

MetroWest Adolescent Health Survey Key Indicator Report

Informing data driven school and community health policies and practices

2016 | **Needham Public Schools**



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Key Indicators from the 2016 MetroWest Adolescent Health Survey

Needham Public Schools

Background and Summary of Methodology

The 2016 MetroWest Adolescent Health Survey (MWHAS) marks more than a decade of monitoring trends in adolescent health behaviors to advance school and community prevention efforts. Since 2006, the MWAHS has been administered every other year in communities served by the MetroWest Health Foundation, with the goal of supporting data-driven improvements in health programs and policies at the local and regional levels. Over 40,000 students were surveyed in 25 communities in 2016 alone, providing communities with important adolescent health data on key areas of concern and emerging health issues. Since the beginning of the initiative, MWHAS data has enhanced the work of schools and communities as they endeavor to prevent harm from risky behaviors and improve adolescent physical, mental, and emotional wellbeing.

In Needham, the 2016 MWAHS was administered to middle school students in grades 7 through 8 and high school students in grades 9 through 12. As in previous survey waves, local procedures were followed to inform parents of the survey and give them the choice to opt out their child(ren). Students were also informed that their participation was voluntary and that no names or other identifying information were being collected. Data collection at each school was guided by a protocol that protected the privacy of students' responses. In Needham, student surveys were obtained from:

- » 833 students in grades 7 through 8, representing 95% of middle school youth.
- » 1,487 students in grades 9 through 12, representing 90% of high school youth.

Inside This Booklet

This booklet provides your 2016 data on key behavioral indicators including: substance use, violence, bullying, mental health, sexual behavior (at the high school level only), and physical activity. The tables in this *Phase One* report summarize the data as follows:

- » **Trends from 2006 to 2016.** These tables provide district-level data for each survey wave in which your district has participated since 2006 to examine changes in adolescent behaviors over time.
- » **2016 Behavioral Indicators by Gender.** These tables display data for females and males separately to examine gender-related behavioral patterns.
- » **2016 Behavioral Indicators by Grade.** These tables display data for each grade separately to provide information on age-related patterns and the initiation of risk behaviors.

This booklet provides initial data to support communities as they review priorities and develop action plans to improve adolescent health and wellbeing. To further inform local efforts, as in past survey waves, a customized and comprehensive report will be provided later in the spring of 2016.

Middle School Key Indicators

2006–2016 Trends
2016 Gender Patterns
2016 Grade Patterns

Pollard Middle School, Needham (Grades 7-8)

2006-2016 Trends in Key Indicators

MetroWest Adolescent Health Survey

	Year of Survey (%)					
	2006 (654)	2008 (653)	2010 (772)	2012 (787)	2014 (804)	2016 (833)
SUBSTANCE USE						
Lifetime cigarette smoking	6.9	6.6	5.7	5.5	2.9	1.3
Current cigarette smoking (past 30 days)	3.4	2.0	2.0	1.6	0.4	0.5
Lifetime alcohol use	19.7	19.8	14.8	13.6	8.3	6.2
Current alcohol use (past 30 days)	8.1	6.3	6.4	6.2	1.9	1.9
Binge drinking (past 30 days)*	2.3	2.0	2.0	0.9	0.4	0.5
Lifetime marijuana use	3.5	3.3	4.3	3.5	1.6	0.8
Current marijuana use (past 30 days)	2.6	2.0	3.0	1.9	0.8	0.7
Lifetime inhalant use	13.4	6.8	7.1	3.3	1.1	1.1
VIOLENCE						
Physical fighting (lifetime)	45.4	42.3	36.9	39.3	31.7	25.0
Physical fighting on school property (lifetime)	20.3	14.9	12.3	9.5	7.1	5.0
Carried a weapon (lifetime)	12.6	10.9	8.8	10.8	9.8	12.0
Carried weapon on school property (lifetime)	2.8	2.5	1.2	1.3	0.7	1.0
BULLYING VICTIMIZATION						
Bullying victim (past 12 months)	46.1	46.4	30.4	22.2	19.2	15.2
Bullying victim on school property (past 12 months)	41.0	41.6	24.1	16.5	12.5	9.7
Cyberbullying victim (past 12 months)	17.3	14.9	11.5	14.6	14.1	14.2
MENTAL HEALTH						
Life "very" stressful (past 30 days)	12.4	10.2	10.6	10.2	8.5	9.0
Depressive symptoms (past 12 months)	12.8	9.4	8.5	8.6	9.2	6.8
Self-injury (past 12 months)	4.5	5.6	4.4	4.9	4.9	4.9
Considered suicide (lifetime)	8.0	7.6	8.1	8.1	7.9	7.6
Attempted suicide (lifetime)	2.5	1.7	1.7	1.3	1.5	1.1
PHYSICAL ACTIVITY AND BODY WEIGHT						
Exercised for ≥20 minutes on 3 or more days/week	81.3	83.3	81.7	83.7	89.1	85.2
Overweight or obese [†]	16.3	12.8	14.8	16.8	13.0	12.0

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

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

Pollard Middle School, Needham (Grades 7-8)

2016 Gender Patterns for Key Indicators

MetroWest Adolescent Health Survey

	Gender (%)		Total (%)
	Female (423)	Male (407)	(833)
SUBSTANCE USE			
Lifetime cigarette smoking	0.7	2.0	1.3
Current cigarette smoking (past 30 days)	0.2	0.5	0.5
Lifetime alcohol use	4.7	7.7	6.2
Current alcohol use (past 30 days)	1.9	1.7	1.9
Binge drinking (past 30 days)*	0.2	0.5	0.5
Lifetime marijuana use	1.2	0.5	0.8
Current marijuana use (past 30 days)	0.7	0.5	0.7
Lifetime inhalant use	0.7	1.2	1.1
VIOLENCE			
Physical fighting (lifetime)	13.8	36.3	25.0
Physical fighting on school property (lifetime)	1.2	8.7	5.0
Carried a weapon (lifetime)	4.8	19.4	12.0
Carried weapon on school property (lifetime)	0.5	1.2	1.0
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	13.3	16.6	15.2
Bullying victim on school property (past 12 months)	7.8	10.9	9.7
Cyberbullying victim (past 12 months)	17.2	10.4	14.2
MENTAL HEALTH			
Life "very" stressful (past 30 days)	12.8	4.7	9.0
Depressive symptoms (past 12 months)	9.6	3.5	6.8
Self-injury (past 12 months)	6.3	3.3	4.9
Considered suicide (lifetime)	9.2	5.8	7.6
Attempted suicide (lifetime)	1.5	0.8	1.1
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	83.5	87.6	85.2
Overweight or obese [†]	11.0	13.0	12.0

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

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

Pollard Middle School, Needham (Grades 7-8)

2016 Grade Patterns for Key Indicators

MetroWest Adolescent Health Survey

	Grade		Total (%)
	7 th (419)	8 th (414)	(833)
SUBSTANCE USE			
Lifetime cigarette smoking	1.4	1.2	1.3
Current cigarette smoking (past 30 days)	0.2	0.7	0.5
Lifetime alcohol use	5.0	7.3	6.2
Current alcohol use (past 30 days)	1.2	2.7	1.9
Binge drinking (past 30 days)*	0.5	0.5	0.5
Lifetime marijuana use	0.2	1.5	0.8
Current marijuana use (past 30 days)	0.2	1.2	0.7
Lifetime inhalant use	1.0	1.2	1.1
VIOLENCE			
Physical fighting (lifetime)	25.4	24.6	25.0
Physical fighting on school property (lifetime)	4.8	5.1	5.0
Carried a weapon (lifetime)	10.4	13.6	12.0
Carried weapon on school property (lifetime)	0.0	1.9	1.0
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	11.1	19.4	15.2
Bullying victim on school property (past 12 months)	8.7	10.7	9.7
Cyberbullying victim (past 12 months)	12.3	16.1	14.2
MENTAL HEALTH			
Life "very" stressful (past 30 days)	7.9	10.2	9.0
Depressive symptoms (past 12 months)	4.6	9.1	6.8
Self-injury (past 12 months)	4.1	5.7	4.9
Considered suicide (lifetime)	4.8	10.4	7.6
Attempted suicide (lifetime)	0.5	1.8	1.1
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	88.0	82.3	85.2
Overweight or obese [†]	11.7	12.3	12.0

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

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

High School Key Indicators

2006–2016 Trends
2016 Gender Patterns
2016 Grade Patterns

Needham High School (Grades 9-12)

2006-2016 Trends in Key Indicators

MetroWest Adolescent Health Survey

	Year of Survey (%)					
	2006 <i>(1,281)</i>	2008 <i>(1,285)</i>	2010 <i>(1,326)</i>	2012 <i>(1,403)</i>	2014 <i>(1,490)</i>	2016 <i>(1,487)</i>
SUBSTANCE USE						
Lifetime cigarette smoking	29.1	28.3	17.9	16.8	19.3	13.4
Current cigarette smoking (past 30 days)	12.9	10.3	6.7	5.5	7.7	4.9
Lifetime alcohol use	66.1	63.5	55.8	55.1	54.0	49.0
Current alcohol use (past 30 days)	45.2	43.5	36.4	34.9	35.0	31.5
Binge drinking (past 30 days)*	27.7	25.0	23.0	21.3	19.7	19.4
Rode with driver who had been drinking (past 30 days)	23.5	21.1	17.7	15.1	16.3	13.7
Lifetime marijuana use	35.2	33.3	32.4	28.0	32.1	23.5
Current marijuana use (past 30 days)	24.8	23.7	22.9	19.4	21.8	16.1
Lifetime prescription drug misuse [†]	10.5	7.4	6.5	4.6	6.7	4.5
VIOLENCE						
Physical fighting (past 12 months)	20.3	20.6	17.0	12.8	14.0	13.8
Physical fighting on school property (past 12 months)	6.9	6.3	5.0	4.1	4.2	3.3
Carried a weapon (past 30 days)	4.7	5.2	3.9	4.7	5.6	5.6
Carried a weapon on school property (past 30 days)	2.4	2.9	2.3	2.5	2.7	2.2
BULLYING VICTIMIZATION						
Bullying victim (past 12 months)	29.0	31.7	28.4	20.1	18.0	19.1
Bullying victim on school property (past 12 months)	25.1	27.3	24.2	15.7	13.9	14.6
Cyberbullying victim (past 12 months)	15.1	17.9	18.2	15.9	18.0	17.2
MENTAL HEALTH						
Life "very" stressful (past 30 days)	32.4	25.4	25.2	26.8	31.9	38.1
Depressive symptoms (past 12 months)	19.5	18.0	16.6	14.1	18.9	14.1
Self-injury (past 12 months)	11.4	12.2	12.0	12.5	12.3	9.4
Considered suicide (past 12 months)	11.2	9.5	10.2	10.3	11.0	9.9
Attempted suicide (past 12 months)	3.2	3.5	2.2	3.3	3.4	2.5
SEXUAL BEHAVIOR						
Lifetime sexual intercourse	21.3	21.1	20.3	18.8	22.5	15.8
Currently sexually active (past 3 months)	15.9	17.4	16.2	15.0	18.1	12.5
Condom use at last intercourse (among sexually active youth)	64.8	72.2	75.2	66.5	68.7	64.9
PHYSICAL ACTIVITY AND BODY WEIGHT						
Exercised for ≥60 minutes on 5 or more days/week	33.8	36.4	45.3	57.5	56.5	62.4
Overweight or obese [‡]	16.8	16.8	14.9	15.7	17.5	16.5

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

† Without a doctor's prescription

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

Needham High School (Grades 9-12)

2016 Gender Patterns for Key Indicators

MetroWest Adolescent Health Survey

	Gender (%)		Total (%)
	Female (743)	Male (728)	
SUBSTANCE USE			
Lifetime cigarette smoking	10.6	16.3	13.4
Current cigarette smoking (past 30 days)	1.9	7.9	4.9
Lifetime alcohol use	49.5	48.4	49.0
Current alcohol use (past 30 days)	31.4	31.2	31.5
Binge drinking (past 30 days)*	16.9	21.9	19.4
Rode with driver who had been drinking (past 30 days)	13.6	13.6	13.7
Lifetime marijuana use	21.6	25.3	23.5
Current marijuana use (past 30 days)	13.1	19.2	16.1
Lifetime prescription drug misuse [†]	3.0	6.0	4.5
VIOLENCE			
Physical fighting (past 12 months)	5.4	22.2	13.8
Physical fighting on school property (past 12 months)	0.4	6.0	3.3
Carried a weapon (past 30 days)	2.2	9.2	5.6
Carried a weapon on school property (past 30 days)	0.7	3.6	2.2
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	22.0	16.0	19.1
Bullying victim on school property (past 12 months)	15.3	13.9	14.6
Cyberbullying victim (past 12 months)	21.3	12.7	17.2
MENTAL HEALTH			
Life "very" stressful (past 30 days)	52.1	22.8	38.1
Depressive symptoms (past 12 months)	17.8	9.7	14.1
Self-injury (past 12 months)	11.5	6.6	9.4
Considered suicide (past 12 months)	12.2	7.1	9.9
Attempted suicide (past 12 months)	2.6	2.3	2.5
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	14.4	17.5	15.8
Currently sexually active (past 3 months)	11.1	13.9	12.5
Condom use at last intercourse (among sexually active youth)	66.7	63.0	64.9
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	57.3	68.2	62.4
Overweight or obese [‡]	14.7	18.6	16.5

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

† Without a doctor's prescription

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

Needham High School (Grades 9-12)

2016 Grade Patterns for Key Indicators

MetroWest Adolescent Health Survey

	Grade (%)				Total (%) (1,487)
	9 th (402)	10 th (425)	11 th (370)	12 th (279)	
SUBSTANCE USE					
Lifetime cigarette smoking	7.2	8.1	18.9	23.2	13.4
Current cigarette smoking (past 30 days)	2.3	4.0	5.8	9.0	4.9
Lifetime alcohol use	35.5	43.5	57.8	65.7	49.0
Current alcohol use (past 30 days)	18.0	27.4	37.3	50.0	31.5
Binge drinking (past 30 days)*	7.6	17.5	23.3	34.7	19.4
Rode with driver who had been drinking (past 30 days)	10.8	11.1	15.8	19.1	13.7
Lifetime marijuana use	9.5	15.2	31.9	45.2	23.5
Current marijuana use (past 30 days)	6.0	10.8	24.3	28.0	16.1
Lifetime prescription drug misuse [†]	1.8	2.6	6.4	8.6	4.5
VIOLENCE					
Physical fighting (past 12 months)	17.0	13.2	11.7	12.4	13.8
Physical fighting on school property (past 12 months)	3.7	3.3	3.0	2.6	3.3
Carried a weapon (past 30 days)	6.5	5.2	5.7	4.4	5.6
Carried a weapon on school property (past 30 days)	0.7	2.4	3.0	2.6	2.2
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	23.9	17.8	16.1	18.4	19.1
Bullying victim on school property (past 12 months)	18.5	13.1	13.5	13.1	14.6
Cyberbullying victim (past 12 months)	23.4	16.2	14.0	14.1	17.2
MENTAL HEALTH					
Life "very" stressful (past 30 days)	19.8	35.7	42.7	61.9	38.1
Depressive symptoms (past 12 months)	11.3	12.0	17.7	15.9	14.1
Self-injury (past 12 months)	7.8	10.1	11.0	8.0	9.4
Considered suicide (past 12 months)	9.5	9.9	12.1	7.3	9.9
Attempted suicide (past 12 months)	3.0	1.9	2.5	2.7	2.5
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	6.4	8.4	19.8	36.7	15.8
Currently sexually active (past 3 months)	5.6	6.3	14.9	29.8	12.5
Condom use at last intercourse (among sexually active youth)	70.0	73.1	67.3	59.2	64.9
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	69.4	66.8	53.9	57.5	62.4
Overweight or obese [‡]	17.6	15.4	17.7	15.3	16.5

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

† Without a doctor's prescription

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

This report was prepared by
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For information about EDC, visit our website at www.edc.org.