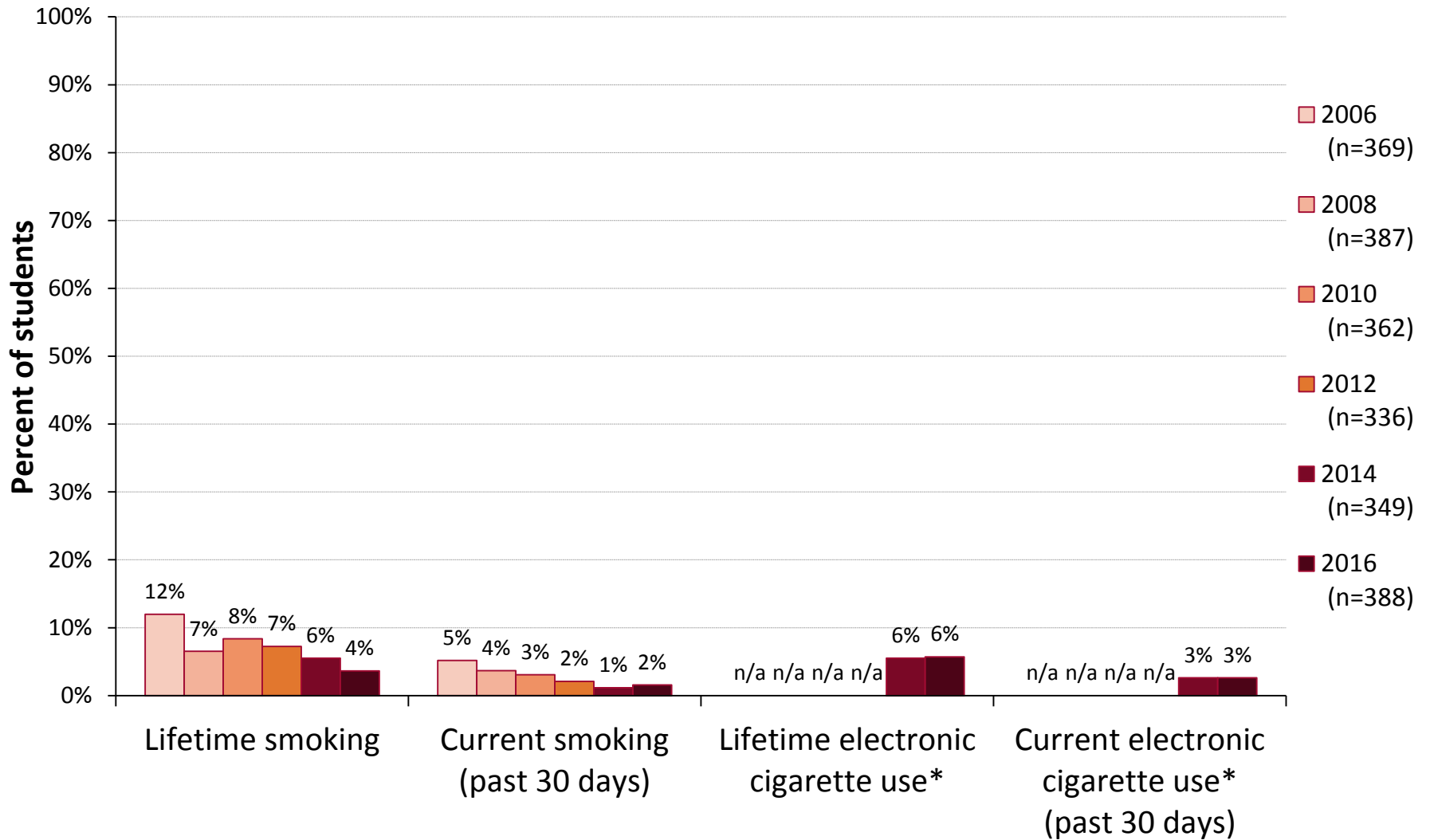


* Used one or more times in the past 30 days

Figure 2-3C. Trends in Cigarette and Electronic Cigarette Use, 2006-2016

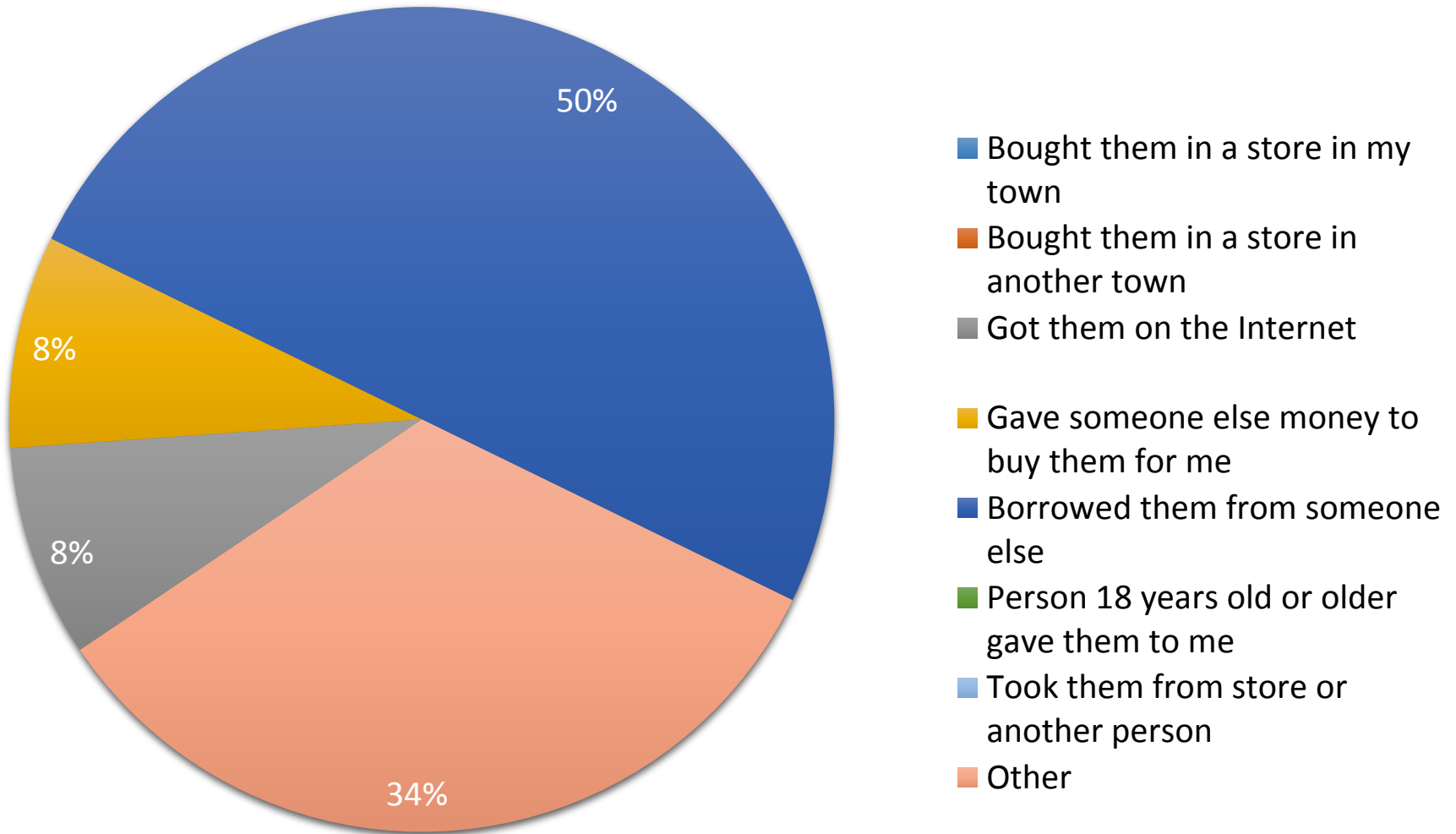
Ashland Middle School (Grades 7-8)

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* Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products

Figure 2-4. Access to Electronic Cigarettes,* 2016
Ashland Middle School (Grades 6-8)
MetroWest Adolescent Health Survey

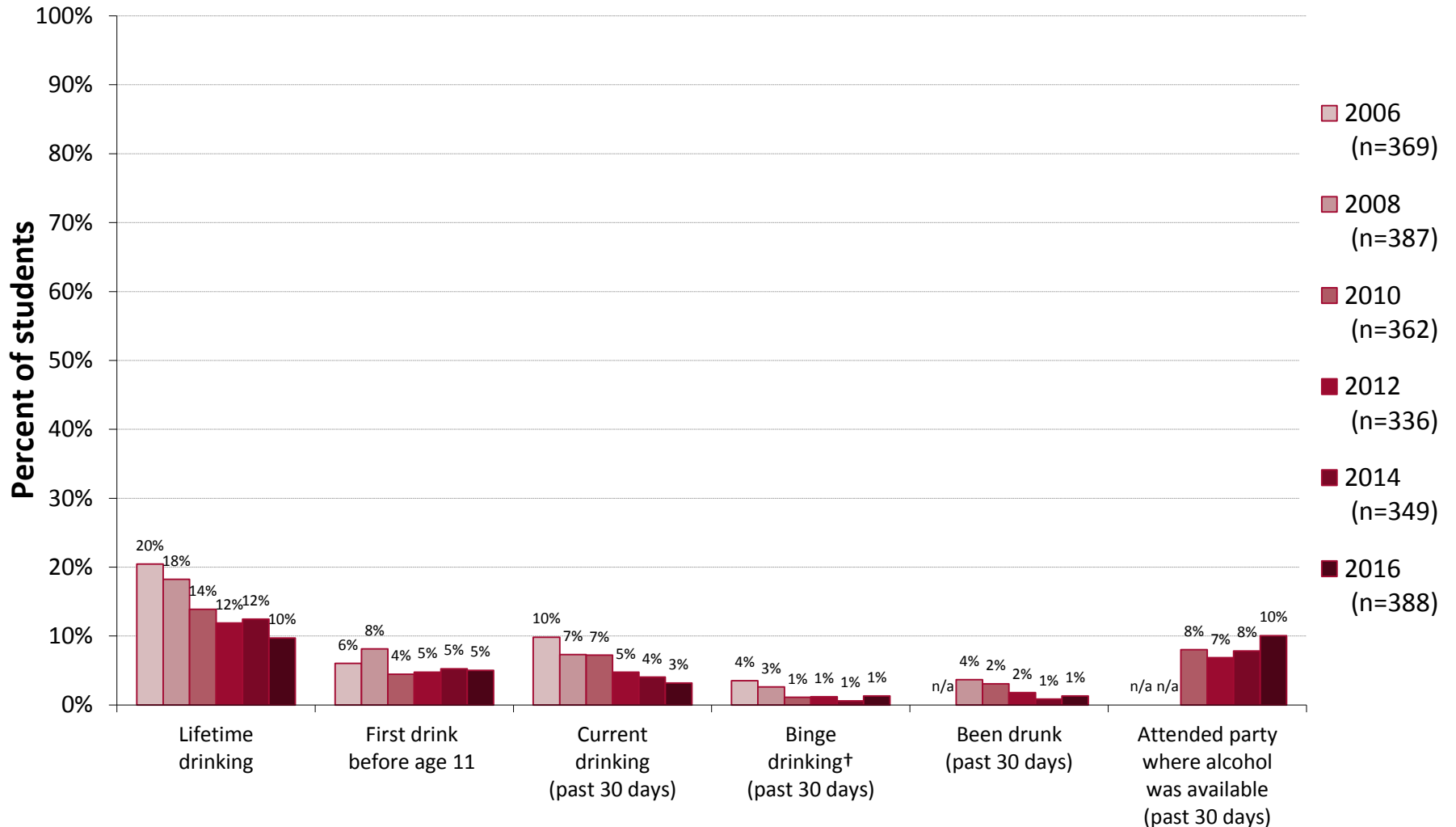


* Among students who smoked electronic cigarettes in the past 30 days

Figure 2-5C. Trends in Alcohol Use,* 2006-2016

Ashland Middle School (Grades 7-8)

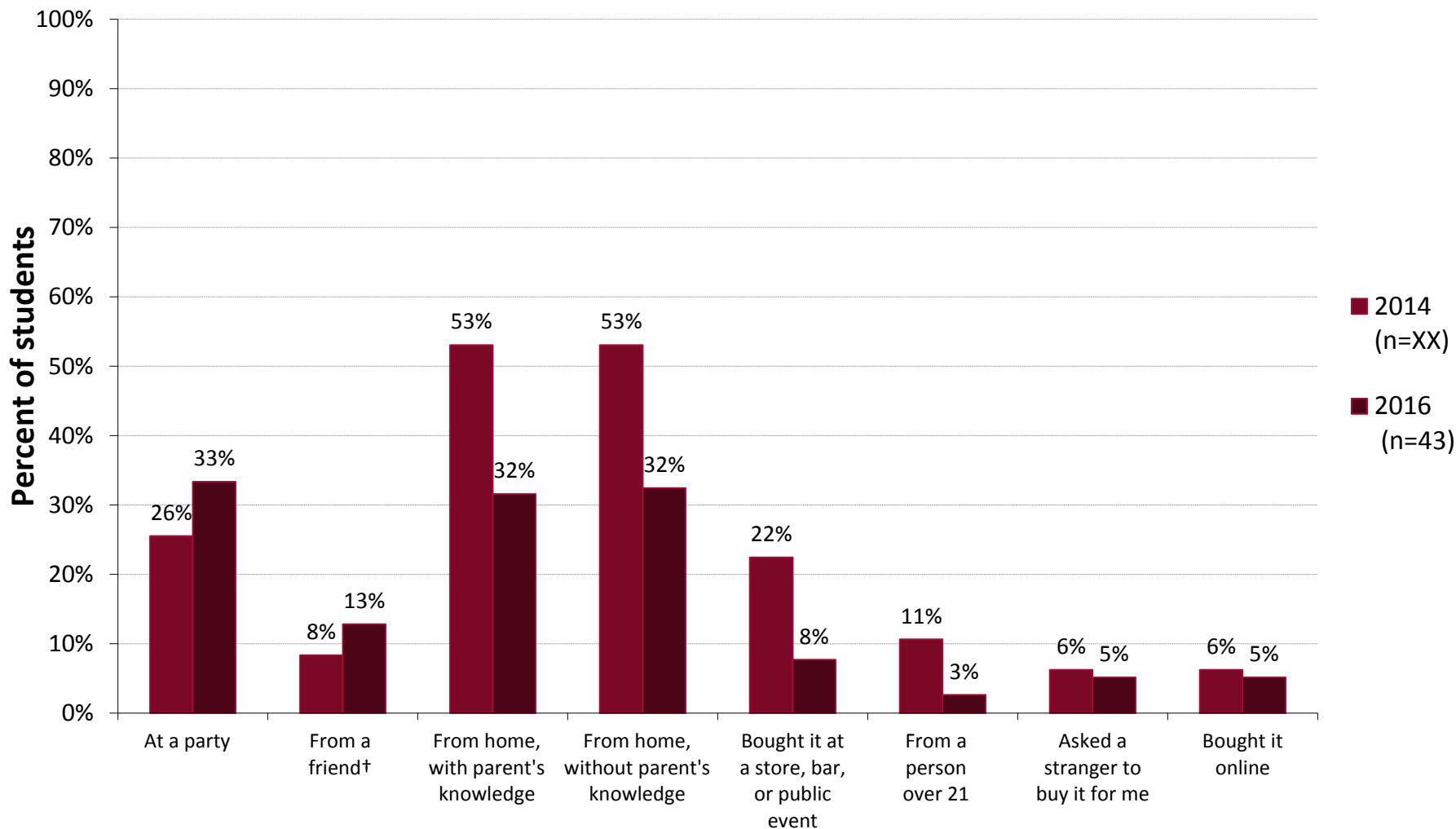
MetroWest Adolescent Health Survey



* Does not include drinking a few sips of wine for religious purposes

† From 2006 to 2016, binge drinking was defined as 5 or more drinks in a row on one or more occasions for all students. In 2016, binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

Figure 2-6A. Trends in Access to Alcohol Among Lifetime Drinkers,* 2014-2016 Ashland Middle School (Grades 6-8) MetroWest Adolescent Health Survey

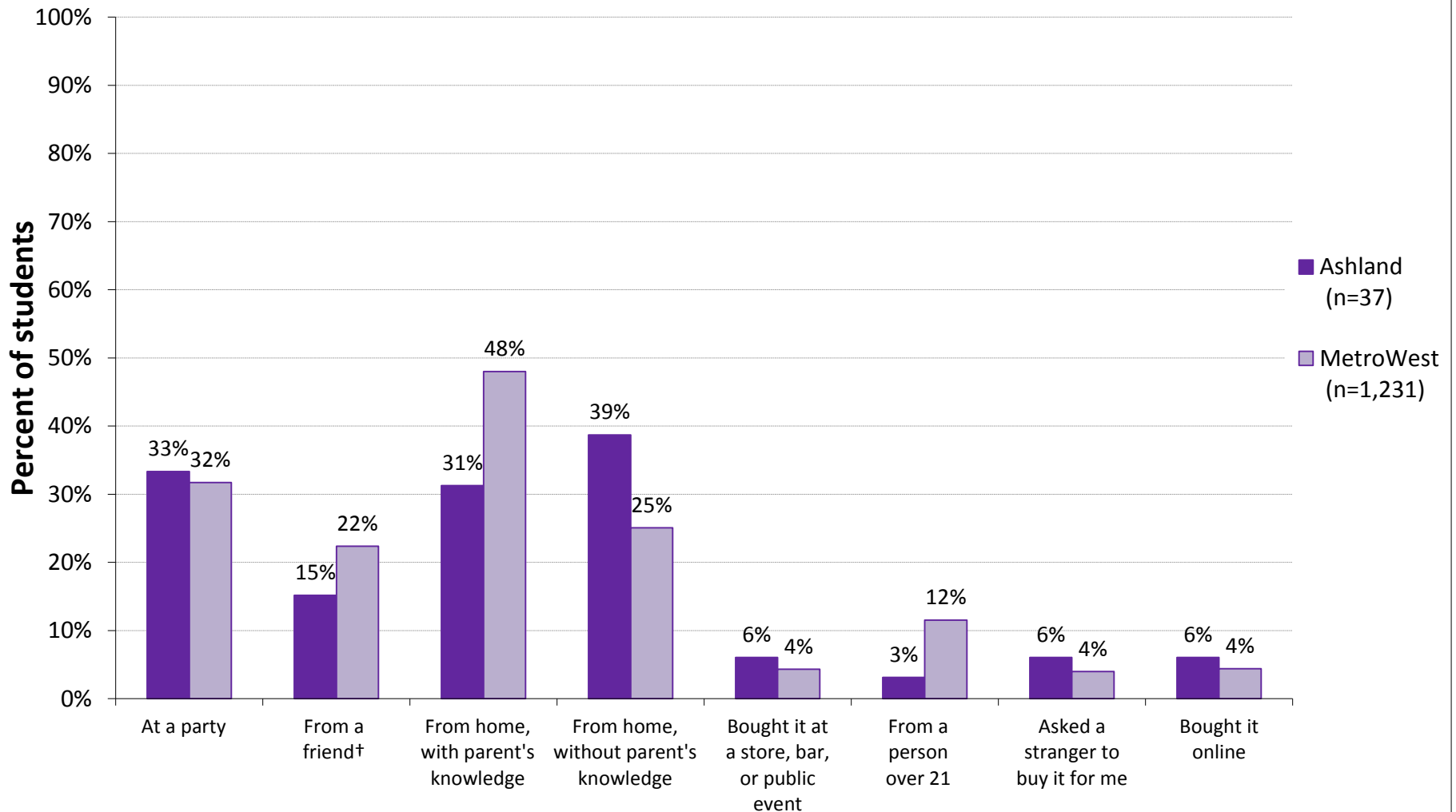


* Among students that drank in their lifetime

† Does not include at a party

Figure 2-6B. Access to Alcohol Among Lifetime Drinkers* at the District and Regional Levels, 2016 Ashland Middle School (Grades 7-8)

MetroWest Adolescent Health Survey



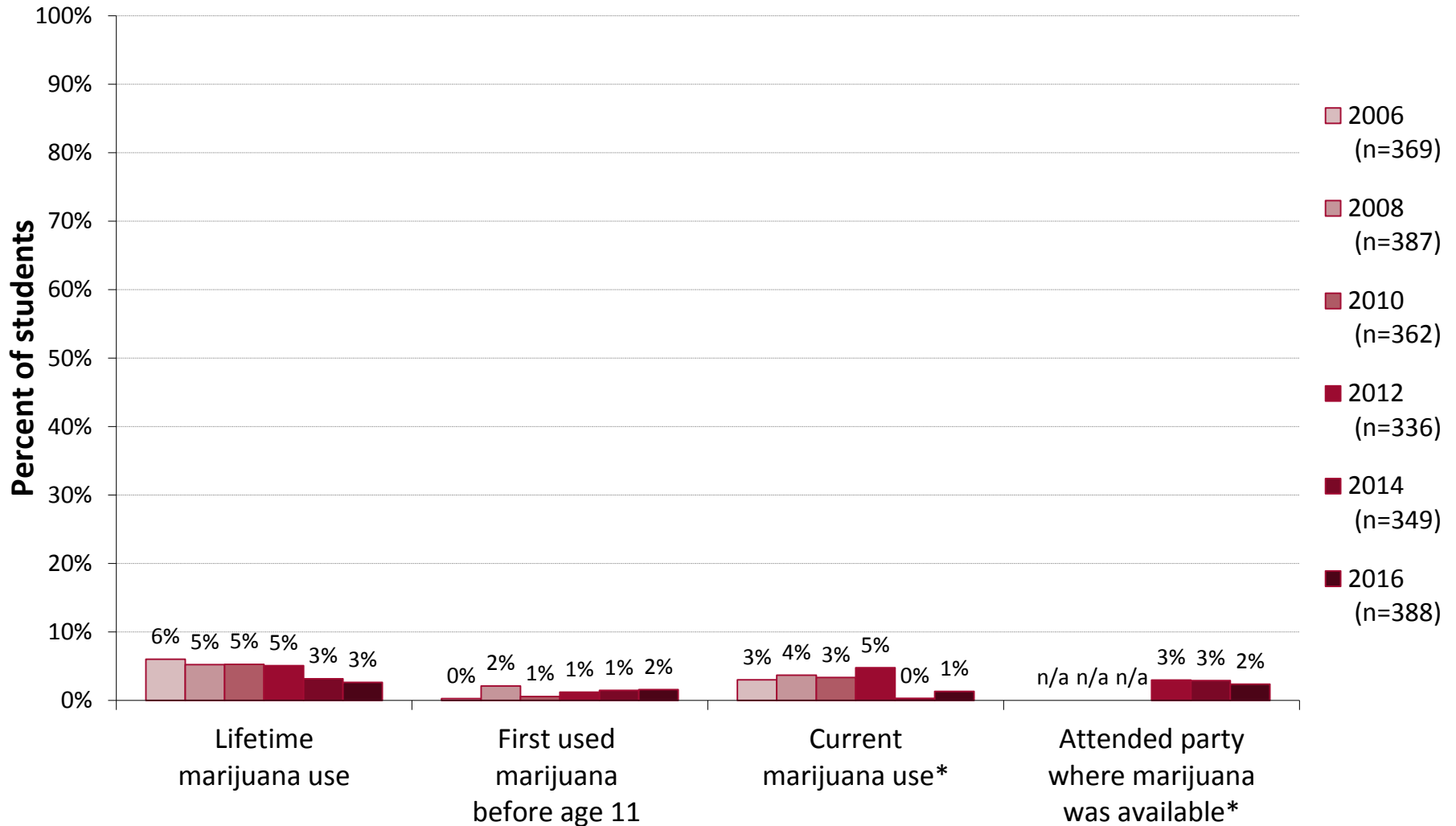
* Among students that drank in their lifetime

† Does not include at a party

Figure 2-7C. Trends in Marijuana Use, 2006-2016

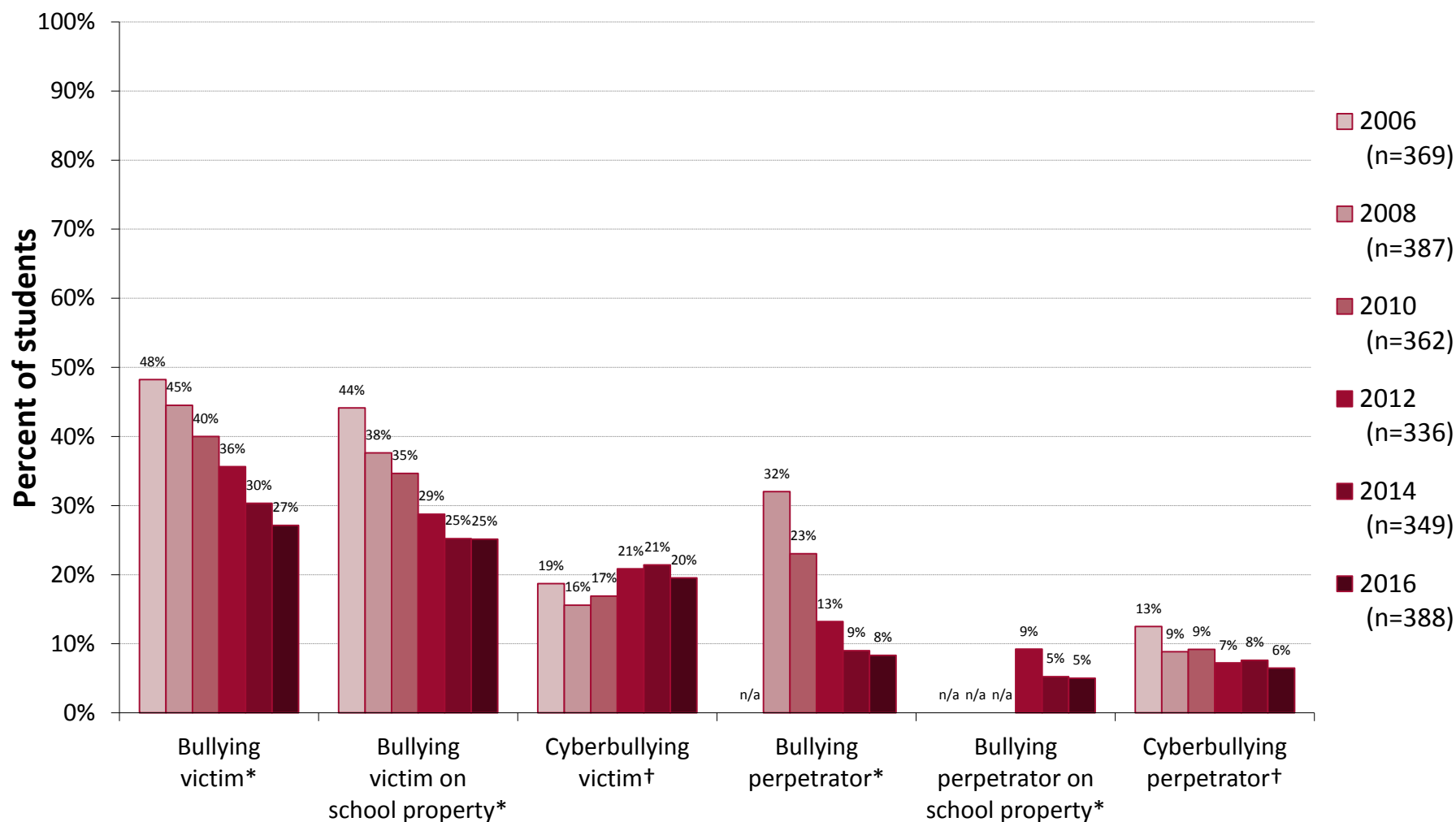
Ashland Middle School (Grades 7-8)

MetroWest Adolescent Health Survey



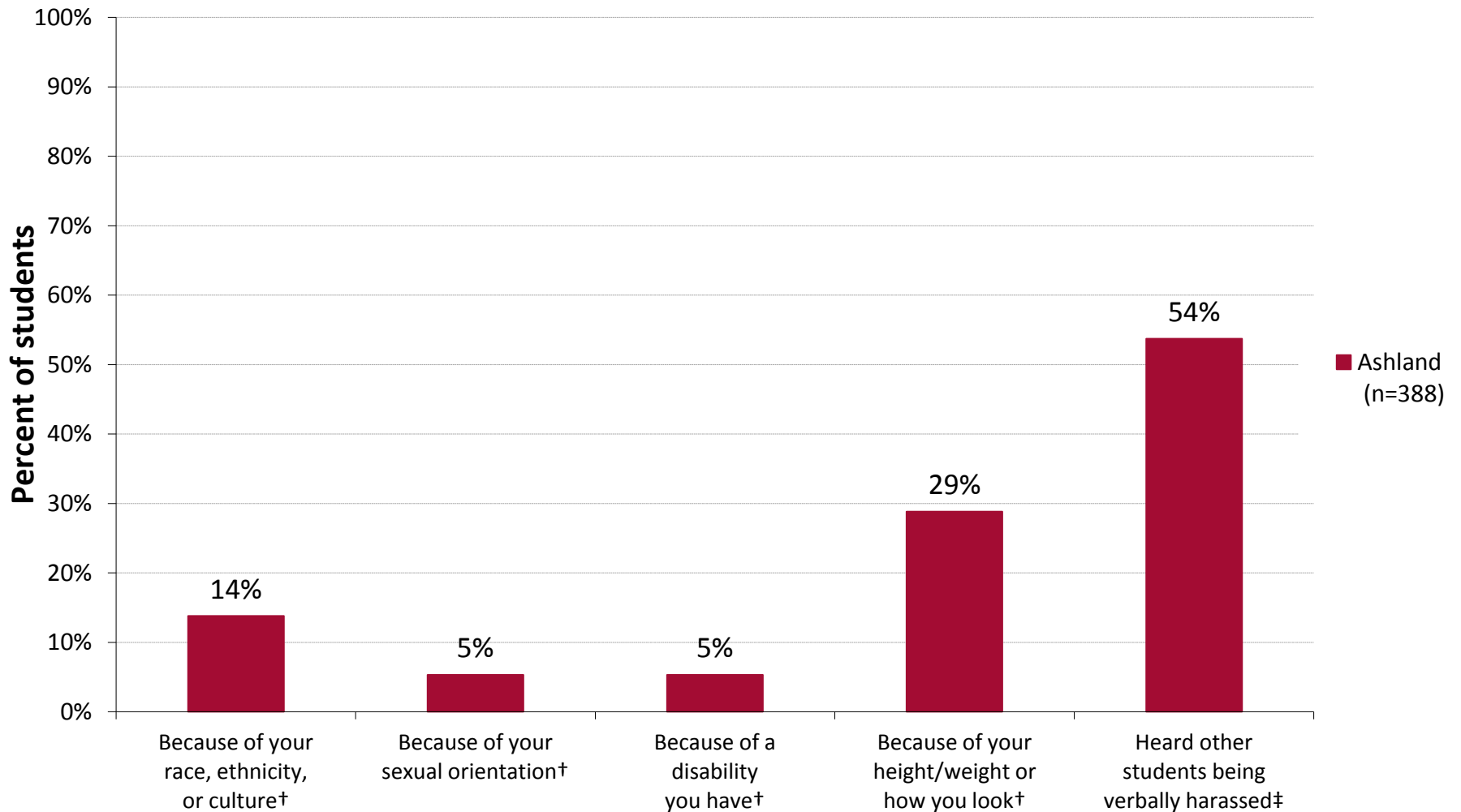
* In the past 30 days

Figure 3-2C. Trends in Bullying and Cyberbullying, 2006-2016
Ashland Middle School (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
 † In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-5C. Verbal Harassment,* 2016 Ashland Middle School (Grades 7-8) MetroWest Adolescent Health Survey



* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

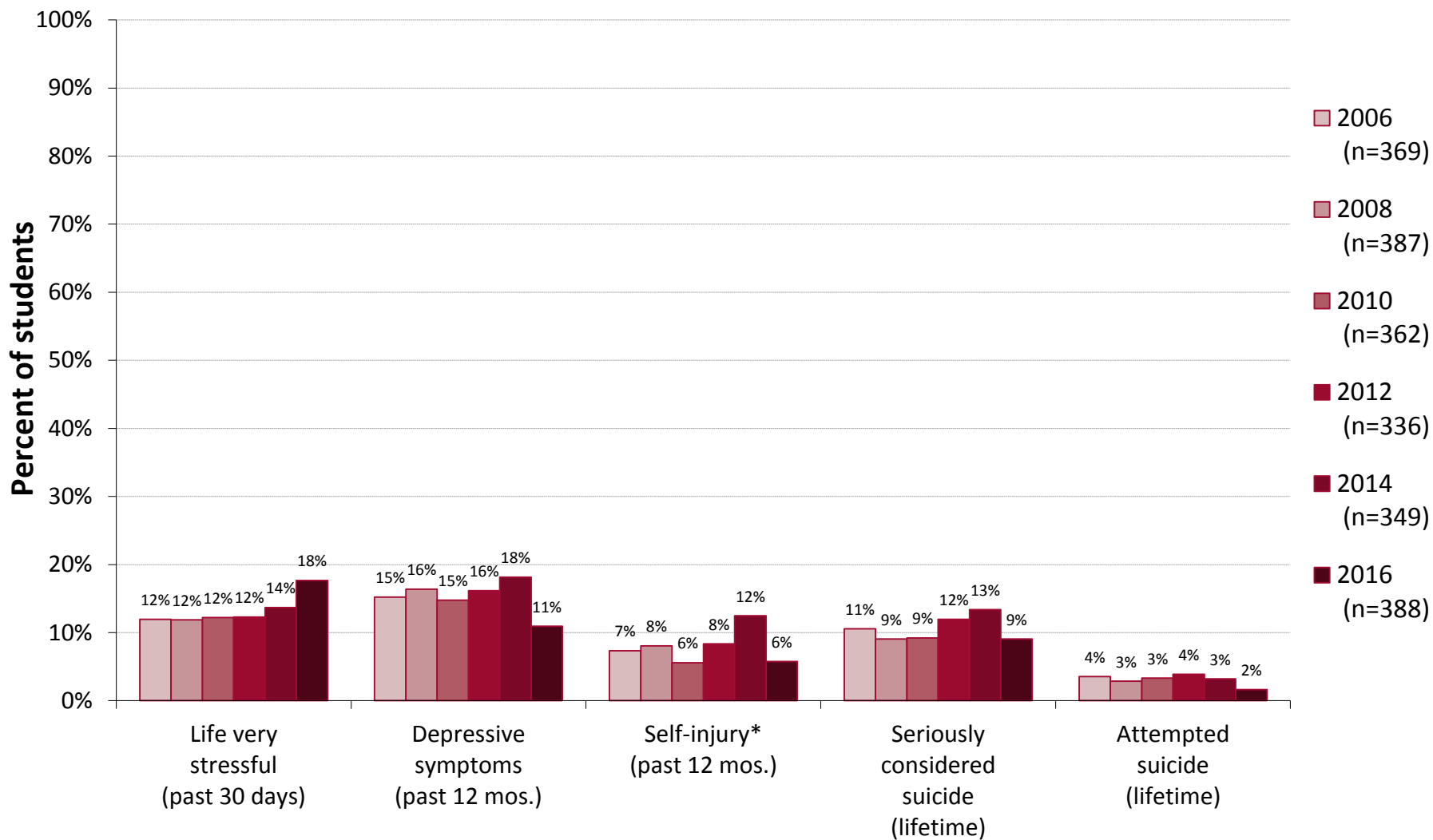
† Past 12 months

‡ Because of their race/ethnicity, sexual orientation, disability, or how they look; past 30 days

Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2016

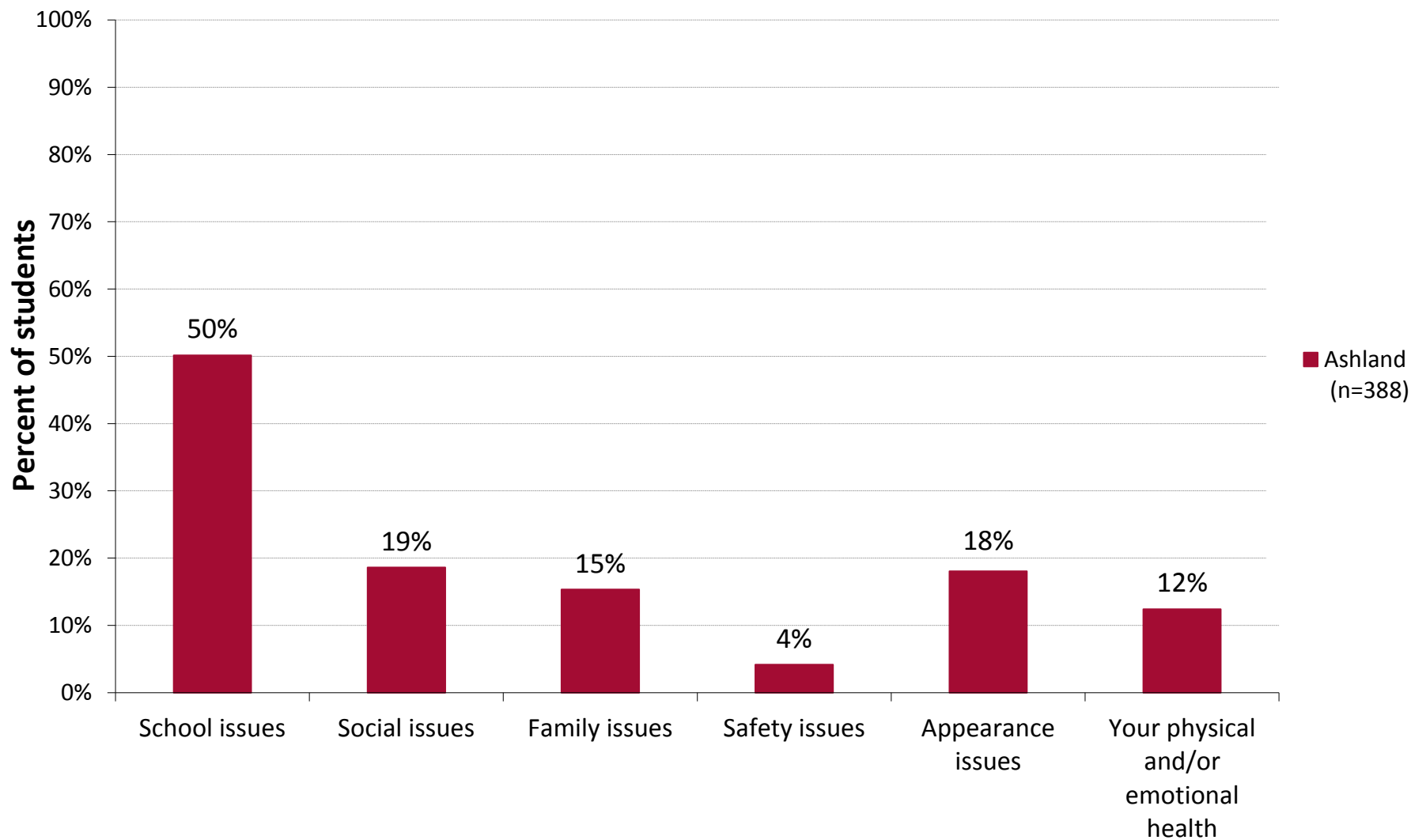
Ashland Middle School (Grades 7-8)

MetroWest Adolescent Health Survey



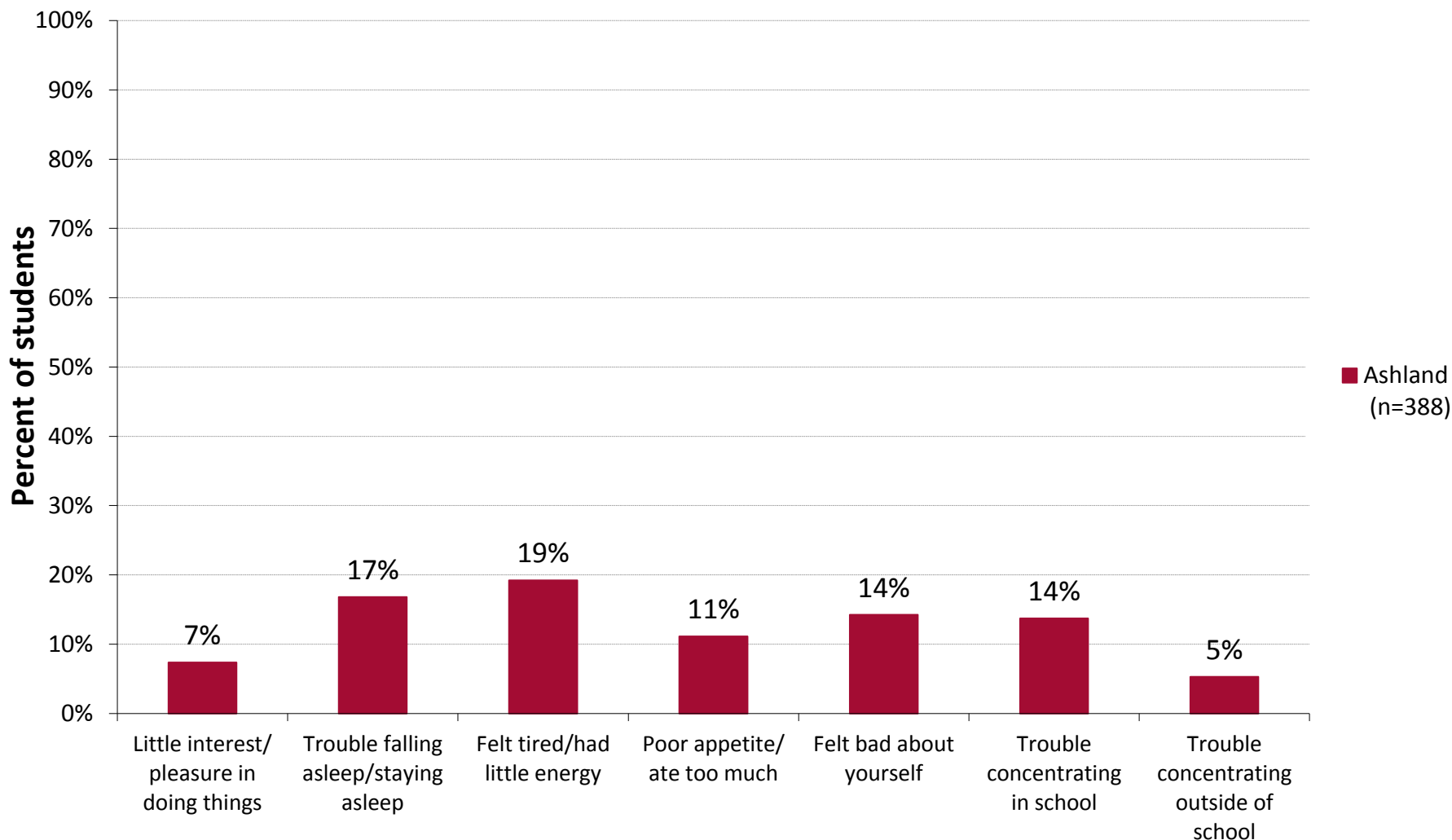
* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-2C. Sources of Stress,* 2016
Ashland Middle School (Grades 7-8)
MetroWest Adolescent Health Survey



* Student responded that they felt worried/stressed "often" or "very often"

Figure 5-3C. Symptoms of Being Stressed, Anxious, or Worried,* 2016 Ashland Middle School (Grades 7-8) *MetroWest Adolescent Health Survey*

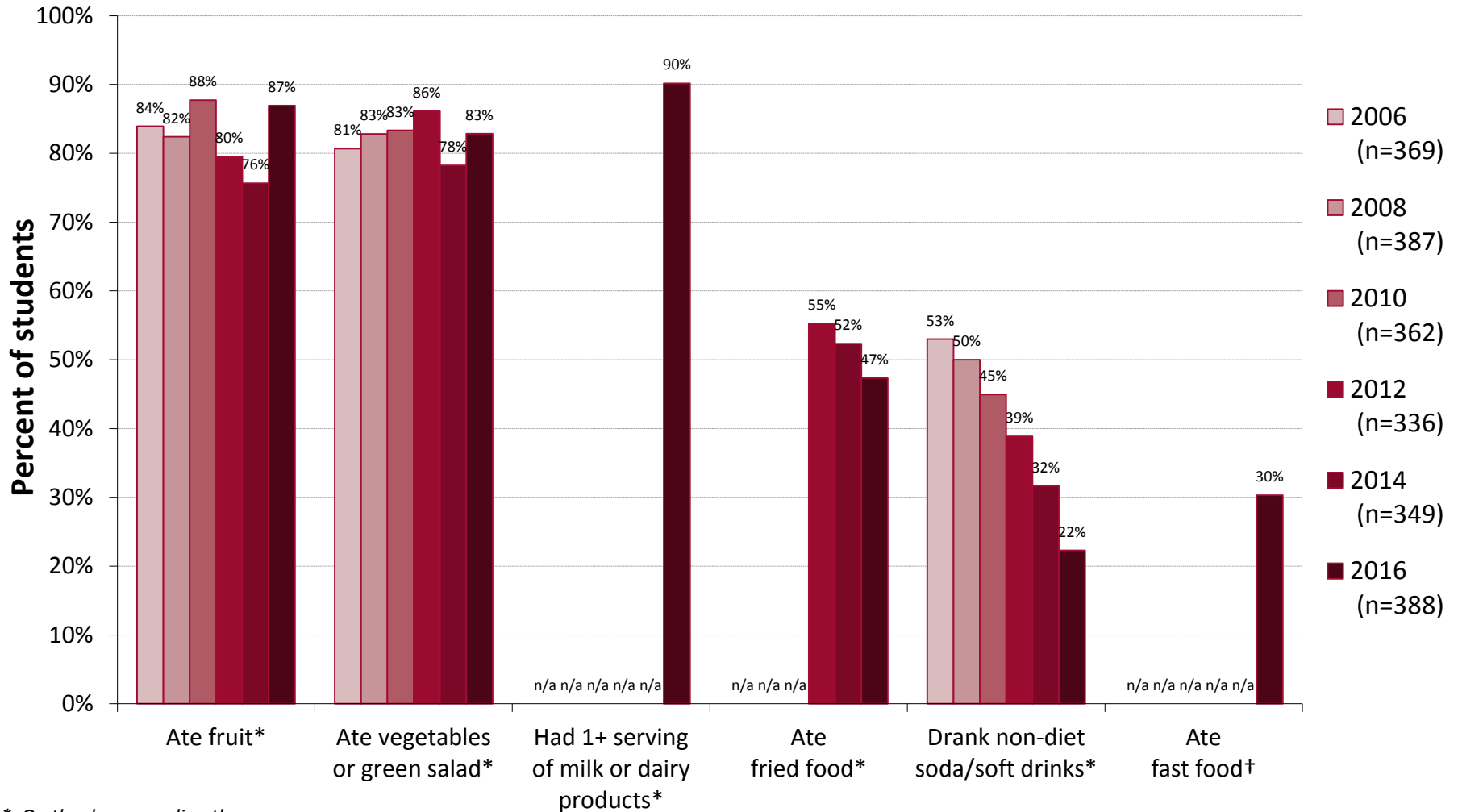


* Student responded "often" or "very often"; past 2 weeks

Figure 6-2C. Trends in Nutrition, 2006-2016

Ashland Middle School (Grades 7-8)

MetroWest Adolescent Health Survey

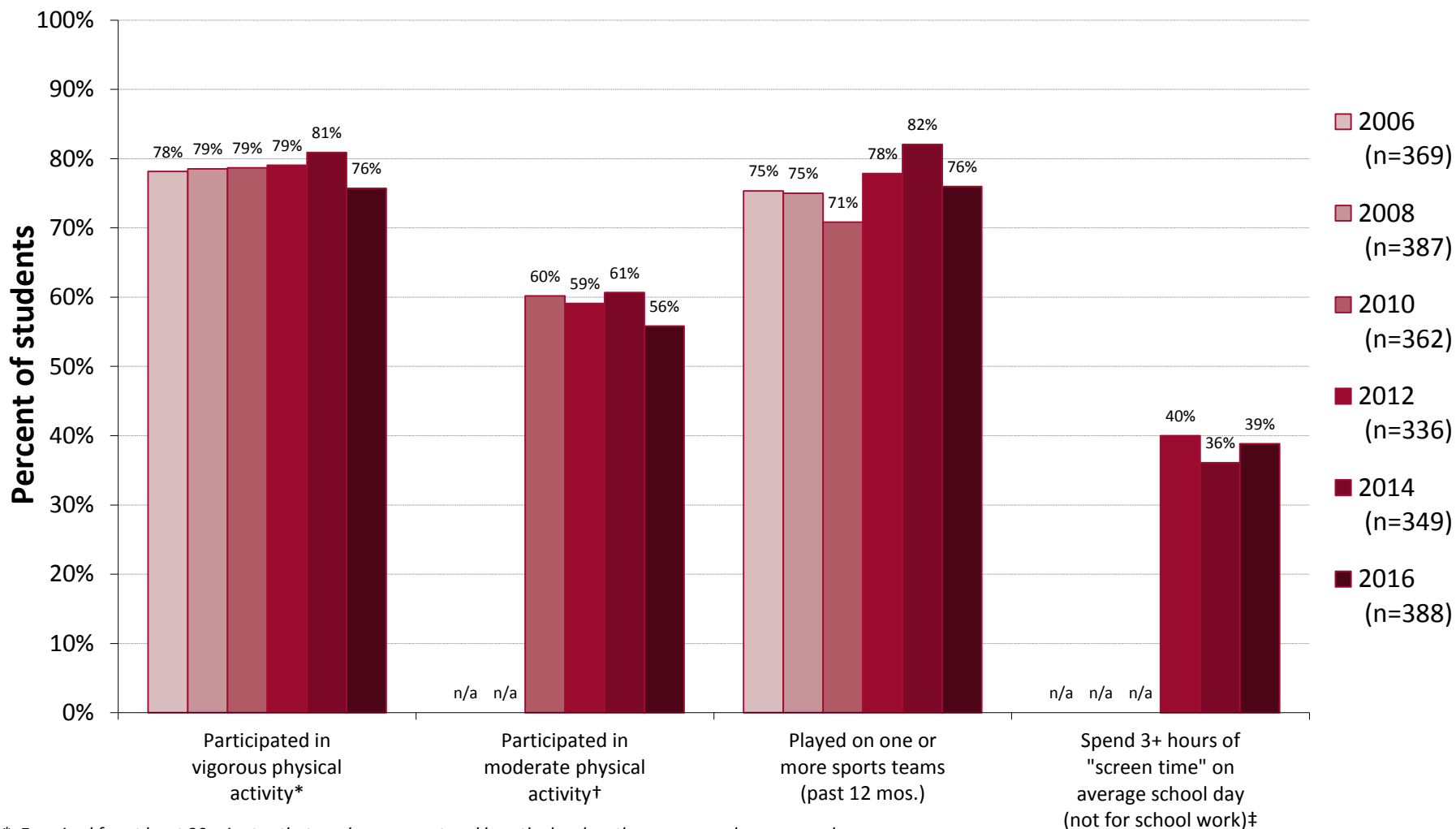


* On the day preceding the survey

† Past 7 days

‡ From 2006-2014, data included fruit and 1% fruit juice consumption. In 2016, data only included fruit consumption.

Figure 6-3C. Trends in Physical Activity, 2006-2016
Ashland Middle School (Grades 7-8)
MetroWest Adolescent Health Survey



* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

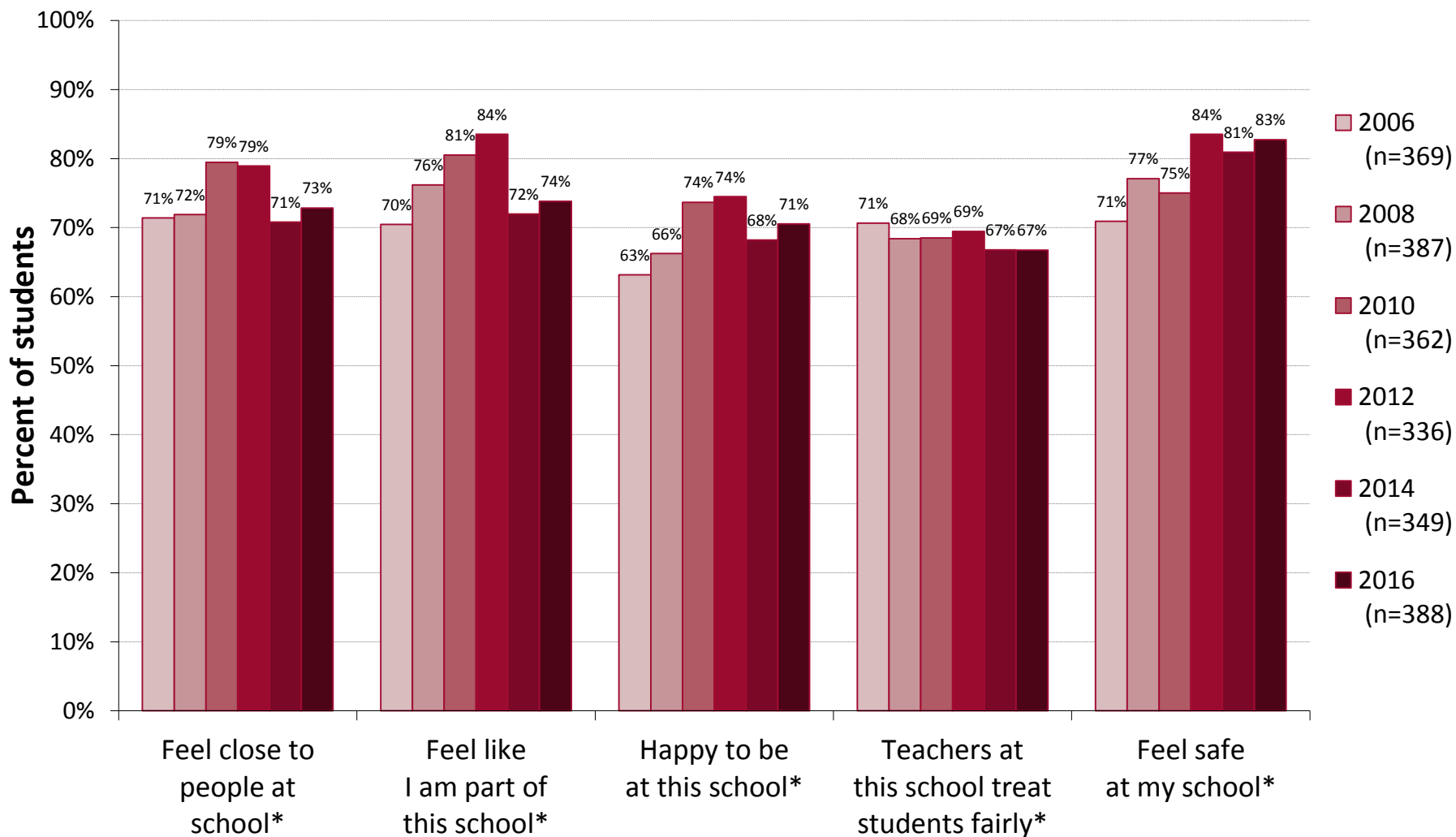
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Figure 7-1C. Trends in School Attachment, 2006-2016

Ashland Middle School (Grades 7-8)

MetroWest Adolescent Health Survey

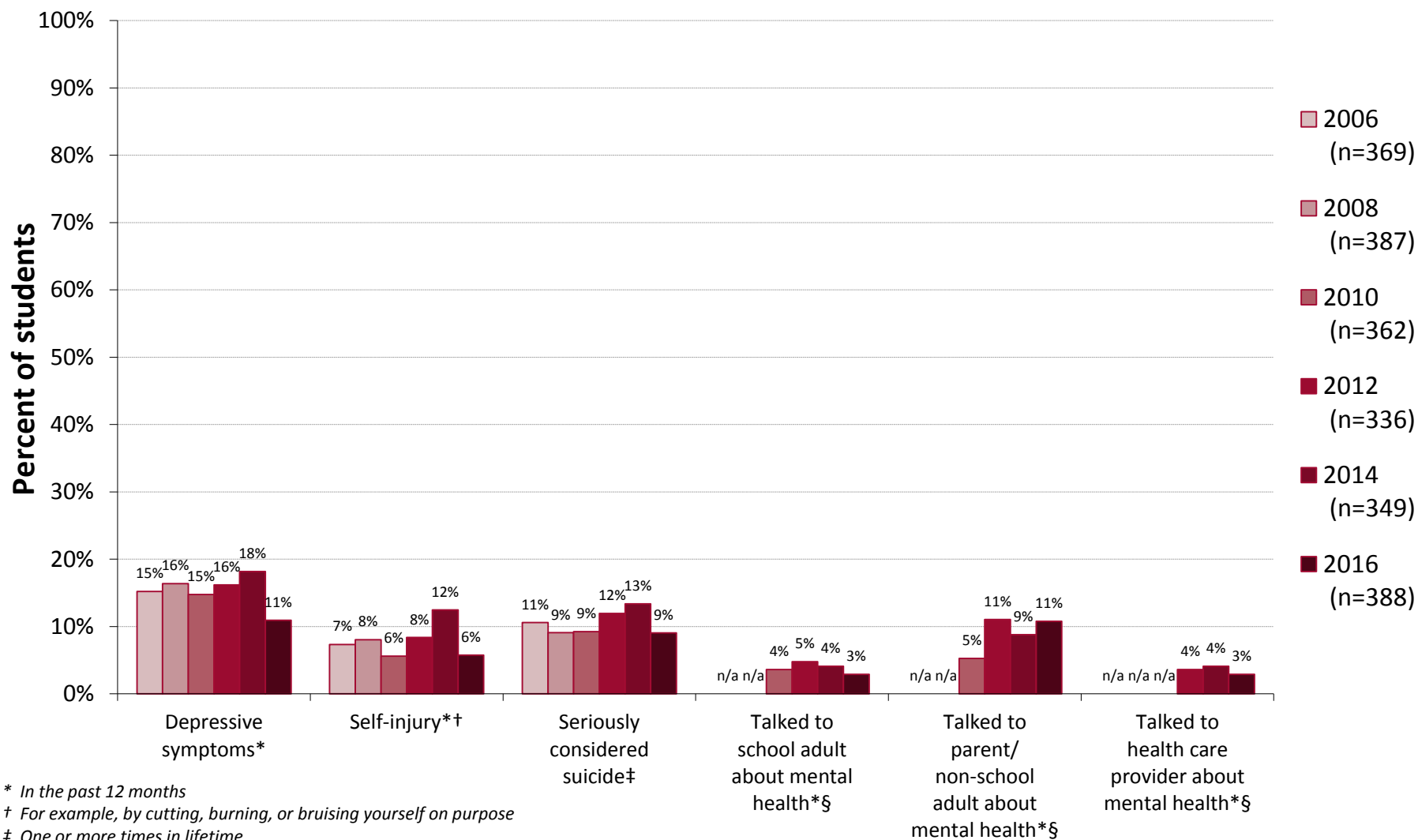


* Student responded "agree" or "strongly agree"

Figure 7-6C. Trends in Mental Health and Adult Support, 2006-2016

Ashland Middle School (Grades 7-8)

MetroWest Adolescent Health Survey



* In the past 12 months

† For example, by cutting, burning, or bruising yourself on purpose

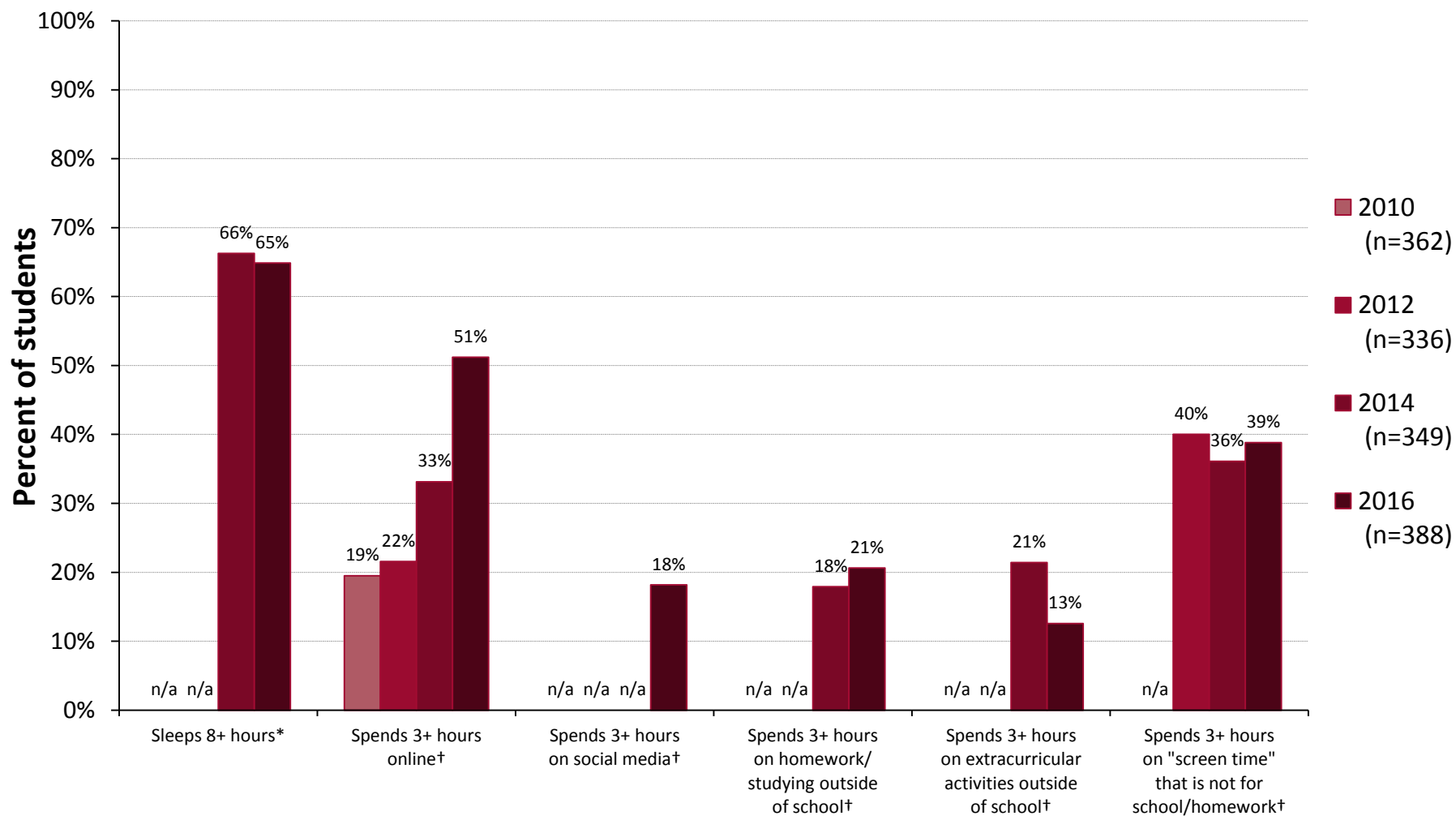
‡ One or more times in lifetime

§ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 9-1C. Trends in Student Time Utilization, 2010-2016

Ashland Middle School (Grades 7-8)

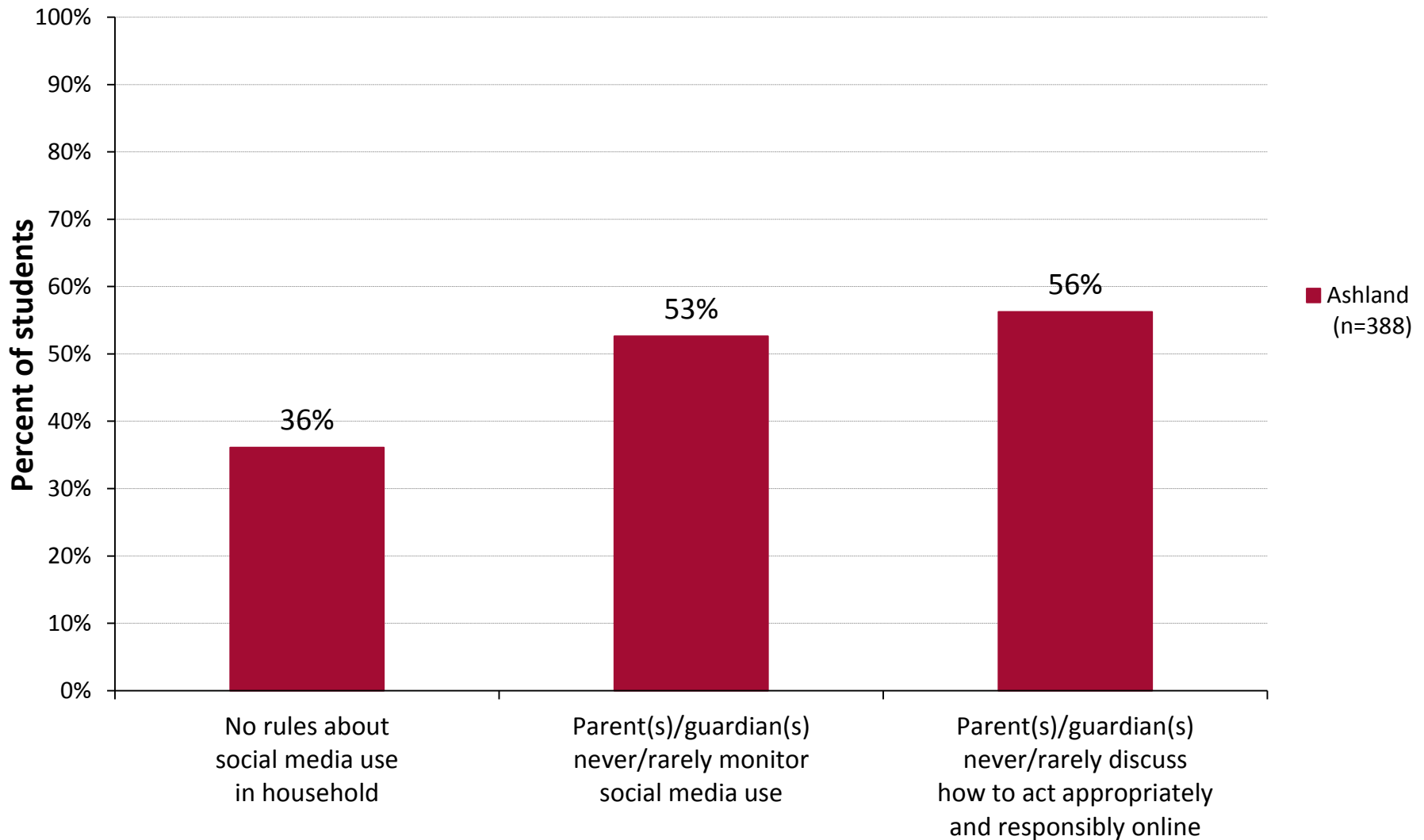
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* On an average school night

† On an average school day

Figure 9-2C. Household Rules, Monitoring, and Communication Regarding Online Behavior,* 2016
Ashland Middle School (Grades 7-8)
MetroWest Adolescent Health Survey



* Among students who use social media

1. Guidance addresses growth areas via Second Step and Advisory Initiatives(bullying, stress, emotional management)
2. Diversity/Acceptance Initiative in January
3. Continue to present students and staff learning opportunities around social emotional learning and stress management