

**KEY INDICATORS FROM THE
METROWEST ADOLESCENT HEALTH SURVEY**

**NATICK
PUBLIC SCHOOLS**

2010

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EDC

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Key Indicators from the 2010 MetroWest Adolescent Health Survey Natick Public Schools

BACKGROUND AND SUMMARY OF METHODOLOGY

The MetroWest Adolescent Health Survey (MWAHS) is an initiative of the MetroWest Community Health Care Foundation to support community efforts to improve the health of youth in the region. Since 2006, middle schools and high schools across the region have administered surveys every other year to monitor trends in health and risk behaviors at the local and regional levels. The MWAHS is a census of students in participating schools; with over 38,000 students surveyed in 2010, it represents the vast majority of students in the region. The findings are widely used by schools and communities to improve health education, inform prevention efforts, and set priorities for achieving a healthier youth population.

In Natick, the 2010 MWAHS was administered to middle school students in grades 6 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 was being collected. Data collection at each school was guided by a protocol that protected the privacy of students' responses.

Student surveys were obtained from:

- 997 students in grades 6 through 8, representing 95% of youth.
- 1114 students in grades 9 through 12, representing 87% of youth.

INSIDE THIS BOOKLET

This booklet provides your district data on key behavioral indicators from both middle school and high school surveys. There are three tables that summarize middle school reports and three tables that summarize high school reports. These tables present:

- **Trends from 2006 to 2010** – These tables provide district-level data for each survey wave in which your district has participated since 2006. *(Please note: At the middle school level, trend data is restricted to 7th and 8th grades because no 6th grade students were surveyed in 2006.)*
- **Current (2010) Behavioral Indicators by Gender** – These tables display data for males and females separately. *(Please note: If your middle school survey included 6th grade in 2010, the data in this table will reflect all students in grades 6-8).*
- **Current (2010) Behavioral Indicators by Grade** – These tables display data for each grade separately.

These tables provide information to start reviewing priorities and developing action plans to improve the health of youth in your community. To further inform local efforts, as in past survey waves, a customized comprehensive report will be provided later this spring. This comprehensive report will include findings on all additional measures in your district's survey, including any 2010 optional items that were selected.

MIDDLE SCHOOL KEY INDICATORS

2006-2010 Trends

2010 Gender Patterns

2010 Grade Patterns

Natick Middle School Students (Grades 7-8) 2006-2010 Trends in Key Indicators*

	Year of Survey (%)		
	2006 (508)	2008 (629)	2010 (657)
SUBSTANCE USE			
Lifetime cigarette smoking	6.2	4.3	5.4
Current cigarette smoking (past 30 days)	3.0	1.8	2.5
Lifetime alcohol use	16.4	13.6	13.2
Current alcohol use (past 30 days)	6.6	5.6	6.2
Binge drinking (past 30 days) [†]	2.4	1.9	2.2
Rode with driver who had been drinking (lifetime)	16.2	18.0	13.5
Lifetime marijuana use	2.2	3.4	3.5
Current marijuana use (past 30 days)	1.8	2.9	2.3
Lifetime inhalant use	6.0	4.8	7.3
VIOLENCE			
Physical fighting (lifetime)	37.1	42.9	39.6
Physical fighting on school property (lifetime)	17.3	14.2	12.7
Carried a weapon (lifetime)	17.5	12.7	14.7
Carried weapon on school property (lifetime)	2.4	2.4	1.2
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	42.9	44.2	39.5
Bullying victim on school property (past 12 months)	39.1	39.7	33.7
Cyberbullying victim (past 12 months)	13.6	12.8	15.3
MENTAL HEALTH			
Life "very" stressful (past 30 days)	12.5	14.6	12.5
Depressive symptoms (past 12 months)	13.0	14.4	12.0
Self-injury (past 12 months)	6.5	7.4	7.3
Considered suicide (lifetime)	8.5	8.8	9.6
Attempted suicide (lifetime)	1.6	2.6	1.8
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	83.5	81.1	77.6
Overweight or obese [‡]	21.6	20.6	22.1

* Source: MetroWest Adolescent Health Survey

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

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

Natick Middle School Students (Grades 6-8) 2010 Gender Patterns for Key Indicators*

	Gender (%)		Total (%)
	Female (497)	Male (496)	(997)
SUBSTANCE USE			
Lifetime cigarette smoking	2.0	6.9	4.4
Current cigarette smoking (past 30 days)	0.2	4.3	2.2
Lifetime alcohol use	9.3	13.4	11.3
Current alcohol use (past 30 days)	4.3	5.4	4.8
Binge drinking (past 30 days) [†]	0.6	2.9	1.7
Rode with driver who had been drinking (lifetime)	10.2	13.9	12.0
Lifetime marijuana use	1.0	4.3	2.6
Current marijuana use (past 30 days)	1.0	2.3	1.6
Lifetime inhalant use	5.9	7.4	6.6
VIOLENCE			
Physical fighting (lifetime)	22.4	52.7	37.6
Physical fighting on school property (lifetime)	3.9	17.9	11.0
Carried a weapon (lifetime)	5.7	20.7	13.1
Carried weapon on school property (lifetime)	0.8	1.2	1.0
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	41.9	34.6	38.2
Bullying victim on school property (past 12 months)	36.5	30.1	33.3
Cyberbullying victim (past 12 months)	18.0	10.1	14.0
MENTAL HEALTH			
Life "very" stressful (past 30 days)	14.2	9.0	11.5
Depressive symptoms (past 12 months)	13.0	9.8	11.3
Self-injury (past 12 months)	8.3	5.3	6.8
Considered suicide (lifetime)	7.8	9.0	8.4
Attempted suicide (lifetime)	1.4	1.8	1.6
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	76.0	79.7	77.7
Overweight or obese [‡]	18.2	23.7	21.0

* Source: MetroWest Adolescent Health Survey

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

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

Natick Middle School Students (Grades 6-8) 2010 Grade Patterns for Key Indicators*

	Grade (%)			Total (%)
	6 th (340)	7 th (350)	8 th (307)	
SUBSTANCE USE				
Lifetime cigarette smoking	2.6	4.6	6.2	4.4
Current cigarette smoking (past 30 days)	1.8	2.6	2.3	2.2
Lifetime alcohol use	7.7	11.5	15.0	11.3
Current alcohol use (past 30 days)	2.1	5.5	6.9	4.8
Binge drinking (past 30 days) [†]	0.9	2.3	2.0	1.7
Rode with driver who had been drinking (lifetime)	9.0	13.9	13.2	12.0
Lifetime marijuana use	0.9	3.2	3.9	2.6
Current marijuana use (past 30 days)	0.3	2.3	2.3	1.6
Lifetime inhalant use	5.3	7.8	6.6	6.6
VIOLENCE				
Physical fighting (lifetime)	33.7	39.2	40.1	37.6
Physical fighting on school property (lifetime)	7.7	12.1	13.5	11.0
Carried a weapon (lifetime)	10.2	13.5	16.0	13.1
Carried weapon on school property (lifetime)	0.6	1.4	1.0	1.0
BULLYING VICTIMIZATION				
Bullying victim (past 12 months)	35.7	41.4	37.3	38.2
Bullying victim on school property (past 12 months)	32.3	33.6	33.9	33.3
Cyberbullying victim (past 12 months)	11.6	15.8	14.8	14.0
MENTAL HEALTH				
Life "very" stressful (past 30 days)	9.8	11.0	14.1	11.5
Depressive symptoms (past 12 months)	10.1	11.5	12.5	11.3
Self-injury (past 12 months)	5.9	6.6	8.0	6.8
Considered suicide (lifetime)	5.9	9.0	10.4	8.4
Attempted suicide (lifetime)	1.2	2.3	1.3	1.6
PHYSICAL ACTIVITY AND BODY WEIGHT				
Exercised for ≥20 minutes on 3 or more days/week	77.8	75.5	80.1	77.7
Overweight or obese [‡]	18.5	21.8	22.5	21.0

* Source: MetroWest Adolescent Health Survey

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

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

HIGH SCHOOL KEY INDICATORS

2006-2010 Trends

2010 Gender Patterns

2010 Grade Patterns

Natick High School (Grades 9-12) 2006-2010 Trends in Key Indicators*

	Year of Survey (%)		
	2006 (1,083)	2008 (1,120)	2010 (1,114)
SUBSTANCE USE			
Lifetime cigarette smoking	34.4	29.7	22.7
Current cigarette smoking (past 30 days)	13.9	9.9	12.1
Lifetime alcohol use	66.0	63.1	55.7
Current alcohol use (past 30 days)	41.5	40.1	36.9
Binge drinking (past 30 days) [†]	24.2	21.1	21.8
Rode with driver who had been drinking (past 30 days)	25.7	22.0	24.6
Lifetime marijuana use	34.5	32.3	35.0
Current marijuana use (past 30 days)	22.0	21.0	26.5
Lifetime prescription drug misuse [‡]	12.8	8.4	8.1
VIOLENCE			
Physical fighting (past 12 months)	24.3	20.7	19.6
Physical fighting on school property (past 12 months)	10.1	8.3	7.4
Carried a weapon (past 30 days)	8.1	6.0	6.1
Carried a weapon on school property (past 30 days)	4.4	3.3	2.3
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	30.2	28.7	30.9
Bullying victim on school property (past 12 months)	28.3	25.6	28.3
Cyberbullying victim (past 12 months)	17.6	14.9	17.4
MENTAL HEALTH			
Life "very" stressful (past 30 days)	29.0	28.2	27.3
Depressive symptoms (past 12 months)	21.9	19.2	17.0
Self-injury (past 12 months)	15.1	12.6	11.5
Considered suicide (past 12 months)	9.9	8.7	8.3
Attempted suicide (past 12 months)	5.0	4.1	2.4
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	32.9	29.1	27.4
Currently sexually active (past 3 months)	25.7	22.0	20.8
Condom use at last intercourse (among sexually active youth)	63.1	66.4	71.0
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	38.4	37.0	46.7
Overweight or obese [§]	22.4	21.3	20.0

* Source: MetroWest Adolescent Health Survey

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

‡ Without a doctor's prescription

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

Natick High School (Grades 9-12) 2010 Gender Patterns for Key Indicators*

	Gender (%)		Total (%)
	Female (524)	Male (574)	(1,114)
SUBSTANCE USE			
Lifetime cigarette smoking	16.8	28.4	22.7
Current cigarette smoking (past 30 days)	8.7	15.3	12.1
Lifetime alcohol use	54.5	56.7	55.7
Current alcohol use (past 30 days)	36.4	36.9	36.9
Binge drinking (past 30 days) [†]	21.7	21.7	21.8
Rode with driver who had been drinking (past 30 days)	23.5	25.7	24.6
Lifetime marijuana use	29.9	39.5	35.0
Current marijuana use (past 30 days)	20.3	32.6	26.5
Lifetime prescription drug misuse [‡]	7.7	8.2	8.1
VIOLENCE			
Physical fighting (past 12 months)	11.9	25.7	19.6
Physical fighting on school property (past 12 months)	4.1	10.0	7.4
Carried a weapon (past 30 days)	1.5	10.2	6.1
Carried a weapon on school property (past 30 days)	0.6	3.9	2.3
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	38.8	23.8	30.9
Bullying victim on school property (past 12 months)	34.4	22.9	28.3
Cyberbullying victim (past 12 months)	25.0	10.0	17.4
MENTAL HEALTH			
Life "very" stressful (past 30 days)	38.1	18.0	27.3
Depressive symptoms (past 12 months)	23.3	11.5	17.0
Self-injury (past 12 months)	17.5	6.2	11.5
Considered suicide (past 12 months)	10.4	6.6	8.3
Attempted suicide (past 12 months)	3.3	1.6	2.4
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	26.3	28.2	27.4
Currently sexually active (past 3 months)	21.0	20.5	20.8
Condom use at last intercourse (among sexually active youth)	67.6	74.1	71.0
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	41.6	51.3	46.7
Overweight or obese [§]	16.3	23.6	20.0

* Source: MetroWest Adolescent Health Survey

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

‡ Without a doctor's prescription

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

Natick High School (Grades 9-12)

2010 Grade Patterns for Key Indicators*

	Grade (%)				Total (%) (1,114)
	9 th (302)	10 th (294)	11 th (274)	12 th (232)	
SUBSTANCE USE					
Lifetime cigarette smoking	11.3	20.8	21.7	41.2	22.7
Current cigarette smoking (past 30 days)	5.0	8.9	9.0	28.9	12.1
Lifetime alcohol use	34.3	49.0	68.5	77.5	55.7
Current alcohol use (past 30 days)	15.8	30.3	43.6	65.3	36.9
Binge drinking (past 30 days) [†]	6.0	12.9	24.8	49.8	21.8
Rode with driver who had been drinking (past 30 days)	18.0	18.2	26.7	38.9	24.6
Lifetime marijuana use	13.4	32.4	42.7	57.0	35.0
Current marijuana use (past 30 days)	9.7	24.6	29.8	46.7	26.5
Lifetime prescription drug misuse [‡]	3.0	6.1	11.7	12.0	8.1
VIOLENCE					
Physical fighting (past 12 months)	22.3	18.7	17.8	19.3	19.6
Physical fighting on school property (past 12 months)	10.7	5.8	5.6	7.0	7.4
Carried a weapon (past 30 days)	6.0	5.4	6.3	6.2	6.1
Carried a weapon on school property (past 30 days)	1.3	1.4	3.3	3.1	2.3
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	35.3	31.7	28.3	27.2	30.9
Bullying victim on school property (past 12 months)	33.7	29.0	26.0	23.2	28.3
Cyberbullying victim (past 12 months)	16.7	20.8	15.9	15.5	17.4
MENTAL HEALTH					
Life "very" stressful (past 30 days)	19.5	21.2	29.4	43.5	27.3
Depressive symptoms (past 12 months)	13.7	12.5	18.5	24.9	17.0
Self-injury (past 12 months)	11.6	10.8	10.6	13.1	11.5
Considered suicide (past 12 months)	6.9	7.4	10.9	8.6	8.3
Attempted suicide (past 12 months)	3.1	2.1	3.0	1.3	2.4
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	12.0	17.2	34.0	51.8	27.4
Currently sexually active (past 3 months)	7.5	12.1	26.4	41.8	20.8
Condom use at last intercourse (among sexually active youth)	52.4	73.5	84.3	66.0	71.0
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	54.1	51.1	42.9	35.5	46.7
Overweight or obese [§]	23.1	19.5	17.7	19.1	20.0

* Source: MetroWest Adolescent Health Survey

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

‡ Without a doctor's prescription

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

This data was prepared by the Health and Human Development Division at Education Development Center, Inc. (EDC) in Newton, MA. For technical assistance in interpreting and utilizing the MWAHS data, please contact:

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For more information about EDC's Health and Human Development Division, visit our website at www.hhd.org.