

# Highlights from the MetroWest Adolescent Health Survey

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

2014

## MetroWest Region High School Report

GRADES 9-12



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Submitted by:  
Education Development Center, Inc.  
Health & Human Development Division

Spring 2015

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### Background

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The 2014 MetroWest Adolescent Health Survey (MWAHS) marks a decade-long, ground-breaking initiative to support data-driven improvements in adolescent health in the 25 communities served by the MetroWest Health Foundation (MHF). Since 2006, the MWAHS has been administered every other year to monitor trends in health and risk behaviors and identify emerging health issues at the local and regional levels. With over 40,000 students surveyed in 2014 alone, this regional census is one of the largest adolescent health surveys in the country. Yet it maintains a local focus, with the goal of providing comprehensive data on issues of local concern to inform schools and communities as they strive to enhance policies and programs, improve prevention efforts, and set priorities for achieving a healthier youth population.

### Methodology

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The 2014 high school MWAHS was administered to a census of students in grades 9 through 12 in all 26 high schools in the MetroWest region served by the MHF. 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.

In total, 24,355 students in grades 9 through 12 completed the 2014 survey, representing 89% of the youth in all 26 high schools. The data allow for an examination of behavioral trends across five time points from 2006 to 2014. This report summarizes current youth behaviors on key health indicators in the areas of substance use, violence, bullying, mental health, sexual behavior, and physical activity. Current data from 2014 is provided by gender and grade, and trends over the five waves of the MWAHS are highlighted.

## Key Findings: Substance Use

### Cigarette Smoking

*Over the last decade, cigarette smoking among MetroWest high school youth has dropped by more than half. The number of youth who smoked a whole cigarette in their lifetime decreased steadily from 35% in 2006 to 22% in 2012, and declined further to 17% in 2014. Despite this decline, nearly one in three youth (31%) have used an electronic cigarette in their lifetime.*

- » Current smoking (in the past 30 days) has also decreased by more than half, from 15% in 2006 to 6% in 2014.
- » Both females and males are smoking less. For example, current smoking decreased from 13% in 2006 to 5% in 2014 among females, and from 16% to 7% among males.
- » Consistent with prior years, smoking initiation is slightly higher among males than females: More males than females (19% vs. 16%) have smoked in their lifetime and in the past 30 days (7% vs. 5%).
- » While overall initiation of smoking is down in the region, some youth continue to experiment with cigarettes. From 9<sup>th</sup> to 12<sup>th</sup> grade, lifetime smoking increases from 10% to 27%. By 12<sup>th</sup> grade, one in ten youth (10%) reported smoking in the past 30 days.
- » Current cigarette smoking among MetroWest youth (6%) continues to be substantially lower than in Massachusetts (11%)<sup>1</sup> and the United States (16%).<sup>2</sup> The regional decline in cigarette smoking is consistent with state and national trends.
- » One in three youth (31%) have used an electronic cigarette in their lifetime, and nearly one in five youth (18%) have smoked an electronic cigarette in the past 30 days. (2014 was the first year the MWAHS asked about electronic cigarettes and other electronic vapor products, defined as products that create a mist or vapor that you breathe in like smoke.)
- » Consistent with conventional cigarette smoking, males are more likely than females to smoke electronic cigarettes. For example, 20% of males and 15% of females have recently smoked an electronic cigarette.

### Alcohol Use

*Drinking among MetroWest high school students has declined steadily in the last decade. Lifetime drinking decreased from 67% in 2006 to 54% in 2014, and steady decreases were also found for recent drinking and binge drinking.*

- » Reports of recent drinking (in the past 30 days) decreased from 42% in 2006 to 33% in 2014.
- » Binge drinking also decreased from 25% to 18% over the five surveys. (Binge drinking is defined as consuming five or more drinks in a row on one or more occasions during the past 30 days.)
- » Alcohol use decreased notably among both females and males in the last decade. For example, binge drinking among males decreased at every time point from 27% in 2006 to 18% in 2014; among females, binge drinking declined from 23% in 2006 to 18% in 2010 and then remained steady at 17% in 2012 and 2014. Similar gender patterns were found for lifetime and current drinking.

- » While alcohol use has been similar among females and males in past surveys, in 2014, females reported slightly higher lifetime alcohol use (55% vs. 52%) and recent drinking (35% vs. 31%). Reports of binge drinking are similar among females (17%) and males (18%); this does not take into account body weight or other factors that influence intoxication levels.
- » Despite substantial declines in drinking in the region, a concerning number of youth continue to initiate alcohol use in high school: Current drinking more than triples from 15% in 9<sup>th</sup> grade to 50% in 12<sup>th</sup> grade, and binge drinking increases from 5% to 31%.
- » Drinking among MetroWest youth continues to be lower than in Massachusetts and the nation, and the regional decline in drinking is consistent with state and national trends. For example, current drinking decreased from 42% to 33% in MetroWest, compared with similar decreases in the state (from 48% in 2005 to 36% in 2013)<sup>1</sup> and the U.S. (from 43% to 35%).<sup>2</sup>

## Marijuana Use

*Marijuana use has not varied substantially in the last decade, but recent surveys suggest a small decline from 2010 to 2014. Lifetime marijuana use decreased from 35% in 2010 to 32% in 2012, and then to 30% in 2014, and is now slightly lower than 2006-2008 levels (33%).*

- » Current marijuana use increased from 20% in 2006 to 24% in 2010, and then returned to 20% in 2014.
- » The recent decrease in marijuana use is driven by a decrease among males. For example, current marijuana use among males increased from 24% in 2006 to 30% in 2010, and then decreased to 23% in 2014, whereas current use among females remained similar at 17-18% over all five surveys.
- » Despite this decline among males, marijuana use continues to be higher among males than females: 33% of males and 28% of females have used marijuana in their lifetime.
- » Initiation of marijuana use quadruples from 9<sup>th</sup> grade to 12<sup>th</sup> grade. By 12<sup>th</sup> grade, nearly half of youth (48%) have used marijuana in their lifetime, and 33% have used marijuana in the past 30 days.
- » Marijuana use is lower in MetroWest than in the state and the nation: 30% of MetroWest youth have used marijuana in their lifetime, compared with 41% in Massachusetts and the U.S.<sup>1,2</sup>

## Prescription Drug Misuse

*Prescription drug misuse among MetroWest high school students has steadily declined. After remaining similar at 10-11% in 2006-2010, lifetime misuse decreased to 9% in 2012 and declined further to 7% in 2014.*

- » Current prescription drug misuse (in the past 30 days) also declined, from 6% in 2008 to 4% in 2014.
- » Similar declines in prescription drug misuse were reported among both females and males.
- » Misuse of prescription drugs continues to be slightly higher among males (8%) than females (6%).
- » Prescription drug misuse quadruples during the high school years. By 12<sup>th</sup> grade, 12% of youth have misused prescription drugs in their lifetime and 6% did so in the past 30 days.
- » Lifetime misuse of prescription drugs is substantially lower in MetroWest (7%) compared with Massachusetts (13%)<sup>1</sup> and the nation (18%).<sup>2</sup>

## Key Findings: Violence

*About half as many youth reported physical fights in 2014 compared with 2006, both on and off school property. Overall reports of fighting in the past 12 months decreased from 26% in 2006 to 14% in 2014. During the same period, reports of weapon carrying declined slightly.*

### Physical Fighting

- » In addition to overall physical fighting, reports of physical fighting on school property also decreased by half, from 9% in 2006 to 4% in 2014.
- » While fighting is reported by more than twice as many males as females, there are substantial decreases among both genders: From 2006 to 2014, reports of fighting in the past 12 months decreased from 36% to 20% among males and from 16% to 8% among females.
- » Older youth are less likely to engage in fighting: Reports of fighting decreased from 16% in 9<sup>th</sup> grade to 12% in 12<sup>th</sup> grade. Reports of fighting on school property are similar (4-5%) across all grades.
- » Physical fighting in MetroWest (14%) continues to be notably lower than in the state (20%)<sup>1</sup> and nation (25%),<sup>2</sup> though fighting in all three areas has declined in recent years.

### Weapon Carrying

- » Reports of weapon carrying have shown a small decline, from 8% in 2006 to 7% in 2014. Weapon carrying on school property has similarly lowered from 3% to 2% during this time. While these changes are not large, the data shows small, steady declines at every time point.
- » These slight decreases may be due to less weapon carrying among males. For example, weapon carrying on school property decreased from 5% in 2006 to 3% in 2014 among males and remained steady at 1% among females across all surveys.
- » Consistent with the slight decline in weapon carrying, reports of being threatened or injured with a weapon in the past 12 months decreased from 9% in 2006 to 6% in 2014, and reports of being threatened or injured with a weapon on school property decreased from 5% to 3%.
- » As in prior surveys, many more males than females reported carrying weapons overall (11% compared with 3%) and on school property (3% compared with 1%).
- » Reports of weapon carrying and related threats and injuries are similar throughout the high school years.
- » Many fewer MetroWest youth reported weapon carrying (7%) than in the state (12%)<sup>1</sup> and nation (18%).<sup>2</sup> The small decline in weapon carrying in MetroWest is consistent with Massachusetts trends, whereas national reports have remained similar in recent years.

## Key Findings: Bullying and Cyberbullying

*Fewer students are being bullied at school. After peaking in 2010 at 28%, reports of bullying on school property in the past 12 months decreased to 23% in 2012, and dropped further to 20% in 2014. In contrast, after rising steadily from 15% to 20% from 2006 to 2010, reports of cyberbullying have remained similar at 21-22% since 2012.*

### Bullying

- » Reports of overall bullying victimization in the past 12 months also decreased, from a high of 32% in 2010 to 24% in 2014. The decrease in bullying over the last three surveys is similar among males (from 27% in 2010 to 18% in 2014) and females (from 37% to 29%).
- » One in ten youth (11%) reported that they bullied someone else in the past 12 months; this represents 10% of females and 12% of males.
- » Bullying victimization decreases by grade, from 23% in 9<sup>th</sup> grade to 17% in 12<sup>th</sup> grade.
- » Many bullying victims do not seek help from adults: Among students who were bullied at school in the past year, only one-quarter (26%) had talked to a school adult and 43% had talked to a parent or other adult outside of school about being bullied.
- » 29% of youth have intervened as bystanders by trying to stop a student from bullying someone else at school in the past 12 months, and 10% have told an adult at school that someone else was being bullied.
- » School bullying in MetroWest (20%) remains slightly higher than the state (17%)<sup>1</sup> and is the same as the nation (20%).<sup>2</sup> While there are recent declines in both the region and the state, school bullying in the United States has not changed notably.

### Cyberbullying

- » Reports of cyberbullying victimization in the past 12 months increased steadily from 15% in 2006 to 20% in 2010 and then stayed at a similar level (21-22%) in 2012 and 2014.
- » Cyberbullying reports did not change notably since 2010 among either gender. However, the overall increase in cyberbullying victimization over the last decade was greater among females (from 17% in 2006 to 27% in 2014) than males (from 12% to 15%).
- » One in ten youth (9%) reported that they cyberbullied someone else in the past 12 months; this represents 10% of females and 8% of males.
- » Reports of cyberbullying victimization decrease slightly from 9<sup>th</sup> grade (23%) to 12<sup>th</sup> grade (19%).
- » Few cyberbullying victims seek help from adults: Among students who were cyberbullied in the past 12 months, only 16% had talked to an adult at school and 29% had talked to a parent or other adult outside of school. These numbers are lower than those reported by school bullying victims.
- » 15% of youth have tried to stop a student from cyberbullying someone else; more females than males (20% vs. 11%) reported intervening in this way.
- » Cyberbullying victimization in MetroWest (21%) remains higher than in the state (14%)<sup>1</sup> and nation (15%).<sup>2</sup>

## Key Findings: Impaired and Distracted Driving

*Drinking and driving has lowered substantially in the last decade: Reports of driving after drinking in the past 30 days among 11<sup>th</sup> and 12<sup>th</sup> grade drivers have decreased by more than half, from 19% in 2006 to 8% in 2014. However, in 2014, more than one in three high school drivers (38%) drove while texting in the past 30 days.*

### Impaired Driving

- » In addition to the decline in reports of driving after drinking, reports of riding as a passenger in a car with a driver (adult or high school student) who had been drinking in the past 30 days decreased from 25% in 2006 to 17% in 2014.
- » Consistent with the above finding, reports of riding in a car with a *high school driver* who had been drinking decreased slightly from 10% in 2012 to 8% in 2014. (2012 was the first year this data was collected).
- » In 2014, 17% of students who drive reported driving after using marijuana in the past 30 days. Reports are steady since 2012 when this information was first collected.
- » Males are more likely than females to report driving after using alcohol (9% vs. 6%) and marijuana (22% vs. 12%).
- » Reports of driving after using alcohol increase substantially from 11<sup>th</sup> grade (6%) to 12<sup>th</sup> grade (10%). Similarly, reports of driving after marijuana use also rise notably 11<sup>th</sup> to 12<sup>th</sup> grade (from 13% to 21%).

### Distracted Driving

- » In 2014, nearly one in three youth (30%) rode in a car driven by a high school student who was texting or e-mailing while driving in the past 30 days.
- » 38% of students who drive reported driving while texting in the past 30 days, which is lower than 2010 reports (44%). 2010 was the first year that the MWAHS asked about texting while driving.
- » Reports of texting while driving are similar among males and females, but double from 11<sup>th</sup> grade (25%) to 12<sup>th</sup> grade (51%).

## Key Findings: Mental Health

*Reports of some mental health problems among high school youth have increased slightly in recent years, and there is a notable increase in stress in 2014. One in three youth (35%) reported feeling very stressed in the last month, and one in five reported depressive symptoms (22%) in the past year.*

### Stress

- » Overall reports of feeling “very” stressed in the past 30 days were steady at 28-29% since 2006 but increased to 35% in 2014.
- » When the data is broken down by gender, there is a steady increase in stress among females from 35% in 2006 to 47% in 2014, whereas stress among males is similar in 2014 (22%) compared with 2006 (21%).
- » Stress related to school issues and physical/emotional health have risen from 2012 to 2014, while stress due to social, family, safety, and appearance issues has remained similar since 2006.
- » As in previous surveys, reports of stress increase during the high school years, nearly doubling from 24% in 9<sup>th</sup> grade to 46% in 12<sup>th</sup> grade.

### Depressive Symptoms, Self-Injury, and Suicidality

- » There are small increases in reports of depressive symptoms (from 20% in 2006 to 22% in 2014), self-injury (from 13% to 15%), and suicidal ideation (from 10% to 13%), but not suicide attempts (steady at 4-5% over the five surveys).
- » These increases are driven by a rise in reports of mental health problems among females. For example, from 2006 to 2014, depressive symptoms among females rose from 26% to 30%, self-injury rose from 18% to 23%, and suicidal ideation rose from 12% to 17%.
- » Reports of depressive symptoms increase by grade, from 19% in 9<sup>th</sup> grade to 24% in 12<sup>th</sup> grade. Reports of self-injury and suicidality are more similar across grades.
- » Nearly one in ten youth (8%) have missed school on one or more of the past 30 days due to feeling sad or hopeless, or having thoughts about hurting themselves. Missing school is reported by nearly three times as many females (11%) as males (4%).
- » 16% of youth have talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting themselves in the past 12 months. 8% of youth have spoken to a teacher or other adult at school, and 8% have talked to a doctor, nurse, or health care provider.
- » Reports of depressive symptoms are similar across the region and the state, with more than one in five youth (22%) both in MetroWest and in Massachusetts<sup>1</sup> reporting that they experienced depressive symptoms in the past year. Similarly, 13% of MetroWest youth and 12% of Massachusetts youth reported seriously considering suicide. These state and regional reports are lower than national reports of mental health problems.<sup>2</sup>

## Key Findings: Sexual Behavior

*Recent surveys show a decline in sexual intercourse among high school youth. After remaining steady at 28-29% from 2006 to 2010, the proportion of youth who reported engaging in sexual intercourse in their lifetime decreased to 24% in 2014. However, one-third of youth who have sex are still not using condoms.*

### Sexual Intercourse and Sexting

- » The proportion of youth who reported that they are currently sexually active (had intercourse in the past 3 months) also declined in recent surveys, from 22% in 2010 to 19% in 2014.
- » By 12th grade, nearly half of youth (45%) have had sexual intercourse and 37% are currently sexually active.
- » Frequency of condom use at last intercourse declined slightly from 67% in 2006 to 63% in 2010, but has returned to earlier levels in 2012 and 2014 (65-66%).
- » Nearly three out of ten sexually active youth (28%) used alcohol or drugs before they had sexual intercourse the last time. Reports of substance use before intercourse have remained similar at 27-29% over the course of the five surveys.
- » The proportion of youth who have had sexual intercourse in their lifetime continues to be substantially lower in MetroWest (24%) compared with the state (38%)<sup>1</sup> and the nation (47%).<sup>2</sup>
- » Sexting (defined as sending or forwarding nude, sexually suggestive, or explicit photos or videos of someone you know using the Internet, cell phones or other electronic communications) has been measured in MetroWest since 2010. In 2014, 33% of youth reported receiving a sext image in the past 12 months, which is substantially higher than in 2012 (23%) and 2010 (25%). Similarly, student reports of sending a sext image of themselves increased from 11% in 2012 to 15% in 2014.

## Key Findings: Physical Activity, Nutrition, Overweight/Obesity, and Sleep

*Nearly half of all youth (47%) meet the national recommendations for physical activity, up from 34% in 2006. Despite this increase, the proportion of youth who are overweight or obese has remained steady at 19-20% since 2006.*

### Physical Activity

- » From 2006 to 2014, there were substantial increases in reports of moderate physical activity meeting the national recommendation among both females (from 28% to 39%) and males (from 40% to 56%). (This is defined as moderate physical activity for at least one hour on five or more of the past seven days.)
- » As in prior surveys, more males than females engage in both moderate and vigorous physical activity.
- » There is a substantial decrease in physical activity from 9<sup>th</sup> grade (54%) to 12<sup>th</sup> grade (42%).
- » 37% of youth (35% of females and 40% of males) reported spending three or more hours a day on “screen time” that is not for school or homework. This may be an indicator of unhealthy sedentary behavior.
- » The proportion of students who exercised moderately on five or more days in the past week is slightly higher in MetroWest (47%) compared with the state (44%),<sup>1</sup> and the same as the nation (47%).<sup>2</sup>

### Nutrition

- » There has been a steady decline in reports of drinking one or more non-diet sodas per day in the week prior to the survey, from 24% in 2006 to 11% in 2014.
- » The proportion of youth who consume 5 or more servings of fruits and vegetables per day is the same in 2014 as in 2006 (10%).
- » In 2014, one in five youth (18%) reported eating fried food at least once a day, and 4% reported eating fast food at least once per day in the past week.
- » About half of high school youth (48%) in the MetroWest region ate breakfast every day in the past week, somewhat higher than in the state (40%)<sup>1</sup> and nation (38%).<sup>2</sup>

### Overweight/Obesity

- » Although there have been improvements in physical activity and nutrition, overweight/obesity have remained in the range of 19-20% since 2006. (Reports of overweight/obesity are based on self-reported height and weight, which is used to calculate body mass index.)
- » More males (24%) than females (17%) are overweight/obese.
- » Overweight/obesity is relatively similar throughout the high school years.
- » Fewer youth in MetroWest are overweight/obese (20%) compared with Massachusetts (23%)<sup>1</sup> and the nation (30%).<sup>2</sup>

## Sleep

- » Fewer than one in three youth (29%) sleeps 8 or more hours on an average school night.
- » Males are more likely to get this amount of sleep (34%) than females (25%).
- » The proportion of youth who sleep for 8 or more hours decreases substantially by grade, from 40% in 9<sup>th</sup> grade to 20% in 12<sup>th</sup> grade.
- » The MWAHS first asked about sleep in 2014, so no trend data is available.

## Key Findings: Protective Factors

*The majority of MetroWest youth report high levels of school attachment and the presence of supportive adults in their lives. Reports of these protective factors have been consistent since 2006 and are associated with lower levels of risk behaviors including substance use, violence, bullying victimization, and mental health problems.*

### School Attachment and Engagement

- » About three-quarters of youth reported being engaged in and connected with their school, as indicated by their agreement with statements such as, “I feel close to people at this school” (72%), “I am happy to be at this school” (68%), and “I feel safe in my school” (83%).
- » Reports of school attachment have been similar in the MetroWest region since 2006.
- » While a majority of both males and females have high levels of school attachment, reports are slightly higher among males.
- » Reports of school attachment are similar across grade levels.
- » Youth who report high levels of school attachment are significantly less likely to engage in high-risk behaviors than those who report low levels of school attachment, including substance use and physical violence. They are also significantly less likely to be victims of bullying and to report mental health problems.

### Adult Support

- » Seven out of ten youth (71%) have at least one teacher or other adult at school to talk to if they have a problem, and nine out of ten youth (90%) have a parent or other adult outside of school to talk to about things that are important to them.
- » Adult support at school is similar among both genders and increases during the high school years, from 65% in 9<sup>th</sup> grade to 81% in 12<sup>th</sup> grade. Reports of adult support outside of school are similar across genders and grades.
- » Youth who report adult support either at school and/or at home are less likely than youth without adult support to engage in substance use and violence, to be victims of bullying, to be sexually active in high school, and to report stress and other mental health problems.

## Conclusions

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Over the last decade, the MWAHS has provided insight into adolescent health trends, driving key decisions on health-related practices across the region. With each survey wave, the data paints a more resounding picture of advances to address risk behaviors. It also continues to identify emerging risks that demand greater attention.

Several findings show positive regional trends that have continued through the most recent 2014 survey:

- » Cigarette smoking in the MetroWest region has been cut in half over the last decade. State and national surveys also show a steady decline in youth smoking.<sup>1,2</sup> While the use of electronic cigarettes is an emerging trend, the health consequences are not fully understood.
- » Fewer youth are initiating alcohol use, as well as engaging in high-risk drinking. These declines, also consistent with state and national data,<sup>1,2</sup> took place in the context of targeted initiatives to reduce alcohol and other substance use, including programs funded by the MHF.
- » School bullying victimization has continued to decline since it peaked in 2010. Widespread school and community-based initiatives, including programs funded by the MHF, in combination with the 2010 state anti-bullying legislation, may have contributed to these declines.
- » There have also been substantial declines in physical fighting, both on and off of school property. This may be related to recent progress in addressing school bullying, including efforts to improve school climate.

The following behaviors indicate some improvement or stabilization:

- » Marijuana use has lowered somewhat since 2010. While many factors may influence students' decisions to use marijuana, the 2009 decriminalization does not appear to be associated with a rise in use in the region.
- » After increasing steadily over the first few surveys, cyberbullying may be stabilizing. Nonetheless, with the pervasive use of mobile technology and social media, it remains a major concern, particularly for females.
- » Fewer youth are sexually active in recent years. Despite this, many youth are not using condoms to protect themselves from sexually transmitted infections, including HIV, and unintended pregnancy.
- » Levels of physical activity increased over the first few surveys and have now steadied. There continues to be no considerable change in the levels of overweight and obesity among youth.

Increases in harmful behaviors are noted in the following key area:

- » In 2014, there is a notable increase in stress. Reports of other mental health problems, such as depressive symptoms, self-injury, and suicidal ideation, also appear to be rising. This increase is driven by a rise in reports of mental health problems among girls over several surveys. The MHF has made adolescent mental health a priority and is currently funding several programs to address this serious health concern.

The 2014 MWAHS shows substantial progress in reducing several behaviors, including substance use and school bullying. Nonetheless, many high school youth continue to engage in dangerous behaviors that impact their physical and emotional health. Continued use of the MWAHS data to drive decisions around programs, policies, and practices will ensure that the greatest adolescent health challenges continue to be targeted across the region.

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<sup>1</sup> Massachusetts Department of Elementary and Secondary Education and Massachusetts Department of Public Health (2014). Health and Risk Behaviors of Massachusetts Youth 2013. See: <http://www.doe.mass.edu/cnp/hprograms/yrbs/2013report.pdf>.

<sup>2</sup> Centers for Disease Control and Prevention. 2013 Youth Risk Behavior Survey. Available at: <http://www.cdc.gov/healthyyouth/yrbs/factsheets/index.htm>. Accessed March 10, 2015.

## MetroWest Region High School Students (Grades 9-12)

### 2006-2014 Trends in Key Indicators\*

	Year of Survey (%)				
	2006 <i>(16,680)</i>	2008 <i>(20,406)</i>	2010 <i>(23,187)</i>	2012 <i>(24,459)</i>	2014 <i>(24,355)</i>
<b>SUBSTANCE USE</b>					
Lifetime cigarette smoking	35.3	33.3	25.9	22.0	17.3
Current cigarette smoking (past 30 days)	14.7	13.9	12.1	9.1	6.2
Lifetime alcohol use	66.5	62.8	58.0	55.6	53.8
Current alcohol use (past 30 days)	42.2	39.1	34.7	33.4	32.9
Binge drinking (past 30 days) <sup>†</sup>	25.1	23.2	20.8	18.7	17.5
Rode with driver who had been drinking (past 30 days)	25.2	25.8	22.5	19.5	16.7
Lifetime marijuana use	33.2	33.4	34.6	32.3	30.4
Current marijuana use (past 30 days)	20.2	22.8	23.5	21.5	20.3
Lifetime prescription drug misuse <sup>‡</sup>	11.0	10.1	10.1	8.8	7.3
<b>VIOLENCE</b>					
Physical fighting (past 12 months)	26.0	23.9	21.7	16.8	14.1
Physical fighting on school property (past 12 months)	8.7	8.3	7.4	5.5	4.2
Carried a weapon (past 30 days)	8.2	7.3	7.3	6.8	6.6
Carried a weapon on school property (past 30 days)	3.3	3.1	3.0	2.5	2.0
<b>BULLYING VICTIMIZATION</b>					
Bullying victim (past 12 months)	28.6	29.3	31.8	27.0	23.7
Bullying victim on school property (past 12 months)	25.5	25.9	28.2	22.9	20.0
Cyberbullying victim (past 12 months)	14.6	15.8	20.0	21.5	21.2
<b>MENTAL HEALTH</b>					
Life "very" stressful (past 30 days)	27.9	27.9	28.3	28.9	34.9
Depressive symptoms (past 12 months)	20.1	20.3	19.1	19.7	22.0
Self-injury (past 12 months)	13.2	13.2	14.0	15.6	15.2
Considered suicide (past 12 months)	10.0	10.5	11.6	13.0	12.9
Attempted suicide (past 12 months)	4.1	4.1	4.0	4.7	4.5
<b>SEXUAL BEHAVIOR</b>					
Lifetime sexual intercourse	28.9	29.4	28.3	26.6	24.3
Currently sexually active (past 3 months)	22.3	22.9	21.8	20.7	19.1
Condom use at last intercourse (among sexually active youth)	66.6	65.0	63.2	66.3	65.1
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>					
Exercised for ≥60 minutes on 5 or more days/week	33.7	33.2	45.3	48.8	47.3
Overweight or obese <sup>§</sup>	19.9	19.3	19.3	19.2	20.3

\* Source: MetroWest Adolescent Health Survey

† Consumed 5 or more drinks in a row on one or more occasions

‡ Without a doctor's prescription

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

## MetroWest Region High School Students (Grades 9-12) 2014 Gender Patterns for Key Indicators\*

	Gender (%)		Total (%)
	Female (12,331)	Male (11,757)	(24,355)
<b>SUBSTANCE USE</b>			
Lifetime cigarette smoking	15.7	18.8	17.3
Current cigarette smoking (past 30 days)	5.3	7.0	6.2
Lifetime alcohol use	55.4	51.8	53.8
Current alcohol use (past 30 days)	34.5	31.0	32.9
Binge drinking (past 30 days) <sup>†</sup>	16.6	18.4	17.5
Rode with driver who had been drinking (past 30 days)	17.0	16.3	16.7
Lifetime marijuana use	28.0	32.8	30.4
Current marijuana use (past 30 days)	17.5	23.2	20.3
Lifetime prescription drug misuse <sup>‡</sup>	6.3	8.2	7.3
<b>VIOLENCE</b>			
Physical fighting (past 12 months)	8.3	20.0	14.1
Physical fighting on school property (past 12 months)	2.1	6.2	4.2
Carried a weapon (past 30 days)	2.5	10.7	6.6
Carried a weapon on school property (past 30 days)	1.0	3.1	2.0
<b>BULLYING VICTIMIZATION</b>			
Bullying victim (past 12 months)	28.7	18.3	23.7
Bullying victim on school property (past 12 months)	23.2	16.6	20.0
Cyberbullying victim (past 12 months)	27.2	14.7	21.2
<b>MENTAL HEALTH</b>			
Life "very" stressful (past 30 days)	47.1	21.8	34.9
Depressive symptoms (past 12 months)	29.6	13.7	22.0
Self-injury (past 12 months)	22.5	7.3	15.2
Considered suicide (past 12 months)	16.7	8.6	12.9
Attempted suicide (past 12 months)	5.9	2.9	4.5
<b>SEXUAL BEHAVIOR</b>			
Lifetime sexual intercourse	22.8	25.6	24.3
Currently sexually active (past 3 months)	18.3	19.8	19.1
Condom use at last intercourse (among sexually active youth)	62.5	68.2	65.1
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>			
Exercised for ≥60 minutes on 5 or more days/week	39.0	56.3	47.3
Overweight or obese <sup>§</sup>	16.6	24.1	20.3

\* Source: MetroWest Adolescent Health Survey

† Consumed 5 or more drinks in a row on one or more occasions

‡ Without a doctor's prescription

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

## MetroWest Region High School Students (Grades 9-12)

### 2014 Grade Patterns for Key Indicators\*

	Grade (%)				Total (%)
	9 <sup>th</sup> (6,466)	10 <sup>th</sup> (6,124)	11 <sup>th</sup> (6,127)	12 <sup>th</sup> (5,426)	
<b>SUBSTANCE USE</b>					
Lifetime cigarette smoking	10.0	14.0	19.7	26.7	17.3
Current cigarette smoking (past 30 days)	3.2	4.2	7.3	10.3	6.2
Lifetime alcohol use	33.2	48.7	64.0	72.3	53.8
Current alcohol use (past 30 days)	15.1	28.1	40.6	50.3	32.9
Binge drinking (past 30 days) <sup>†</sup>	5.3	13.3	22.4	31.2	17.5
Rode with driver who had been drinking (past 30 days)	13.1	15.5	18.6	19.8	16.7
Lifetime marijuana use	12.3	24.2	39.5	48.4	30.4
Current marijuana use (past 30 days)	8.2	15.9	26.1	32.9	20.3
Lifetime prescription drug misuse <sup>‡</sup>	2.9	5.1	9.8	11.7	7.3
<b>VIOLENCE</b>					
Physical fighting (past 12 months)	16.2	13.6	13.4	12.4	14.1
Physical fighting on school property (past 12 months)	4.6	4.0	3.8	3.8	4.2
Carried a weapon (past 30 days)	5.9	6.7	6.4	7.0	6.6
Carried a weapon on school property (past 30 days)	1.3	1.6	2.2	2.8	2.0
<b>BULLYING VICTIMIZATION</b>					
Bullying victim (past 12 months)	27.9	23.8	22.4	19.5	23.7
Bullying victim on school property (past 12 months)	23.4	20.0	18.9	16.8	20.0
Cyberbullying victim (past 12 months)	23.2	21.1	20.7	18.9	21.2
<b>MENTAL HEALTH</b>					
Life "very" stressful (past 30 days)	24.3	31.2	39.9	46.0	34.9
Depressive symptoms (past 12 months)	18.6	21.3	24.7	23.8	22.0
Self-injury (past 12 months)	14.9	15.0	16.5	14.1	15.2
Considered suicide (past 12 months)	11.5	12.9	13.6	13.4	12.9
Attempted suicide (past 12 months)	4.5	4.8	4.4	3.9	4.5
<b>SEXUAL BEHAVIOR</b>					
Lifetime sexual intercourse	8.2	16.0	30.6	45.2	24.3
Currently sexually active (past 3 months)	5.8	11.8	24.3	36.9	19.1
Condom use at last intercourse (among sexually active youth)	60.8	67.0	67.6	64.1	65.1
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>					
Exercised for ≥60 minutes on 5 or more days/week	53.5	49.0	43.9	42.0	47.3
Overweight or obese <sup>§</sup>	19.5	21.5	20.2	19.7	20.3

\* Source: MetroWest Adolescent Health Survey

† Consumed 5 or more drinks in a row on one or more occasions

‡ 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 the Health and Human Development Division at  
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