

Highlights from the MetroWest Adolescent Health Survey

Informing data-driven school and community health policies and practices

2016 | Westborough High School

GRADES 9-12



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Westborough 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. Westborough 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 Westborough High School, 976 students in grades 9 through 12 participated in the 2016 MWAHS, representing 93% 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 5% smoked recently (in the past 30 days).**

- » Males are more likely than females to smoke in their lifetime (16% compared with 8%) and in the past 30 days (8% compared with 2%).
- » Initiation of smoking increases from 6% in 9th grade to 18% in 12th grade.
- » 15% of youth have used an electronic cigarette or other electronic vapor product in their lifetime, and 5% used electronic cigarettes in the past 30 days. More males than females have used electronic cigarettes in their lifetime (18% vs. 12%), and by 12th grade, 25% of all students have used electronic cigarettes.

2006-2016 Trends » **Many fewer youth are smoking cigarettes: Reports of lifetime smoking decreased from 27% in 2006 to 13% in 2014, and declined further to 12% in 2016.**

- » Recent smoking decreased from 11% in 2010 to 4% in 2014, and was similar at 5% in 2016.
- » Cigarette smoking decreased substantially among both males and females.
- » Lifetime use of electronic cigarettes or other electronic vapor products is lower in 2016 (15%) compared with 2014 (21%), 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 » **43% of students drank alcohol in their lifetime, and 25% drank in the past 30 days.**

- » 14% 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 also similar among females (14%) and males (13%); 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 9% in 9th grade to 43% in 12th grade, and binge drinking increases from 3% to 28%.

2006-2016 Trends » **Alcohol use in high school has declined substantially: From 2006 to 2016, lifetime use decreased from 60% to 43%, and current use decreased from 40% to 25%.**

- » Binge drinking also decreased steadily during this time, from 24% to 14%.
- » Drinking declined among both males and females. For example, lifetime drinking decreased from 63% in 2006 to 43% in 2016 among females, and from 58% to 43% among males.
- » Drinking among high school youth has also declined substantially in the MetroWest region.

Marijuana Use

2016 Patterns » **21% of youth have used marijuana in their lifetime, and 14% used marijuana in the past 30 days.**

- » Males are somewhat more likely than females to initiate marijuana use (23% compared with 20%) and report recent use (18% compared with 12%).
- » Marijuana use increases substantially by grade. For example, lifetime use increases from 7% in 9th grade to 40% in 12th grade. 27% of 12th grade students have used marijuana in the past 30 days.
- » 57% of youth report that marijuana is “fairly easy” or “very easy” to obtain.

2006-2016 Trends » **Marijuana use has declined in recent surveys. For example, lifetime marijuana use decreased from 31% in 2012 to 21% in 2016.**

- » Current marijuana use decreased from 22% in 2012 to 14% in 2016, returning to 2006 levels.
- » There were decrease in marijuana use among males (from 25% in 2010 to 18% in 2016) and females (from 20% to 12%).
- » 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 3% have misused prescription drugs in the past 30 days.**

- » Lifetime reports of misusing prescription drugs are similar among males and females, but recent misuse is higher among males (5% compared with 2%).
- » Lifetime prescription drug misuse ranges from 2-10% by grade and is highest among 12th grade students.
- » 4% of youth have misused prescription stimulants in their lifetime, and 3% have misused prescription opioids. Nonmedical use of stimulants and opioids is higher among males than females.

2006-2016 Trends » **Lifetime prescription drug misuse decreased from a high of 12% in 2010 to 5% in 2014 and remained steady in 2016.**

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

Key Findings: Violence

Physical Fighting

- 2016 Patterns** » **10% of youth have been in a physical fight in the past 12 months, and 3% have been in a fight on school property.**
- » Many more males than females report fighting (16% compared with 4%) and fighting on school property (5% compared with 1%).
 - » Reports of physical fighting range from 7-13% by grade and are highest among 9th and 10th grade students.

- 2006-2016 Trends** » **Fewer youth are reporting physical fighting. Reports of fighting in the past 12 months decreased steadily, from 23% in 2008 to 10% in 2016.**
- » During this time, reports of fighting on school property also decreased from 5% to 3%.
 - » There were notable decreases in fighting among both males and females: From 2008 to 2016, fighting decreased from 33% to 16% among males, and from 14% to 4% among females.
 - » In the MetroWest region, physical fighting has decreased steadily since 2006, both in general and on school property.

Weapon Carrying

- 2016 Patterns** » **6% of youth carried a weapon in the past 30 days, and 1% carried a weapon on school property.**
- » Consistent with gender patterns for fighting, more males (9%) than females (2%) report carrying weapons.
 - » Reports of weapon carrying range from 3-9% by grade and are highest among 9th grade students.
 - » 4% of youth were threatened or injured with a weapon in the past 12 months, and 2% were threatened or injured with a weapon on school property.

- 2006-2016 Trends** » **Weapon carrying has varied in the range of 4-7% from 2006 to 2016.**
- » Reports of weapon carrying on school property were also similar since 2006, ranging from 1-3% over the six surveys.
 - » However, there were declines in reports of weapons-related threats and injuries, which were steady at 7% from 2006 to 2010 and then decreased to 4% by 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 17% have been bullied on school property. 10% of students report bullying other students.**
- » More females than males are victims of bullying in general (24% compared to 18%), but bullying on school property is similar by gender.
 - » Reports of bullying at school decrease by grade, from 20% in 9th grade to 13% in 12th grade.
 - » Many bullying victims do not seek help from adults: Among students who were bullied at school in the past 12 months, 30% had talked to a school adult about being bullied, and 48% had talked to a parent or other adult outside of school.
 - » 15% of youth reported being verbally harassed in the past 12 months due to their race, ethnicity or culture, 4% due to their sexual orientation, 6% due to a disability, and 22% due to their appearance (height, weight, or how they look). This data was first collected in 2016.
- 2006-2016 Trends** » **School bullying has declined substantially: Victimization on school property decreased from a high of 29% in 2010 to 19% in 2012, declining further to 17% in 2016.**
- » Reports of overall bullying victimization also decreased, from 33% in 2010 to 22% in 2012-2014, and lowering slightly to 21% in 2016.
 - » There are substantial declines in bullying among both genders.
 - » Bullying victimization also decreased markedly in the MetroWest region from 2010 to 2016.

Cyberbullying

- 2016 Patterns** » **17% of youth report being victims of cyberbullying in the past 12 months, and 7% report cyberbullying someone else.**
- » Females are more likely to be victims of cyberbullying than males (20% vs. 15%).
 - » Cyberbullying ranges from 16-21% by grade and is highest among 9th grade students.
 - » 24% of youth spend three or more hours daily on social media (30% of females and 18% 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 19% 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 from 11% in 2006 to 20% in 2010 and remaining at similar levels through 2014, reports of cyberbullying victimization are slightly lower in 2016 at 17%.**
- » The recent decrease in cyberbullying was driven by a decrease among females, from 26% in 2014 to 20% in 2016. Cyberbullying among males was similar at 13-14% during this period.
 - » Cyberbullying victimization has decreased slightly in MetroWest since 2012.

Key Findings: Impaired and Distracted Driving

Impaired Driving

- 2016 Patterns** » **13% of students report being a passenger in a car driven by someone who had been drinking alcohol in the past 30 days, and 6% rode with a high school driver who had been drinking.**
- » 13% of students report being a passenger in a car driven by a high school student who had been using marijuana.
 - » 6% of 11th and 12th grade students who drive report driving after drinking in the past 30 days, and 15% report driving after using marijuana.
 - » Males are more likely than females to report driving after using alcohol (9% compared to 3%) or marijuana (21% compared to 10%).
 - » 12th grade students are more likely to report driving after using marijuana than 11th grade students (20% compared with 11%), but driving after drinking is similar by grade.

- 2006-2016 Trends** » **Consistent with the downward trend in alcohol use, reports of riding in a car driven by someone who had been drinking declined from 23% in 2006 to 13% in 2016.**
- » Fewer high school drivers report driving after drinking, from 15% in 2006 to 6% in 2016.
 - » Reports of driving after using marijuana decreased from 23% in 2010 to 15% in 2016. (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** » **23% of youth rode in a car with a high school driver who was texting in the past 30 days, and 33% of 11th and 12th grade drivers report texting while driving.**
- » Reports of texting while driving are similar among females and males.
 - » Many more 12th grade drivers report texting while driving (46%) compared with 11th grade drivers (19%).

- 2006-2016 Trends** » **Reports of texting while driving among 11th and 12th grade drivers decreased steadily from 50% in 2010 to 33% in 2016.** (2010 was the first year that the survey asked about texting while driving.)
- » In the MetroWest region, texting while driving has also 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 much more likely to report this level of stress than males (53% vs. 28%).
 - » Reports of stress increase substantially by grade, from 22% in 9th grade to 62% in 12th grade.
 - » The most common source of stress is worrying due to school issues (67%). Specifically, 71% of students worry often or very often about getting good grades, 62% worry about finishing all of their work and studying, and 53% worry about plans after high school.
- 2006-2016 Trends** » **Reports of stress have increased substantially over the course of the MWAHS, from 25% in 2006 to 41% in 2016.**
- » Stress increased among both genders, but the increase in stress from 2006 to 2016 was greater among females (from 32% to 53%) than among males (from 17% to 28%).
 - » 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).**
- » 11% of youth reported self-injury (defined as cutting, burning, or bruising oneself on purpose) in the past 12 months.
 - » 12% of youth considered suicide in the past 12 months, and 4% made a suicide attempt.
 - » Females are more likely than males to report all of the above mental health problems. For example, 22% of females and 11% of males report depressive symptoms.
 - » 7% of youth have missed school on one or more of the past 30 days due to feeling sad or hopeless, or having thoughts about hurting themselves (9% of females and 5% of males).
 - » Reports of mental health problems do not show a consistent pattern by grade.
- 2006-2016 Trends** » **Reports of depressive symptoms and self-injury increased in earlier years of the MWAHS, but have declined slightly in recent surveys.**
- » For example, after increasing from 16% in 2006 to 19-20% in 2008-2014, reports of depressive symptoms are slightly lower in 2016 at 17%.
 - » Self-injury increased from 10% in 2006 to 15% in 2010-2012, and lowered to 11% in 2016.
 - » The recent declines in depressive symptoms and self-injury were driven by females.
 - » Reports of seriously considering suicide have been steady at 11-12% since 2012, and reports of suicide attempts have been somewhat similar at 2-4% since 2006.
 - » There have also been small decreases in 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** » **17% of youth have engaged in sexual intercourse during their lifetime, and 14% are currently sexually active (had intercourse within the past three months).**
- » Among sexually active youth, 73% used a condom the last time they had intercourse.
 - » Slightly more males than females report having had intercourse (19% compared with 16%).
 - » The proportion of youth who have had intercourse in their lifetime increases from 5% in 9th grade to 37% in 12th grade. 30% of 12th grade youth are currently sexually active.

- 2006-2016 Trends** » **The proportion of youth reporting lifetime sexual intercourse decreased from 25% in 2012 to 17% in 2016.**
- » Over the same period, the proportion of sexually active youth decreased from 20% to 14%.
 - » Condom use among sexually active youth was the same in 2006 and 2016 (73%), but reports in other surveys have been lower (57-65%).
 - » Regional data shows a recent decrease in sexual intercourse.

Key Findings: Physical Activity, Sleep and Overweight/Obesity

Physical Activity

- 2016 Patterns** » **61% 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.
- » 74% 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 (67% compared to 56%) and vigorous physical activity (78% compared with 70%).
 - » Moderate physical activity ranges from 57-69% by grade and is highest in 9th grade.
 - » 36% 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 44% in 2006 to 61% 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 26% 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 (29% compared to 23%).
 - » Reports of getting 8 or more hours of sleep decrease substantially as students get older, from 41% in 9th grade to 15% in 12th grade.
- 2006-2016 Trends** » **The proportion of youth sleeping 8 or more hours on an average school night is slightly lower in 2016 (26%) compared with 2014 (29%).** (2014 was the first year that sleep data was collected.)
- » Youth in the MetroWest region also 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, based on reference data.)
- » Overweight/obesity is similar among females and males and ranges from 16-22% by grade.
- 2006-2016 Trends** » **Overweight/obesity has remained similar at 16-18% since 2006.**
- » 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 three-quarters 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” (77%), “I am happy to be at this school” (72%), and “I feel safe in my school” (90%).
- » While a majority of both males and females report high levels of school attachment, reports are slightly higher among males.
 - » School attachment does not show a consistent pattern by grade.
- 2006-2016 Trends** » **Reports of school attachment have not changed substantially since 2006.**
- » School attachment has also been similar in the MetroWest region.

Adult Support

2016 Patterns » **70% 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 higher among females than males (74% compared with 67%), and increases steadily during the high school years, from 60% in 9th grade to 83% in 12th grade.
- » While the vast majority of students report having adult support outside of school, reports are slightly higher among females (93%) than males (88%) and are similar from 9th grade to 12th grade.

2006-2016 Trends » **Reports of adult support at school increased from 65% in 2006 to 70% in 2016.**

- » Adult support outside of school is the same in 2016 compared with 2006 (90%).
- » 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 Westborough is making important advances in some behavioral health areas, such as substance use, fighting, and school bullying. While these demand continued attention, the data also highlight other areas of concern, including cyberbullying, 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.

Westborough High School (Grades 9-12)

2006-2016 Trends in Key Indicators

MetroWest Adolescent Health Survey

	Year of Survey (%)					
	2006 (987)	2008 (1,023)	2010 (979)	2012 (1,015)	2014 (993)	2016 (976)
SUBSTANCE USE						
Lifetime cigarette smoking	27.0	27.2	20.9	19.9	12.8	11.5
Current cigarette smoking (past 30 days)	9.4	7.9	10.6	7.8	3.9	4.9
Lifetime alcohol use	60.4	62.3	56.2	49.8	50.7	42.6
Current alcohol use (past 30 days)	40.1	38.8	33.6	33.4	29.8	25.2
Binge drinking (past 30 days)*	24.3	23.6	21.2	20.7	17.1	13.9
Rode with driver who had been drinking (past 30 days)	23.4	22.8	19.2	21.2	15.0	12.7
Lifetime marijuana use	26.1	29.2	30.4	30.8	26.4	21.3
Current marijuana use (past 30 days)	13.7	19.8	21.2	22.3	16.8	14.4
Lifetime prescription drug misuse [†]	8.4	8.0	11.7	10.7	5.2	4.6
VIOLENCE						
Physical fighting (past 12 months)	21.8	23.3	19.5	13.8	11.0	9.7
Physical fighting on school property (past 12 months)	4.7	5.1	4.6	4.6	2.5	2.9
Carried a weapon (past 30 days)	5.8	5.2	6.9	6.1	4.1	5.5
Carried a weapon on school property (past 30 days)	2.1	2.5	2.5	2.9	1.4	1.2
BULLYING VICTIMIZATION						
Bullying victim (past 12 months)	25.6	29.8	32.7	21.5	22.4	20.8
Bullying victim on school property (past 12 months)	22.3	26.6	28.8	18.6	18.3	17.4
Cyberbullying victim (past 12 months)	10.5	15.2	19.8	18.9	19.6	17.3
MENTAL HEALTH						
Life "very" stressful (past 30 days)	24.7	33.4	34.1	34.5	37.4	41.2
Depressive symptoms (past 12 months)	15.7	19.4	18.5	19.1	19.9	17.1
Self-injury (past 12 months)	10.3	10.7	14.7	14.7	12.4	11.1
Considered suicide (past 12 months)	9.1	10.8	13.4	12.3	11.4	11.6
Attempted suicide (past 12 months)	3.0	2.3	2.9	4.4	3.4	3.9
SEXUAL BEHAVIOR						
Lifetime sexual intercourse	22.2	23.3	24.0	24.8	19.9	17.1
Currently sexually active (past 3 months)	17.5	18.5	18.6	19.8	14.9	14.0
Condom use at last intercourse (among sexually active youth)	73.4	64.7	63.3	65.6	56.9	73.1
PHYSICAL ACTIVITY AND BODY WEIGHT						
Exercised for ≥60 minutes on 5 or more days/week	43.6	39.4	53.6	55.6	51.8	61.0
Overweight or obese [‡]	15.6	16.9	17.5	15.7	16.5	18.2

* 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

Westborough High School (Grades 9-12)

2016 Gender Patterns for Key Indicators

MetroWest Adolescent Health Survey

	Gender (%)		Total (%)
	Female (499)	Male (462)	
SUBSTANCE USE			
Lifetime cigarette smoking	7.8	15.5	11.5
Current cigarette smoking (past 30 days)	2.4	7.6	4.9
Lifetime alcohol use	42.5	42.7	42.6
Current alcohol use (past 30 days)	26.4	23.7	25.2
Binge drinking (past 30 days)*	14.3	13.2	13.9
Rode with driver who had been drinking (past 30 days)	12.4	12.9	12.7
Lifetime marijuana use	19.7	23.2	21.3
Current marijuana use (past 30 days)	11.5	17.9	14.4
Lifetime prescription drug misuse [†]	3.8	5.5	4.6
VIOLENCE			
Physical fighting (past 12 months)	4.2	15.7	9.7
Physical fighting on school property (past 12 months)	0.8	5.2	2.9
Carried a weapon (past 30 days)	2.2	8.7	5.5
Carried a weapon on school property (past 30 days)	0.2	2.4	1.2
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	23.6	18.0	20.8
Bullying victim on school property (past 12 months)	18.1	16.8	17.4
Cyberbullying victim (past 12 months)	20.1	14.5	17.3
MENTAL HEALTH			
Life "very" stressful (past 30 days)	53.1	27.8	41.2
Depressive symptoms (past 12 months)	22.0	11.4	17.1
Self-injury (past 12 months)	14.4	7.4	11.1
Considered suicide (past 12 months)	13.8	9.0	11.6
Attempted suicide (past 12 months)	4.2	2.9	3.9
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	15.6	18.6	17.1
Currently sexually active (past 3 months)	12.4	15.5	14.0
Condom use at last intercourse (among sexually active youth)	72.1	74.2	73.1
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	56.1	66.6	61.0
Overweight or obese [‡]	17.8	18.6	18.2

* 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

Westborough High School (Grades 9-12)

2016 Grade Patterns for Key Indicators

MetroWest Adolescent Health Survey

	Grade (%)				Total (%)
	9 th (249)	10 th (257)	11 th (242)	12 th (222)	
SUBSTANCE USE					
Lifetime cigarette smoking	6.0	8.7	14.2	18.1	11.5
Current cigarette smoking (past 30 days)	1.2	1.2	7.5	10.4	4.9
Lifetime alcohol use	23.7	31.0	53.8	64.5	42.6
Current alcohol use (past 30 days)	9.3	17.3	33.3	43.4	25.2
Binge drinking (past 30 days)*	2.9	8.6	17.9	28.1	13.9
Rode with driver who had been drinking (past 30 days)	8.5	11.4	17.5	14.0	12.7
Lifetime marijuana use	6.5	16.0	25.3	39.7	21.3
Current marijuana use (past 30 days)	3.7	12.1	17.2	26.6	14.4
Lifetime prescription drug misuse [†]	4.1	1.9	3.3	9.7	4.6
VIOLENCE					
Physical fighting (past 12 months)	13.3	10.9	6.6	7.7	9.7
Physical fighting on school property (past 12 months)	2.8	2.0	4.5	2.3	2.9
Carried a weapon (past 30 days)	8.5	3.5	6.2	3.2	5.5
Carried a weapon on school property (past 30 days)	0.4	0.8	1.7	2.3	1.2
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	22.0	24.4	21.2	15.4	20.8
Bullying victim on school property (past 12 months)	20.0	19.8	16.3	13.2	17.4
Cyberbullying victim (past 12 months)	20.5	17.0	15.5	16.5	17.3
MENTAL HEALTH					
Life "very" stressful (past 30 days)	22.3	34.5	47.7	62.2	41.2
Depressive symptoms (past 12 months)	11.2	20.2	17.2	20.3	17.1
Self-injury (past 12 months)	12.4	11.6	10.5	10.2	11.1
Considered suicide (past 12 months)	9.6	13.1	10.5	13.4	11.6
Attempted suicide (past 12 months)	4.2	4.8	2.5	4.1	3.9
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	5.4	9.5	19.2	37.0	17.1
Currently sexually active (past 3 months)	3.8	7.3	16.9	30.4	14.0
Condom use at last intercourse (among sexually active youth)	77.8	76.5	84.6	64.6	73.1
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	69.4	57.0	60.2	57.5	61.0
Overweight or obese [‡]	15.5	18.8	21.7	16.6	18.2

* 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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For technical assistance in interpreting and utilizing the MWAHS data, please contact:
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