

Highlights from the MetroWest Adolescent Health Survey

*Informing data-driven school and community
health policies and practices*



2018

Ashland Middle School

GRADES 6-8



**METROWEST
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Ashland Middle School Report

Background and Methodology

The MetroWest Adolescent Health Survey (MWHAS), an initiative of the MetroWest Health Foundation, signifies a deep commitment to improving adolescent health and wellness by supporting data-driven advancements in prevention efforts, programs, and policies. The 2018 survey is the 7th administration of the MWAHS, which has been administered every other year since 2006 in the region served by the MetroWest Health Foundation. In 2018 alone, over 41,000 middle and high school students in all 25 communities in the region participated in the survey. Ashland Middle School has participated in the MWAHS since 2006.

The 2018 middle school survey was administered to a census of students in grades 7 and 8 in 24 school districts in the MetroWest Region. Nineteen school districts chose to include 6th grade in their surveys. In total, 16,799 middle school students in the region participated in this voluntary and anonymous survey. At Ashland Middle School, 582 students in grades 6 through 8 participated in the 2018 MWAHS, representing 94% 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.

This report summarizes current youth behaviors on key health indicators in the areas of substance use, violence, bullying, mental health, physical activity, and protective factors. The 2018 reports include new information on emerging trends such as use of electronic vapor products (including e-cigarettes) and areas of heightened concern, such as stress and anxiety, and social media use. The data allow for an examination of behavioral trends across seven time points from 2006 to 2018. Current data from 2018 are provided by sex and grade, and trends over the seven waves of the MWAHS are highlighted.

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. By monitoring trends in adolescent health and risk behaviors for well over a decade, the survey data has improved efforts across the region to better understand, prioritize, and address the most pressing physical and mental health challenges facing youth today.

Key Findings: Substance Use

Cigarette Smoking (Conventional)

- 2018 Patterns (Grades 6-8)** » **2% of students have smoked a cigarette in their lifetime, and fewer than 1% smoked recently (in the past 30 days).**
- » Lifetime smoking is low among both males (2%) and females (1%).
 - » Initiation of smoking increases from less than 1% in 6th grade to 4% in 8th grade.
- 2006-2018 Trends (Grades 7-8)** » **Youth smoking has declined substantially: Reports of lifetime smoking decreased from 12% in 2006 to 3% in 2018.**
- » During the same period, current smoking (in the past 30 days) dropped from 5% to 1%.
 - » Cigarette smoking decreased considerably among both males and females.
 - » In the MetroWest region, reports of cigarette smoking in middle school have declined steadily since 2006.

Electronic Vapor Products*

- 2018 Patterns (Grades 6-8)** » **8% of youth have tried an electronic vapor product (EVP) in their lifetime, and 5% used EVPs in the past 30 days.**
- » Lifetime EVP use is similar among females and males, but current use is higher among females (7%) than males (3%).
 - » Lifetime EVP use increases from 3% in 6th grade to 18% in 8th grade, and current use increases from 0% to 11%.
 - » 77% of youth perceive moderate or great risk in using EVPs, with higher perceptions of risk among females and younger students.
- 2006-2018 Trends (Grades 7-8)** » **EVP use has increased rapidly in the last two years: The proportion of youth who ever tried EVPs increased from 6% in 2016 to 11% in 2018.** (Data on EVP use was first collected in 2014.)
- » Current EVP use increased from 3% in 2016 to 7% in 2018.
 - » The increase in EVP use in the last two years was primarily due to females. For example, lifetime use increased from 3% in 2016 to 12% in 2018 among females, and from 9% to 10% among males.
 - » Despite the increase in EVP use, perception of risk rose from 62% in 2014 to 74% in 2016 and remained at that level in 2018.
 - » Reports of EVP use in the MetroWest region have risen rapidly since 2016.

* Electronic vapor products (EVPs) include electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Alcohol Use

- 2018 Patterns (Grades 6-8)** » **8% of students drank alcohol in their lifetime, and 3% drank in the past 30 days.**
- » 1% of middle school youth report recent binge drinking.*
 - » More males than females initiate alcohol use during the middle school years (9% compared to 6%); however, current drinking is similar by sex.
 - » Alcohol use increases substantially by grade: Lifetime use increases from 5% in 6th grade to 11% in 8th grade. Current drinking increases from 1% in 6th grade to 5% in 8th grade.
 - » 1% of students report ever being a passenger in a car driven by a high school student who had been drinking alcohol.
- 2006-2018 Trends (Grades 7-8)** » **Reports of alcohol use in middle school have declined substantially since 2006.**
- » Lifetime use declined from 20% in 2006 to 9% in 2018.
 - » Current use declined from 10% in 2006 to 3% in 2016 and remained steady at 3% in 2018.
 - » Binge drinking has been steady at 1-2% since 2010, slightly lower than 2006 levels (4%).
 - » Drinking declined overall among both males and females since 2006, with a greater decline among males. For example, lifetime drinking decreased from 29% in 2006 to 10% in 2018 among males, and from 13% to 8% among females.
 - » In the MetroWest region, alcohol use declined substantially from 2006 to 2016, and then remained similar in 2018.

Marijuana Use

- 2018 Patterns (Grades 6-8)** » **2% of middle school youth have ever used marijuana in their lifetime, and 1% used marijuana in the past 30 days.**
- » Marijuana use is similar by sex.
 - » A small proportion of youth initiate marijuana use in middle school, with lifetime use increasing from 0% in 6th grade to 6% in 8th grade.
 - » 14% of youth report that marijuana is “fairly easy” or “very easy” to obtain.
 - » 84% of youth perceive that using marijuana is of “moderate” or “great risk.” Lower risk perception is associated with increased use.
- 2006-2018 Trends (Grades 7-8)** » **After past declines, marijuana use is steady in 2018. For example, lifetime use decreased from 6% in 2006 to 3% in 2014, and has remained at that level over the last two surveys.**
- » Lifetime use in 2018 is lower among both females and males compared with 2006 levels, with a greater decrease among males.
 - » Current marijuana use has been similar from less than 1% to 2% since 2014, with prior reports ranging from 3-5%.
 - » Marijuana use in the MetroWest region has levelled in 2018 after previous declines.

* Binge drinking is 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. This does not take into account body weight or other factors that influence intoxication levels.

Key Findings: Violence

Physical Fighting

- 2018 Patterns (Grades 6-8)** » **32% of youth have been in a physical fight in their lifetime, and 11% have been in a fight on school property.**
- » Many more males than females report fighting overall (50% compared with 14%) and on school property (19% compared with 4%).
 - » The proportion of youth who have engaged in physical fighting in their lifetime is similar by grade, ranging from 31-34%.
- 2006-2018 Trends (Grades 7-8)** » **Fewer youth are involved in physical fights. Reports of lifetime physical fighting decreased from 45% in 2006 to 31% in 2016 and remained similar at 32% in 2018.**
- » Reports of fighting on school property decreased from 24% in 2006 to 11% in 2012 and have been similar in recent surveys.
 - » There have been notable decreases in fighting among both males and females: From 2006 to 2018, lifetime fighting decreased from 69% to 50% among males, and from 22% to 15% among females.
 - » In the MetroWest region, physical fighting decreased steadily in early years of the MWAHS, both overall and on school property, and have been similar in recent reports.

Weapon Carrying

- 2018 Patterns (Grades 6-8)** » **10% of youth carried a weapon in their lifetime, and less than 1% carried a weapon on school property.**
- » Consistent with patterns for physical fighting, many more males (16%) than females (3%) report carrying weapons in their lifetime.
 - » Lifetime reports of weapon carrying range from 6-15% by grade.
- 2006-2018 Trends (Grades 7-8)** » **Weapon carrying is lower in 2018 than in prior surveys: decreasing steadily from a high of 23% in 2012 to 12% in 2018.**
- » Weapon carrying on school property declined gradually from 3-4% in 2006-2008 to less than 1% in 2018.
 - » Reports of weapon carrying decreased notably among males (from 35% in 2012 to 19% in 2018) and females (from 12% to 4%).
 - » In MetroWest, weapon carrying declined slightly in 2018 after remaining steady in prior years.

Key Findings: Bullying and Cyberbullying

Bullying

- 2018 Patterns (Grades 6-8)** » **30% of middle school youth have been bullied in the past 12 months, and 28% have been bullied on school property. 9% of students report bullying other students.**
- » Bullying victimization is higher among females than males overall (33% compared to 28%) and on school property (31% compared to 26%).
 - » Reports of bullying at school are similar at 27-30% by grade.
 - » 17% of youth reported being verbally harassed in the past 12 months due to their race, ethnicity or culture, 5% due to their sexual orientation or gender identity, 6% due to a disability, and 32% due to their appearance (height, weight, or how they look).
 - » Youth with learning and/or physical disabilities are also more likely to be bullied at school than youth without disabilities (44% vs. 27%).
 - » Among students bullied at school, 42% had talked to a school adult, and 67% had talked to a parent/adult outside of school.
- 2006-2018 Trends (Grades 7-8)** » **After declining from 44% in 2006 to 25% in 2014-2016, school bullying victimization is slightly higher in 2018 at 29%. Future data will show if this is indicative of a trend.**
- » Reports of overall bullying victimization follow a similar pattern.
 - » The increase in school bullying is driven largely by females: From 2016 to 2018, reports rose from 25% to 32% among females, and from 25% to 27% among males.
 - » Bullying victimization is also higher in 2018 in MetroWest after decreasing in prior years.

Cyberbullying

- 2018 Patterns (Grades 6-8)** » **18% of youth report being victims of cyberbullying in the past 12 months, and 5% report cyberbullying someone else.**
- » Females are more likely to be victims of cyberbullying than males (22% vs. 13%).
 - » Cyberbullying is lower in 6th grade (13%) than in 7th and 8th grades (19-21%).
 - » While youth with disabilities are more likely to be bullied at school than youth without disabilities, reports of cyberbullying do not differ by disability status.
 - » Many cyberbullying victims do not seek help from adults: Among students who were cyberbullied in the past 12 months, 24% talked to a school adult and 40% talked to a parent/other non-school adult.
- 2006-2018 Trends (Grades 7-8)** » **Reports of cyberbullying have been similar at 20-21% since 2012, slightly higher than earlier surveys (16-19%).**
- » Cyberbullying is similar among females in 2018 (24%) vs. 2006 (23%), after peaking at 30% in 2014. Reports among males are slightly higher in 2018 (17%) compared with 2006 (14%).
 - » Cyberbullying victimization has levelled in MetroWest in 2018 after a prior increase.

Key Findings: Mental Health

Stress and Anxiety

- 2018** » **16% of students report that their life was very stressful in the past 30 days.**
- Patterns** » Females are much more likely to report this level of stress than males (21% vs. 12%).
- (Grades 6-8)** » Reports of stress increase by grade, from 14% in 6th grade to 22% in 8th grade.
- » School is the most common source of stress, reported by 47% of youth. This is followed by stress related to social issues (23%), appearance issues (21%) and family issues (18%).
 - » 20% of students report feeling nervous, anxious, or on edge on at least half the days in the past two weeks, and 17% report feeling unable to stop or control worrying. Reports of anxiety symptoms are higher among females than males and increase during middle school.
 - » 19% of youth report feeling tired or having little energy, 20% report sleeping problems, 22% report having trouble concentrating in school, and 16% report eating problems due to feeling stressed, anxious, or worried in the past two weeks.
- 2006-2018** » **After remaining steady at 12% from 2006 to 2012, reports of life being very stressful in the past 30 days increased to 18% in 2016 and remained at that level in 2018.**
- Trends** » The overall increase in stress from 2006 to 2018 is driven largely by an increase among females, from 13% to 23%. Stress increased among males from 11% to 13% during this time.
- (Grades 7-8)** » In the MetroWest region, stress continued to rise notably from 2016 to 2018 after an earlier increase.

Depressive Symptoms, Self-Injury, and Suicidality

- 2018 Patterns (Grades 6-8)**
- » **15% of students reported depressive symptoms in the past 12 months.^{*}**
 - » **8% of youth reported self-injury in the past 12 months.[†]**
 - » **12% of youth have seriously considered suicide in their lifetime, and 2% have made a suicide attempt.**
 - » Females are more likely than males to report depressive symptoms, self-injury, and suicidal thoughts. For example, 17% of females and 12% of males report depressive symptoms.
 - » Reports of depressive symptoms and self-injury in the past 12 are higher in 8th grade compared with 6th and 7th grades. Lifetime reports of suicidal thoughts and attempts also increase by grade.
 - » Youth with disabilities report more mental health problems than youth without disabilities, including depressive symptoms (21% vs. 14%), self-injury (16% vs. 7%) and seriously considering suicide (23% vs. 10%).
 - » Many youth who report mental health problems are not receiving mental health services:
 - » Among students reporting depressive symptoms in the past 12 months, 28% talked to a school counselor, therapist, or psychologist at school, 5% talked to a school nurse, and 23% of students talked to a therapist, psychologist, or other mental health professional outside of school.
- 2006-2018 Trends (Grades 7-8)**
- » **After declines in mental health reported in 2016, 2018 reports indicate higher levels of depressive symptoms, self-injury, and suicidal thoughts.**
 - » Specifically, reports of depressive symptoms increased from 11% in 2016 to 16% in 2018, with prior surveys ranging from 15-18%.
 - » Self-injury is slightly higher in 2018 (8%) compared with 2016 (6%), after reaching a peak of 13% in 2014.
 - » Lifetime reports of seriously considering suicide are higher in 2018 (15%) compared with earlier surveys (9-13%), while lifetime reports of suicide attempts have been somewhat similar in the range of 2-4% since 2016.
 - » The increases in mental health problems are higher in 2018 compared with 2016 among both females and males.
 - » Reports of mental health problems among MetroWest youth are higher in 2018 compared with past surveys.

^{*} Depressive symptoms are defined as feeling sad or hopeless almost every day for two or more weeks during the past 12 months.

[†] Self-injury is defined as cutting, burning, or bruising oneself on purpose in the past 12 months.

Key Findings: Physical Activity, Overweight/Obesity, Sleep

Physical Activity

- 2018 Patterns (Grades 6-8)** » **60% of youth report moderate physical activity in the past week,* and 78% of youth report vigorous physical activity.†**
- » Males are more likely than females to report moderate physical activity (68% compared to 52%) and vigorous physical activity (82% compared with 75%).
 - » Reports of moderate physical activity range from 53-67% by grade and are highest in 6th grade.
 - » 7% of youth report no moderate physical activity in the past 7 days.
- 2006-2018 Trends (Grades 7-8)** » **The proportion of youth who exercised vigorously on at least 3 days in the past week has been steady at 76% since 2016, with prior reports slightly higher at 78-81%.**
- » Physical activity among middle school youth in the MetroWest region has been similar since 2006.

Overweight/Obesity

- 2018 Patterns (Grades 6-8)** » **22% of youth are overweight or obese.‡**
- » Males are more likely than females to be overweight or obese (24% compared with 20%).
 - » Overweight/obesity ranges from 20-24% by grade.
- 2006-2018 Trends (Grades 7-8)** » **Overweight/obesity has ranged from 17-24% since 2006.**
- » In the MetroWest region, overweight/obesity in middle school has not changed notably over the seven surveys.

* Moderate physical activity is defined as activity that increases heart rate and makes you breathe hard for ≥60 min on 5+ of the past 7 days.

† Vigorous physical activity is defined as exercising for at least 20 minutes that makes you sweat and breathe hard on 3+ of the past 7 days.

‡ Overweight/obesity is 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 sex, based on reference data.

Sleep

- 2018** » **72% of youth get 8 or more hours of sleep on an average school night.**
- Patterns** » Slightly more males than females get 8 hours of sleep per night (74% compared to 70%).
- (Grades 6-8)** » Reports of getting 8 or more hours of sleep are similar in 6th and 7th grades (79%) but decrease to 57% in 8th grade.
- » As noted earlier, 20% of youth (25% of females and 14% of males) report sleep issues related to being stressed, anxious, or worried.
- » Youth who sleep less than eight hours per night are more likely to report poor mental health, including depressive symptoms (26% vs. 9%), self-injury (19% vs. 4%), and seriously considering suicide (23% vs. 8%).
- 2006-2018** » **The proportion of youth sleeping 8 or more hours on an average school night is slightly higher in 2018 (69%) compared with earlier surveys (65-66%).** (2014 was the first year that sleep data was collected.)
- Trends** » The small increase in sleep is due to an increase among males (from 66% in 2014 to 70% in 2018), whereas reports among females were similar at 66-67%.
- (Grades 7-8)** » Youth in the MetroWest region report getting less sleep in 2018 compared with 2014.

Key Findings: Online Behavior

Time Spent Online, Social Media Use, and Gaming

- 2018 Patterns (Grades 6-8)**
- » **40% of youth spend three or more hours online on the average school day.**
 - » **16% spend three or more hours per day on social media, specifically, and 14% spend three or more hours gaming.**
 - » Females are more likely than males to spend three or more hours on social media daily (20% vs. 12%), and males are more likely to spend three or more hours gaming (23% vs. 5%).
 - » Youth report both positive and negative attitudes towards social media. On the positive side, social media helps youth feel more connected to peers (48%), provides a source of social support (31%), and helps them find people with common interests and hobbies (46%). On the negative side, social media makes a sizeable minority of students feel badly about themselves or excluded (22%), keeps them from doing important things like homework or family responsibilities (22%), and has hurt relationships with peers (10%).
 - » 31% of all youth feel they spend too much time on social media (39% of females and 21% of males).
 - » Youth who spend three or more hours on social media daily are more likely to report cyberbullying victimization (34% vs. 15%) and perpetration (14% vs. 3%).
 - » Youth who spend more time on social media are more likely to report substance use and mental health problems. For example, high users of social media are more likely to report lifetime alcohol use (23% vs. 5%) and marijuana use (12% vs. less than 1%) than lower users. They are also more likely to report depressive symptoms in the past 12 months (26% vs. 12% and seriously considering suicide in their lifetime (22% vs. 10%).
- 2006-2018 Trends (Grades 7-8)**
- » **The proportion of youth spending three or more hours online on an average school day has increased substantially from 19% in 2010 to 50% in 2018.** (2010 was the first year this data was collected.)
 - » Increases in time spent online are considerable among both females and males.
 - » In the MetroWest region, the proportion of youth spending three or more hours online daily nearly tripled from 2010 to 2018.

Key Findings: Protective Factors

School Attachment and Engagement

- 2018 Patterns (Grades 6-8)** » **About two-thirds of 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” (69%), “I am happy to be at this school” (62%), and “I feel safe in my school” (77%).
- » Overall, reports of school attachment are similar among females and males.
 - » School attachment is generally higher in 6th grade compared with 7th and 8th grades.
- 2006-2018 Trends (Grades 7-8)** » **Several indicators of school attachment are slightly lower in 2018 after having been relatively stable from 2014-2016.**
- » For example, the proportion of students reporting that they feel happy to be at their school decreased from 71% in 2016 to 58% in 2018, and the proportion reporting that they feel like a part of their school decreased from 74% to 69%. In addition, student reports of feeling safe in their school decrease from 83% to 75%; these findings may reflect perceptions of physical and/or emotional safety.
 - » Several indicators of school attachment are also lower in 2018 in the MetroWest region compared with prior years.

Adult Support

- 2018 Patterns (Grades 6-8)** » **66% of youth have at least one teacher or other adult at school to talk to if they have a problem, and 92% 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 higher among females (72%) than males (61%).
 - » Reports of adults support at school range from 60-72% by grade and are highest in 8th grade.
 - » Reports of adult support outside of school are similar by sex and grade.
- 2006-2018 Trends (Grades 7-8)** » **Reports of adult support at school increased from 61% in 2006 to a high of 82% in 2012, decreasing to 66% in 2018.**
- » Overall comparing 2006 to 2018, adult support at school is higher among females (from 65% to 72%) and slightly higher among males (from 57% to 59%).
 - » Adult support outside of school has ranged from 90-96% since 2006.
 - » In the MetroWest region, there has been an increase in adult support at school since 2006.

Conclusions

Now having completed the 7th administration, the MWAHS is an invaluable tool for guiding schools and communities across the region to take data-driven approaches to improve adolescent health. The 2018 survey data identifies areas of concern while also highlighting important progress that has been made since the survey began more than a decade ago. The 2018 data show that Ashland is making important advances in some behavioral health areas, such as alcohol use, cigarette smoking, and violence. While these demand continued attention, the data also highlight other areas of concern, including use of electronic vapor products, bullying, 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.

Middle School Key Indicators

2006–2018 Trends
2018 Patterns by Sex
2018 Patterns by Grade

Ashland Middle School (Grades 7-8)

2006-2018 Trends in Key Indicators

MetroWest Adolescent Health Survey

	Year of Survey (%)						
	2006 <i>(369)</i>	2008 <i>(387)</i>	2010 <i>(362)</i>	2012 <i>(336)</i>	2014 <i>(349)</i>	2016 <i>(388)</i>	2018 <i>(379)</i>
SUBSTANCE USE							
Lifetime cigarette smoking	12.0	6.5	8.4	7.3	5.5	3.6	2.7
Current cigarette smoking (past 30 days)	5.2	3.7	3.1	2.1	1.2	1.6	0.8
Lifetime electronic vapor product use*	–	–	–	–	5.5	5.7	11.0
Current electronic vapor product use (past 30 days)*	–	–	–	–	2.6	2.6	7.0
Lifetime alcohol use	20.4	18.2	13.9	11.9	12.5	9.7	9.1
Current alcohol use (past 30 days)	9.8	7.3	7.2	4.8	4.0	3.2	3.5
Binge drinking (past 30 days) [†]	3.5	2.6	1.1	1.2	0.6	1.3	1.9
Lifetime marijuana use	6.0	5.2	5.3	5.1	3.2	2.6	3.2
Current marijuana use (past 30 days)	3.0	3.7	3.3	4.8	0.3	1.3	1.9
Lifetime inhalant use	9.5	8.1	5.0	5.1	4.9	2.9	4.3
VIOLENCE							
Physical fighting (lifetime)	45.1	45.5	41.9	34.1	35.7	31.3	32.3
Physical fighting on school property (lifetime)	24.2	21.9	19.8	11.4	10.4	11.4	11.2
Carried a weapon (lifetime)	17.4	20.9	14.0	22.5	18.3	15.0	11.6
Carried a weapon on school property (lifetime)	2.7	4.2	1.7	1.5	1.7	1.3	0.3
BULLYING VICTIMIZATION							
Bullying victim (past 12 months)	48.2	44.5	40.0	35.6	30.3	27.1	30.6
Bullying victim on school property (past 12 months)	44.1	37.6	34.6	28.7	25.2	25.1	29.4
Cyberbullying victim (past 12 months)	18.7	15.6	16.9	20.8	21.4	19.5	20.2
MENTAL HEALTH							
Life "very" stressful (past 30 days)	12.0	11.9	12.2	12.3	13.7	17.7	18.0
Depressive symptoms (past 12 months)	15.2	16.4	14.8	16.2	18.2	10.9	15.7
Self-injury (past 12 months)	7.3	8.1	5.6	8.4	12.5	5.8	8.4
Considered suicide (lifetime)	10.6	9.1	9.2	11.9	13.4	9.1	14.5
Attempted suicide (lifetime)	3.5	2.9	3.3	3.9	3.2	1.6	2.7
PHYSICAL ACTIVITY AND BODY WEIGHT							
Exercised for ≥20 minutes on 3 or more days/week	78.1	78.5	78.7	79.0	80.9	75.7	76.0
Overweight or obese [‡]	20.2	23.9	24.2	16.6	18.9	21.2	23.4

* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigs, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

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

Ashland Middle School (Grades 6-8) 2018 Key Indicator Patterns by Sex

MetroWest Adolescent Health Survey

	Sex (%)		Total (%)
	Female (295)	Male (287)	(582)
SUBSTANCE USE			
Lifetime cigarette smoking	1.4	2.5	1.9
Current cigarette smoking (past 30 days)	1.0	0.0	0.5
Lifetime electronic vapor product use*	8.2	7.9	8.0
Current electronic vapor product use (past 30 days)*	6.5	2.5	4.5
Lifetime alcohol use	6.2	8.8	7.5
Current alcohol use (past 30 days)	2.1	3.2	2.6
Binge drinking (past 30 days) [†]	2.1	0.4	1.2
Lifetime marijuana use	1.7	2.5	2.1
Current marijuana use (past 30 days)	1.0	1.4	1.2
Lifetime inhalant use	3.5	3.2	3.4
VIOLENCE			
Physical fighting (lifetime)	14.4	49.8	31.9
Physical fighting on school property (lifetime)	3.8	18.7	11.1
Carried a weapon (lifetime)	3.1	16.4	9.7
Carried a weapon on school property (lifetime)	0.3	0.0	0.2
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	32.5	27.5	30.1
Bullying victim on school property (past 12 months)	30.6	26.3	28.5
Cyberbullying victim (past 12 months)	22.2	12.7	17.5
MENTAL HEALTH			
Life "very" stressful (past 30 days)	20.9	12.0	16.5
Depressive symptoms (past 12 months)	16.6	12.3	14.5
Self-injury (past 12 months)	9.8	6.5	8.2
Considered suicide (lifetime)	14.0	9.9	12.0
Attempted suicide (lifetime)	1.0	2.8	1.9
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	75.4	81.6	78.5
Overweight or obese [‡]	20.0	24.4	22.2

* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

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

Ashland Middle School (Grades 6-8)

2018 Key Indicator Patterns by Grade

MetroWest Adolescent Health Survey

	Year of Survey (%)			Total (%)
	6 th (203)	7 th (204)	8 th (175)	
SUBSTANCE USE				
Lifetime cigarette smoking	0.5	1.5	4.0	1.9
Current cigarette smoking (past 30 days)	0.0	0.5	1.1	0.5
Lifetime electronic vapor product use*	2.5	5.0	18.0	8.0
Current electronic vapor product use (past 30 days)*	0.0	3.0	11.4	4.5
Lifetime alcohol use	4.5	7.5	10.9	7.5
Current alcohol use (past 30 days)	1.0	2.5	4.6	2.6
Binge drinking (past 30 days) [†]	0.0	1.5	2.3	1.2
Lifetime marijuana use	0.0	1.0	5.7	2.1
Current marijuana use (past 30 days)	0.0	0.5	3.4	1.2
Lifetime inhalant use	1.5	3.6	5.2	3.4
VIOLENCE				
Physical fighting (lifetime)	31.2	33.8	30.5	31.9
Physical fighting on school property (lifetime)	11.0	11.4	10.9	11.1
Carried a weapon (lifetime)	6.0	14.7	8.0	9.7
Carried a weapon on school property (lifetime)	0.0	0.5	0.0	0.2
BULLYING VICTIMIZATION				
Bullying victim (past 12 months)	29.1	31.4	29.7	30.1
Bullying victim on school property (past 12 months)	26.7	30.0	28.7	28.5
Cyberbullying victim (past 12 months)	12.5	20.9	19.4	17.5
MENTAL HEALTH				
Life "very" stressful (past 30 days)	13.7	14.6	21.7	16.5
Depressive symptoms (past 12 months)	12.3	12.7	19.1	14.5
Self-injury (past 12 months)	7.7	6.1	11.0	8.2
Considered suicide (lifetime)	7.2	11.2	18.3	12.0
Attempted suicide (lifetime)	0.5	0.5	5.2	1.9
PHYSICAL ACTIVITY AND BODY WEIGHT				
Exercised for ≥20 minutes on 3 or more days/week	83.5	74.1	78.1	78.5
Overweight or obese [‡]	19.6	21.9	25.0	22.2

* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

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

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