

Highlights from the MetroWest Adolescent Health Survey

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



2018 | Westborough High School

GRADES 9-12



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Highlights from the 2018 MetroWest Adolescent Health Survey

Westborough High 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. Westborough High School has participated in the MWAHS since 2006.

The 2018 high school survey was administered to a census of students in grades 9 through 12 in all 26 high schools in the MetroWest region. In total, 24,746 high school students in the region participated in this voluntary and anonymous survey. At Westborough High School, 1,067 students in grades 9 through 12 participated in the 2018 MWAHS, representing 92% 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, sexual behavior, 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 » **12% of students have smoked a cigarette in their lifetime, and 3% smoked recently (in the past 30 days).**

- » Males are more likely than females to smoke in their lifetime (13% compared with 10%); reports of smoking in the past 30 days are more similar (4% compared with 3%).
- » Initiation of smoking increases from 7% in 9th and 10th grades to 20% in 12th grade.

2006-2018 Trends » **Cigarette smoking has declined markedly: Reports of lifetime smoking decreased from 27% in 2006 to 12% in 2018.**

- » During the same time period, current smoking (in the past 30 days) dropped from 9% to 3%.
- » Cigarette smoking decreased substantially among both males and females.
- » In the MetroWest region, reports of cigarette smoking have declined steadily since 2006.

Electronic Vapor Products *

2018 Patterns » **32% of youth have used electronic vapor products (EVPs) in their lifetime, and 24% used EVPs in the past 30 days.**

- » EVP use is higher among males than females. For example, current use is reported by 26% of males and 21% of females.
- » Lifetime EVP use increases from 16% in 9th grade to 51% in 12th grade, and current use increases from 11% to 39%.
- » 4% of high school students report using EVPs daily in the past 30 days. 7% of 12th grade students report daily use.
- » 75% of youth perceive moderate or great risk in using EVPs, with higher perceptions of risk among females and younger students.

2006-2018 Trends » **EVP use has increased rapidly in the last two years: The proportion of youth who ever tried EVPs increased from 15% in 2016 to 32% in 2018.**

- » Current EVP use increased from **5% in 2016 to 24% in 2018.**
- » EVP use increased substantially among both females and males. For example, lifetime EVP use increased from 12% in 2016 to 31% in 2018 among females, and from 18% to 34% among males.
- » Despite the increase in EVP use, perception of risk rose steadily, from 61% in 2014 to 75% in 2018.
- » Reports of EVP use in the MetroWest region have also risen considerably 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** » **42% of students drank alcohol in their lifetime, and 24% drank in the past 30 days.**
- » 14% report recent binge drinking.*
 - » Lifetime alcohol use is similar by sex, but current drinking is higher among males (27%) than females (21%).
 - » Reports of binge drinking are also higher among males (17%) than females (12%).
 - » Alcohol use increases substantially by grade: Current drinking increases from 6% in 9th grade to 43% in 12th grade, and binge drinking increases from 2% to 33%.
- 2006-2018 Trends** » **Alcohol use in high school has declined substantially: From 2006 to 2018, lifetime use decreased from 60% to 42%, and current use decreased from 40% to 24%.**
- » Binge drinking also decreased during this time, from 24% to 14%.
 - » Drinking declined among both males and females. For example, lifetime drinking decreased from 63% in 2006 to 41% in 2018 among females, and from 58% to 43% among males.
 - » In the MetroWest region, alcohol use has declined substantially since 2006.

Marijuana Use

- 2018 Patterns** » **25% of youth have ever used marijuana, and 18% used marijuana in the past 30 days.**
- » Males are more likely than females to initiate marijuana use (28% compared with 23%) and report recent use (21% compared with 15%).
 - » Marijuana use increases substantially by grade. For example, lifetime use increases from 10% in 9th grade to 47% in 12th grade. 29% of 12th grade students have used marijuana in the past 30 days.
 - » 5% of youth have used marijuana on school property in the past 30 days.
 - » 20% of youth have used marijuana in an electronic vaping device in their lifetime.
 - » A majority of youth (59%) report that marijuana is “fairly easy” or “very easy” to obtain.
 - » 70% of youth perceive that using marijuana is of “moderate” or “great risk.” Lower risk perception is associated with increased use.
- 2006-2018 Trends** » **After past declines, marijuana use is slightly higher in 2018. For example, lifetime use decreased from 30% in 2010 to 21% in 2016, with higher reports in 2018 at 25%. Future data will determine if this represents the beginning of a trend.**
- » Current marijuana use is also slightly higher in 2018 (18%) compared with 2016 (14%), with prior reports ranging from 14-22%.
 - » There are recent increases in marijuana use among both females and males.
 - » Marijuana use in the MetroWest region is slightly higher 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.

Prescription Drug Misuse*

2018 Patterns » **4% of youth have misused prescription drugs in their lifetime, and 2% have misused prescription drugs in the past 30 days.**

- » Lifetime prescription drug misuse is similar by sex (4% of females and 5% of males).
- » Reports of lifetime misuse increase by grade, from 9th grade (2%) to 12th grade (8%).
- » 4% of youth have misused prescription stimulants in their lifetime.
- » 2% have misused prescription pain medicine in the past 30 days.†

2006-2018 Trends » **Lifetime misuse of prescription drugs decreased from a high of 12% in 2010 to 4% in 2018.**

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

Key Findings: Impaired and Distracted Driving

Impaired Driving

2018 Patterns » **14% of students report being a passenger in a car driven by someone who had been drinking alcohol in the past 30 days, and 7% rode with a high school driver who had been drinking.**

- » **14% of students report being a passenger in a car driven by a high school student who had been using marijuana in the past 30 days.**
- » 6% of 11th and 12th grade students who drive report driving after drinking in the past 30 days, and 11% report driving after using marijuana.
- » Males are more likely than females to report driving after using alcohol (9% compared to 4%) or marijuana (14% compared to 8%).
- » 12th grade drivers are more likely to report driving after drinking (11% vs. 1%) or using marijuana (15% vs. 7%), compared with 11th grade drivers.

2006-2018 Trends » **Consistent with the decline in alcohol use, reports of riding in a car driven by someone who had been drinking decreased steadily from 23% in 2006 to 14% in 2018.**

- » Fewer high school drivers report driving after drinking, from 15% in 2006 to 6% in 2016-2018.
- » Reports of driving after using marijuana decreased steadily from 23% in 2012, when this data was first collected, to 11% in 2018.
- » Drinking and driving among youth in the MetroWest region has declined substantially since 2006, and driving after using marijuana is also lower in recent surveys.

* Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally.

† Includes opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet. The wording "prescription pain medicine" was used for consistency with wording used on the Centers for Disease Control and Prevention's Youth Risk Behavior Survey.

Distracted Driving

2018 Patterns » **26% of youth rode in a car with a high school driver who was texting in the past 30 days, and 34% of 11th and 12th grade drivers report texting while driving.**

- » Reports of texting while driving are similar among females (34%) and males (35%).
- » Many more 12th grade drivers report texting while driving (48%) compared with 11th grade drivers (20%).

2006-2018 Trends » **Reports of texting while driving among 11th and 12th grade drivers decreased from 50% in 2010 to 34% in 2018.** (2010 was the first year that the survey asked about texting while driving.)

- » In the MetroWest region, texting while driving decreased from 2010 to 2016 and then was similar in 2018.

Key Findings: Violence

Physical Fighting

2018 Patterns » **11% of youth have been in a physical fight in the past 12 months, and 2% have been in a fight on school property.**

- » Many more males than females report fighting (17% compared with 5%) and fighting on school property (4% compared with 1%).
- » Reports of physical fighting decrease by grade, from 17% in 9th grade to 7% in 12th grade.

2006-2018 Trends » **Fewer youth are involved in physical fights. Reports of fighting in the past 12 months decreased from 22% in 2006 to 12% in 2014 and have remained similar in recent surveys.**

- » Reports of fighting on school property follow a similar pattern, decreasing from 5% in 2006 to 2% in 2014 and then levelling in the past two surveys.
- » There were notable decreases in fighting among both males and females: From 2006 to 2018, fighting decreased from 32% to 17% among males, and from 12% to 5% among females.
- » In the MetroWest region, physical fighting has decreased steadily since 2006, both overall and on school property.

Weapon Carrying

- 2018 Patterns** » **4% of youth carried a weapon in the past 30 days; 1% did so on school property.**
- » More males (6%) than females (3%) report carrying weapons.
 - » Reports of weapon carrying range from 4-6% in grades 9-12.
 - » 3% of youth were threatened or injured with a weapon in the past 12 months, and 1% were threatened or injured with a weapon on school property.

- 2006-2018 Trends** » **After remaining similar from 2006 to 2012 at 5-7%, weapon carrying is slightly lower in 2018 at 4%.**
- » Weapon carrying on school property was similar from 2-3% from 2006 to 2012, with recent reports steady at 1%.
 - » Reports of being threatened or injured with a weapon in the past 12 months have been steady at 3-4% in recent surveys after declining from 7% in 2006.
 - » In MetroWest, weapon carrying declined slightly in 2018 after remaining steady in prior years.

Key Findings: Bullying and Cyberbullying

Bullying

- 2018 Patterns** » **23% of high school youth have been bullied in the past 12 months, and 19% have been bullied on school property. 10% of students report bullying other students.**
- » More females than males are victims of bullying in general (25% compared to 21%), while reports of bullying on school property are similar (20% compared to 18%).
 - » Reports of bullying at school range from 17-22% by grade and are highest in 9th grade.
 - » Many bullying victims do not seek help from adults: Among students bullied at school, 26% had talked to a school adult, and 42% had talked to a parent/adult outside of school.
 - » 18% of youth reported being verbally harassed in the past 12 months due to their race, ethnicity or culture, 6% due to their sexual orientation or gender identity, 7% due to a disability, and 26% due to their appearance (height, weight, or how they look).
 - » LGBTQ youth are at elevated risk of bullying at school (25%) compared with heterosexual cisgender youth (18%).
 - » Youth with learning and/or physical disabilities are also more likely to be bullied at school than youth without disabilities (25% vs. 17%).

- 2006-2018 Trends** » **After declining from a peak of 29% in 2010 to 17% in 2016, school bullying victimization has levelled in recent surveys at 17-19%.**
- » Reports of overall bullying victimization follow a similar pattern.
 - » There have not been any substantial changes in bullying victimization among either females or males in recent years.
 - » Bullying victimization is slightly higher in 2018 in MetroWest after decreasing in prior years.

Cyberbullying

- 2018 Patterns** » **19% of youth report being victims of cyberbullying in the past 12 months, and 10% reported cyberbullying someone else.**
- » Females are more likely to be victims of cyberbullying than males (23% vs. 15%).
 - » Cyberbullying is higher in 9th grade (23%) compared with grades 10 through 12 (17-19%).
 - » 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 29% had talked to a parent or other adult outside of school.
 - » Youth with disabilities are also at elevated risk of being victimized online compared to youth without disabilities (26% vs. 17%).
 - » LGBTQ youth are slightly more likely to be cyberbullied than heterosexual cisgender youth (22% vs. 18%).
- 2006-2018 Trends** » **Cyberbullying increased from 11% in 2006 to 20% in 2010, and has been somewhat similar at 17-20% over the last four surveys.**
- » Comparing 2006 with 2018 reports, cyberbullying is higher among both females (12% in 2006; 23% in 2018) and males (9% in 2006; 15% in 2018).
 - » Cyberbullying victimization has also decreased in the MetroWest region since 2012.

Key Findings: Mental Health

Stress and Anxiety

- 2018 Patterns** » **34% 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 (45% vs. 22%).
 - » Reports of stress increase substantially by grade, from 21% in 9th grade to 52% in 12th grade.
 - » School is the most common source of stress, reported by 65% of youth. This is followed by stress related to social issues (33%).
 - » 33% of students report feeling nervous, anxious, or on edge on at least half the days in the past two weeks, and 28% report feeling unable to stop or control worrying. Reports of anxiety symptoms are over twice as high among females as males and increase during high school.
 - » 35% of youth report feeling tired or having little energy, 28% report sleeping problems, 25% report having trouble concentrating in school, and 25% report eating problems due to feeling stressed, anxious, or worried in the past two weeks.
- 2006-2018 Trends** » **After rising from 25% in 2006 to 41% in 2016, reports of life being very stressful are lower in 2018 at 34%.**
- » There are recent decrease in stress among both females (from 53% in 2016 to 45% in 2018) and males (from 28% to 22%).
 - » In MetroWest, stress increased substantially in prior surveys and then levelled in 2018.

Depressive Symptoms, Self-Injury, and Suicidality

- 2018 Patterns**
- » **20% of students reported depressive symptoms in the past 12 months.***
 - » **17% of youth reported self-injury in the past 12 months.†**
 - » **16% of youth said they had seriously considered suicide in the past 12 months, and 4% had made a suicide attempt during this time.**
 - » Females are more likely than males to report all of the above mental health problems. For example, 25% of females and 15% of males report depressive symptoms.
 - » Reports of mental health problems do not follow a consistent pattern by grade.
 - » LGBTQ youth report elevated mental health problems. For example, compared with heterosexual cisgender youth, they are more likely to report depressive symptoms (42% vs. 16%), self-injury (40% vs. 13%), and suicidal ideation (33% vs. 13%).
 - » Youth with disabilities also report more mental health problems than youth without disabilities, including depressive symptoms (34% vs. 16%), self-injury (28% vs. 14%) and considering suicide (26% vs. 13%).
 - » Among students reporting depressive symptoms, 40% talked to a school counselor, therapist, or psychologist at school, 9% talked to a school nurse, and 43% of students talked to a therapist, psychologist, or other mental health professional outside of school.

- 2006-2018 Trends**
- » **Reports of depressive symptoms are similar in 2018 to recent surveys, but reports of self-injury and suicidal thoughts are higher.**
 - » Specifically, reports of depressive symptoms have ranged from 17-20% since 2008, with 2018 reports at 20%.
 - » Self-injury increased from 11-12% in 2014-2016 to 17% in 2018, with prior reports ranging from 10-15%. While there were recent increases among both sexes, the increase is greater among females (from 14% in 2016 to 23% in 2018) than among males (from 7% to 11%).
 - » Reports of seriously considering suicide were similar at 11-12% since 2012 but increased to 16% in 2018. There were recent increases among both females (from 14% in 2016 to 19% in 2018) and males (from 9% to 12%).
 - » Despite the increase in suicidal thoughts, suicide attempts have been similar 3-4% since 2010.
 - » Depressive symptoms are slightly higher in the MetroWest region in 2018, with little change in self-injury and suicidality in recent 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: Sexual Behavior

Sexual Intercourse and Condom Use

- 2018 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).**
- » The proportion of youth who have had intercourse in their lifetime increases from 5% in 9th grade to 36% in 12th grade. 30% of 12th grade youth are currently sexually active.
 - » Among sexually active youth, 54% used a condom the last time they had intercourse.
 - » 19% of youth used alcohol or drugs before they had sexual intercourse the last time (14% of males and 25% of females).
- 2006-2018 Trends** » **Reports of lifetime sexual intercourse decreased from 22% in 2006 to 17% in 2016 and remained at that level in 2018.**
- » The proportion of youth who are currently sexually active has been similar at 14-15% since 2014, with prior reports ranging from 18-20%.
 - » Condom use among youth who are currently sexually active has ranged from 54% to 73% over the course of the MWAHS.
 - » MetroWest region data also shows a decrease in sexual intercourse in high school.

Key Findings: Physical Activity, Overweight/Obesity, Sleep

Physical Activity

- 2018 Patterns** » **47% of youth report moderate physical activity in the past week,* and 67% of youth report vigorous physical activity.†**
- » Males are more likely than females to report vigorous physical activity (74% compared to 62%) and moderate physical activity (54% compared with 41%).
 - » Reports of moderate physical activity decrease from 60% in 9th grade to 40% in 12th grade.
 - » 16% of females and 12% of males report no moderate physical activity in the past 7 days.
- 2006-2018 Trends** » **The proportion of youth reporting moderate exercise increased from 44% in 2006 to 61% in 2016, but was lower in 2018 at 47%.**
- » There are substantial decreases in physical activity among both females and males.
 - » This trend in physical activity is consistent with MetroWest regional data.

* 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

2018 » **17% of youth are overweight or obese.***

- Patterns**
- » Males are more likely than females to be overweight or obese (20% compared with 13%).
 - » Overweight/obesity ranges from 13-20% by grade and is highest in 9th and 10th grades.

2006-2018 » **Overweight/obesity has remained similar at 16-18% since 2006.**

- Trends**
- » In the MetroWest region, overweight/obesity has not changed notably over the seven surveys.

Sleep

2018 » **Only 32% of youth get 8 or more hours of sleep on an average school night.**

- Patterns**
- » More males than females get 8 hours of sleep per night (36% compared to 28%).
 - » Reports of getting 8 or more hours of sleep decrease substantially as students get older, from 45% in 9th grade to 18% in 12th grade.
 - » As noted earlier, 28% of youth (37% of females and 19% 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 (24% vs. 8%), self-injury (21% vs. 7%) and seriously considering suicide (18% vs. 8%).

2006-2018 » **The proportion of youth sleeping 8 or more hours on an average school night decreased from 29% in 2014 to 26% in 2016, but was higher in 2018 at 32%. (2014 was the first year that sleep data was collected.)**

- Trends**
- » Both females and males report more sleep from 2016 to 2018.
 - » Youth in the MetroWest region report a decrease in sleep from 2014 to 2018.

* 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.

Key Findings: Online Behavior

Time Spent Online, Social Media Use, and Gaming

- 2018 Patterns** » **65% of youth spend three or more hours online on the average school day.**
- » **25% spend three or more hours per day on social media, specifically, and 10% spend three or more hours gaming.**
- » Females are more likely than males to spend three or more hours on social media daily (31% vs. 19%), and males are more likely to spend three or more hours gaming (18% vs. 3%).
 - » Youth report both positive and negative attitudes towards social media. On the positive side, social media helps youth feel more connected to peers (62%), provides a source of social support (28%), and helps them find people with common interests and hobbies (55%). On the negative side, social media makes a sizeable minority of students feel badly about themselves or excluded (27%), keeps them from doing important things like homework or family responsibilities (36%), and has hurt relationships with peers (10%).
 - » 44% of all youth feel they spend too much time on social media (52% of females and 35% of males).
 - » Youth who spend three or more hours on social media daily are more likely to report cyberbullying victimization (27% vs. 16%).
 - » 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 current alcohol use (34% vs. 20%) and marijuana use (25% vs. 14%). They are also more likely to report depressive symptoms (26% vs. 17%) and seriously considering suicide (20% vs. 13%).
- 2006-2018 Trends** » **The proportion of youth spending three or more hours online on an average school day has increased substantially from 2010 (28%) to 2018 (65%).** (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 more than doubled from 2010 to 2018.

Key Findings: Protective Factors

School Attachment and Engagement

- 2018 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” (74%), “I am happy to be at this school” (68%), and “I feel safe in my school” (84%).
- » While a majority of both males and females report high levels of school attachment, reports are higher among males.
 - » School attachment declines slightly from 9th grade to 12th grade.

- 2006-2018 Trends** » **Several indicators of school attachment are slightly lower in 2018 after recent increases.**
- » For example, the proportion of students reporting that they feel happy to be at their school decreased from 72% in 2016 to 68% in 2018, and the proportion reporting that they feel like a part of their school decreased from 74% to 71%. In addition, student reports of feeling safe in their school decrease from 90% to 84%; 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** » **71% of youth have at least one teacher or other adult at school to talk to if they have a problem, and 89% 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 (75% vs. 67%), and increases during the high school years, from 63% in 9th grade to 81% in 12th grade.
 - » Reports of adult support outside of school are more similar by sex and grade.

- 2006-2018 Trends** » **Reports of adult support at school increased from 65% in 2006 to 70% in 2012 and remained similar at 70-71% over the last three surveys.**
- » There have been increases in adult support at school among both sexes, though the increase is greater among females (from 66% in 2006 to 75% in 2018) than males (from 64% to 67%)
 - » Adult support outside of school has varied from 86-91% since 2006, with 2018 reports at 89%.
 - » In the MetroWest region, there has also 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 Westborough 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, marijuana use, 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.

High School Key Indicators

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

Westborough High School (Grades 9-12)

2006-2018 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)	2018 (1,067)
SUBSTANCE USE							
Lifetime cigarette smoking	27.0	27.2	20.9	19.9	12.8	11.5	11.6
Current cigarette smoking (past 30 days)	9.4	7.9	10.6	7.8	3.9	4.9	3.2
Lifetime electronic vapor product use*	–	–	–	–	20.5	14.5	32.1
Current electronic vapor product use (past 30 days)*	–	–	–	–	9.6	4.9	23.6
Lifetime alcohol use	60.4	62.3	56.2	49.8	50.7	42.6	42.1
Current alcohol use (past 30 days)	40.1	38.8	33.6	33.4	29.8	25.2	24.0
Binge drinking (past 30 days) [†]	24.3	23.6	21.2	20.7	17.1	13.9	14.3
Rode with driver who had been drinking (past 30 days)	23.4	22.8	19.2	21.2	15.0	12.7	13.9
Lifetime marijuana use	26.1	29.2	30.4	30.8	26.4	21.3	25.4
Current marijuana use (past 30 days)	13.7	19.8	21.2	22.3	16.8	14.4	17.7
Lifetime prescription drug misuse [‡]	8.4	8.0	11.7	10.7	5.2	4.6	4.3
VIOLENCE							
Physical fighting (past 12 months)	21.8	23.3	19.5	13.8	11.0	9.7	11.1
Physical fighting on school property (past 12 months)	4.7	5.1	4.6	4.6	2.5	2.9	2.5
Carried a weapon (past 30 days)	5.8	5.2	6.9	6.1	4.1	5.5	4.3
Carried a weapon on school property (past 30 days)	2.1	2.5	2.5	2.9	1.4	1.2	1.2
BULLYING VICTIMIZATION							
Bullying victim (past 12 months)	25.6	29.8	32.7	21.5	22.4	20.8	23.5
Bullying victim on school property (past 12 months)	22.3	26.6	28.8	18.6	18.3	17.4	19.3
Cyberbullying victim (past 12 months)	10.5	15.2	19.8	18.9	19.6	17.3	19.0
MENTAL HEALTH							
Life "very" stressful (past 30 days)	24.7	33.4	34.1	34.5	37.4	41.2	33.8
Depressive symptoms (past 12 months)	15.7	19.4	18.5	19.1	19.9	17.1	19.9
Self-injury (past 12 months)	10.3	10.7	14.7	14.7	12.4	11.1	17.2
Considered suicide (past 12 months)	9.1	10.8	13.4	12.3	11.4	11.6	15.5
Attempted suicide (past 12 months)	3.0	2.3	2.9	4.4	3.4	3.9	3.8
SEXUAL BEHAVIOR							
Lifetime sexual intercourse	22.2	23.3	24.0	24.8	19.9	17.1	16.7
Currently sexually active (past 3 months)	17.5	18.5	18.6	19.8	14.9	14.0	14.5
Condom use at last intercourse [§]	73.4	64.7	63.3	65.6	56.9	73.1	54.1
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	47.0
Overweight or obese ^{**}	15.6	16.9	17.5	15.7	16.5	18.2	16.8

* 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.

‡ Without a doctor's prescription

§ Among currently sexually active youth

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

Westborough High School (Grades 9-12)

2018 Key Indicator Patterns by Sex

MetroWest Adolescent Health Survey

	Sex (%)		Total (%)
	Female (531)	Male (527)	(1,067)
SUBSTANCE USE			
Lifetime cigarette smoking	10.2	13.2	11.6
Current cigarette smoking (past 30 days)	2.8	3.7	3.2
Lifetime electronic vapor product use*	31.0	33.6	32.1
Current electronic vapor product use (past 30 days)*	21.4	26.0	23.6
Lifetime alcohol use	41.4	42.5	42.1
Current alcohol use (past 30 days)	21.0	26.7	24.0
Binge drinking (past 30 days) [†]	11.7	17.0	14.3
Rode with driver who had been drinking (past 30 days)	12.6	15.2	13.9
Lifetime marijuana use	23.1	28.0	25.4
Current marijuana use (past 30 days)	14.6	21.1	17.7
Lifetime prescription drug misuse [‡]	4.2	4.5	4.3
VIOLENCE			
Physical fighting (past 12 months)	5.3	17.0	11.1
Physical fighting on school property (past 12 months)	0.8	4.2	2.5
Carried a weapon (past 30 days)	2.6	6.1	4.3
Carried a weapon on school property (past 30 days)	1.1	1.3	1.2
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	25.4	21.5	23.5
Bullying victim on school property (past 12 months)	20.3	18.4	19.3
Cyberbullying victim (past 12 months)	22.8	15.1	19.0
MENTAL HEALTH			
Life "very" stressful (past 30 days)	45.1	22.2	33.8
Depressive symptoms (past 12 months)	24.8	15.2	19.9
Self-injury (past 12 months)	23.4	10.8	17.2
Considered suicide (past 12 months)	19.3	11.6	15.5
Attempted suicide (past 12 months)	5.0	2.6	3.8
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	14.9	18.7	16.7
Currently sexually active (past 3 months)	13.2	16.0	14.5
Condom use at last intercourse [§]	52.9	55.1	54.1
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	40.6	54.2	47.0
Overweight or obese ^{**}	13.2	20.5	16.8

* 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.

‡ Without a doctor's prescription

§ Among currently sexually active youth

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

Westborough High School (Grades 9-12)

2018 Key Indicator Patterns by Grade

MetroWest Adolescent Health Survey

	Grade (%)				Total (%) (1,067)
	9 th (277)	10 th (298)	11 th (245)	12 th (238)	
SUBSTANCE USE					
Lifetime cigarette smoking	6.9	6.7	14.9	20.4	11.6
Current cigarette smoking (past 30 days)	2.2	1.0	3.3	7.2	3.2
Lifetime electronic vapor product use*	16.1	24.4	42.5	50.6	32.1
Current electronic vapor product use (past 30 days)*	10.9	17.3	31.3	38.6	23.6
Lifetime alcohol use	21.6	32.7	55.2	63.8	42.1
Current alcohol use (past 30 days)	5.9	17.3	33.6	42.6	24.0
Binge drinking (past 30 days) [†]	1.8	7.8	18.1	32.9	14.3
Rode with driver who had been drinking (past 30 days)	9.0	11.7	13.9	22.4	13.9
Lifetime marijuana use	10.0	15.9	34.0	46.6	25.4
Current marijuana use (past 30 days)	6.7	11.1	26.7	29.5	17.7
Lifetime prescription drug misuse [‡]	2.3	2.7	5.4	7.6	4.3
VIOLENCE					
Physical fighting (past 12 months)	17.3	9.8	9.9	6.7	11.1
Physical fighting on school property (past 12 months)	3.6	2.7	1.2	2.1	2.5
Carried a weapon (past 30 days)	4.0	3.4	6.1	4.2	4.3
Carried a weapon on school property (past 30 days)	1.1	0.7	1.2	2.1	1.2
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	27.3	20.7	24.1	22.4	23.5
Bullying victim on school property (past 12 months)	21.7	17.8	21.0	17.0	19.3
Cyberbullying victim (past 12 months)	22.9	16.6	19.4	17.4	19.0
MENTAL HEALTH					
Life "very" stressful (past 30 days)	20.8	27.1	38.8	52.1	33.8
Depressive symptoms (past 12 months)	18.6	15.2	22.9	24.9	19.9
Self-injury (past 12 months)	18.3	14.1	18.4	19.0	17.2
Considered suicide (past 12 months)	11.8	10.5	23.1	18.8	15.5
Attempted suicide (past 12 months)	4.9	3.1	3.4	3.8	3.8
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	4.9	10.8	18.6	35.6	16.7
Currently sexually active (past 3 months)	5.0	9.5	16.2	29.9	14.5
Condom use at last intercourse [§]	50.0	66.7	64.9	44.3	54.1
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	59.5	46.1	43.0	40.2	47.0
Overweight or obese**	20.1	19.8	13.2	13.5	16.8

* 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.

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Education Development Center, Inc. (EDC)

43 Foundry Avenue
Waltham, MA 02453

www.edc.org

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