

MetroWest Adolescent Health Survey Data Report

January 19, 2016

MetroWest Adolescent Health Survey (MWAHS)

- Ten-year initiative funded by the *MetroWest Health Foundation*; 5th administration of the survey
- Biennial school-based census survey of middle/high school youth in **26** Metrowest communities
- Largely based on CDC Youth Risk Behavior Surveillance System and the MA Youth Risk Behavior Survey

MWAHS History of Participation

	2006	2008	2010	2012	2014
High/middle schools	31	41	45	50	56
Districts surveying 6th grade	N/A	4	13	14	17
Total students surveyed	23,555	31,963	37,901	40,064	40,526

Validity and Reliability

“How do we know students are telling the truth?”

- Participation is **voluntary and anonymous**
- Students perceive the survey is **important**
- They feel measures have been taken to **preserve privacy and ensure anonymity**

Framingham Public Schools 2014 Survey Data



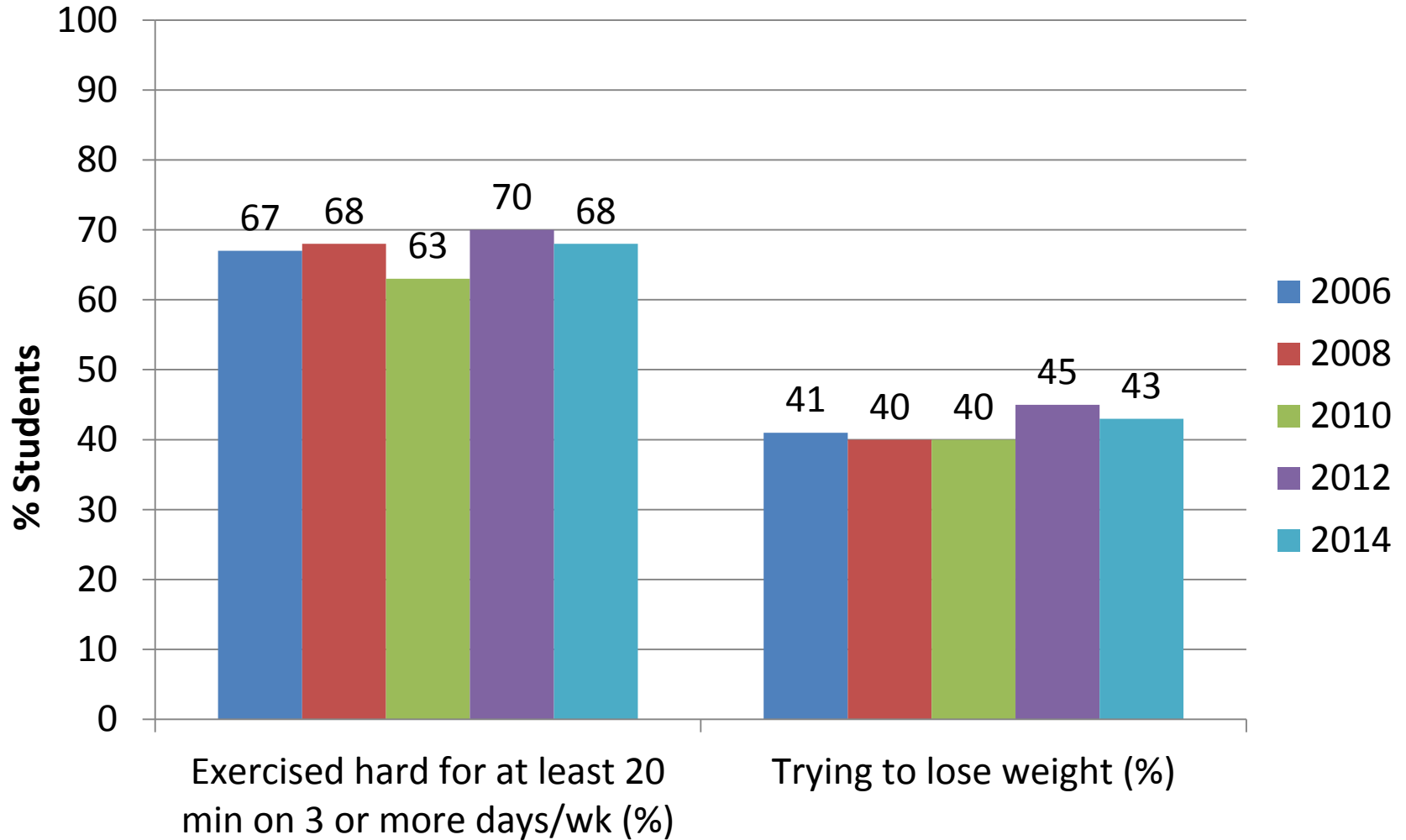
5 Broad Categories

- Physical Activity and Nutrition
- Substance Use
- Violence and Bullying
- Sexual Behavior
- Mental Health

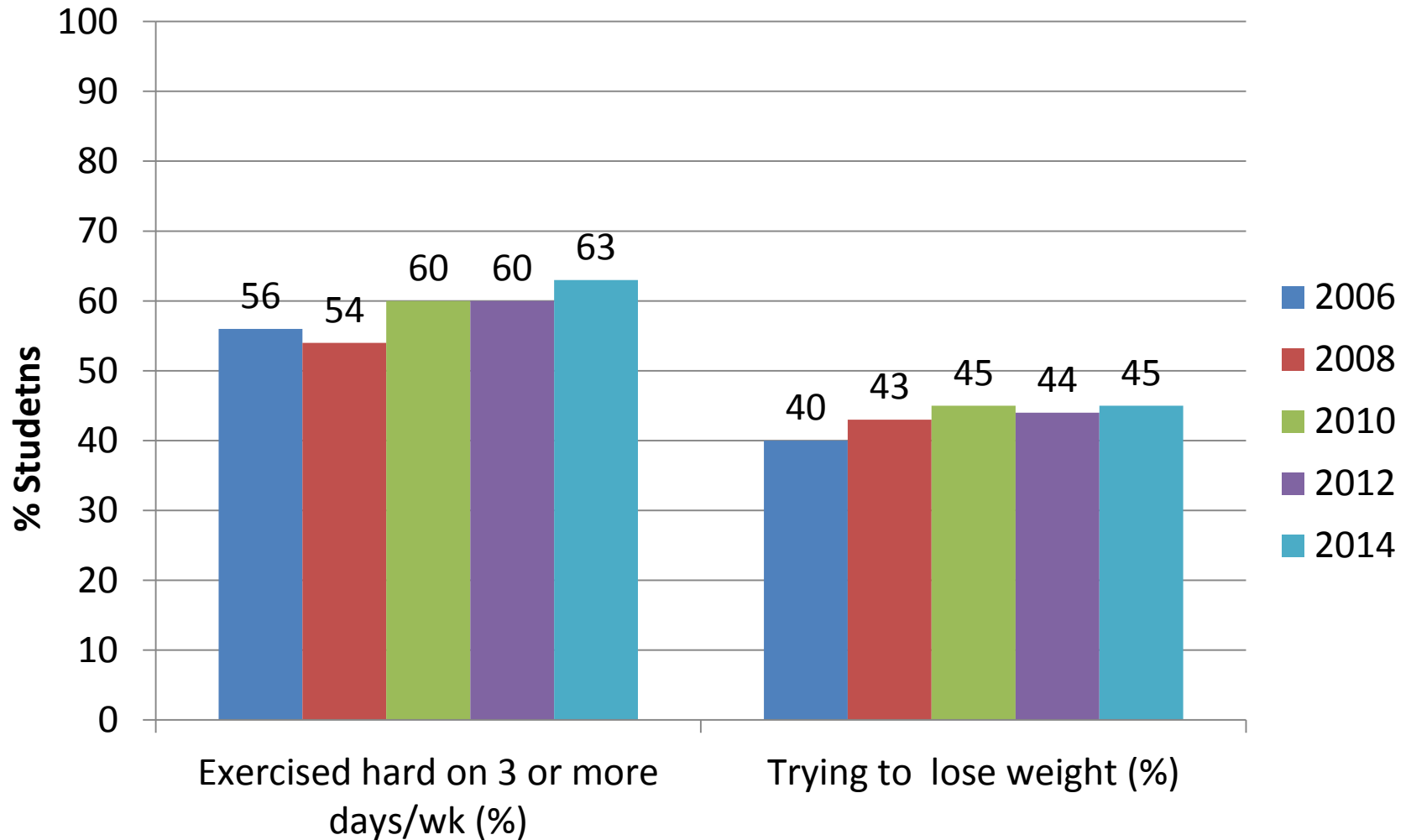
Physical Activity and Nutrition



Middle School - Physical Activity and Body Weight (2006-2014)



High School - Physical Activity and Body Weight (2006-2014)





Middle School:

- 45% of girls and 34% of boys report dieting

High School:

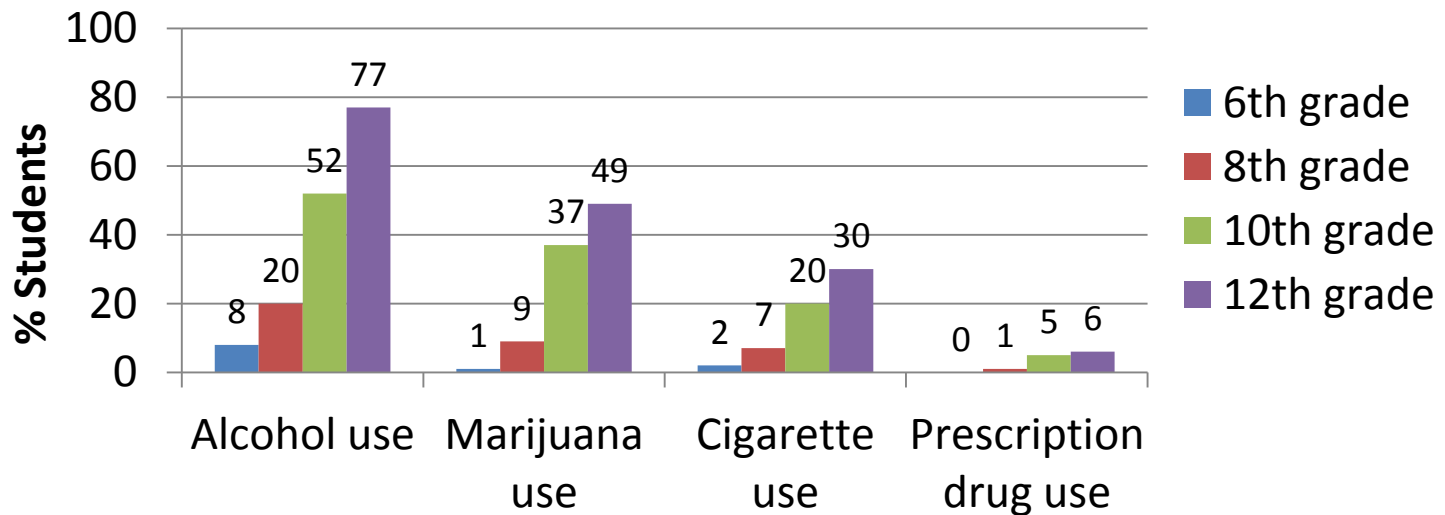
- 48% of girls and 31% of boys report dieting

Substance Use





Lifetime Substance Use by Grade





1 in 5 high school youth report riding in a car within the past 30 days with a driver who had been drinking in the car



13% of MS youth and 58%
of HS youth have had a
drink in their lifetime

1 in 5 HS youth report
binge drinking in the past
30 days

HOME FURNISHING takes on a whole new meaning



It's illegal for adults to host underage
drinking parties...even in your home.

Help stop youth alcohol use.

1 out of 5 HS
youth report
accessing
alcohol at home
with
parent/guardian
knowledge

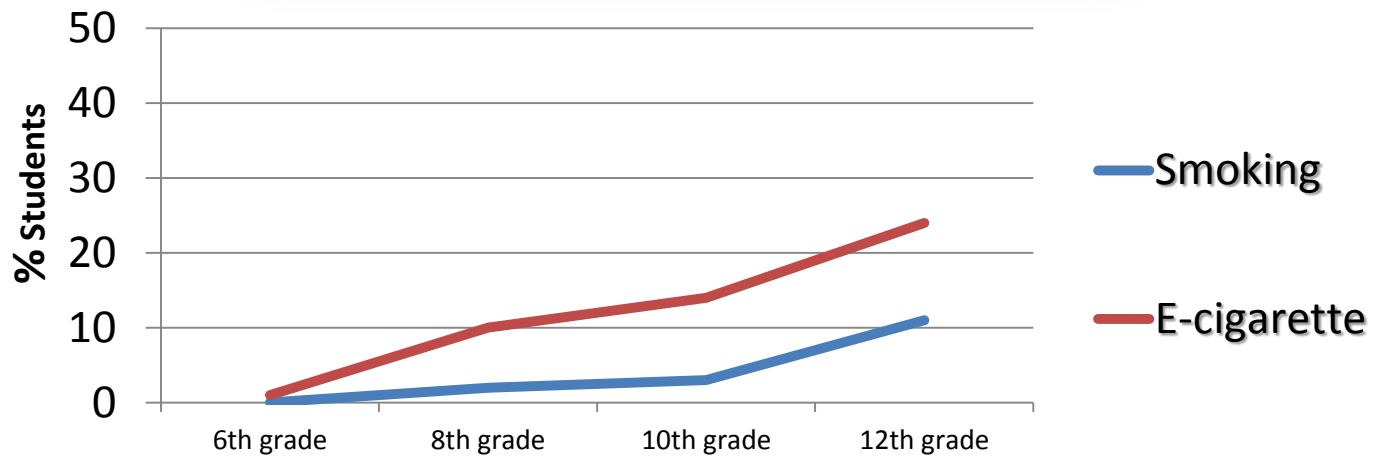
73% of HS
youth report
accessing
alcohol at
parties



**4% of MS youth and 32%
of HS youth have used
marijuana in their lifetime**

**Recent marijuana use:
2% MS youth, 19% HS
youth**

Current Electronic Cigarette Use



17

...of our high school students
have used heroin in their lifetime

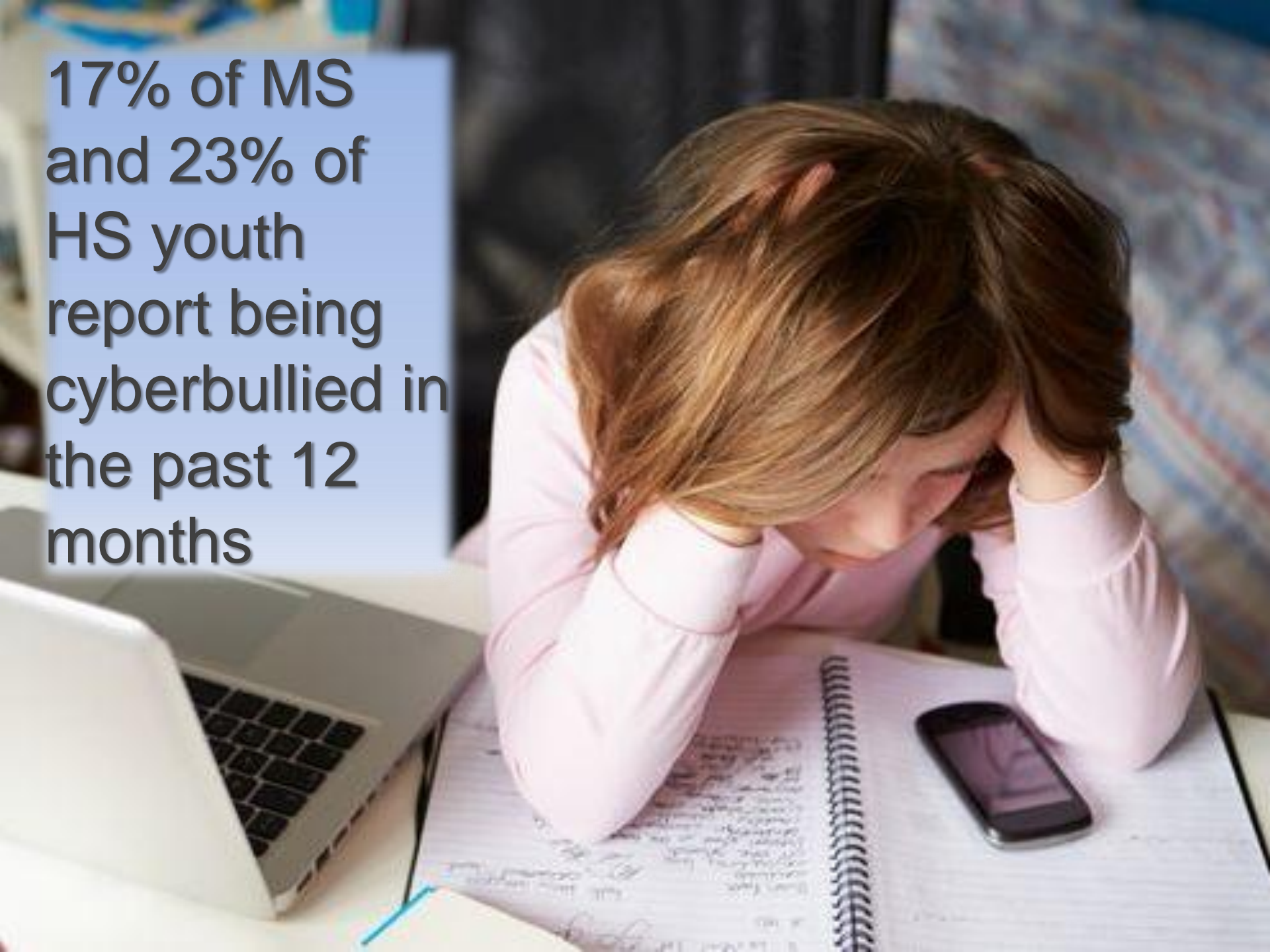
Violence and Bullying



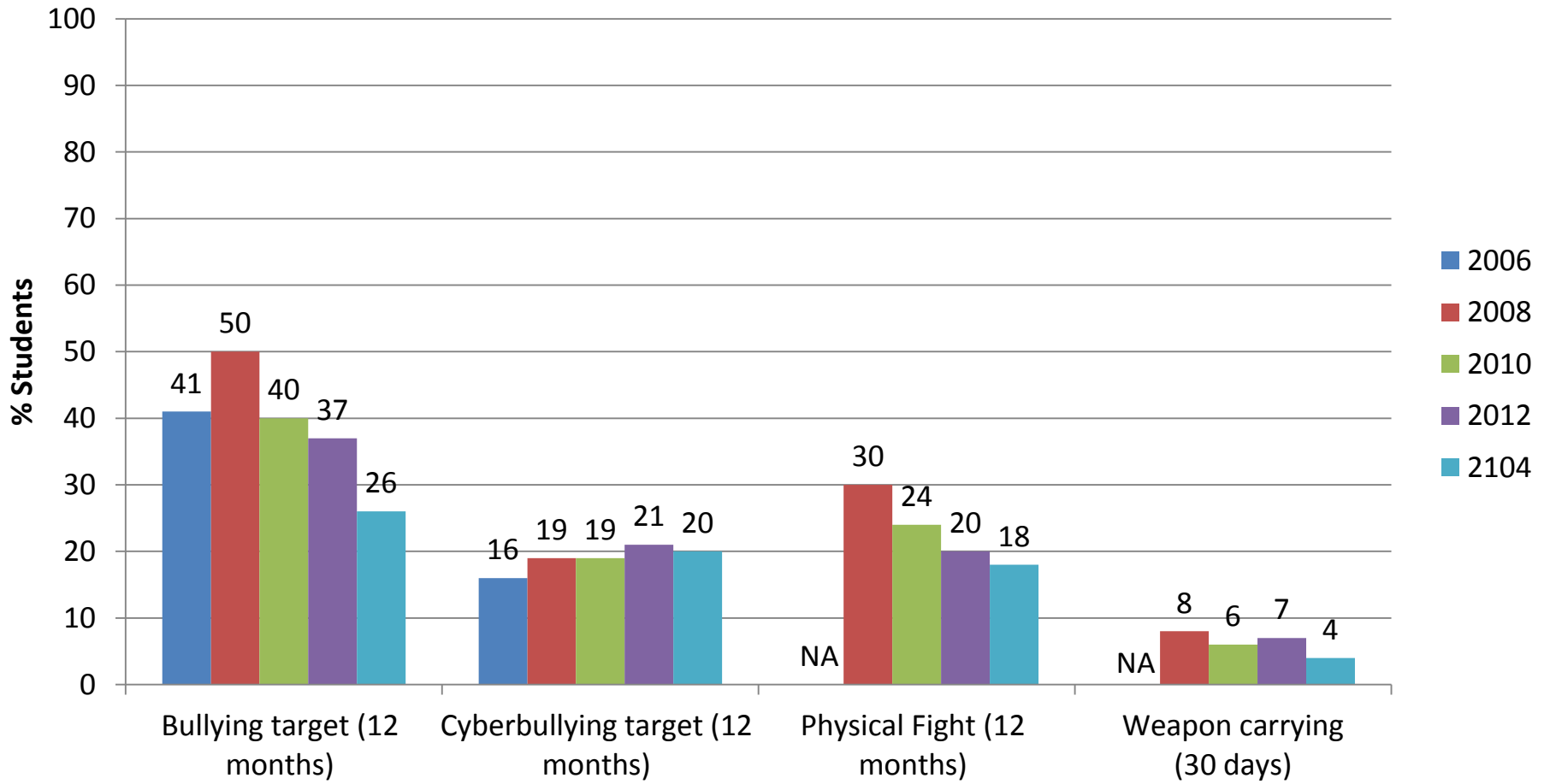


23% of MS and 18% HS youth report they were bullied on school property in the past 12 months

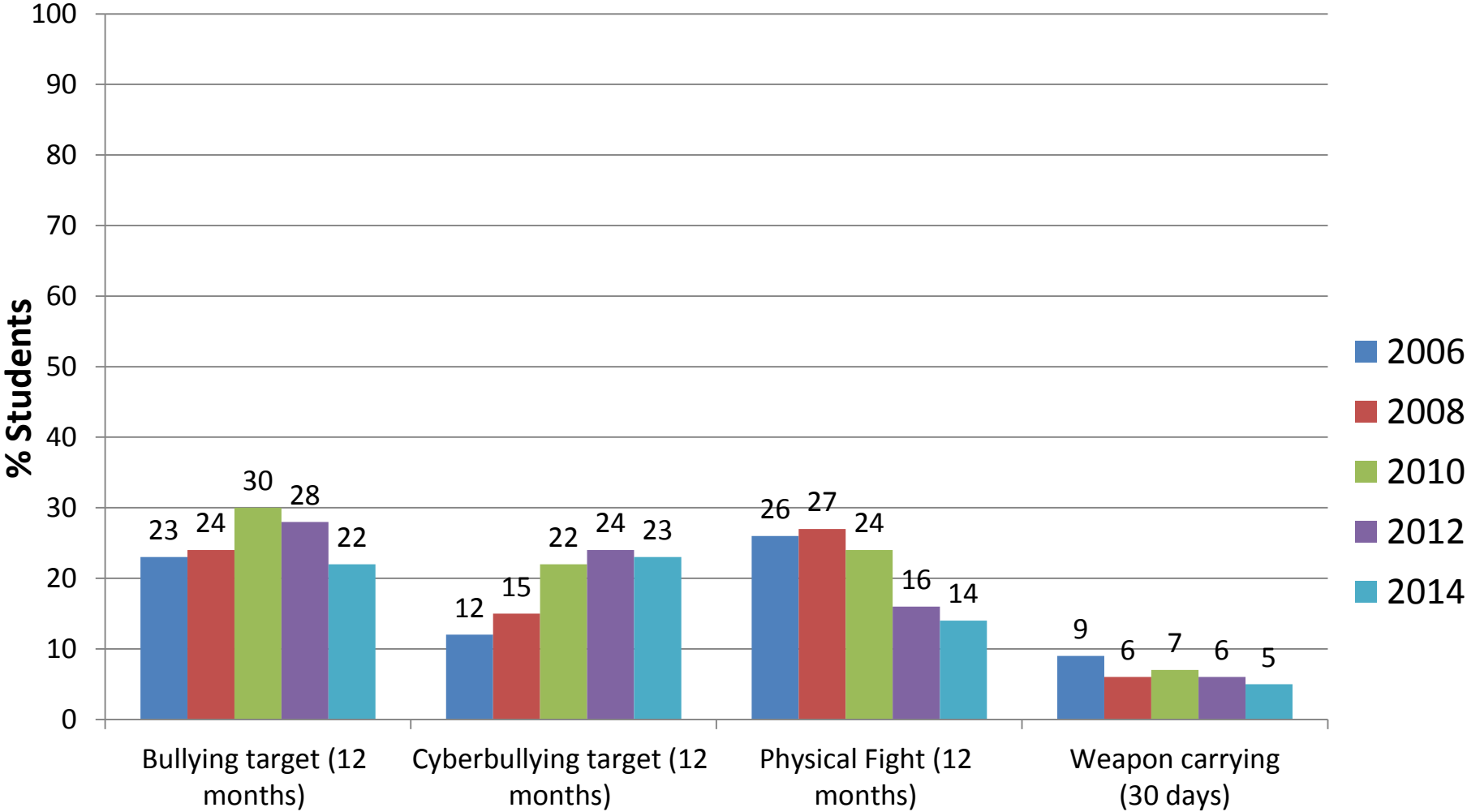
17% of MS
and 23% of
HS youth
report being
cyberbullied in
the past 12
months



Middle School – Bullying/Violence on School Property (2006-2014)



High School - Bullying/Violence on School Property (2006-2014)



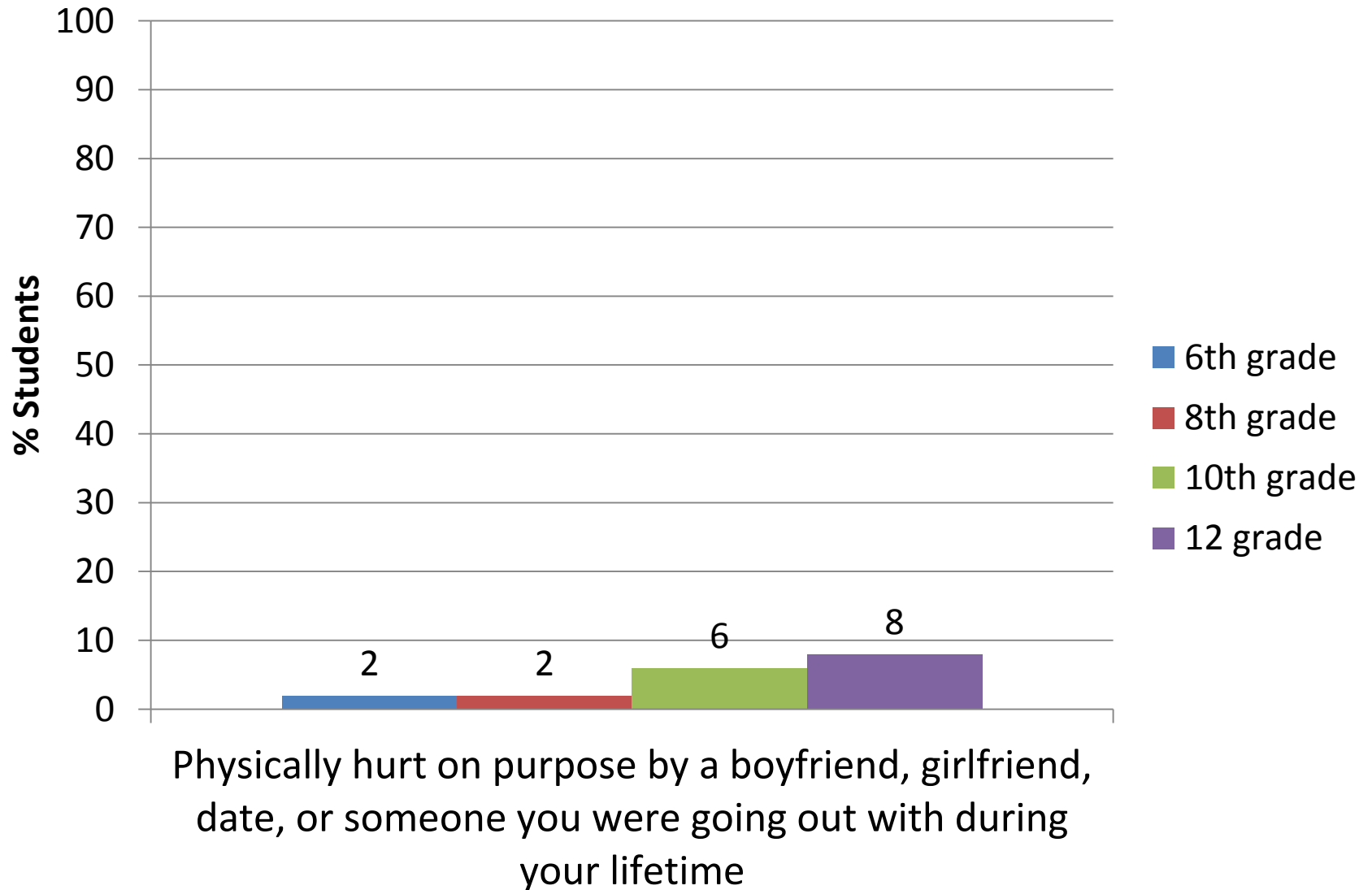
Violence Within Dating Relationships



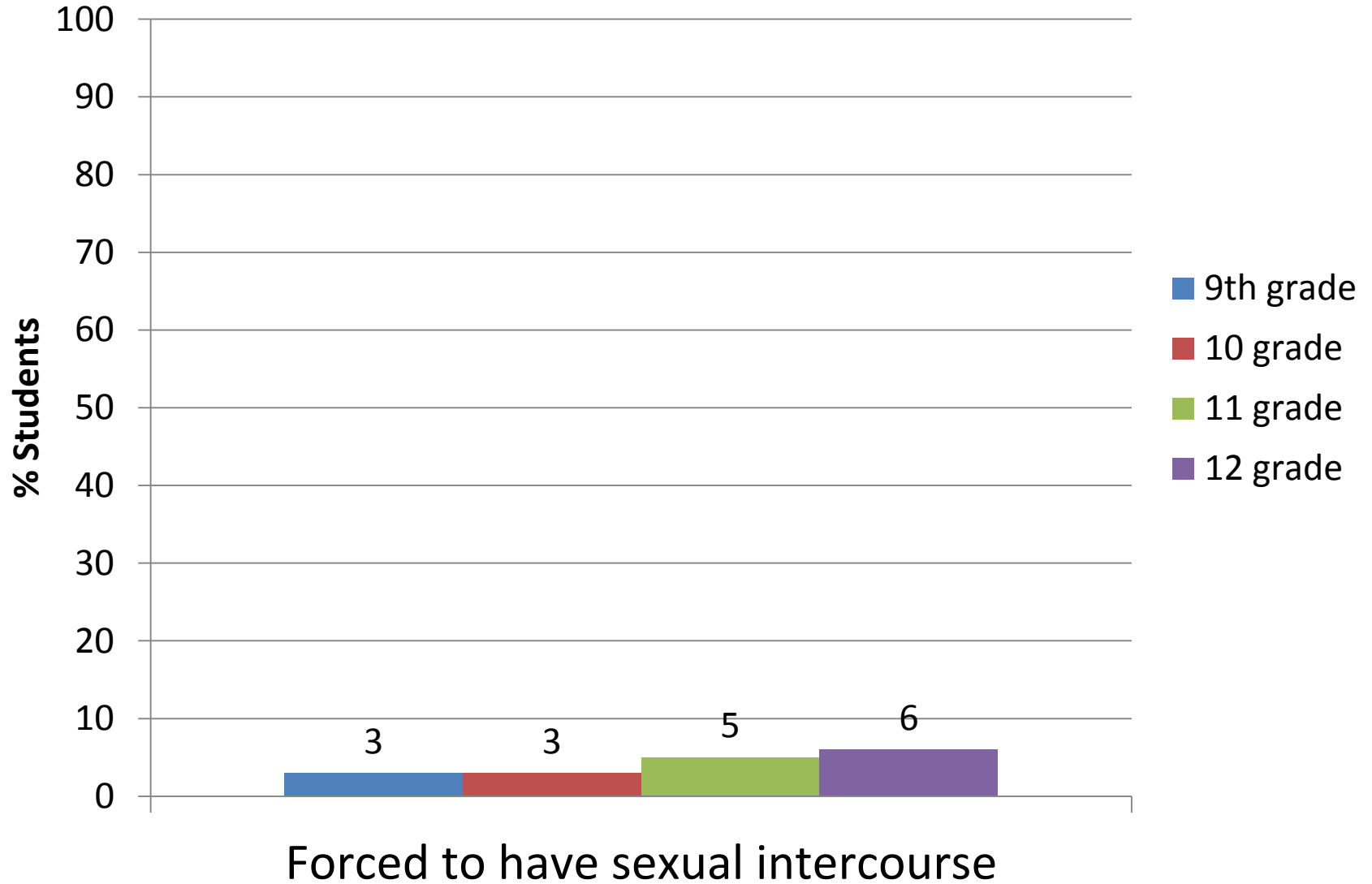
18% of females and
10% males report
verbal abuse

16% of females and
13% of males report
not being allowed to
spend time with
friends

Dating Violence (2014)



High School - Dating Violence (2014)



Sexual Behavior



“Gone all the Way”

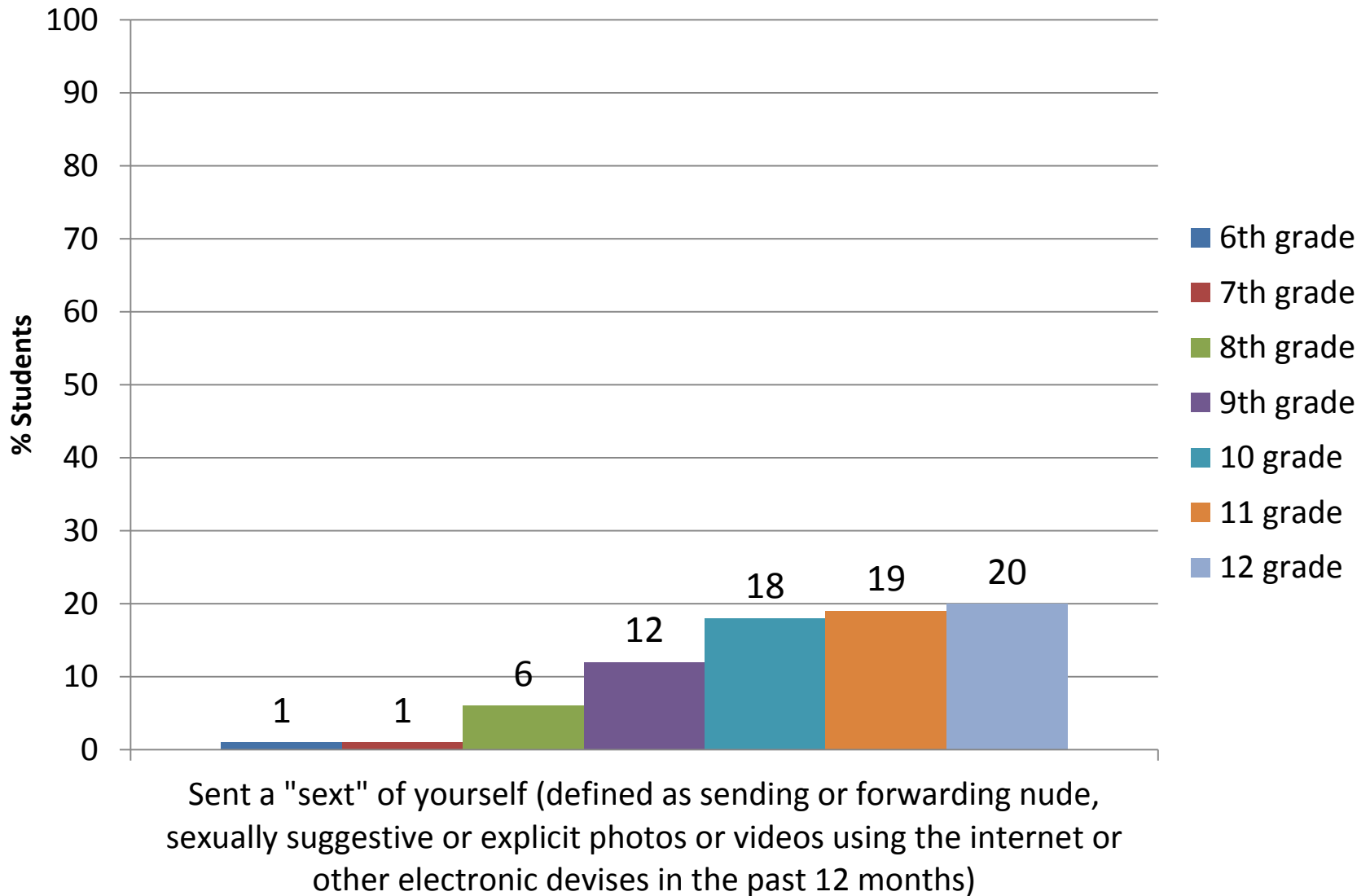
3% 7th grade
7% 8th grade
14% 9th grade
21% 10th grade
30% 11th grade
47% 12th grade



**Sexually active youth:
27% used alcohol and/or drugs before last intercourse**



Framingham Public Schools Sexual Behavior (2014)



Mental Health





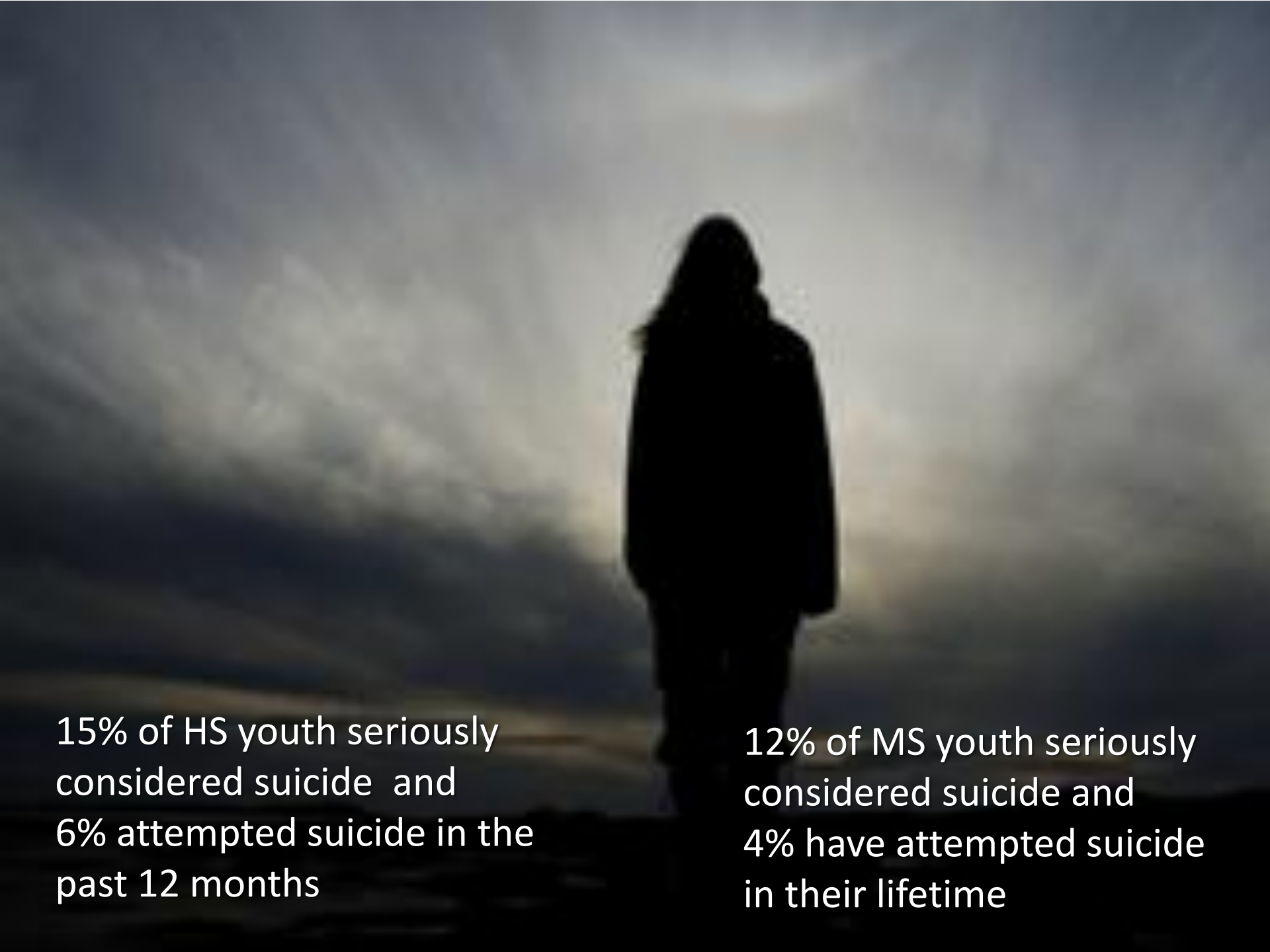
12% of MS youth and 35% of HS youth report life is “very” stressful during the past 30 days

18% of MS youth and 27% of HS youth report feeling sad or hopeless for two or more weeks



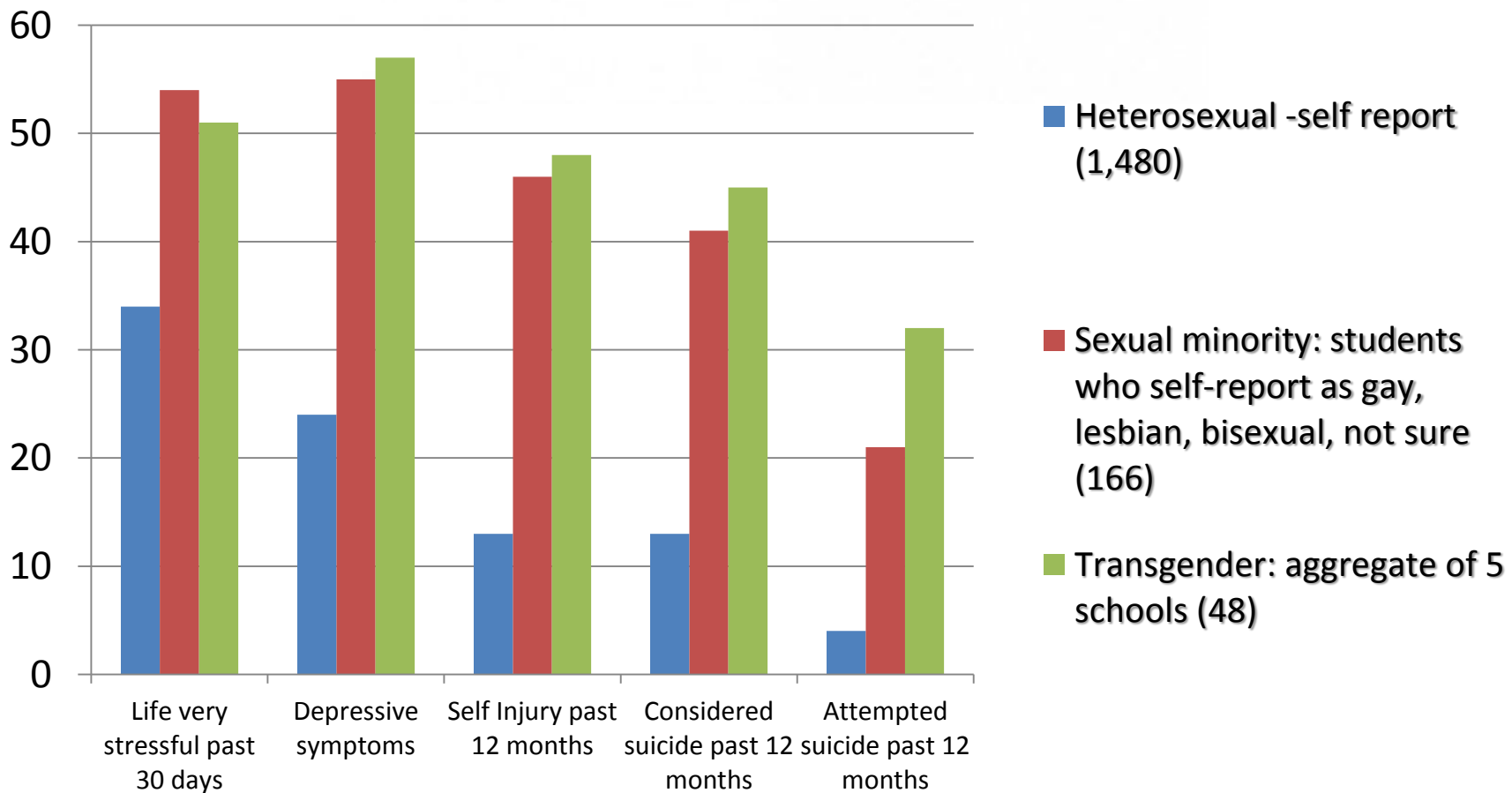



9% of MS youth and 16% of HS youth report self injury (cutting, burning, or bruising on purpose) in the past 12 months

A silhouette of a person with long hair, wearing a dark coat, standing with their back to the camera. They are positioned in the center-right of the frame, looking out over a vast, flat landscape under a heavy, overcast sky. The lighting is dim, creating a somber and contemplative mood.

15% of HS youth seriously considered suicide and 6% attempted suicide in the past 12 months

12% of MS youth seriously considered suicide and 4% have attempted suicide in their lifetime





23% of HS youth with depressive symptoms talk to an adult at school about their mental health

44% of HS youth report talking to a parent/adult outside of school

25% report talking to a health care provider



It is easier to build strong children
than to repair broken men.

Frederick Douglass