

Highlights from the MetroWest Adolescent Health Survey

Informing data-driven school and community health policies and practices

2016 | Ashland High School

GRADES 9-12



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Ashland High School

Background and Methodology

The 2016 MetroWest Adolescent Health Survey (MWAHS) marks the beginning of a new decade in monitoring trends in adolescent health behaviors to advance school and community prevention efforts. Since 2006, the MWAHS has been administered every other year in communities served by the MetroWest Health Foundation, with the goal of supporting data-driven improvements in health programs and policies at the local and regional levels. Ashland High School has participated in the MWAHS since 2006.

The 2016 high school survey was administered to a census of students in grades 9 through 12 in all 26 high schools in the region served by the MetroWest Health Foundation. In total, 24,385 high school students in the region participated in this voluntary and anonymous survey. At Ashland High School, 675 students in grades 9 through 12 participated in the 2016 MWAHS, representing 90% of students.

As in previous survey waves, local procedures were followed to inform parents of the survey and give them the choice to opt out their child(ren). Students were also informed that their participation was voluntary and that no names or other identifying information were being collected. Data collection at each school was guided by a protocol that protected the privacy of students' responses.

Findings from the MWAHS are used by schools and communities to improve health education, inform prevention efforts, and set priorities for achieving a healthier youth population. Highlights from your district's data in the areas of substance use, violence, bullying, unintentional injury, mental health, sexual behavior, physical activity, and protective factors are provided.

Key Findings: Substance Use

Cigarette Smoking and Use of Electronic Cigarettes

2016 Patterns » **12% of students have smoked a cigarette in their lifetime, and 4% smoked recently (in the past 30 days).**

- » Males are more likely than females to smoke in their lifetime (14% compared with 8%) and in the past 30 days (5% compared with 2%).
- » Initiation of smoking increases from 8% in 9th grade to 17% in 12th grade.
- » 28% of youth have used an electronic cigarette or other electronic vapor product in their lifetime, and 18% used electronic cigarettes in the past 30 days. More males than females have used electronic cigarettes in their lifetime (36% vs. 20%), and by 12th grade, 42% of all students have used electronic cigarettes.

2006-2016 Trends » **Many fewer youth are smoking cigarettes: Reports of lifetime smoking decreased at every survey, from 38% in 2006 to 12% in 2016.**

- » Recent smoking decreased from 17% in 2006 to 3% in 2014, remaining similar at 4% in 2016.
- » Cigarette smoking decreased substantially among both males and females.
- » Lifetime use of electronic cigarettes or other electronic vapor products is higher in 2016 (28%) compared with 2014 (25%), when data on electronic cigarette use was first collected.
- » In the MetroWest region, reports of cigarette smoking have declined consistently since 2006.

Alcohol Use

2016 Patterns » **52% of students drank alcohol in their lifetime, and 34% drank in the past 30 days.**

- » 20% of youth reported recent binge drinking (defined as consuming 4 or more drinks in a row for females, or 5 or more drinks in a row for males in the past 30 days).
- » Lifetime and current alcohol use are similar among females and males.
- » Reports of binge drinking are slightly higher among males (22%) than females (19%); this does not take into account body weight or other factors that influence intoxication levels.
- » Alcohol use increases substantially by grade: Current drinking increases from 11% in 9th grade to 58% in 12th grade, and binge drinking increases from 4% to 42%.

2006-2016 Trends » **Lifetime alcohol use has declined substantially, from 69% in 2006 to 52% in 2016.**

- » Lifetime drinking declined among both females (from 69% in 2006 to 51% in 2016) and males (from 70% to 51%).
- » Current alcohol use decreased from 45% in 2006 to 31% in 2012, but was slightly higher in 2014-2016 at 34-36%.
- » Binge drinking is lower in 2016 (20%) compared with 2006 (27%), with reports ranging from 18-21% since 2008.
- » Drinking among high school youth has declined substantially in the MetroWest region.

Marijuana Use

2016 Patterns » **25% of youth have used marijuana in their lifetime, and 18% used marijuana in the past 30 days.**

- » Males are more likely than females to initiate marijuana use (30% compared with 20%) and report recent use (20% compared with 14%).
- » Marijuana use increases substantially by grade. For example, lifetime use increases from 7% in 9th grade to 50% in 12th grade. 36% of 12th grade students have used marijuana in the past 30 days.
- » 63% of youth report that marijuana is “fairly easy” or “very easy” to obtain.

2006-2016 Trends » **Marijuana use has declined substantially in recent surveys. For example, lifetime marijuana use decreased from a high of 37% in 2010 to 25% in 2016.**

- » Current marijuana use decreased from 27% in 2010 to 18% in 2014 and remained at this level in 2016.
- » Lifetime marijuana use is lower among both females and males in 2016 relative to prior years.
- » Marijuana use in the MetroWest region decreased from 2010 to 2016.

Prescription Drug Misuse

2016 Patterns » **5% of youth have misused prescription drugs in their lifetime (without a doctor’s prescription), and 4% have misused prescription drugs in the past 30 days.**

- » More males than females have misused prescription drugs in their lifetime (6% compared with 2%).
- » Lifetime prescription drug misuse increases from 9th grade (2%) to 12th grade (9%).
- » 2% of students have misused prescription opioids. Consistent with overall misuse of prescription drugs, nonmedical use of opioids is higher among males than females.

2006-2016 Trends » **Lifetime prescription drug misuse decreased from 12% in 2008 to 5% in 2016.**

- » Reports of prescription drug misuse are lower among both females and males in recent surveys.
- » There has also been a substantial decrease in prescription drug misuse in the MetroWest region since 2006.

Key Findings: Violence

Physical Fighting

2016 Patterns » **14% of youth have been in a physical fight in the past 12 months, and 5% have been in a fight on school property.**

- » Many more males than females report fighting (24% compared with 5%) and fighting on school property (8% compared with 1%).
- » Reports of physical fighting decrease by grade, from 19% in 9th grade to 10% in 12th grade.

2006-2016 Trends » **Fewer youth are reporting physical fighting. Reports of fighting in the past 12 months decreased steadily, from 27% in 2006 to 14% in 2016.**

- » During this time, reports of fighting on school property also decreased from 12% to 5%.
- » There were notable decreases in fighting among both males and females: From 2006 to 2016, fighting decreased from 41% to 24% among males, and from 14% to 5% among females.
- » In the MetroWest region, physical fighting has decreased steadily since 2006, both in general and on school property.

Weapon Carrying

2016 Patterns » **10% of youth carried a weapon in the past 30 days, and 2% carried a weapon on school property.**

- » Consistent with gender patterns for fighting, many more males (17%) than females (2%) report carrying weapons.
- » Reports of weapon carrying are similar in grades 9 through 12 at 9-10%.
- » 6% of youth were threatened or injured with a weapon in the past 12 months, and 4% were threatened or injured with a weapon on school property.

2006-2016 Trends » **Weapon carrying is slightly higher in 2016 (10%) compared with prior years (6-8%).**

- » However, reports of weapon carrying on school property decreased from 4% in 2006 to 2% in 2016.
- » There were also declines in reports of weapons-related threats and injuries, from 12% in 2006 to 6% in 2014-2016.
- » In the MetroWest region, weapon carrying has not changed substantially since the MWAHS began, but weapons-related threats and injuries have declined slightly.

Key Findings: Bullying and Cyberbullying

Bullying

- 2016 Patterns** » **21% of high school youth have been bullied in the past 12 months, and 21% have been bullied on school property. 11% of students report bullying other students.**
- » More females than males are victims of bullying in general (25% compared to 16%) and bullying on school property (22% compared to 18%).
 - » Reports of bullying at school decrease by grade, from 24% in 9th grade to 15% in 12th grade.
 - » Many bullying victims do not seek help from adults: Among students who were bullied at school in the past 12 months, 27% had talked to a school adult about being bullied, and 39% had talked to a parent or other adult outside of school.
 - » 18% of youth reported being verbally harassed in the past 12 months due to their race, ethnicity or culture, 8% due to their sexual orientation, 7% due to a disability, and 25% due to their appearance (height, weight, or how they look). This data was first collected in 2016.
- 2006-2016 Trends** » **School bullying declined steadily since 2006: Victimization on school property decreased from a high of 28% in 2010 to 24% in 2014, dropping further to 21% in 2016.**
- » Reports of overall bullying victimization also decreased, from 31% in 2010 to 21% in 2016.
 - » There are similar declines in bullying among both genders.
 - » Bullying victimization also decreased markedly in the MetroWest region from 2010 to 2016.

Cyberbullying

- 2016 Patterns** » **19% of youth report being victims of cyberbullying in the past 12 months, and 10% report cyberbullying someone else.**
- » Females are more likely to be victims of cyberbullying than males (22% vs. 16%).
 - » Cyberbullying decreases by grade, from 22% in 9th grade to 16% in 12th grade.
 - » 31% of youth spend three or more hours daily on social media (37% of females and 22% of males). Youth who spend more time online and on social media are also more likely to report being involved in cyberbullying.
 - » The majority of cyberbullying victims do not seek help from adults: Among students who were cyberbullied in the past 12 months, only 14% had talked to an adult at school and 28% had talked to a parent or other adult outside of school.
- 2006-2016 Trends** » **After increasing steadily from 15% in 2006 to 22% in 2014, reports of cyberbullying victimization are slightly lower in 2016 at to 19%.**
- » The recent decrease in cyberbullying was driven by a decrease among females, from a high of 29% in 2014 to 22% in 2016. Cyberbullying among males has been similar at 14-15% since 2012.
 - » Cyberbullying victimization has decreased slightly in MetroWest since 2012.

Key Findings: Impaired and Distracted Driving

Impaired Driving

- 2016 Patterns** » **17% of students report being a passenger in a car driven by someone who had been drinking alcohol in the past 30 days, and 9% rode with a high school driver who had been drinking.**
- » 16% of students report being a passenger in a car driven by a high school student who had been using marijuana.
 - » 4% of 11th and 12th grade students who drive report driving after drinking in the past 30 days, and 13% report driving after using marijuana.
 - » Males are more likely than females to report driving after using alcohol (8% compared to 2%) or marijuana (21% compared to 8%).
 - » 12th grade students are more likely to report driving after drinking or using marijuana than 11th grade students.
- 2006-2016 Trends** » **Reports of riding in a car driven by someone who had been drinking declined from 29% in 2006 to 14% in 2014; reports were slightly higher in 2016 at 17%.**
- » Many fewer high school drivers report driving after drinking, from 20% in 2006 to 4% in 2016.
 - » Reports of driving after using marijuana are slightly lower in 2016 (13%) compared with 2012 (16%). (2012 was the first year that driving after marijuana use was included in the survey.)
 - » Drinking and driving among youth in the MetroWest region has declined substantially since 2006, and driving after using marijuana is slightly lower since 2012.

Distracted Driving

- 2016 Patterns** » **31% of youth rode in a car with a high school driver who was texting in the past 30 days, and 44% of 11th and 12th grade drivers report texting while driving.**
- » Reports of texting while driving are higher among males than females (46% vs. 42%).
 - » Many more 12th grade drivers report texting while driving (63%) compared with 11th grade drivers (24%).
- 2006-2016 Trends** » **Reports of texting while driving among 11th and 12th grade drivers decreased from 43% in 2010 to 39% in 2014, but were higher at 44% in 2016.** (2010 was the first year that the survey asked about texting while driving.)
- » In the MetroWest region, texting while driving has decreased since 2010.

Key Findings: Mental Health

Stress

- 2016 Patterns** » **41% of students report that their life was very stressful in the past 30 days.**
- » Females are more than twice as likely as males to report this level of stress (56% vs. 26%).
 - » Reports of stress increase substantially by grade, from 32% in 9th grade to 53% in 12th grade.
 - » The most common source of stress is worrying due to school issues (73%). Specifically, 75% of students worry often or very often about getting good grades, 72% worry about finishing all of their work and studying, and 54% worry about plans after high school.
- 2006-2016 Trends** » **After remaining similar at 26-27% from 2006 to 2010, reports of stress increased substantially from 23% in 2012 to 41% in 2016.**
- » The overall increase in stress was greater among females (from 34% in 2006 to 56% in 2016) than among males (from 18% to 26%).
 - » In the MetroWest region, stress has increased substantially over the two most recent surveys.

Depressive Symptoms, Self-Injury, and Suicidality

- 2016 Patterns** » **17% of students reported depressive symptoms in the past 12 months (defined as feeling sad or hopeless for two or more weeks in a row).**
- » 12% of youth reported self-injury (defined as cutting, burning, or bruising oneself on purpose) in the past 12 months.
 - » 11% of youth said they had considered suicide in the past 12 months, and 4% had made a suicide attempt during this time.
 - » Females are much more likely than males to report depressive symptoms (22% vs. 11%) and self-injury (15% vs. 9%).
 - » 6% of both females and males have missed school on one or more of the past 30 days due to feeling sad or hopeless, or having thoughts about hurting themselves.
 - » In the current cohort of students, reports of mental health problems are highest in the 10th and 11th grades.
- 2006-2016 Trends** » **There has been a recent decrease in reports of depressive symptoms; however, reports of self-injury and suicide attempts have not changed substantially since 2006.**
- » For example, reports of depressive symptoms were lower in 2016 (17%) compared with 2014 (24%); prior reports ranged from 16-22%
 - » There were recent declines in depressive symptoms among both females and males.
 - » There have been small decreases in both depressive symptoms and self-injury in the MetroWest region in recent years, but not suicide attempts.

Key Findings: Sexual Behavior

Sexual Intercourse and Condom Use

- 2016 Patterns** » **23% of youth have engaged in sexual intercourse during their lifetime, and 19% are currently sexually active (had intercourse within the past three months).**
- » Among sexually active youth, 69% used a condom the last time they had intercourse.
 - » More males than females report having had intercourse (25% compared with 19%).
 - » The proportion of youth who have had intercourse in their lifetime increases from 8% in 9th grade to 45% in 12th grade. 38% of 12th grade youth are currently sexually active.

- 2006-2016 Trends** » **The proportion of youth reporting lifetime sexual intercourse decreased from 33% in 2006 to 24% in 2012 and remained similar at 23% in 2014-2016.**
- » There is also a slight decrease in the number of youth who are currently sexually active.
 - » Condom use among youth who are currently sexually active is higher in 2016 (69%) compared with 2006 (58%).
 - » Regional data shows a recent decrease in sexual intercourse.

Key Findings: Physical Activity, Sleep and Overweight/Obesity

Physical Activity

- 2016 Patterns** » **54% of youth report moderate physical activity**, defined as activity that increases your heart rate/makes you breathe hard some of the time for 60 minutes on 5 of the past 7 days.
- » 69% of youth report vigorous physical activity, defined as activity that makes you sweat or breathe hard for 20 minutes on 3 or more of the past 7 days.
 - » Males are more likely than females to report moderate physical activity (61% compared to 48%) and vigorous physical activity (71% compared with 68%).
 - » Reports of moderate physical activity decrease from 63% in 9th grade to 47% in 12th grade.
 - » 38% of youth spend three or more hours of non-homework related screen time on an average school day, which may be an indicator of sedentary behavior.

- 2006-2016 Trends** » **The proportion of youth exercising moderately on five or more days per week increased from a low of 30% in 2008 to 54% in 2016.**
- » There have been increases in physical activity among both females and males.
 - » This trend in physical activity is consistent with MetroWest regional data.

Sleep

- 2016 Patterns** » **Only 18% of youth get 8 or more hours of sleep on an average school night.**
- » More males than females get 8 hours of sleep per night (23% compared to 14%).
 - » Reports of getting 8 or more hours of sleep decrease substantially as students get older, from 28% in 9th grade to 12% in 12th grade.
- 2006-2016 Trends** » **The proportion of youth sleeping 8 or more hours on an average school night is substantially lower in 2016 (18%) compared with 2014 (27%).** (2014 was the first year that sleep data was collected.)
- » Youth in the MetroWest region report slightly less sleep over the last two surveys.

Overweight/Obesity

- 2016 Patterns** » **18% of youth are overweight or obese.** (Reports are based on self-reported height and weight, which is used to calculate body mass index. Overweight/obesity is defined as being in the 85th percentile or above for body mass index by age and gender.)
- » Males are more likely than females to be overweight or obese (25% compared with 12%).
 - » Overweight/obesity ranges from 16-23% by grade.
- 2006-2016 Trends** » **Overweight /obesity is lower in 2016 (18%) compared with prior years (21-23%).**
- » In the MetroWest region, overweight/obesity has not changed notably over the six surveys.

Key Findings: Protective Factors

School Attachment and Engagement

- 2016 Patterns** » **About 7 out of 10 youth report being engaged in and connected with their school.** This is indicated by agreement with statements such as “I feel close to people at this school” (73%), “I am happy to be at this school” (66%), and “I feel safe in my school” (82%).
- » A majority of both males and females report high levels of school attachment.
 - » School attachment does not show a consistent pattern by grade in 2016.
- 2006-2016 Trends** » **Some measures of school attachment have increased. For example, from 2006 to 2016, reports of feeling close to people at school increased from 66% to 73%, and reports of being happy at this school increased from 60% to 66%.**
- » School attachment has been similar in the MetroWest region since 2006.

Adult Support

2016 Patterns » **73% of youth have at least one teacher or other adult at school to talk to if they have a problem, and 90% of youth have a parent or other adult outside of school to talk to about things that are important to them.**

- » Adult support at school is similar among both genders and increases substantially during the high school years, from 63% in 9th grade to 87% in 12th grade.
- » Reports of adult support outside of school are similar across genders and vary from 85-93% by grade.

2006-2016 Trends » **Reports of adult support at school increased steadily from 58% in 2006 to 73% in 2016.**

- » Adult support outside of school has also increased, from 86% in 2006 to 90% in 2016.
- » In the MetroWest region, there has been an increase in adult support at school since 2006.

Conclusions

For more than a decade, the MWAHS has monitored trends in adolescent health, informing local decisions and strategies to improve education, policy, and prevention efforts across the MetroWest region. Each survey that is administered provides new data to highlight areas of progress as well as to draw attention to emerging risks and continued areas for concern. The 2016 data show that Ashland is making important advances in some behavioral health areas, such as cigarette smoking, school bullying, and fighting. While these demand continued attention, the data also highlight other areas of concern, including stress and mental health. Continued use of the MWAHS data to identify priorities and drive local decisions will help to address the greatest challenges to adolescent health and lead to safer and healthier communities.

Ashland High School (Grades 9-12)

2006-2016 Trends in Key Indicators

MetroWest Adolescent Health Survey

	Year of Survey (%)					
	2006 (637)	2008 (650)	2010 (672)	2012 (665)	2014 (652)	2016 (675)
SUBSTANCE USE						
Lifetime cigarette smoking	37.5	34.0	26.6	19.0	13.2	11.7
Current cigarette smoking (past 30 days)	16.5	16.9	11.8	7.9	3.4	4.0
Lifetime alcohol use	69.4	62.1	56.0	53.6	58.9	51.6
Current alcohol use (past 30 days)	44.5	35.7	30.8	31.2	36.1	34.4
Binge drinking (past 30 days)*	26.5	21.0	19.3	19.8	18.1	20.1
Rode with driver who had been drinking (past 30 days)	28.6	22.7	21.2	20.4	14.0	16.7
Lifetime marijuana use	33.0	32.9	36.9	30.8	27.9	25.4
Current marijuana use (past 30 days)	17.0	25.6	26.6	20.5	18.3	17.5
Lifetime prescription drug misuse [†]	10.0	11.5	9.3	8.5	6.9	4.8
VIOLENCE						
Physical fighting (past 12 months)	26.9	21.0	21.5	16.7	13.5	14.2
Physical fighting on school property (past 12 months)	11.7	9.1	8.5	6.9	4.7	4.6
Carried a weapon (past 30 days)	8.1	6.3	7.5	6.8	7.3	10.0
Carried a weapon on school property (past 30 days)	4.4	2.9	2.7	2.9	2.2	2.1
BULLYING VICTIMIZATION						
Bullying victim (past 12 months)	29.1	30.0	30.9	26.4	25.7	21.1
Bullying victim on school property (past 12 months)	26.7	26.3	28.3	24.5	23.7	20.5
Cyberbullying victim (past 12 months)	15.4	18.1	20.9	20.3	22.2	19.3
MENTAL HEALTH						
Life "very" stressful (past 30 days)	26.4	27.3	26.2	23.1	34.2	41.4
Depressive symptoms (past 12 months)	22.3	19.2	18.4	16.4	23.8	16.9
Self-injury (past 12 months)	11.9	13.3	12.0	13.0	14.1	12.4
Considered suicide (past 12 months)	11.0	10.9	10.5	11.3	13.0	11.2
Attempted suicide (past 12 months)	4.6	3.9	4.5	4.6	4.9	3.6
SEXUAL BEHAVIOR						
Lifetime sexual intercourse	32.6	27.3	29.6	24.3	22.9	22.8
Currently sexually active (past 3 months)	22.7	20.4	22.1	19.7	18.7	19.3
Condom use at last intercourse (among sexually active youth)	58.0	68.2	65.0	72.2	71.2	68.5
PHYSICAL ACTIVITY AND BODY WEIGHT						
Exercised for ≥60 minutes on 5 or more days/week	38.4	29.9	39.2	44.1	45.4	54.0
Overweight or obese [‡]	21.3	21.3	22.7	20.6	20.6	17.8

* From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion 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.

† Without a doctor's prescription

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

Ashland High School (Grades 9-12)

2016 Gender Patterns for Key Indicators

MetroWest Adolescent Health Survey

	Gender (%)		Total (%)
	Female (347)	Male (315)	
SUBSTANCE USE			
Lifetime cigarette smoking	8.1	14.1	11.7
Current cigarette smoking (past 30 days)	1.7	5.2	4.0
Lifetime alcohol use	51.2	51.0	51.6
Current alcohol use (past 30 days)	33.8	34.0	34.4
Binge drinking (past 30 days)*	18.6	21.5	20.1
Rode with driver who had been drinking (past 30 days)	14.2	18.8	16.7
Lifetime marijuana use	20.3	29.8	25.4
Current marijuana use (past 30 days)	13.7	20.1	17.5
Lifetime prescription drug misuse [†]	2.3	6.2	4.8
VIOLENCE			
Physical fighting (past 12 months)	4.9	23.6	14.2
Physical fighting on school property (past 12 months)	0.9	8.3	4.6
Carried a weapon (past 30 days)	2.0	17.2	10.0
Carried a weapon on school property (past 30 days)	0.3	3.5	2.1
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	24.9	16.2	21.1
Bullying victim on school property (past 12 months)	21.7	18.1	20.5
Cyberbullying victim (past 12 months)	21.5	15.9	19.3
MENTAL HEALTH			
Life "very" stressful (past 30 days)	55.8	25.6	41.4
Depressive symptoms (past 12 months)	21.9	11.2	16.9
Self-injury (past 12 months)	14.8	9.2	12.4
Considered suicide (past 12 months)	12.2	9.2	11.2
Attempted suicide (past 12 months)	3.2	3.3	3.6
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	19.2	25.4	22.8
Currently sexually active (past 3 months)	17.9	19.9	19.3
Condom use at last intercourse (among sexually active youth)	72.1	69.0	68.5
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	48.4	60.8	54.0
Overweight or obese [‡]	12.3	25.3	17.8

* From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion 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.

† Without a doctor's prescription

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

Ashland High School (Grades 9-12)

2016 Grade Patterns for Key Indicators

MetroWest Adolescent Health Survey

	Grade (%)				Total (%)
	9 th (196)	10 th (149)	11 th (159)	12 th (164)	
SUBSTANCE USE					
Lifetime cigarette smoking	7.7	4.7	16.5	16.7	11.7
Current cigarette smoking (past 30 days)	2.6	3.4	4.4	4.3	4.0
Lifetime alcohol use	30.4	49.3	56.1	73.0	51.6
Current alcohol use (past 30 days)	10.8	34.0	38.9	57.7	34.4
Binge drinking (past 30 days)*	3.6	20.7	16.0	42.0	20.1
Rode with driver who had been drinking (past 30 days)	14.3	17.4	19.0	16.0	16.7
Lifetime marijuana use	7.3	16.2	30.1	49.7	25.4
Current marijuana use (past 30 days)	4.1	9.6	21.2	35.8	17.5
Lifetime prescription drug misuse [†]	1.5	4.1	4.5	9.3	4.8
VIOLENCE					
Physical fighting (past 12 months)	18.9	14.2	11.3	9.9	14.2
Physical fighting on school property (past 12 months)	6.1	4.8	3.8	2.5	4.6
Carried a weapon (past 30 days)	9.7	8.8	10.1	10.4	10.0
Carried a weapon on school property (past 30 days)	1.0	2.0	1.9	3.0	2.1
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	24.5	24.2	18.9	16.0	21.1
Bullying victim on school property (past 12 months)	23.5	22.8	19.5	14.7	20.5
Cyberbullying victim (past 12 months)	21.9	21.6	17.1	16.1	19.3
MENTAL HEALTH					
Life "very" stressful (past 30 days)	32.0	38.4	44.6	52.8	41.4
Depressive symptoms (past 12 months)	14.1	19.0	20.9	14.2	16.9
Self-injury (past 12 months)	8.9	17.0	13.3	10.9	12.4
Considered suicide (past 12 months)	7.9	13.6	15.8	7.7	11.2
Attempted suicide (past 12 months)	2.6	6.1	4.4	1.3	3.6
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	7.9	13.2	26.3	44.9	22.8
Currently sexually active (past 3 months)	5.8	11.7	23.1	38.1	19.3
Condom use at last intercourse (among sexually active youth)	63.6	58.8	85.7	62.7	68.5
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	62.7	54.9	49.7	47.0	54.0
Overweight or obese [‡]	15.5	22.8	16.8	16.3	17.8

* From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion 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.

† Without a doctor's prescription

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

This report was prepared by
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