

Table 2-1A. Lifetime and Current Substance Use by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
LIFETIME USE*							
Cigarettes	17.3	15.7	18.8	10.0	14.0	19.7	26.7
Alcohol [†]	53.8	55.4	51.8	33.2	48.7	64.0	72.3
Marijuana	30.4	28.0	32.8	12.3	24.2	39.5	48.4
Inhalants [‡]	5.0	4.9	5.1	5.5	4.9	4.9	4.7
Methamphetamines	2.0	1.2	2.8	1.3	1.6	2.2	2.7
Ecstasy	3.9	2.9	4.8	1.9	2.6	4.6	6.3
Cocaine [§]	3.2	2.0	4.5	1.6	2.6	3.5	5.2
Heroin	1.7	0.8	2.7	1.1	1.5	1.7	2.4
Steroids (without a doctor's prescription)	1.9	1.5	2.3	1.5	1.8	1.9	2.4
Prescription drugs (without a doctor's prescription)	7.3	6.3	8.2	2.9	5.1	9.8	11.7
CURRENT USE (past 30 days)**							
Cigarettes	6.2	5.3	7.0	3.2	4.2	7.3	10.3
Alcohol [†]	32.9	34.5	31.0	15.1	28.1	40.6	50.3
Marijuana	20.3	17.5	23.2	8.2	15.9	26.1	32.9
Inhalants [‡]	2.1	1.5	2.6	2.1	2.0	1.8	2.2
Cocaine [§]	2.1	1.1	3.2	1.2	1.7	2.3	3.1
Prescription drugs (without a doctor's prescription)	4.1	3.4	4.8	1.9	3.0	5.3	6.4
CURRENT USE ON SCHOOL PROPERTY (past 30 days)**							
Cigarettes	1.9	1.1	2.6	0.8	1.4	1.9	3.2
Alcohol [†]	2.8	2.4	3.3	1.4	2.1	3.5	4.5
Marijuana	4.3	3.0	5.7	1.7	3.3	5.4	6.9

* Used one or more times in lifetime

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Includes using powder, crack or freebase

** Used one or more times in the past 30 days

Table 2-1B. Lifetime and Current Substance Use, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
LIFETIME USE*					
Cigarettes	35.3	33.3	25.9	22.0	17.3
Alcohol [†]	66.5	62.8	58.0	55.6	53.8
Marijuana	33.2	33.4	34.6	32.3	30.4
Inhalants [‡]	9.1	8.5	7.3	6.1	5.0
Methamphetamines	3.8	3.2	3.3	2.9	2.0
Ecstasy	5.1	5.4	5.7	4.9	3.9
Cocaine [§]	6.0	5.3	4.4	3.8	3.2
Heroin	2.4	2.6	2.2	2.3	1.7
Steroids (without a doctor's prescription)	3.0	2.9	2.7	2.7	1.9
Prescription drugs (without a doctor's prescription)	11.0	10.1	10.1	8.8	7.3
CURRENT USE (past 30 days)**					
Cigarettes	14.7	13.9	12.1	9.1	6.2
Alcohol [†]	42.2	39.1	34.7	33.4	32.9
Marijuana	20.2	22.8	23.5	21.5	20.3
Inhalants [‡]	3.5	3.3	2.9	2.5	2.1
Cocaine [§]	3.5	3.0	2.7	2.6	2.1
Prescription drugs (without a doctor's prescription)	–	5.7	5.7	5.0	4.1
CURRENT USE ON SCHOOL PROPERTY (past 30 days)**					
Cigarettes	5.3	5.1	4.4	3.2	1.9
Alcohol [†]	4.8	4.0	3.3	3.6	2.8
Marijuana	4.4	5.2	6.0	5.0	4.3

* Used one or more times in lifetime

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Includes using powder, crack or freebase

** Used one or more times in the past 30 days

Table 2-1C. Lifetime and Current Substance Use at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>MetroWest Region 2014 MWAHS</u>	<u>Massachusetts 2013 YRBS</u>	<u>United States 2013 YRBS</u>
	(24,355)	(2,718)	(13,583)
LIFETIME USE*			
Cigarettes	17.3	31.6	41.1
Alcohol [†]	53.8	63.2	66.2
Marijuana	30.4	41.3	40.7
Inhalants [‡]	5.0	–	8.9
Methamphetamines	2.0	1.6	3.2
Ecstasy	3.9	4.7	6.6
Cocaine [§]	3.2	3.7	5.5
Heroin	1.7	1***	2.2
Steroids (without a doctor's prescription)	1.9	1.5	3.2
Prescription drugs (without a doctor's prescription)	7.3	7***	17.8
CURRENT USE (past 30 days)**			
Cigarettes	6.2	10.7	15.7
Alcohol [†]	32.9	35.6	34.9
Marijuana	20.3	24.8	23.4
Inhalants [‡]	2.1	–	–
Cocaine [§]	2.1	–	–
Prescription drugs (without a doctor's prescription)	4.1	–	–
CURRENT USE ON SCHOOL PROPERTY (past 30 days)**			
Cigarettes	1.9	2.8	3.8
Alcohol [†]	2.8	3.6	5.1
Marijuana	4.3	6.3	5.9

* Used one or more times in lifetime

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Includes using powder, crack or freebase

** Used one or more times in the past 30 days

*** Data provided in the Massachusetts YRBS report was rounded to the nearest whole percent

Table 2-2A. Tobacco and Electronic Cigarette Use by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
CIGARETTE SMOKING							
Lifetime cigarette smoking*	17.3	15.7	18.8	10.0	14.0	19.7	26.7
Smoked a whole cigarette before age 13 years	3.0	1.9	4.1	2.2	2.8	3.2	3.6
Current cigarette use (past 30 days)	6.2	5.3	7.0	3.2	4.2	7.3	10.3
Current frequent cigarette use (on 20 or more of the past 30 days)	1.7	1.1	2.3	0.7	1.0	2.2	2.8
Current cigarette use on school property (past 30 days)	1.9	1.1	2.6	0.8	1.4	1.9	3.2
Ever smoked cigarettes daily (every day for 30 days)	5.5	4.9	6.1	3.7	4.5	6.2	7.6
Smoked more than 10 cigarettes per day (past 30 days, current smokers) [†]	13.1	7.4	17.4	11.9	16.0	12.2	11.3
Tried to quit smoking (past 12 months, current smokers) [†]	35.4	37.7	33.2	38.4	39.1	34.8	32.2
USE OF OTHER TOBACCO PRODUCTS							
Current smokeless tobacco use (past 30 days) [‡]	4.4	1.1	7.8	2.4	3.5	5.1	6.6
Current cigar use (past 30 days) [§]	8.1	3.3	13.0	3.0	5.7	9.8	14.5
OVERALL TOBACCO USE							
Smoked cigarettes, cigars, and/or used smokeless tobacco (past 30 days)**	12.4	7.2	17.7	5.5	9.3	15.0	20.6
ELECTRONIC CIGARETTE USE***							
Lifetime electronic cigarette use	30.5	27.6	33.2	18.9	27.2	36.5	40.7
Current electronic cigarette use (past 30 days)	17.5	14.8	20.2	12.0	15.2	20.6	22.6
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	42.2	48.0	36.1	49.0	42.3	39.1	37.4

* Ever tried cigarette smoking, even one or two puffs

† Among youth who smoked in the past 30 days

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

** Does not include electronic vapor products

*** Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

Table 2-2B. Tobacco and Electronic Cigarette Use, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
CIGARETTE SMOKING					
Lifetime cigarette smoking*	35.3	33.3	25.9	22.0	17.3
Smoked a whole cigarette before age 13 years	6.7	5.6	5.1	3.9	3.0
Current cigarette use (past 30 days)	14.7	13.9	12.1	9.1	6.2
Current frequent cigarette use (on 20 or more of the past 30 days)	5.6	4.6	4.0	2.9	1.7
Current cigarette use on school property (past 30 days)	5.3	5.1	4.4	3.2	1.9
Ever smoked cigarettes daily (every day for 30 days)	9.3	8.2	7.6	7.4	5.5
Smoked more than 10 cigarettes per day (past 30 days, current smokers) [†]	13.8	10.4	10.4	13.3	13.1
Tried to quit smoking (past 12 months, current smokers) [†]	37.4	33.8	37.3	40.9	35.4
USE OF OTHER TOBACCO PRODUCTS					
Current smokeless tobacco use (past 30 days) [‡]	5.1	6.3	6.3	5.4	4.4
Current cigar use (past 30 days) [§]	13.4	14.5	13.1	10.6	8.1
OVERALL TOBACCO USE					
Smoked cigarettes, cigars, and/or used smokeless tobacco (past 30 days)**	21.8	22.4	19.8	16.0	12.4
ELECTRONIC CIGARETTE USE***					
Lifetime electronic cigarette use	–	–	–	–	30.5
Current electronic cigarette use (past 30 days)	–	–	–	–	17.5
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	–	–	–	–	42.2

* Ever tried cigarette smoking, even one or two puffs

† Among youth who smoked in the past 30 days

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

** Does not include electronic vapor products

*** Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

Table 2-2C. Tobacco and Electronic Cigarette Use at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS	Massachusetts 2013 YRBS	United States 2013 YRBS
	<i>(24,355)</i>	<i>(2,718)</i>	<i>(13,583)</i>
CIGARETTE SMOKING			
Lifetime cigarette smoking*	17.3	31.6	41.1
Smoked a whole cigarette before age 13 years	3.0	5.4	9.3
Current cigarette use (past 30 days)	6.2	10.7	15.7
Current frequent cigarette use (on 20 or more of the past 30 days)	1.7	3.2	5.6
Current cigarette use on school property (past 30 days)	1.9	2.8	3.8
Ever smoked cigarettes daily (every day for 30 days)	5.5	–	8.8
Smoked more than 10 cigarettes per day (past 30 days, current smokers) [†]	13.1	–	8.6
Tried to quit smoking (past 12 months, current smokers) [†]	35.4	–	48.0
USE OF OTHER TOBACCO PRODUCTS			
Current smokeless tobacco use (past 30 days) [‡]	4.4	4.8	8.8
Current cigar use (past 30 days) [§]	8.1	10.8	12.6
OVERALL TOBACCO USE			
Smoked cigarettes, cigars, and/or used smokeless tobacco (past 30 days)**	12.4	17.1	22.4
ELECTRONIC CIGARETTE USE***			
Lifetime electronic cigarette use	30.5	–	–
Current electronic cigarette use (past 30 days)	17.5	–	–
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	42.2	–	–

* Ever tried cigarette smoking, even one or two puffs

† Among youth who smoked in the past 30 days

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

** Does not include electronic vapor products

*** Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

Table 2-3A. Alcohol Use and Drinking and Driving by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
ALCOHOL USE*							
Lifetime alcohol use	53.8	55.4	51.8	33.2	48.7	64.0	72.3
Had first drink of alcohol before age 13 years	9.0	7.3	10.6	10.2	8.5	8.4	8.4
Current alcohol use (past 30 days)	32.9	34.5	31.0	15.1	28.1	40.6	50.3
Current alcohol use on school property (past 30 days)	2.8	2.4	3.3	1.4	2.1	3.5	4.5
Binge drinking (past 30 days) [†]	17.5	16.6	18.4	5.3	13.3	22.4	31.2
Was “drunk” from consuming alcohol (past 30 days)	22.8	23.6	21.9	7.6	18.2	29.8	38.0
Drank alcohol by yourself (past 30 days)	6.7	6.9	6.5	4.7	6.1	7.6	8.6
Drinking interfered with responsibilities (past 12 months)	3.5	3.6	3.4	1.7	2.8	4.3	5.4
Went to a party/hung out where alcohol was available (past 30 days)	38.6	41.6	35.5	21.2	35.7	46.1	54.2
Used alcohol just before a school function (past 12 months)	10.1	10.5	9.6	3.4	8.0	13.1	16.7
Used alcohol during a school function (past 12 months)	5.6	5.6	5.7	1.9	4.2	7.8	9.0
Offered, sold, or given alcohol on school property (past 12 months)	6.2	5.9	6.5	4.0	5.8	7.7	7.3
Used marijuana and alcohol during the same time period (past 30 days) [‡]	12.5	11.3	13.6	4.1	9.3	15.5	22.2
DRINKING AND DRIVING (past 30 days)							
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	82.0	86.4	77.4	80.5	81.5	83.7	83.0
Rode in a car driven by someone who had been drinking	16.7	17.0	16.3	13.1	15.5	18.6	19.8
Rode in a car driven by a high school student who had been drinking	8.4	7.9	8.8	3.2	6.0	10.9	13.9
Drove a car when you had been drinking (11 th /12 th grade drivers only)	7.5	5.7	9.4	–	–	5.5	9.6

* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

‡ Within a couple of hours

Table 2-3B. Alcohol Use and Drinking and Driving, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
ALCOHOL USE*					
Lifetime alcohol use	66.5	62.8	58.0	55.6	53.8
Had first drink of alcohol before age 13 years	15.5	13.5	12.1	10.2	9.0
Current alcohol use (past 30 days)	42.2	39.1	34.7	33.4	32.9
Current alcohol use on school property (past 30 days)	4.8	4.0	3.3	3.6	2.8
Binge drinking (past 30 days) [†]	25.1	23.2	20.8	18.7	17.5
Was “drunk” from consuming alcohol (past 30 days)	–	27.7	24.8	23.9	22.8
Drank alcohol by yourself (past 30 days)	–	–	6.6	7.1	6.7
Drinking interfered with responsibilities (past 12 months)	7.3	6.2	5.5	4.5	3.5
Went to a party/hung out where alcohol was available (past 30 days)	–	–	45.6	40.1	38.6
Used alcohol just before a school function (past 12 months)	–	–	–	11.2	10.1
Used alcohol during a school function (past 12 months)	–	–	–	6.0	5.6
Offered, sold, or given alcohol on school property (past 12 months)	–	–	–	8.1	6.2
Used marijuana and alcohol during the same time period (past 30 days) [‡]	–	–	–	13.4	12.5
DRINKING AND DRIVING (past 30 days)					
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	–	–	–	77.2	82.0
Rode in a car driven by someone who had been drinking	25.2	25.8	22.5	19.5	16.7
Rode in a car driven by a high school student who had been drinking	–	–	–	10.3	8.4
Drove a car when you had been drinking (11 th /12 th grade drivers only)	18.6	16.1	13.1	9.1	7.5

* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

‡ Within a couple of hours

Table 2-3C. Alcohol Use and Drinking and Driving at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS	Massachusetts 2013 YRBS	United States 2013 YRBS
	<i>(24,355)</i>	<i>(2,718)</i>	<i>(13,583)</i>
ALCOHOL USE*			
Lifetime alcohol use	53.8	63.2	66.2
Had first drink of alcohol before age 13 years	9.0	11 [§]	18.6
Current alcohol use (past 30 days)	32.9	35.6	34.9
Current alcohol use on school property (past 30 days)	2.8	–	–
Binge drinking (past 30 days) [†]	17.5	18.9	20.8
Was “drunk” from consuming alcohol (past 30 days)	22.8	–	–
Drank alcohol by yourself (past 30 days)	6.7	–	–
Drinking interfered with responsibilities (past 12 months)	3.5	–	–
Went to a party/hung out where alcohol was available (past 30 days)	38.6	–	–
Used alcohol just before a school function (past 12 months)	10.1	–	–
Used alcohol during a school function (past 12 months)	5.6	–	–
Offered, sold, or given alcohol on school property (past 12 months)	6.2	–	–
Used marijuana and alcohol during the same time period (past 30 days) [‡]	12.5	–	–
DRINKING AND DRIVING (past 30 days)			
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	82.0	–	–
Rode in a car driven by someone who had been drinking	16.7	18.3	21.9
Rode in a car driven by a high school student who had been drinking	8.4	–	–
Drove a car when you had been drinking (11 th /12 th grade drivers only)	7.5	–	–

* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

‡ Within a couple of hours

§ Data provided in the Massachusetts YRBS report was rounded to the nearest whole percent

Table 2-4A. Marijuana Use by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
MARIJUANA USE							
Lifetime marijuana use	30.4	28.0	32.8	12.3	24.2	39.5	48.4
Tried marijuana before age 13 years	3.6	2.3	5.0	3.0	3.4	4.1	3.8
Current marijuana use (past 30 days)	20.3	17.5	23.2	8.2	15.9	26.1	32.9
Current marijuana use on school property (past 30 days)	4.3	3.0	5.7	1.7	3.3	5.4	6.9
Went to a party/hung out where marijuana was available (past 30 days)	31.1	31.3	30.9	14.8	26.6	38.2	47.6
Offered/sold/given marijuana on school property (past 12 months)	14.8	12.5	17.1	10.9	14.2	17.8	16.5
Used money to purchase marijuana (past 30 days)	13.0	10.0	16.1	5.5	10.7	16.4	20.4
Used marijuana and alcohol during the same time period (past 30 days)*	12.5	11.3	13.6	4.1	9.3	15.5	22.2
MARIJUANA USE AND DRIVING (past 30 days)							
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	55.2	62.0	47.9	68.1	58.1	50.6	41.9
Rode in a car driven by a high school student who had been using marijuana	16.2	14.5	17.9	4.9	10.5	21.4	29.5
Drove a car when you had been using marijuana (11 th /12 th grade drivers only)	16.5	11.6	21.9	–	–	12.5	20.5

* Within a couple of hours

Table 2-4B. Marijuana Use, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
MARIJUANA USE					
Lifetime marijuana use	33.2	33.4	34.6	32.3	30.4
Tried marijuana before age 13 years	5.9	5.2	4.8	4.5	3.6
Current marijuana use (past 30 days)	20.2	22.8	23.5	21.5	20.3
Current marijuana use on school property (past 30 days)	4.4	5.2	6.0	5.0	4.3
Went to a party/hung out where marijuana was available (past 30 days)	–	–	36.5	31.6	31.1
Offered/sold/given marijuana on school property (past 12 months)	–	–	–	17.4	14.8
Used money to purchase marijuana (past 30 days)	–	–	–	14.4	13.0
Used marijuana and alcohol during the same time period (past 30 days)*	–	–	–	13.4	12.5
MARIJUANA USE AND DRIVING (past 30 days)					
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	–	–	–	52.0	55.2
Rode in a car driven by a high school student who had been using marijuana	–	–	–	18.0	16.2
Drove a car when you had been using marijuana (11 th /12 th grade drivers only)	–	–	–	16.8	16.5

* Within a couple of hours

Table 2-4C. Marijuana Use at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS	Massachusetts 2013 YRBS	United States 2013 YRBS
	<i>(24,355)</i>	<i>(2,718)</i>	<i>(13,583)</i>
MARIJUANA USE			
Lifetime marijuana use	30.4	41.3	40.7
Tried marijuana before age 13 years	3.6	6.6	8.6
Current marijuana use (past 30 days)	20.3	24.8	23.4
Current marijuana use on school property (past 30 days)	4.3	–	–
Went to a party/hung out where marijuana was available (past 30 days)	31.1	–	–
Offered/sold/given marijuana on school property (past 12 months)	14.8	–	–
Used money to purchase marijuana (past 30 days)	13.0	–	–
Used marijuana and alcohol during the same time period (past 30 days)*	12.5	–	–
MARIJUANA USE AND DRIVING (past 30 days)			
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	55.2	–	–
Rode in a car driven by a high school student who had been using marijuana	16.2	–	–
Drove a car when you had been using marijuana (11 th /12 th grade drivers only)	16.5	–	–

* Within a couple of hours

Table 2-5A. Other Substance Use by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
INHALANTS*							
Lifetime inhalant use	5.0	4.9	5.1	5.5	4.9	4.9	4.7
Current inhalant use (past 30 days)	2.1	1.5	2.6	2.1	2.0	1.8	2.2
OTHER DRUGS							
Lifetime methamphetamine use	2.0	1.2	2.8	1.3	1.6	2.2	2.7
Lifetime ecstasy use	3.9	2.9	4.8	1.9	2.6	4.6	6.3
Lifetime cocaine use [†]	3.2	2.0	4.5	1.6	2.6	3.5	5.2
Current cocaine use (past 30 days) [†]	2.1	1.1	3.2	1.2	1.7	2.3	3.1
Lifetime heroin use	1.7	0.8	2.7	1.1	1.5	1.7	2.4
Lifetime steroid misuse (without a doctor's prescription)	1.9	1.5	2.3	1.5	1.8	1.9	2.4
PRESCRIPTION DRUGS							
Lifetime prescription drug misuse (without a doctor's prescription)	7.3	6.3	8.2	2.9	5.1	9.8	11.7
Current prescription drug misuse (without a doctor's prescription, past 30 days)	4.1	3.4	4.8	1.9	3.0	5.3	6.4
Offered/sold/given prescription drugs on school property (past 12 months)	5.3	4.5	6.2	3.1	4.2	6.8	7.3

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

† Includes using powder, crack or freebase

Table 2-5B. Other Substance Use, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	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>
INHALANTS*					
Lifetime inhalant use	9.1	8.5	7.3	6.1	5.0
Current inhalant use (past 30 days)	3.5	3.3	2.9	2.5	2.1
OTHER DRUGS					
Lifetime methamphetamine use	3.8	3.2	3.3	2.9	2.0
Lifetime ecstasy use	5.1	5.4	5.7	4.9	3.9
Lifetime cocaine use [†]	6.0	5.3	4.4	3.8	3.2
Current cocaine use (past 30 days) [†]	3.5	3.0	2.7	2.6	2.1
Lifetime heroin use	2.4	2.6	2.2	2.3	1.7
Lifetime steroid misuse (without a doctor's prescription)	3.0	2.9	2.7	2.7	1.9
PRESCRIPTION DRUGS					
Lifetime prescription drug misuse (without a doctor's prescription)	11.0	10.1	10.1	8.8	7.3
Current prescription drug misuse (without a doctor's prescription, past 30 days)	–	5.7	5.7	5.0	4.1
Offered/sold/given prescription drugs on school property (past 12 months)	–	–	–	6.8	5.3

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

† Includes using powder, crack or freebase

Table 2-5C. Other Substance Use at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS	Massachusetts 2013 YRBS	United States 2013 YRBS
	<i>(24,355)</i>	<i>(2,718)</i>	<i>(13,583)</i>
INHALANTS*			
Lifetime inhalant use	5.0	–	8.9
Current inhalant use (past 30 days)	2.1	–	–
OTHER DRUGS			
Lifetime methamphetamine use	2.0	1.6	3.2
Lifetime ecstasy use	3.9	4.7	6.6
Lifetime cocaine use [†]	3.2	3.7	5.5
Current cocaine use (past 30 days) [†]	2.1	–	–
Lifetime heroin use	1.7	1 [‡]	2.2
Lifetime steroid misuse (without a doctor's prescription)	1.9	1.5	3.2
PRESCRIPTION DRUGS			
Lifetime prescription drug misuse (without a doctor's prescription)	7.3	–	17.8
Current prescription drug misuse (without a doctor's prescription, past 30 days)	4.1	–	–
Offered/sold/given prescription drugs on school property (past 12 months)	5.3	–	–

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

† Includes using powder, crack or freebase

‡ Data provided in the Massachusetts YRBS report was rounded to the nearest whole percent

Table 3-1A. Violence, Safety-Related Behaviors, and Dating Violence by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
SAFETY							
Didn't go to school because of safety concerns (past 30 days)*	3.5	3.8	3.1	3.4	3.3	3.5	3.4
Had personal property stolen/damaged at school (past 12 months)	13.6	11.3	16.0	14.8	13.8	12.8	12.5
Concerned a student might physically hurt someone else (past 12 months)	21.4	21.8	20.8	23.2	21.5	19.9	20.4
Told adult at school that you were concerned a student might physically hurt someone else (past 12 months)	4.0	4.5	3.5	4.4	3.5	3.8	4.1
Told adult outside of school you were concerned a student might physically hurt someone else (past 12 months)	5.6	6.7	4.5	6.5	5.7	5.1	5.0
WEAPONS							
Threatened or injured with a weapon (past 12 months) [†]	5.6	3.9	7.2	5.9	5.8	5.0	5.3
Threatened or injured with a weapon on school property (past 12 months) [†]	3.1	2.0	4.2	3.3	3.0	2.8	2.9
Carried a weapon (past 30 days) [†]	6.6	2.5	10.7	5.9	6.7	6.4	7.0
Carried a gun (past 30 days)	2.0	0.8	3.2	1.4	1.9	2.0	2.6
Carried a weapon on school property (past 30 days) [†]	2.0	1.0	3.1	1.3	1.6	2.2	2.8
PHYSICAL FIGHTING (past 12 months)							
In a physical fight	14.1	8.3	20.0	16.2	13.6	13.4	12.4
In a physical fight on school property	4.2	2.1	6.2	4.6	4.0	3.8	3.8
Injured in a physical fight and received medical treatment	2.1	1.2	2.9	2.2	1.7	2.0	2.2
DATING VIOLENCE[‡] (lifetime)							
Not allowed to spend time with friends	13.0	13.1	12.7	9.9	11.8	14.4	16.2
Sworn at, cursed at, or insulted	12.3	15.1	9.2	9.3	11.0	13.2	15.9
Threatened with physical harm	3.8	4.0	3.5	2.2	3.3	4.1	5.4
Physically hurt on purpose	5.2	4.7	5.6	3.2	4.4	5.7	7.4
Forced to have sexual intercourse	3.8	4.5	2.9	2.2	2.8	4.4	5.8
Forced to do other sexual things	6.1	8.7	3.3	4.7	5.4	6.7	7.8

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ By a boyfriend, girlfriend, date, or someone you were going out with

Table 3-1B. Violence, Safety-Related Behaviors, and Dating Violence, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
SAFETY					
Didn't go to school because of safety concerns (past 30 days)*	3.6	3.7	4.0	4.0	3.5
Had personal property stolen/damaged at school (past 12 months)	21.2	20.8	19.0	15.2	13.6
Concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	21.4
Told adult at school that you were concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	4.0
Told adult outside of school you were concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	5.6
WEAPONS					
Threatened or injured with a weapon (past 12 months) [†]	9.4	8.3	8.3	6.5	5.6
Threatened or injured with a weapon on school property (past 12 months) [†]	5.1	4.6	4.6	3.5	3.1
Carried a weapon (past 30 days) [†]	8.2	7.3	7.3	6.8	6.6
Carried a gun (past 30 days)	2.6	2.9	3.0	2.5	2.0
Carried a weapon on school property (past 30 days) [†]	3.3	3.1	3.0	2.5	2.0
PHYSICAL FIGHTING (past 12 months)					
In a physical fight	26.0	23.9	21.7	16.8	14.1
In a physical fight on school property	8.7	8.3	7.4	5.5	4.2
Injured in a physical fight and received medical treatment	3.4	3.7	3.4	2.7	2.1
DATING VIOLENCE[‡] (lifetime)					
Not allowed to spend time with friends	–	–	–	13.9	13.0
Sworn at, cursed at, or insulted	–	–	–	14.9	12.3
Threatened with physical harm	–	–	–	4.1	3.8
Physically hurt on purpose	9.4	9.5	9.3	5.8	5.2
Forced to have sexual intercourse	5.6	5.6	5.9	3.7	3.8
Forced to do other sexual things	8.3	9.0	9.2	6.7	6.1

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ By a boyfriend, girlfriend, date, or someone you were going out with

Table 3-1C. Violence, Safety-Related Behaviors, and Dating Violence at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS <i>(24,355)</i>	Massachusetts 2013 YRBS <i>(2,718)</i>	United States 2013 YRBS <i>(13,583)</i>
SAFETY			
Didn't go to school because of safety concerns (past 30 days)*	3.5	3.6	7.1
Had personal property stolen/damaged at school (past 12 months)	13.6	–	–
Concerned a student might physically hurt someone else (past 12 months)	21.4	–	–
Told adult at school that you were concerned a student might physically hurt someone else (past 12 months)	4.0	–	–
Told adult outside of school you were concerned a student might physically hurt someone else (past 12 months)	5.6	–	–
WEAPONS			
Threatened or injured with a weapon (past 12 months) [†]	5.6	–	–
Threatened or injured with a weapon on school property (past 12 months) [†]	3.1	4.3	6.9
Carried a weapon (past 30 days) [†]	6.6	11.6	17.9
Carried a gun (past 30 days)	2.0	2.9	5.5
Carried a weapon on school property (past 30 days) [†]	2.0	3.1	5.2
PHYSICAL FIGHTING (past 12 months)			
In a physical fight	14.1	20.3	24.7
In a physical fight on school property	4.2	4.6	8.1
Injured in a physical fight and received medical treatment	2.1	2.1	3.1
DATING VIOLENCE[‡] (lifetime)			
Not allowed to spend time with friends	13.0	–	–
Sworn at, cursed at, or insulted	12.3	–	–
Threatened with physical harm	3.8	–	–
Physically hurt on purpose	5.2	–	10.3
Forced to have sexual intercourse	3.8	–	–
Forced to do other sexual things	6.1	–	–

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ By a boyfriend, girlfriend, date, or someone you were going out with

Table 3-2A. Bullying and Cyberbullying by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
<i>BULLYING (past 12 months)*</i>							
Been a victim of bullying	23.7	28.7	18.3	27.9	23.8	22.4	19.5
Been a victim of bullying on school property	20.0	23.2	16.6	23.4	20.0	18.9	16.8
Bullied someone else	10.7	9.5	12.0	10.5	10.6	10.9	10.6
Bullied someone else on school property	7.3	5.6	9.0	6.4	6.6	7.9	7.9
Talked to a teacher/adult at school about being bullied	6.8	8.4	5.2	8.7	6.8	5.8	5.7
Talked to a parent/adult outside of school about being bullied	11.7	15.6	7.6	15.1	11.9	10.4	8.8
Saw or heard about another student being bullied at school	49.0	52.9	44.7	50.0	48.7	48.3	48.5
Tried to stop another student from bullying someone else at school	28.8	29.8	27.8	30.4	27.3	28.4	28.9
Told an adult at school that someone was being bullied at school	10.0	11.9	7.9	11.7	8.7	9.0	10.2
Told a parent/adult outside of school that someone was being bullied at school	14.4	19.0	9.5	16.7	13.7	13.5	13.3
<i>CYBERBULLYING (past 12 months) †</i>							
Been a victim of cyberbullying	21.2	27.2	14.7	23.2	21.1	20.7	18.9
Cyberbullied someone else	8.7	9.5	7.9	8.4	8.0	8.9	9.4
Talked to a teacher/adult at school about being cyberbullied	3.9	5.3	2.2	4.1	3.7	3.8	3.7
Talked to a parent/adult outside of school about being cyberbullied	6.7	9.9	3.1	8.4	6.4	6.1	5.4
Saw or heard about another student being cyberbullied	40.6	49.3	31.1	39.8	40.1	41.3	41.1
Tried to stop a student from cyberbullying someone else	15.8	20.0	11.4	17.2	15.1	15.8	14.9
Told an adult at school that someone was being cyberbullied	4.8	6.2	3.3	5.4	3.9	4.7	5.0
Told a parent/adult outside of school that someone was being cyberbullied	8.5	12.0	4.6	10.1	7.7	8.0	7.8

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. (Includes being bullied through e-mail, chat rooms, instant messaging, websites, or texting)

Table 3-2B. Bullying and Cyberbullying, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
BULLYING (past 12 months)*					
Been a victim of bullying	28.6	29.3	31.8	27.0	23.7
Been a victim of bullying on school property	25.5	25.9	28.2	22.9	20.0
Bullied someone else	–	26.7	24.9	15.9	10.7
Bullied someone else on school property	–	–	–	11.4	7.3
Talked to a teacher/adult at school about being bullied	–	–	9.0	8.4	6.8
Talked to a parent/adult outside of school about being bullied	–	–	13.7	13.4	11.7
Saw or heard about another student being bullied at school	–	–	–	57.5	49.0
Tried to stop another student from bullying someone else at school	–	–	–	34.1	28.8
Told an adult at school that someone was being bullied at school	–	–	–	10.1	10.0
Told a parent/adult outside of school that someone was being bullied at school	–	–	–	15.8	14.4
CYBERBULLYING (past 12 months)†					
Been a victim of cyberbullying	14.6	15.8	20.0	21.5	21.2
Cyberbullied someone else	10.6	10.7	12.1	10.0	8.7
Talked to a teacher/adult at school about being cyberbullied	–	–	3.6	4.2	3.9
Talked to a parent/adult outside of school about being cyberbullied	–	–	5.5	6.9	6.7
Saw or heard about another student being cyberbullied	–	–	–	41.7	40.6
Tried to stop a student from cyberbullying someone else	–	–	–	15.2	15.8
Told an adult at school that someone was being cyberbullied	–	–	–	4.4	4.8
Told a parent/adult outside of school that someone was being cyberbullied	–	–	–	8.0	8.5

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. (Includes being bullied through e-mail, chat rooms, instant messaging, websites, or texting)

Table 3-2C. Bullying and Cyberbullying at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS <i>(24,355)</i>	Massachusetts 2013 YRBS <i>(2,718)</i>	United States 2013 YRBS <i>(13,583)</i>
<i>BULLYING (past 12 months)*</i>			
Been a victim of bullying	23.7	–	–
Been a victim of bullying on school property	20.0	16.6	19.6
Bullied someone else	10.7	–	–
Bullied someone else on school property	7.3	–	–
Talked to a teacher/adult at school about being bullied	6.8	–	–
Talked to a parent/adult outside of school about being bullied	11.7	–	–
Saw or heard about another student being bullied at school	49.0	–	–
Tried to stop another student from bullying someone else at school	28.8	–	–
Told an adult at school that someone was being bullied at school	10.0	–	–
Told a parent/adult outside of school that someone was being bullied at school	14.4	–	–
<i>CYBERBULLYING (past 12 months) †</i>			
Been a victim of cyberbullying	21.2	13.8	14.8
Cyberbullied someone else	8.7	–	–
Talked to a teacher/adult at school about being cyberbullied	3.9	–	–
Talked to a parent/adult outside of school about being cyberbullied	6.7	–	–
Saw or heard about another student being cyberbullied	40.6	–	–
Tried to stop a student from cyberbullying someone else	15.8	–	–
Told an adult at school that someone was being cyberbullied	4.8	–	–
Told a parent/adult outside of school that someone was being cyberbullied	8.5	–	–

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. (Includes being bullied through e-mail, chat rooms, instant messaging, websites, or texting)

Table 3-3A. School Climate Related to Bullying and Violence by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
SCHOOL CLIMATE RELATED TO BULLYING							
Absent/missed school because you were bullied or cyberbullied (past 30 days)	1.8	2.1	1.6	1.7	1.8	1.7	1.8
My school has rules that protect students from being bullied on school property.*	72.4	70.3	74.9	75.2	71.7	70.2	72.5
My school has rules that protect students from being cyberbullied.*	52.4	49.6	55.6	55.6	52.0	50.0	52.0
When teachers see bullying, they don't do anything about it.†	57.0	55.5	58.7	59.3	56.1	55.3	57.4
Most of the time, students tell teachers if they know someone is being bullied.*	18.7	14.5	23.2	22.3	17.4	16.5	18.0
Telling a teacher about bullying can make it worse.†	31.7	31.7	31.7	32.4	31.4	30.3	32.7
Most of the time, students here try to stop bullying when they see it happening.*	35.2	32.4	38.2	35.8	33.6	34.0	37.8
There's not much schools can do to prevent cyberbullying.†	25.0	27.2	22.7	25.8	24.3	24.4	25.5
CONCERNS ABOUT PEER PHYSICAL VIOLENCE (past 12 months)							
Concerned a student might physically hurt someone else	21.4	21.8	20.8	23.2	21.5	19.9	20.4
Told adult at school you were concerned a student might harm someone else	4.0	4.5	3.5	4.4	3.5	3.8	4.1
Told adult outside of school you were concerned a student might harm someone else	5.6	6.7	4.5	6.5	5.7	5.1	5.0

* Answered either "agree" or "strongly agree"

† Answered either "disagree" or "strongly disagree"

Table 3-3B. School Climate Related to Bullying and Violence, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
SCHOOL CLIMATE RELATED TO BULLYING					
Absent/missed school because you were bullied or cyberbullied (past 30 days)	–	–	–	–	1.8
My school has rules that protect students from being bullied on school property.*	–	–	–	–	72.4
My school has rules that protect students from being cyberbullied.*	–	–	–	–	52.4
When teachers see bullying, they don't do anything about it.†	–	–	–	–	57.0
Most of the time, students tell teachers if they know someone is being bullied.*	–	–	–	–	18.7
Telling a teacher about bullying can make it worse.†	–	–	–	–	31.7
Most of the time, students here try to stop bullying when they see it happening.*	–	–	–	–	35.2
There's not much schools can do to prevent cyberbullying.†	–	–	–	–	25.0
CONCERNS ABOUT PEER PHYSICAL VIOLENCE (past 12 months)					
Concerned a student might physically hurt someone else	–	–	–	–	21.4
Told adult at school you were concerned a student might harm someone else	–	–	–	–	4.0
Told adult outside of school you were concerned a student might harm someone else	–	–	–	–	5.6

* Answered either "agree" or "strongly agree"

† Answered either "disagree" or "strongly disagree"

Table 3-3C. School Climate Related to Bullying and Violence at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS <i>(24,355)</i>	Massachusetts 2013 YRBS <i>(2,718)</i>	United States 2013 YRBS <i>(13,583)</i>
SCHOOL CLIMATE RELATED TO BULLYING			
Absent/missed school because you were bullied or cyberbullied (past 30 days)	1.8	—	—
My school has rules that protect students from being bullied on school property.*	72.4	—	—
My school has rules that protect students from being cyberbullied.*	52.4	—	—
When teachers see bullying, they don't do anything about it.†	57.0	—	—
Most of the time, students tell teachers if they know someone is being bullied.*	18.7	—	—
Telling a teacher about bullying can make it worse.†	31.7	—	—
Most of the time, students here try to stop bullying when they see it happening.*	35.2	—	—
There's not much schools can do to prevent cyberbullying.†	25.0	—	—
CONCERNS ABOUT PEER PHYSICAL VIOLENCE (past 12 months)			
Concerned a student might physically hurt someone else	21.4	—	—
Told adult at school you were concerned a student might harm someone else	4.0	—	—
Told adult outside of school you were concerned a student might harm someone else	5.6	—	—

* Answered either "agree" or "strongly agree"

† Answered either "disagree" or "strongly disagree"

Table 4-1A. Behaviors Related to Unintentional Injury by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	Total (%) (24,355)	Gender (%)		Grade (%)			
		Female (12,331)	Male (11,757)	9 th (6,466)	10 th (6,124)	11 th (6,127)	12 th (5,426)
SAFETY-RELATED BEHAVIORS							
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	51.0	45.0	56.0	43.8	50.1	56.2	57.4
Never/rarely wear a seatbelt when passenger in a car	4.5	3.3	5.6	4.1	4.3	3.8	5.4
DRIVING UNDER THE INFLUENCE (past 30 days)							
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	82.0	86.4	77.4	80.5	81.5	83.7	83.0
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	55.2	62.0	47.9	68.1	58.1	50.6	41.9
Rode in a car with a driver who had been drinking	16.7	17.0	16.3	13.1	15.5	18.6	19.8
Rode in a car driven by a high school student who had been drinking	8.4	7.9	8.8	3.2	6.0	10.9	13.9
Rode in a car driven by a high school student who had been using marijuana	16.2	14.5	17.9	4.9	10.5	21.4	29.5
Drove a car when you had been drinking*	7.5	5.7	9.4	–	–	5.5	9.6
Drove a car when you had been using marijuana*	16.5	11.6	21.9	–	–	12.5	20.5
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)							
Rode in a car when the driver was talking on a phone without a hands-free device while driving [†]	26.7	27.5	25.7	14.5	21.4	30.0	43.0
Rode in a car when the driver was texting or e-mailing while driving [†]	30.0	31.4	28.6	15.8	24.2	35.3	47.2
Drove a car with 2 or more high school students riding with you in the daytime*	52.0	51.9	52.2	–	–	34.4	70.0
Drove a car with 2 or more high school students riding with you in the nighttime*	48.2	47.3	49.1	–	–	29.9	66.7
Drove a car when you or someone else wasn't wearing a seatbelt*	22.6	21.1	24.2	–	–	16.9	28.5
Drove a car while you were talking on a hands-free phone*	18.7	19.2	18.0	–	–	13.0	24.4
Drove a car while you were talking on a phone without a hands-free device*	31.8	30.7	33.1	–	–	19.4	44.4
Drove a car or other vehicle while you were texting/e-mailing*	37.8	37.3	38.3	–	–	24.8	51.1

* Among the 11th and 12th grade youth who drove in the past 30 days

† Driven by another high school student

Table 4-1B. Behaviors Related to Unintentional Injury, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
SAFETY-RELATED BEHAVIORS					
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	60.8	61.4	58.1	54.4	51.0
Never/rarely wear a seatbelt when passenger in a car	7.1	6.8	6.0	5.5	4.5
DRIVING UNDER THE INFLUENCE (past 30 days)					
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	–	–	–	77.2	82.0
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	–	–	–	52.0	55.2
Rode in a car with a driver who had been drinking	25.2	25.8	22.5	19.5	16.7
Rode in a car driven by a high school student who had been drinking	–	–	–	10.3	8.4
Rode in a car driven by a high school student who had been using marijuana	–	–	–	18.0	16.2
Drove a car when you had been drinking*	18.6	16.1	13.1	9.1	7.5
Drove a car when you had been using marijuana*	–	–	–	16.8	16.5
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)					
Rode in a car when the driver was talking on a phone without a hands-free device while driving [†]	–	–	30.0	32.1	26.7
Rode in a car when the driver was texting or e-mailing while driving [†]	–	–	28.5	33.1	30.0
Drove a car with 2 or more high school students riding with you in the daytime*	–	–	–	53.4	52.0
Drove a car with 2 or more high school students riding with you in the nighttime*	–	–	–	48.4	48.2
Drove a car when you or someone else wasn't wearing a seatbelt*	–	–	–	25.4	22.6
Drove a car while you were talking on a hands-free phone*	–	–	–	15.1	18.7
Drove a car while you were talking on a phone without a hands-free device*	–	–	–	37.0	31.8
Drove a car or other vehicle while you were texting/e-mailing*	–	–	43.9	40.9	37.8

* Among the 11th and 12th grade youth who drove in the past 30 days

† Driven by another high school student

Table 4-1C. Behaviors Related to Unintentional Injury at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS <i>(24,355)</i>	Massachusetts 2013 YRBS <i>(2,718)</i>	United States 2013 YRBS <i>(13,583)</i>
SAFETY-RELATED BEHAVIORS			
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	51.0	–	87.9
Never/rarely wear a seatbelt when passenger in a car	4.5	9.4	7.6
DRIVING UNDER THE INFLUENCE (past 30 days)			
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	82.0	–	–
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	55.2	–	–
Rode in a car with a driver who had been drinking	16.7	18.3	21.9
Rode in a car driven by a high school student who had been drinking	8.4	–	–
Rode in a car driven by a high school student who had been using marijuana	16.2	–	–
Drove a car when you had been drinking*	7.5	–	–
Drove a car when you had been using marijuana*	16.5	–	–
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)			
Rode in a car when the driver was talking on a phone without a hands-free device while driving [†]	26.7	–	–
Rode in a car when the driver was texting or e-mailing while driving [†]	30.0	–	–
Drove a car with 2 or more high school students riding with you in the daytime*	52.0	–	–
Drove a car with 2 or more high school students riding with you in the nighttime*	48.2	–	–
Drove a car when you or someone else wasn't wearing a seatbelt*	22.6	–	–
Drove a car while you were talking on a hands-free phone*	18.7	–	–
Drove a car while you were talking on a phone without a hands-free device*	31.8	–	–
Drove a car or other vehicle while you were texting/e-mailing*	37.8	–	–

* Among the 11th and 12th grade youth who drove in the past 30 days

† Driven by another high school student

Table 5-1A. Stress, Mental Health, and Suicidality by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
STRESS							
Life "very" stressful (past 30 days)	34.9	47.1	21.8	24.3	31.2	39.9	46.0
Worry/feel stressed about school issues*	65.8	79.5	51.5	58.1	66.0	71.4	68.9
Worry/feel stressed about social issues*	31.9	41.1	22.1	27.2	31.6	35.0	34.3
Worry/feel stressed about family issues*	27.7	36.3	18.4	23.6	26.5	29.3	31.6
Worry/feel stressed about safety issues*	4.3	5.2	3.3	4.5	4.8	3.9	3.7
Worry/feel stressed about appearance issues*	30.1	45.1	14.1	26.6	30.6	32.8	30.7
Worry/feel stressed about your physical and/or emotional health *	25.1	35.2	14.4	18.9	24.7	28.3	29.1
MENTAL HEALTH AND SUICIDALITY (past 12 months)							
Felt sad or hopeless almost every day for two or more weeks	22.0	29.6	13.7	18.6	21.3	24.7	23.8
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	7.5	10.8	4.0	5.1	7.0	8.8	9.4
Hurt or injured yourself on purpose [†]	15.2	22.5	7.3	14.9	15.0	16.5	14.1
Seriously considered attempting suicide	12.9	16.7	8.6	11.5	12.9	13.6	13.4
Made a plan about attempting suicide	10.0	12.9	6.6	9.3	10.3	10.5	9.5
Attempted suicide	4.5	5.9	2.9	4.5	4.8	4.4	3.9
Made a suicide attempt requiring medical treatment [‡]	1.3	1.6	1.0	1.3	1.5	1.3	1.1
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself	7.5	9.7	5.0	5.7	6.6	8.3	9.4
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself	16.3	21.9	10.2	13.9	15.6	17.7	18.3
Talked to a doctor, nurse, or other health care provider about feeling sad or hopeless, or having thoughts about hurting yourself	8.0	11.0	4.9	6.0	6.9	9.4	10.2
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)							
Concerned a student was depressed or might hurt themselves	47.2	57.8	35.7	45.1	48.0	49.2	46.3
Told adult at school a student was depressed/might harm themselves	10.2	13.7	6.6	9.7	9.2	10.9	11.3
Told adult outside of school a student was depressed/might harm themselves	17.3	24.6	9.4	16.0	17.3	18.7	17.1

* Worry or feel stressed "often" or "very often"

† For example, by cutting, burning, or bruising yourself on purpose

‡ Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-1B. Stress, Mental Health, and Suicidality, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
STRESS					
Life "very" stressful (past 30 days)	27.9	27.9	28.3	28.9	34.9
Worry/feel stressed about school issues*	58.0	58.5	57.0	59.8	65.8
Worry/feel stressed about social issues*	28.9	30.1	30.3	29.9	31.9
Worry/feel stressed about family issues*	26.9	29.3	28.9	27.2	27.7
Worry/feel stressed about safety issues*	3.7	3.7	3.8	3.7	4.3
Worry/feel stressed about appearance issues*	27.3	27.8	27.4	28.7	30.1
Worry/feel stressed about your physical and/or emotional health *	19.8	20.1	20.6	21.6	25.1
MENTAL HEALTH AND SUICIDALITY (past 12 months)					
Felt sad or hopeless almost every day for two or more weeks	20.1	20.3	19.1	19.7	22.0
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	–	–	–	–	7.5
Hurt or injured yourself on purpose [†]	13.2	13.2	14.0	15.6	15.2
Seriously considered attempting suicide	10.0	10.5	11.6	13.0	12.9
Made a plan about attempting suicide	7.5	7.8	8.6	9.8	10.0
Attempted suicide	4.1	4.1	4.0	4.7	4.5
Made a suicide attempt requiring medical treatment [‡]	1.6	1.5	1.4	1.5	1.3
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself	–	–	6.8	7.1	7.5
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself	–	–	12.6	13.0	16.3
Talked to a doctor, nurse, or other health care provider about feeling sad or hopeless, or having thoughts about hurting yourself	–	–	–	7.0	8.0
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)					
Concerned a student was depressed or might hurt themselves	–	–	–	–	47.2
Told adult at school a student was depressed/might harm themselves	–	–	–	–	10.2
Told adult outside of school a student was depressed/might harm themselves	–	–	–	–	17.3

* Worry or feel stressed "often" or "very often"

† For example, by cutting, burning, or bruising yourself on purpose

‡ Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-1C. Stress, Mental Health, and Suicidality at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS <i>(24,355)</i>	Massachusetts 2013 YRBS <i>(2,718)</i>	United States 2013 YRBS <i>(13,583)</i>
STRESS			
Life "very" stressful (past 30 days)	34.9	–	–
Worry/feel stressed about school issues*	65.8	–	–
Worry/feel stressed about social issues*	31.9	–	–
Worry/feel stressed about family issues*	27.7	–	–
Worry/feel stressed about safety issues*	4.3	–	–
Worry/feel stressed about appearance issues*	30.1	–	–
Worry/feel stressed about your physical and/or emotional health *	25.1	–	–
MENTAL HEALTH AND SUICIDALITY (past 12 months)			
Felt sad or hopeless almost every day for two or more weeks	22.0	21.7	29.9
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	7.5	–	–
Hurt or injured yourself on purpose [†]	15.2	–	–
Seriously considered attempting suicide	12.9	12.0	17.0
Made a plan about attempting suicide	10.0	11.0	13.6
Attempted suicide	4.5	5.5	8.0
Made a suicide attempt requiring medical treatment [‡]	1.3	1.9	2.7
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself	7.5	–	–
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself	16.3	–	–
Talked to a doctor, nurse, or other health care provider about feeling sad or hopeless, or having thoughts about hurting yourself	8.0	–	–
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)			
Concerned a student was depressed or might hurt themselves	47.2	–	–
Told adult at school a student was depressed/might harm themselves	10.2	–	–
Told adult outside of school a student was depressed/might harm themselves	17.3	–	–

* Worry or feel stressed "often" or "very often"

† For example, by cutting, burning, or bruising yourself on purpose

‡ Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 6-1A. Sexual Behaviors and Sexting by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(24,355)	Female (12,331)	Male (11,757)	9 th (6,466)	10 th (6,124)	11 th (6,127)	12 th (5,426)
SEXUAL BEHAVIORS							
Ever had sexual intercourse	24.3	22.8	25.6	8.2	16.0	30.6	45.2
Had first sexual intercourse before age 13 years	2.1	0.9	3.4	1.6	1.9	2.5	2.2
Had sexual intercourse with 4 or more people (lifetime)	5.4	4.0	6.7	2.0	2.9	6.3	10.7
Currently sexually active (had intercourse in the past 3 months)	19.1	18.3	19.8	5.8	11.8	24.3	36.9
Used alcohol or drugs before sexual intercourse the last time*	27.7	23.5	31.8	23.7	28.5	27.2	27.9
Used a condom during sexual intercourse the last time*	65.1	62.5	68.2	60.8	67.0	67.6	64.1
Used birth control pills during sexual intercourse the last time*	28.8	35.7	22.1	13.7	17.7	27.7	36.8
Been pregnant/gotten someone pregnant (lifetime)	1.7	1.1	2.3	1.1	1.2	1.9	2.3
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	1.1	0.9	1.4	0.7	0.8	0.9	1.8
Been physically forced to have sexual intercourse when you did not want to (lifetime)	4.6	5.8	3.2	2.8	3.6	5.3	6.9
Had sexual contact with someone of the same sex (lifetime)	4.4	5.6	3.2	2.8	3.6	5.3	6.1
"SEXTING" (past 12 months)†							
Received a "sext" of someone you know	32.5	27.7	37.5	25.1	31.2	36.2	38.3
Sent, forwarded, or posted a "sext" of someone you know	7.3	5.2	9.7	5.3	6.8	8.3	8.9
Someone else sent or posted a "sext" of you	4.1	3.9	4.3	3.5	3.6	4.3	4.7
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	9.3	13.7	4.5	7.6	9.3	10.0	10.4
Sent, forwarded, or posted a "sext" of yourself	15.4	18.0	12.5	9.1	14.1	18.0	21.1

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 6-1B. Sexual Behaviors and Sexting, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
SEXUAL BEHAVIORS					
Ever had sexual intercourse	28.9	29.4	28.3	26.6	24.3
Had first sexual intercourse before age 13 years	3.8	3.7	3.3	3.0	2.1
Had sexual intercourse with 4 or more people (lifetime)	8.0	8.0	7.6	6.9	5.4
Currently sexually active (had intercourse in the past 3 months)	22.3	22.9	21.8	20.7	19.1
Used alcohol or drugs before sexual intercourse the last time*	26.5	27.8	27.0	29.2	27.7
Used a condom during sexual intercourse the last time*	66.6	65.0	63.2	66.3	65.1
Used birth control pills during sexual intercourse the last time*	39.1	41.0	24.4	25.0	28.8
Been pregnant/gotten someone pregnant (lifetime)	2.9	2.9	2.8	2.5	1.7
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	1.6	1.7	1.6	1.5	1.1
Been physically forced to have sexual intercourse when you did not want to (lifetime)	5.7	5.7	5.5	4.8	4.6
Had sexual contact with someone of the same sex (lifetime)	–	–	–	3.3	4.4
"SEXTING" (past 12 months)†					
Received a "sext" of someone you know	–	–	25.1	22.6	32.5
Sent, forwarded, or posted a "sext" of someone you know	–	–	10.4	5.2	7.3
Someone else sent or posted a "sext" of you	–	–	5.0	3.0	4.1
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	–	–	–	8.1	9.3
Sent, forwarded, or posted a "sext" of yourself	–	–	–	10.7	15.4

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 6-1C. Sexual Behaviors and Sexting at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS <i>(24,355)</i>	Massachusetts 2013 YRBS <i>(2,718)</i>	United States 2013 YRBS <i>(13,583)</i>
SEXUAL BEHAVIORS			
Ever had sexual intercourse	24.3	38.1	46.8
Had first sexual intercourse before age 13 years	2.1	3.0	5.6
Had sexual intercourse with 4 or more people (lifetime)	5.4	9.3	15.0
Currently sexually active (had intercourse in the past 3 months)	19.1	27.7	34.0
Used alcohol or drugs before sexual intercourse the last time*	27.7	23.5	22.4
Used a condom during sexual intercourse the last time*	65.1	57.6	59.1
Used birth control pills during sexual intercourse the last time*	28.8	27.4	19.0
Been pregnant/gotten someone pregnant (lifetime)	1.7	–	–
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	1.1	–	–
Been physically forced to have sexual intercourse when you did not want to (lifetime)	4.6	–	7.3
Had sexual contact with someone of the same sex (lifetime)	4.4	–	–
"SEXTING" (past 12 months)†			
Received a "sext" of someone you know	32.5	–	–
Sent, forwarded, or posted a "sext" of someone you know	7.3	–	–
Someone else sent or posted a "sext" of you	4.1	–	–
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	9.3	–	–
Sent, forwarded, or posted a "sext" of yourself	15.4	–	–

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 7-1A. Weight Perception, Weight Control, and Body Mass Index by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
WEIGHT PERCEPTION							
Describe self as slightly or very overweight	27.1	31.5	22.4	25.8	26.6	27.8	28.2
Trying to lose weight	40.4	55.2	24.6	37.7	40.0	42.2	42.3
WEIGHT CONTROL (past 30 days)*							
Exercised	54.4	63.3	44.8	54.9	54.8	54.2	53.5
Dieted [†]	35.1	47.1	22.1	31.3	34.2	37.3	37.9
Fasted for 24 hours or more	7.6	10.7	4.0	7.3	7.4	7.9	7.5
Took diet pills, powder, or liquids [‡]	3.6	4.3	2.8	2.6	3.4	3.8	4.7
Vomited/took laxatives	4.0	5.5	2.2	3.2	3.5	4.6	4.4
BODY MASS INDEX							
Overweight [§]	12.4	11.6	13.2	12.3	13.6	12.1	11.4
Obese ^{**}	7.9	5.0	10.9	7.2	8.0	8.1	8.2

* To lose weight or keep from gaining weight

† Ate less food, fewer calories, or foods low in fat or carbohydrates

‡ Without a doctor's advice

§ Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

** Students who were ≥95th percentile for body mass index by age and gender, based on reference data

Table 7-1B. Weight Perception, Weight Control, and Body Mass Index, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
WEIGHT PERCEPTION					
Describe self as slightly or very overweight	25.1	24.5	24.2	26.0	27.1
Trying to lose weight	39.3	40.5	39.3	40.4	40.4
WEIGHT CONTROL (past 30 days)*					
Exercised	54.4	55.7	55.4	55.8	54.4
Dieted [†]	35.8	34.6	34.5	35.3	35.1
Fasted for 24 hours or more	8.1	8.0	7.4	8.0	7.6
Took diet pills, powder, or liquids [‡]	3.6	3.7	3.7	3.5	3.6
Vomited/took laxatives	3.6	4.1	3.8	4.1	4.0
BODY MASS INDEX					
Overweight [§]	12.2	12.1	12.1	11.9	12.4
Obese ^{**}	7.7	7.2	7.2	7.2	7.9

* To lose weight or keep from gaining weight

† Ate less food, fewer calories, or foods low in fat or carbohydrates

‡ Without a doctor's advice

§ Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

** Students who were ≥95th percentile for body mass index by age and gender, based on reference data

Table 7-1C. Weight Perception, Weight Control, and Body Mass Index at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS	Massachusetts 2013 YRBS	United States 2013 YRBS
	<i>(24,355)</i>	<i>(2,718)</i>	<i>(13,583)</i>
WEIGHT PERCEPTION			
Describe self as slightly or very overweight	27.1	29.4	31.1
Trying to lose weight	40.4	44.5	47.7
WEIGHT CONTROL (past 30 days)*			
Exercised	54.4	–	–
Dieted [†]	35.1	–	–
Fasted for 24 hours or more	7.6	9.6	13.0
Took diet pills, powder, or liquids [‡]	3.6	3.4	5.0
Vomited/took laxatives	4.0	3.6	4.4
BODY MASS INDEX			
Overweight [§]	12.4	12.9	16.6
Obese ^{**}	7.9	10.2	13.7

* To lose weight or keep from gaining weight

† Ate less food, fewer calories, or foods low in fat or carbohydrates

‡ Without a doctor's advice

§ Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

** Students who were ≥95th percentile for body mass index by age and gender, based on reference data

Table 7-2A. Nutrition and Physical Activity by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(24,355)	Female (12,331)	Male (11,757)	9 th (6,466)	10 th (6,124)	11 th (6,127)	12 th (5,426)
<i>NUTRITION AND EATING PATTERNS (past 7 days)</i>							
Consumed 1 or more servings of fruit or 100% fruit juice per day	37.1	37.1	37.0	36.2	37.6	36.7	37.7
Consumed 1 or more servings of vegetables or green salad per day	49.2	52.8	45.2	48.0	50.0	48.4	50.2
Consumed 5 or more servings of fruits and vegetables per day	10.1	10.5	9.7	9.9	10.7	9.2	10.6
Drank 3 or more glasses of milk per day	16.5	11.0	22.5	19.5	16.8	15.5	13.8
Consumed 1 or more servings of other milk/dairy products per day	52.7	50.9	54.7	52.2	53.7	51.9	53.3
Consumed 1 or more servings of fried food per day	18.2	16.0	20.7	20.1	18.2	16.9	17.4
Consumed 1 or more servings of fast food per day	4.2	3.0	5.6	4.3	3.6	4.3	4.5
Drank 1 or more servings of soda/soft drinks per day	11.4	8.0	15.2	11.2	10.7	11.5	12.1
Ate breakfast on all 7 days	47.9	44.5	51.6	52.1	49.7	46.1	43.2
Ate dinner at home with parents/guardians on 5 or more days	70.0	66.5	73.9	78.7	74.3	67.0	58.4
<i>PHYSICAL ACTIVITY</i>							
Participated in vigorous physical activity (on 3 or more of the past 7 days)*	66.8	61.9	72.2	72.7	69.3	63.6	60.8
Met currently recommended level of physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days)†	47.3	39.0	56.3	53.5	49.0	43.9	42.0
Played on one or more sports teams (past 12 months)	67.0	63.9	70.4	72.9	69.3	64.8	60.0
Attend physical education class (1 or more days a week)	52.3	51.7	53.1	56.4	55.2	46.9	50.3
Spend 3 or more hours of non-homework-related "screen time" on average school day‡	37.0	34.4	39.8	37.4	37.6	36.5	36.3

* Exercised for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities

† Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Table 7-2B. Nutrition and Physical Activity, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
NUTRITION AND EATING PATTERNS (past 7 days)					
Consumed 1 or more servings of fruit or 100% fruit juice per day	43.7	42.5	45.8	42.5	37.1
Consumed 1 or more servings of vegetables or green salad per day	50.6	49.4	53.2	51.8	49.2
Consumed 5 or more servings of fruits and vegetables per day	9.7	10.2	12.8	11.8	10.1
Drank 3 or more glasses of milk per day	21.8	21.4	22.9	20.1	16.5
Consumed 1 or more servings of other milk/dairy products per day	55.1	55.4	59.0	56.7	52.7
Consumed 1 or more servings of fried food per day	–	–	–	20.0	18.2
Consumed 1 or more servings of fast food per day	–	–	–	4.7	4.2
Drank 1 or more servings of soda/soft drinks per day	24.4	19.4	17.8	14.0	11.4
Ate breakfast on all 7 days	–	–	–	–	47.9
Ate dinner at home with parents/guardians on 5 or more days	–	–	–	66.6	70.0
PHYSICAL ACTIVITY					
Participated in vigorous physical activity (on 3 or more of the past 7 days)*	65.1	65.2	67.6	68.5	66.8
Met currently recommended level of physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days)†	33.7	33.2	45.3	48.8	47.3
Played on one or more sports teams (past 12 months)	67.8	67.6	67.7	68.4	67.0
Attend physical education class (1 or more days a week)	61.9	59.4	53.8	54.8	52.3
Spent 3 or more hours of non-homework-related "screen time" on average school day‡	–	–	–	38.7	37.0

* Exercised for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities

† Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Table 7-2C. Nutrition and Physical Activity at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS	Massachusetts 2013 YRBS	United States 2013 YRBS
	<i>(24,355)</i>	<i>(2,718)</i>	<i>(13,583)</i>
<i>NUTRITION AND EATING PATTERNS (past 7 days)</i>			
Consumed 1 or more servings of fruit or 100% fruit juice per day	37.1	–	62.6
Consumed 1 or more servings of vegetables or green salad per day	49.2	–	61.5
Consumed 5 or more servings of fruits and vegetables per day	10.1	–	–
Drank 3 or more glasses of milk per day	16.5	11.6	12.5
Consumed 1 or more servings of other milk/dairy products per day	52.7	–	–
Consumed 1 or more servings of fried food per day	18.2	–	–
Consumed 1 or more servings of fast food per day	4.2	–	–
Drank 1 or more servings of soda/soft drinks per day	11.4	14.2	27.0
Ate breakfast on all 7 days	47.9	40.2	38.1
Ate dinner at home with parents/guardians on 5 or more days	70.0	–	–
<i>PHYSICAL ACTIVITY</i>			
Participated in vigorous physical activity (on 3 or more of the past 7 days)*	66.8	–	–
Met currently recommended level of physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days)†	47.3	44.3	47.3
Played on one or more sports teams (past 12 months)	67.0	60.2	54.0
Attend physical education class (1 or more days a week)	52.3	56.1	48.0
Spent 3 or more hours of non-homework-related "screen time" on average school day‡	37.0	–	–

* Exercised for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities

† Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Table 8-1A. School Attachment, Adult Support, and Peer Support by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
SCHOOL ATTACHMENT							
I feel close to people at school.*	71.9	70.1	74.0	73.1	73.5	70.6	70.3
I feel like I am part of this school.*	69.4	66.5	72.7	71.6	70.8	66.9	68.2
I am happy to be at this school.*	68.2	64.2	72.6	74.0	68.5	64.1	65.6
The teachers at this school treat students fairly.*	62.6	59.0	66.5	68.6	60.1	57.8	64.0
I feel safe in my school.*	82.8	82.4	83.5	81.8	82.0	83.2	84.9
ADULT SUPPORT AT SCHOOL							
Have at least one teacher/adult at school to talk to if you have a problem	71.0	72.2	69.9	65.4	68.1	71.4	80.8
Talked to a teacher/adult at school about a personal problem [†]	28.6	34.4	22.5	23.7	25.1	30.4	36.4
Talked to a teacher/adult at school about being bullied [†]	6.8	8.4	5.2	8.7	6.8	5.8	5.7
Talked to a teacher/adult at school about being cyberbullied [†]	3.9	5.3	2.2	4.1	3.7	3.8	3.7
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	7.5	9.7	5.0	5.7	6.6	8.3	9.4
ADULT SUPPORT OUTSIDE OF SCHOOL							
Ate dinner at home with parents/guardians 5 or more days (past 7 days)	70.0	66.5	73.9	78.7	74.3	67.0	58.4
Have at least one parent/adult outside of school to talk to about things that are important	89.7	90.1	89.4	90.0	89.6	89.5	89.9
Talked to a parent/adult outside of school about being bullied [†]	11.7	15.6	7.6	15.1	11.9	10.4	8.8
Talked to a parent/adult outside of school about being cyberbullied [†]	6.7	9.9	3.1	8.4	6.4	6.1	5.4
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	16.3	21.9	10.2	13.9	15.6	17.7	18.3
PEER SUPPORT							
Feel you have a friend you can talk to about a personal problem [‡]	71.2	75.5	66.8	68.0	70.8	72.3	74.6
Feel you are part of a group of friends [‡]	73.5	69.7	77.7	74.7	75.2	72.1	71.9
Feel lonely [‡]	15.3	19.4	10.7	13.5	14.1	17.2	16.2

* Answered either "agree" or "strongly agree"

† During the past 12 months

‡ Answered either "most of the time" or "all of the time"

Table 8-1B. School Attachment, Adult Support, and Peer Support, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
SCHOOL ATTACHMENT					
I feel close to people at school.*	70.3	74.9	73.2	70.8	71.9
I feel like I am part of this school.*	70.9	72.3	71.7	70.6	69.4
I am happy to be at this school.*	70.5	70.5	70.2	69.5	68.2
The teachers at this school treat students fairly.*	61.1	61.3	61.8	64.4	62.6
I feel safe in my school.*	82.2	81.0	82.8	84.5	82.8
ADULT SUPPORT AT SCHOOL					
Have at least one teacher/adult at school to talk to if you have a problem	66.3	67.1	67.0	69.4	71.0
Talked to a teacher/adult at school about a personal problem [†]	–	–	30.1	29.4	28.6
Talked to a teacher/adult at school about being bullied [†]	–	–	9.0	8.4	6.8
Talked to a teacher/adult at school about being cyberbullied [†]	–	–	3.6	4.2	3.9
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	–	–	6.8	7.1	7.5
ADULT SUPPORT OUTSIDE OF SCHOOL					
Ate dinner at home with parents/guardians 5 or more days (past 7 days)	–	–	–	66.6	70.0
Have at least one parent/adult outside of school to talk to about things that are important	88.1	88.2	87.9	89.0	89.7
Talked to a parent/adult outside of school about being bullied [†]	–	–	13.7	13.4	11.7
Talked to a parent/adult outside of school about being cyberbullied [†]	–	–	5.5	6.9	6.7
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	–	–	12.6	13.0	16.3
PEER SUPPORT					
Feel you have a friend you can talk to about a personal problem [‡]	–	–	–	71.9	71.2
Feel you are part of a group of friends [‡]	–	–	–	77.0	73.5
Feel lonely [‡]	–	–	–	12.3	15.3

* Answered either "agree" or "strongly agree"

† During the past 12 months

‡ Answered either "most of the time" or "all of the time"

Table 8-1C. School Attachment, Adult Support, and Peer Support at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS	Massachusetts 2013 YRBS	United States 2013 YRBS
	<i>(24,355)</i>	<i>(2,718)</i>	<i>(13,583)</i>
SCHOOL ATTACHMENT			
I feel close to people at school.*	71.9	–	–
I feel like I am part of this school.*	69.4	–	–
I am happy to be at this school.*	68.2	–	–
The teachers at this school treat students fairly.*	62.6	–	–
I feel safe in my school.*	82.8	–	–
ADULT SUPPORT AT SCHOOL			
Have at least one teacher/adult at school to talk to if you have a problem	71.0	–	–
Talked to a teacher/adult at school about a personal problem [†]	28.6	–	–
Talked to a teacher/adult at school about being bullied [†]	6.8	–	–
Talked to a teacher/adult at school about being cyberbullied [†]	3.9	–	–
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	7.5	–	–
ADULT SUPPORT OUTSIDE OF SCHOOL			
Ate dinner at home with parents/guardians 5 or more days (past 7 days)	70.0	–	–
Have at least one parent/adult outside of school to talk to about things that are important	89.7	–	–
Talked to a parent/adult outside of school about being bullied [†]	11.7	–	–
Talked to a parent/adult outside of school about being cyberbullied [†]	6.7	–	–
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	16.3	–	–
PEER SUPPORT			
Feel you have a friend you can talk to about a personal problem [‡]	71.2	–	–
Feel you are part of a group of friends [‡]	73.5	–	–
Feel lonely [‡]	15.3	–	–

* Answered either "agree" or "strongly agree"

† During the past 12 months

‡ Answered either "most of the time" or "all of the time"

Table 9-1A. Risk Behaviors on School Property by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
<i>SUBSTANCE USE</i>							
Current cigarette use on school property (past 30 days)	1.9	1.1	2.6	0.8	1.4	1.9	3.2
Current alcohol use on school property (past 30 days)	2.8	2.4	3.3	1.4	2.1	3.5	4.5
Current marijuana use on school property (past 30 days)	4.3	3.0	5.7	1.7	3.3	5.4	6.9
Used alcohol just before a school function (past 12 months)	10.1	10.5	9.6	3.4	8.0	13.1	16.7
Used alcohol during a school function (past 12 months)	5.6	5.6	5.7	1.9	4.2	7.8	9.0
<i>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</i>							
Offered, sold, or given alcohol on school property	6.2	5.9	6.5	4.0	5.8	7.7	7.3
Offered, sold, or given marijuana on school property	14.8	12.5	17.1	10.9	14.2	17.8	16.5
Offered, sold, or given prescription drugs on school property	5.3	4.5	6.2	3.1	4.2	6.8	7.3
<i>SAFETY, WEAPONS, AND VIOLENCE</i>							
Didn't go to school because of safety concerns (past 30 days)*	3.5	3.8	3.1	3.4	3.3	3.5	3.4
Had property stolen/deliberately damaged at school (past 12 months)	13.6	11.3	16.0	14.8	13.8	12.8	12.5
Threatened or injured with a weapon on school property (past 12 months) [†]	3.1	2.0	4.2	3.3	3.0	2.8	2.9
Carried a weapon on school property (past 30 days) [†]	2.0	1.0	3.1	1.3	1.6	2.2	2.8
In a physical fight on school property (past 12 months)	4.2	2.1	6.2	4.6	4.0	3.8	3.8
Been bullied on school property (past 12 months) [‡]	20.0	23.2	16.6	23.4	20.0	18.9	16.8
Bullied someone else on school property (past 12 months) [‡]	7.3	5.6	9.0	6.4	6.6	7.9	7.9
<i>CONCERNS ABOUT PEERS (past 12 months)</i>							
Concerned a student might physically hurt someone else	21.4	21.8	20.8	23.2	21.5	19.9	20.4
Told an adult at school a student might harm someone else	4.0	4.5	3.5	4.4	3.5	3.8	4.1
Told an adult outside of school a student might harm someone else	5.6	6.7	4.5	6.5	5.7	5.1	5.0
Concerned a student was depressed or might hurt themselves	47.2	57.8	35.7	45.1	48.0	49.2	46.3
Told an adult at school a student was depressed/might harm themselves	10.2	13.7	6.6	9.7	9.2	10.9	11.3
Told an adult outside of school student was depressed/might harm themselves	17.3	24.6	9.4	16.0	17.3	18.7	17.1

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Table 9-1B. Risk Behaviors on School Property, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
SUBSTANCE USE					
Current cigarette use on school property (past 30 days)	5.3	5.1	4.4	3.2	1.9
Current alcohol use on school property (past 30 days)	4.8	4.0	3.3	3.6	2.8
Current marijuana use on school property (past 30 days)	4.4	5.2	6.0	5.0	4.3
Used alcohol just before a school function (past 12 months)	–	–	–	11.2	10.1
Used alcohol during a school function (past 12 months)	–	–	–	6.0	5.6
DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)					
Offered, sold, or given alcohol on school property	–	–	–	8.1	6.2
Offered, sold, or given marijuana on school property	–	–	–	17.4	14.8
Offered, sold, or given prescription drugs on school property	–	–	–	6.8	5.3
SAFETY, WEAPONS, AND VIOLENCE					
Didn't go to school because of safety concerns (past 30 days)*	3.6	3.7	4.0	4.0	3.5
Had property stolen/deliberately damaged at school (past 12 months)	21.2	20.8	19.0	15.2	13.6
Threatened or injured with a weapon on school property (past 12 months) [†]	5.1	4.6	4.6	3.5	3.1
Carried a weapon on school property (past 30 days) [†]	3.3	3.1	3.0	2.5	2.0
In a physical fight on school property (past 12 months)	8.7	8.3	7.4	5.5	4.2
Been bullied on school property (past 12 months) [‡]	25.5	25.9	28.2	22.9	20.0
Bullied someone else on school property (past 12 months) [‡]	–	–	–	11.4	7.3
CONCERNS ABOUT PEERS (past 12 months)					
Concerned a student might physically hurt someone else	–	–	–	–	21.4
Told an adult at school a student might harm someone else	–	–	–	–	4.0
Told an adult outside of school a student might harm someone else	–	–	–	–	5.6
Concerned a student was depressed or might hurt themselves	–	–	–	–	47.2
Told an adult at school a student was depressed/might harm themselves	–	–	–	–	10.2
Told an adult outside of school student was depressed/might harm themselves	–	–	–	–	17.3

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Table 9-1C. Risk Behaviors on School Property at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS <i>(24,355)</i>	Massachusetts 2013 YRBS <i>(2,718)</i>	United States 2013 YRBS <i>(13,583)</i>
SUBSTANCE USE			
Current cigarette use on school property (past 30 days)	1.9	2.8	3.8
Current alcohol use on school property (past 30 days)	2.8	3.6	5.1
Current marijuana use on school property (past 30 days)	4.3	6.3	5.9
Used alcohol just before a school function (past 12 months)	10.1	–	–
Used alcohol during a school function (past 12 months)	5.6	–	–
DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)			
Offered, sold, or given alcohol on school property	6.2	–	–
Offered, sold, or given marijuana on school property	14.8	–	–
Offered, sold, or given prescription drugs on school property	5.3	–	–
SAFETY, WEAPONS, AND VIOLENCE			
Didn't go to school because of safety concerns (past 30 days)*	3.5	3.6	7.1
Had property stolen/deliberately damaged at school (past 12 months)	13.6	–	–
Threatened or injured with a weapon on school property (past 12 months) [†]	3.1	4.3	6.9
Carried a weapon on school property (past 30 days) [†]	2.0	3.1	5.2
In a physical fight on school property (past 12 months)	4.2	4.6	8.1
Been bullied on school property (past 12 months) [‡]	20.0	16.6	19.6
Bullied someone else on school property (past 12 months) [‡]	7.3	–	–
CONCERNS ABOUT PEERS (past 12 months)			
Concerned a student might physically hurt someone else	21.4	–	–
Told an adult at school a student might harm someone else	4.0	–	–
Told an adult outside of school a student might harm someone else	5.6	–	–
Concerned a student was depressed or might hurt themselves	47.2	–	–
Told an adult at school a student was depressed/might harm themselves	10.2	–	–
Told an adult outside of school student was depressed/might harm themselves	17.3	–	–

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Table 9-2A. School Absences and School Climate by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
SCHOOL ABSENCES (past 30 days)							
Absent from school on 3 or more days	11.9	13.0	10.7	9.2	10.3	11.9	16.9
Absent/missed school because you were sick/had a physical health problem*	41.3	45.9	36.2	36.4	41.3	42.9	45.4
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself*	7.5	10.8	4.0	5.1	7.0	8.8	9.4
Absent/missed school because you were behind on school work*	19.5	23.6	15.1	10.8	16.6	24.5	27.4
Absent/missed school because you were being bullied or cyberbullied*	1.8	2.1	1.6	1.7	1.8	1.7	1.8
Absent/missed school because you didn't feel physically safe at school*	1.7	1.7	1.6	1.4	1.7	1.6	1.7
Absent/missed school because you had to take care of a family member*	6.4	7.2	5.5	5.2	6.1	6.5	7.7
Absent/missed school because you were too tired*	22.7	28.4	16.3	14.2	20.0	27.3	30.0
Absent/missed school because you were on vacation*	8.6	9.0	8.2	7.5	9.1	8.5	9.2
SCHOOL CLIMATE RELATED TO BULLYING							
My school has rules that protect students from being bullied on school property. [†]	72.4	70.3	74.9	75.2	71.7	70.2	72.5
My school has rules that protect students from being cyberbullied. [†]	52.4	49.6	55.6	55.6	52.0	50.0	52.0
When teachers see bullying, they don't do anything about it. [‡]	57.0	55.5	58.7	59.3	56.1	55.3	57.4
Most of the time, students tell teachers if they know someone is being bullied. [†]	18.7	14.5	23.2	22.3	17.4	16.5	18.0
Telling a teacher about bullying can make it worse. [‡]	31.7	31.7	31.7	32.4	31.4	30.3	32.7
Most of the time, students here try to stop bullying when they see it happening. [†]	35.2	32.4	38.2	35.8	33.6	34.0	37.8
There's not much schools can do to prevent cyberbullying. [‡]	25.0	27.2	22.7	25.8	24.3	24.4	25.5

* On one or more of the past 30 days

† Answered either "agree" or "strongly agree"

‡ Answered either "disagree" or "strongly disagree"

Table 9-2B. School Absences and School Climate, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
SCHOOL ABSENCES (past 30 days)					
Absent from school on 3 or more days	–	–	–	–	11.9
Absent/missed school because you were sick/had a physical health problem*	–	–	–	–	41.3
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself*	–	–	–	–	7.5
Absent/missed school because you were behind on school work*	–	–	–	–	19.5
Absent/missed school because you were being bullied or cyberbullied*	–	–	–	–	1.8
Absent/missed school because you didn't feel physically safe at school*	–	–	–	–	1.7
Absent/missed school because you had to take care of a family member*	–	–	–	–	6.4
Absent/missed school because you were too tired*	–	–	–	–	22.7
Absent/missed school because you were on vacation*	–	–	–	–	8.6
SCHOOL CLIMATE RELATED TO BULLYING					
My school has rules that protect students from being bullied on school property. [†]	–	–	–	–	72.4
My school has rules that protect students from being cyberbullied. [†]	–	–	–	–	52.4
When teachers see bullying, they don't do anything about it. [‡]	–	–	–	–	57.0
Most of the time, students tell teachers if they know someone is being bullied. [†]	–	–	–	–	18.7
Telling a teacher about bullying can make it worse. [‡]	–	–	–	–	31.7
Most of the time, students here try to stop bullying when they see it happening. [†]	–	–	–	–	35.2
There's not much schools can do to prevent cyberbullying. [‡]	–	–	–	–	25.0

* On one or more of the past 30 days

† Answered either "agree" or "strongly agree"

‡ Answered either "disagree" or "strongly disagree"

Table 9-2C. School Absences and School Climate at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS	Massachusetts 2013 YRBS	United States 2013 YRBS
	<i>(24,355)</i>	<i>(2,718)</i>	<i>(13,583)</i>
SCHOOL ABSENCES (past 30 days)			
Absent from school on 3 or more days	11.9	–	–
Absent/missed school because you were sick/had a physical health problem*	41.3	–	–
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself*	7.5	–	–
Absent/missed school because you were behind on school work*	19.5	–	–
Absent/missed school because you were being bullied or cyberbullied*	1.8	–	–
Absent/missed school because you didn't feel physically safe at school*	1.7	–	–
Absent/missed school because you had to take care of a family member*	6.4	–	–
Absent/missed school because you were too tired*	22.7	–	–
Absent/missed school because you were on vacation*	8.6	–	–
SCHOOL CLIMATE RELATED TO BULLYING			
My school has rules that protect students from being bullied on school property. [†]	72.4	–	–
My school has rules that protect students from being cyberbullied. [†]	52.4	–	–
When teachers see bullying, they don't do anything about it. [‡]	57.0	–	–
Most of the time, students tell teachers if they know someone is being bullied. [†]	18.7	–	–
Telling a teacher about bullying can make it worse. [‡]	31.7	–	–
Most of the time, students here try to stop bullying when they see it happening. [†]	35.2	–	–
There's not much schools can do to prevent cyberbullying. [‡]	25.0	–	–

* On one or more of the past 30 days

† Answered either "agree" or "strongly agree"

‡ Answered either "disagree" or "strongly disagree"

Table 10-1A. Additional Topics by Gender and Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,355)	(12,331)	(11,757)	(6,466)	(6,124)	(6,127)	(5,426)
GENERAL HEALTH & SLEEP							
Describes general health as very good/excellent	72.4	69.6	75.4	74.5	72.5	70.6	72.0
Absent/missed school because you were sick/had a physical health problem (past 30 days)	41.3	45.9	36.2	36.4	41.3	42.9	45.4
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	7.5	10.8	4.0	5.1	7.0	8.8	9.4
Absent/missed school because you were too tired (past 30 days)	22.7	28.4	16.3	14.2	20.0	27.3	30.0
Sleeps 8 or more hours on an average school night	29.2	24.9	33.8	40.2	31.2	23.5	20.3
ELECTRONICS USAGE AND ACTIVITIES OUTSIDE OF SCHOOL							
Sends more than 50 messages on a mobile phone on an average school day	35.7	42.7	28.3	31.4	34.7	37.7	39.8
Spends 3 or more hours online on an average school day	48.7	52.4	44.7	47.5	48.6	49.5	49.3
Spends 3 or more hours on homework/studying outside of school on an average school day	40.4	52.0	28.2	35.5	40.7	45.5	40.1
Spends 3 or more hours on extracurricular activities outside of school on an average school day	28.2	28.6	27.8	24.3	26.3	29.6	33.2
Spends 3 or more hours on "screen time" that is not for school work/ homework	37.0	34.4	39.8	37.4	37.6	36.5	36.3
SOCIO-DEMOGRAPHICS							
Students who report being gay/lesbian, bisexual, or "not sure"	10.3 [†]	11.9	8.5	10.1	9.7	10.9	10.4
Students who report having physical disabilities or long-term* health problems	11.2	13.0	9.2	10.2	11.4	11.6	11.6
Students who report having long-term* learning disabilities	9.8	8.9	10.7	8.5	9.4	10.0	11.3
Students who report having an Individualized Education Program (IEP)	15.4	12.8	18.1	15.0	16.2	15.7	14.7
Students who report being eligible to get a free or reduced-price lunch at school	16.1	16.5	15.6	17.3	16.2	15.2	15.3

* Long-term means 6 months or more

† Overall, 1.5% of students reported being gay or lesbian, 4.4% reported being bisexual, and 4.4% reported being "not sure" of their sexual orientation.

Table 10-1B. Additional Topics, 2006 - 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region (%)				
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)
GENERAL HEALTH & SLEEP					
Describes general health as very good/excellent	72.6	72.3	71.7	73.1	72.4
Absent/missed school because you were sick/had a physical health problem (past 30 days)	–	–	–	–	41.3
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	–	–	–	–	7.5
Absent/missed school because you were too tired (past 30 days)	–	–	–	–	22.7
Sleeps 8 or more hours on an average school night	–	–	–	–	29.2
ELECTRONICS USAGE AND ACTIVITIES OUTSIDE OF SCHOOL					
Sends more than 50 messages on a mobile phone on an average school day	–	–	36.3	36.3	35.7
Spends 3 or more hours online on an average school day	–	–	28.8	35.9	48.7
Spends 3 or more hours on homework/studying outside of school on an average school day	–	–	–	–	40.4
Spends 3 or more hours on extracurricular activities outside of school on an average school day	–	–	–	–	28.2
Spends 3 or more hours on "screen time" that is not for school work/ homework	–	–	–	38.7	37.0
SOCIO-DEMOGRAPHICS					
Students who report being gay/lesbian, bisexual, or "not sure" ^{†‡}	6.1	6.3	7.4	8.3	10.3 [†]
Students who report having physical disabilities or long-term* health problems	–	–	–	10.2	11.2
Students who report having long-term* learning disabilities	–	–	–	8.6	9.8
Students who report having an Individualized Education Program (IEP)	–	–	–	–	15.4
Students who report being eligible to get a free or reduced-price lunch at school	–	–	–	–	16.1

* Long-term means 6 months or more

† Overall, 1.5% of students reported being gay or lesbian, 4.4% reported being bisexual, and 4.4% reported being "not sure" of their sexual orientation.

‡ Data for 2006-2010 also included an "other" category. Fewer than 1% of students responded "other" for 2006-2010 at the regional level.

Table 10-1C. Additional Topics at the District, Regional, State and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2014

	MetroWest Region 2014 MWAHS	Massachusetts 2013 YRBS	United States 2013 YRBS
	<i>(24,355)</i>	<i>(2,718)</i>	<i>(13,583)</i>
GENERAL HEALTH & SLEEP			
Describes general health as very good/excellent	72.4	–	–
Absent/missed school because you were sick/had a physical health problem (past 30 days)	41.3	–	–
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	7.5	–	–
Absent/missed school because you were too tired (past 30 days)	22.7	–	31.7
Sleeps 8 or more hours on an average school night	29.2	–	–
ELECTRONICS USAGE AND ACTIVITIES OUTSIDE OF SCHOOL			
Sends more than 50 messages on a mobile phone on an average school day	35.7	–	–
Spends 3 or more hours online on an average school day	48.7	–	–
Spends 3 or more hours on homework/studying outside of school on an average school day	40.4	–	–
Spends 3 or more hours on extracurricular activities outside of school on an average school day	28.2	–	–
Spends 3 or more hours on "screen time" that is not for school work/ homework	37.0	–	–
SOCIO-DEMOGRAPHICS			
Students who report being gay/lesbian, bisexual, or "not sure"	10.3 [†]	–	–
Students who report having physical disabilities or long-term* health problems	11.2	–	–
Students who report having long-term* learning disabilities	9.8	–	–
Students who report having an Individualized Education Program (IEP)	15.4	–	–
Students who report being eligible to get a free or reduced-price lunch at school	16.1	–	–

* Long-term means 6 months or more

† Overall, 1.5% of students reported being gay or lesbian, 4.4% reported being bisexual, and 4.4% reported being "not sure" of their sexual orientation.