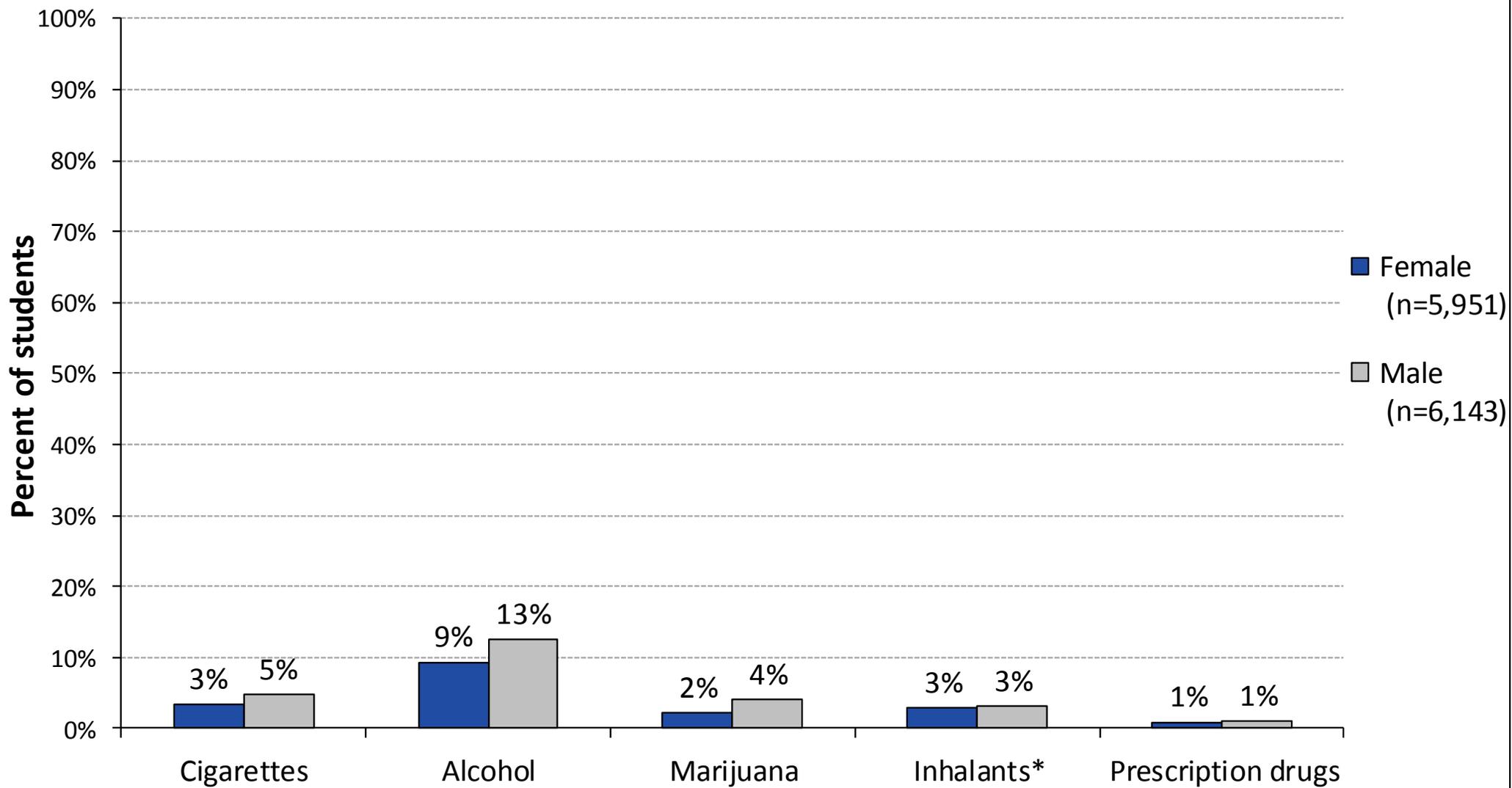


Figure 2-1A. Lifetime Substance Use by Gender, 2014

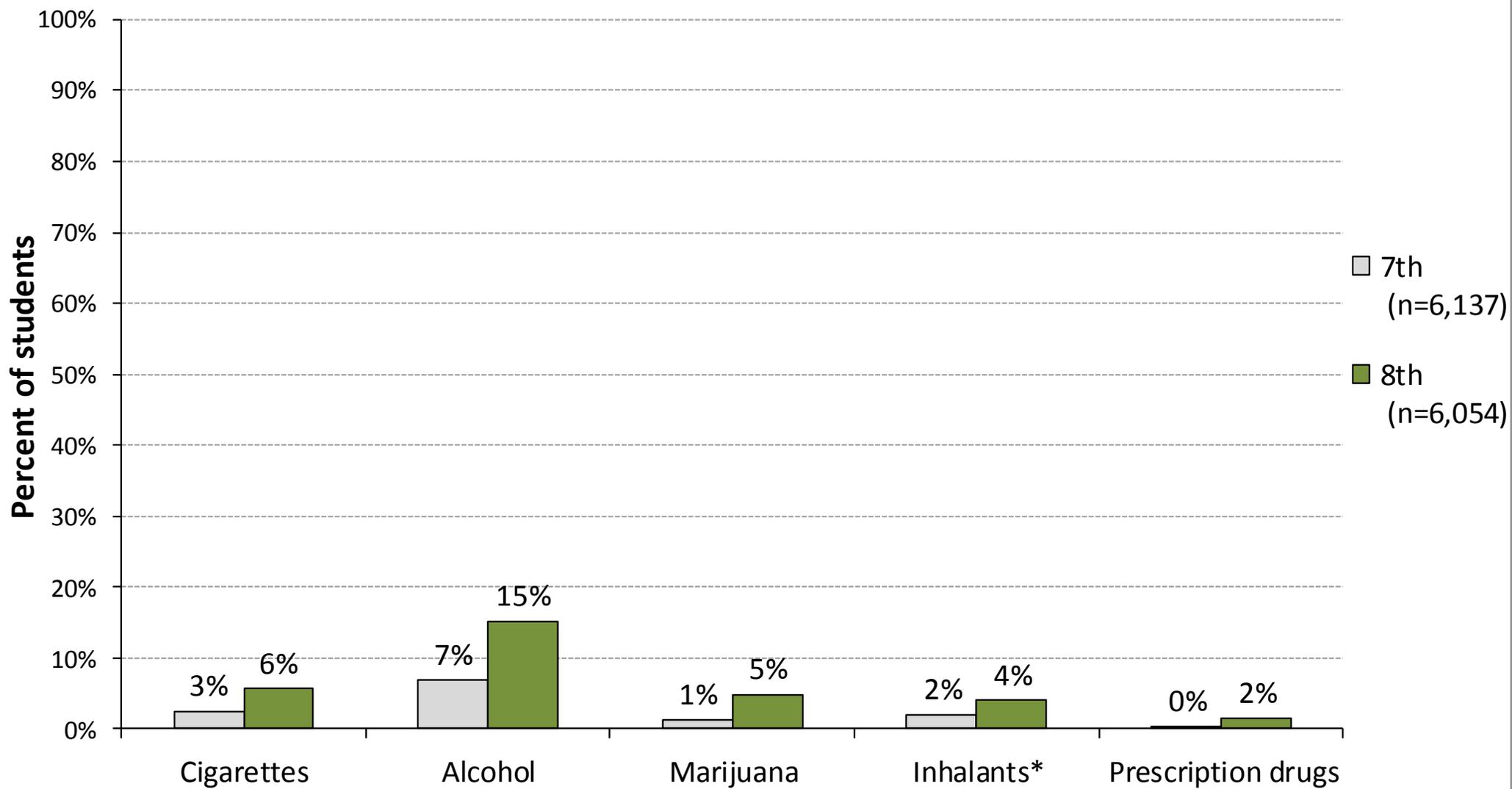
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



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

Figure 2-1B. Lifetime Substance Use by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

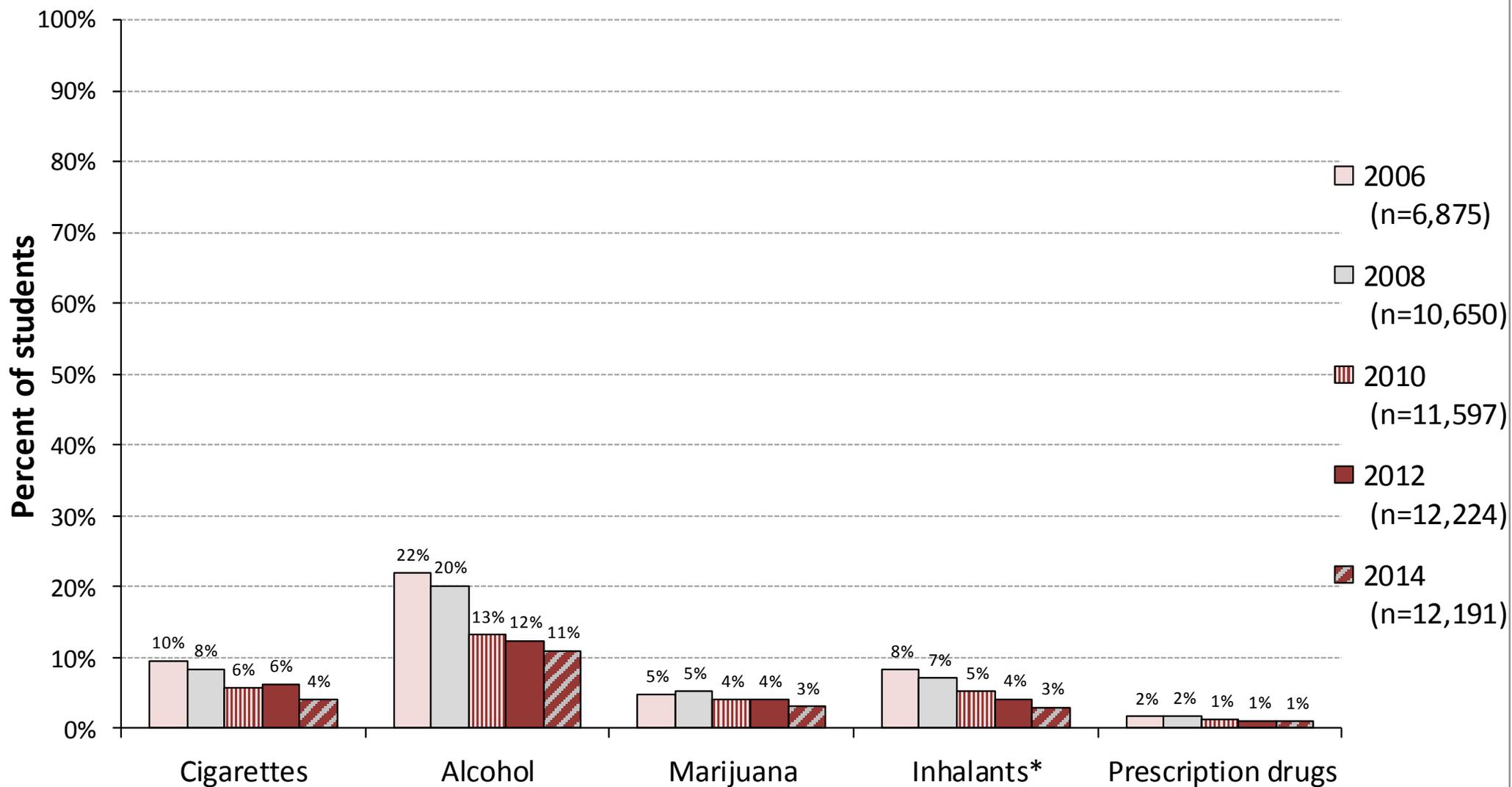


* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

Figure 2-1C. Trends in Lifetime Substance Use, 2006-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

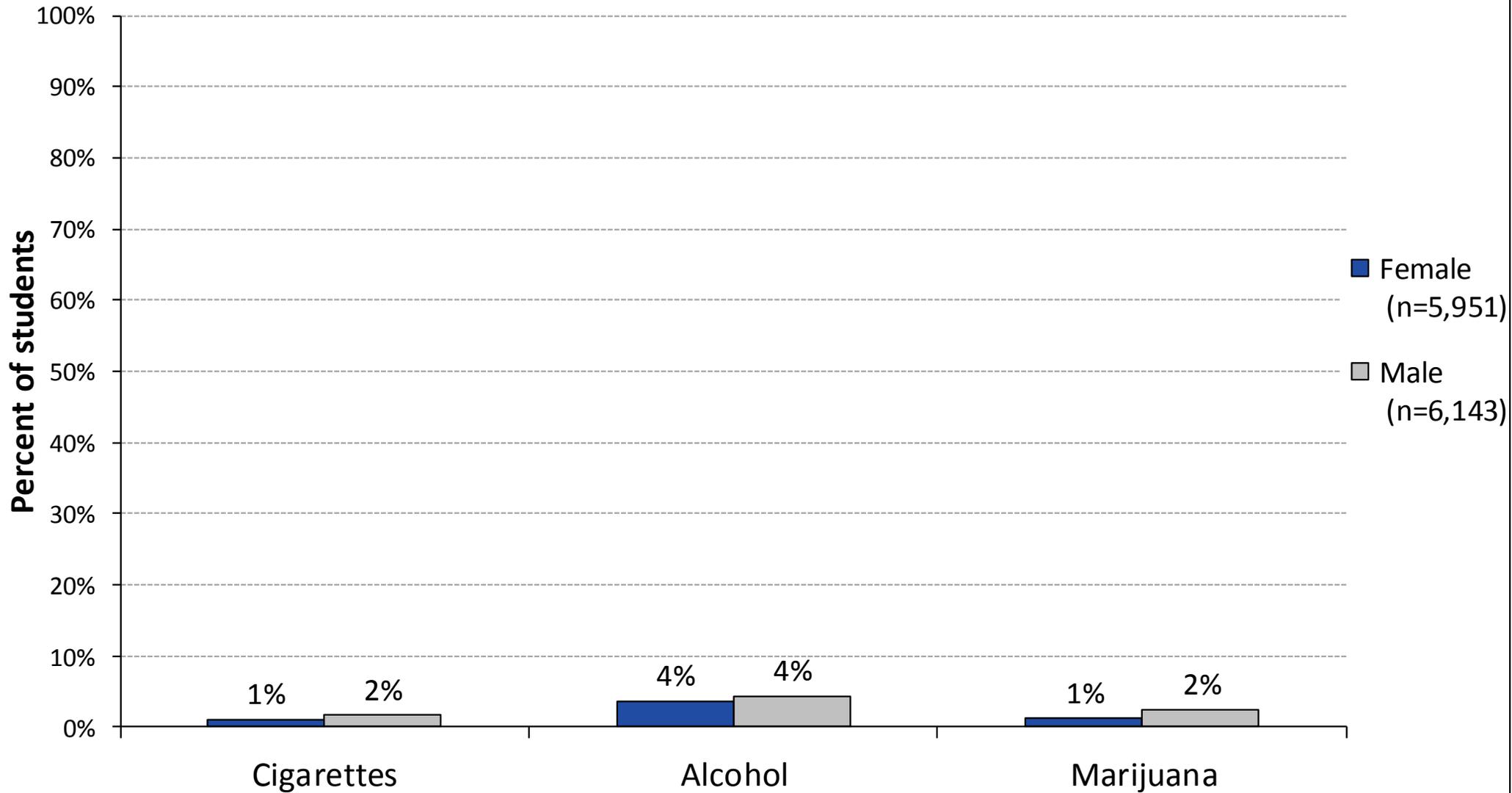


* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

Figure 2-2A. Current Substance Use* by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

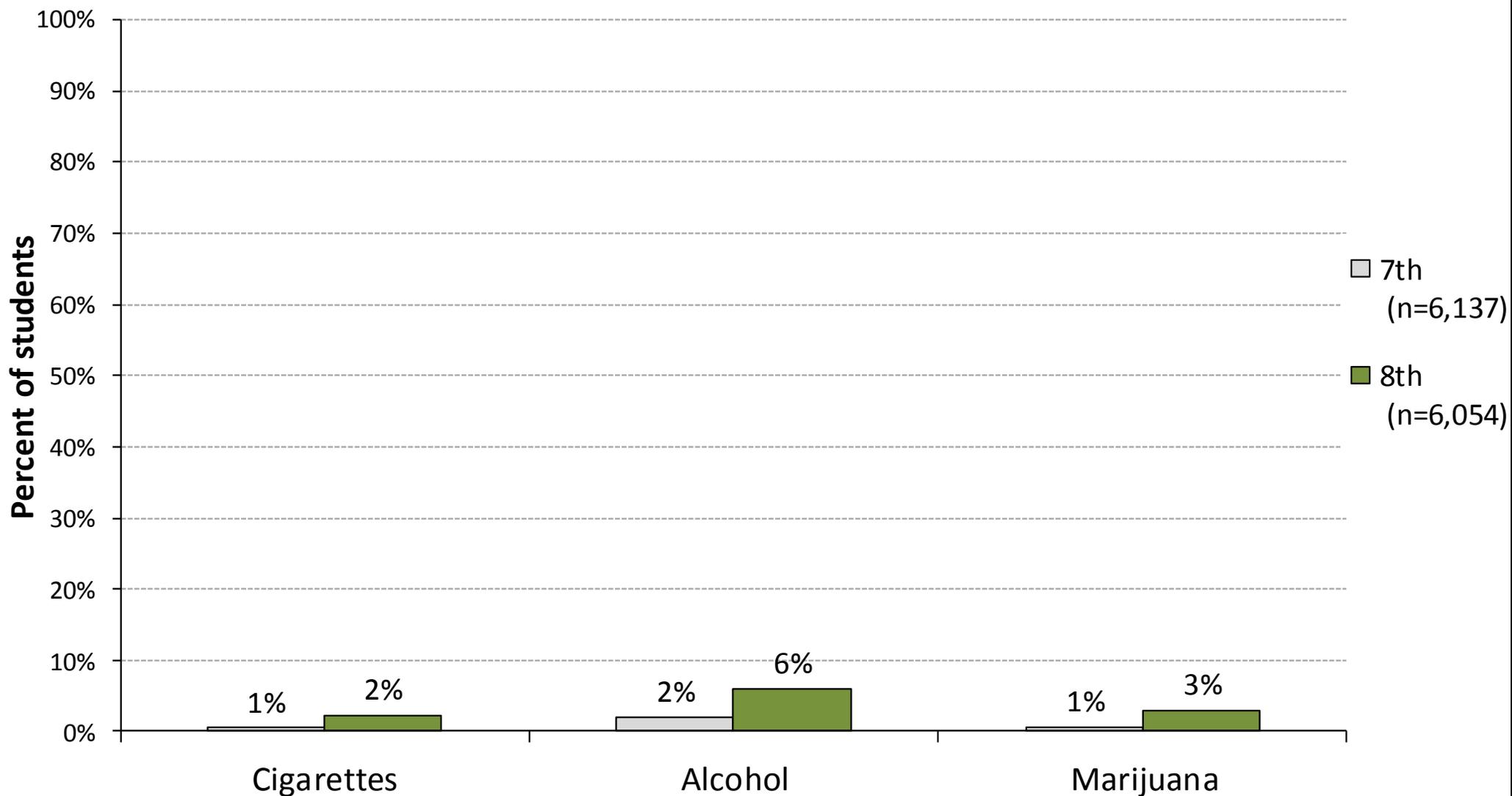


* Used one or more times in the past 30 days

Figure 2-2B. Current Substance Use* by Grade, 2014

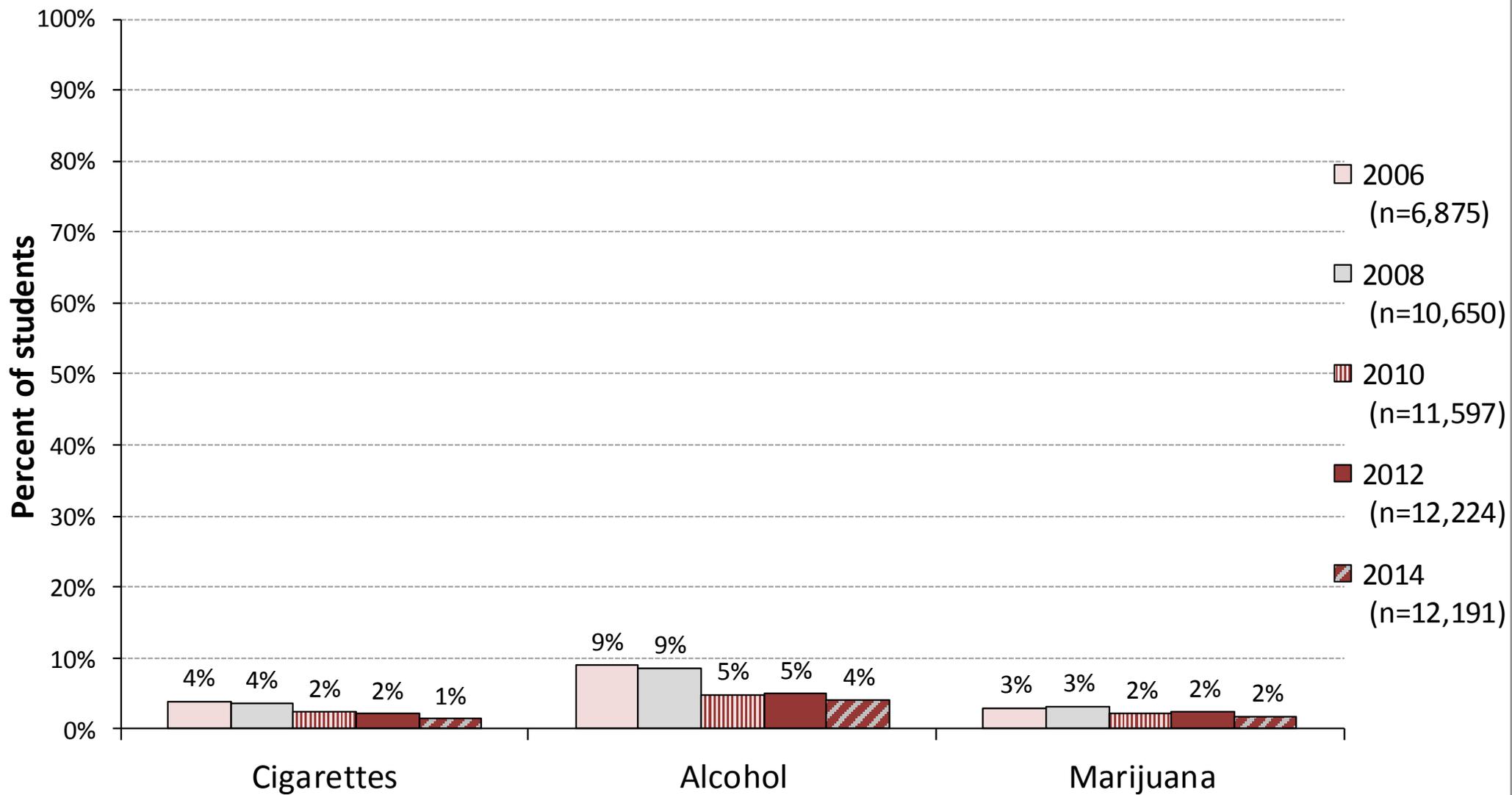
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

Figure 2-2C. Trends in Current Substance Use,* 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

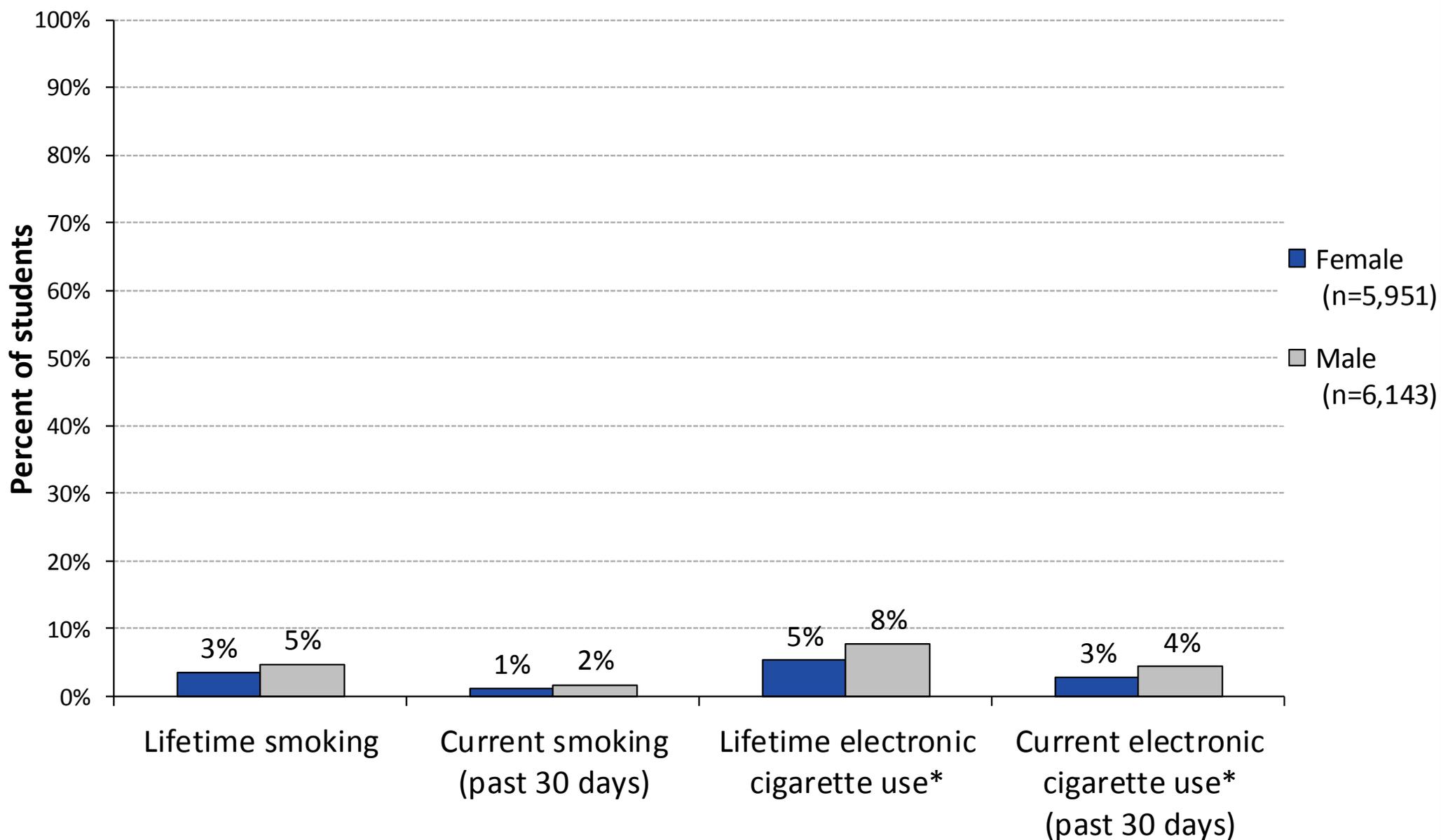


* Used one or more times in the past 30 days

Figure 2-3A. Cigarette and Electronic Cigarette Smoking by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

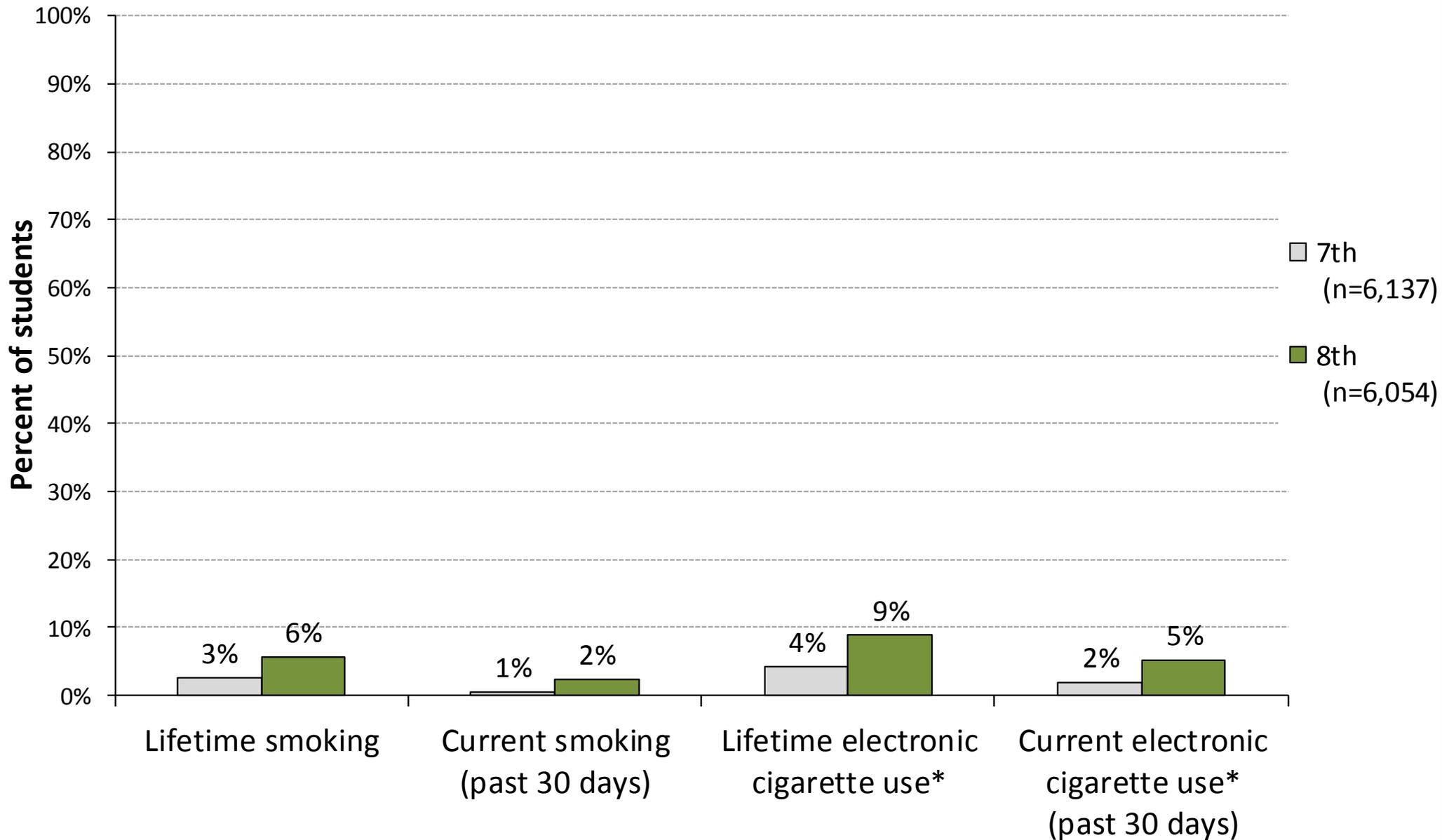


* Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

Figure 2-3B. Cigarette and Electronic Cigarette Smoking by Grade, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

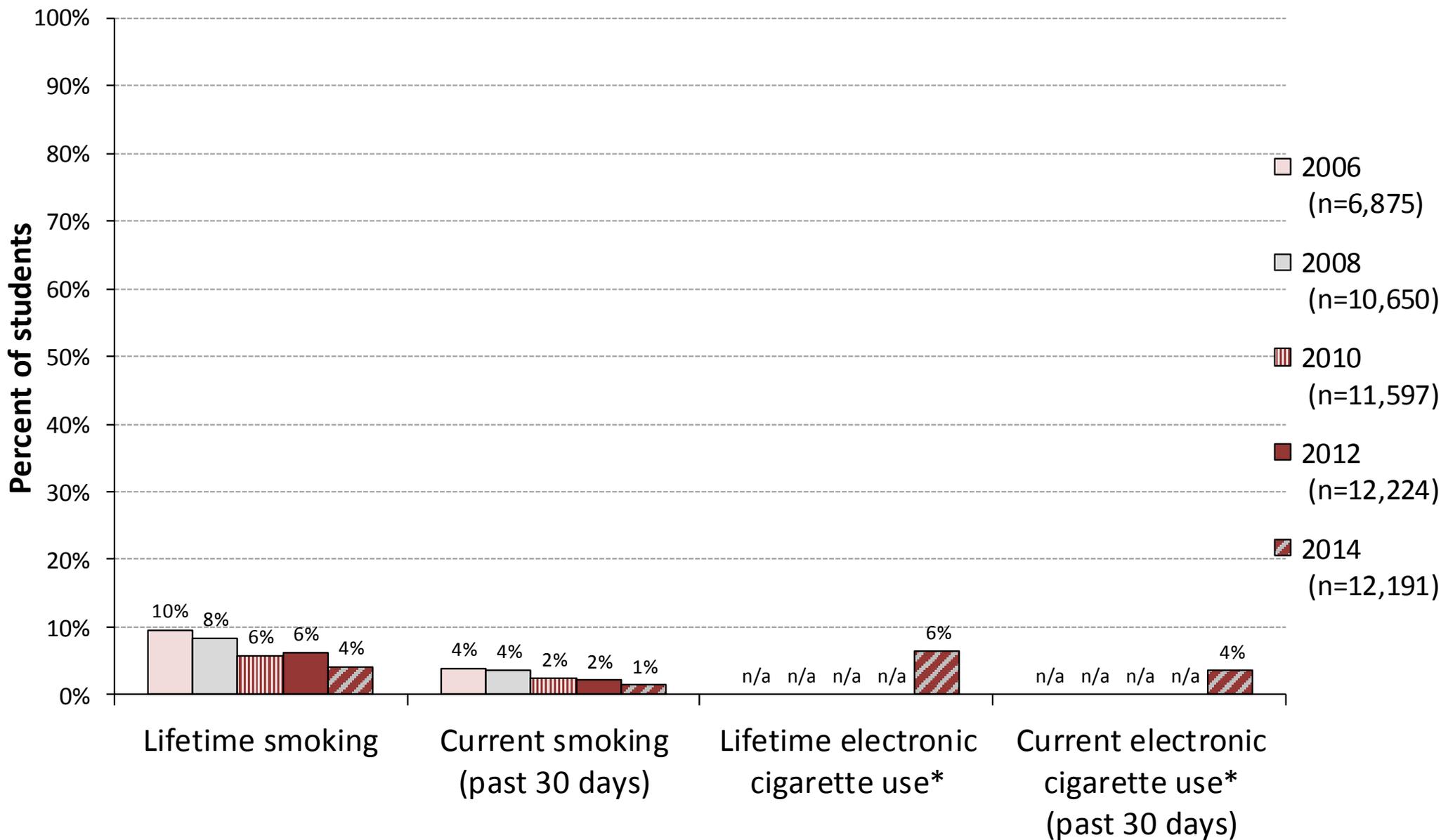


* Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

Figure 2-3C. Trends in Cigarette and Electronic Cigarette Smoking, 2006-2014

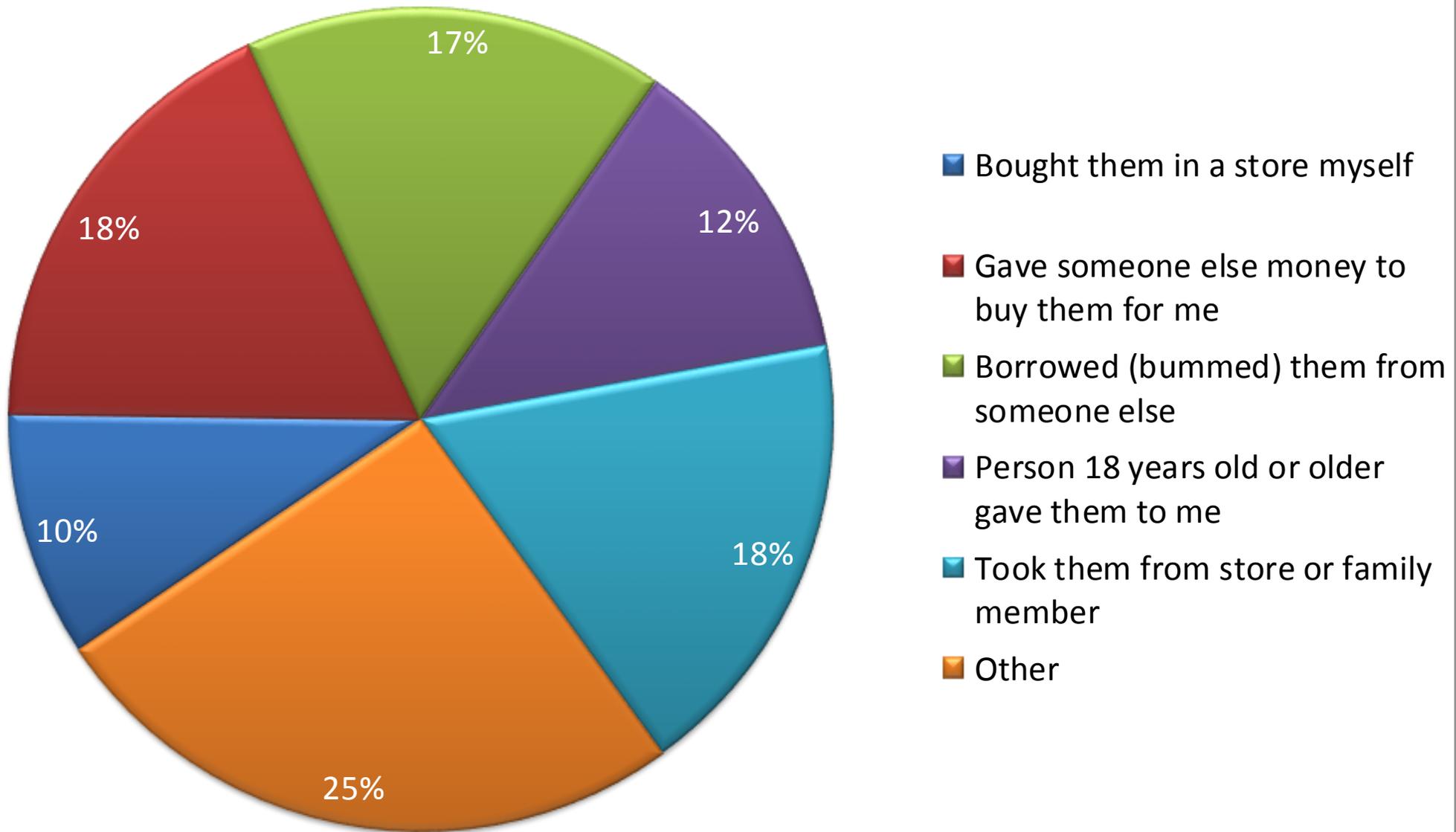
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



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

Figure 2-4. Access to Cigarettes,* 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

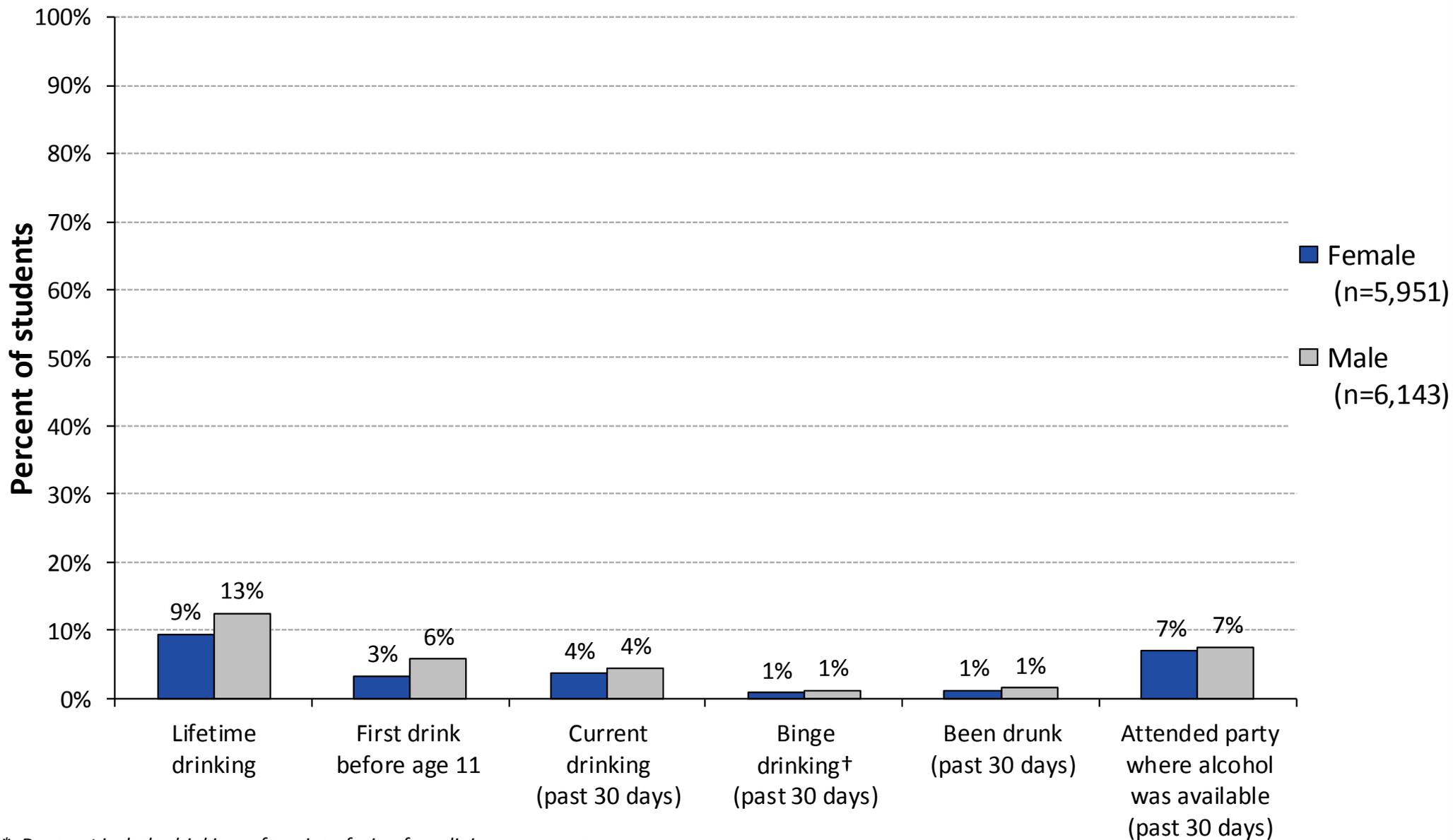


* Among students who smoked in the past 30 days

Figure 2-5A. Alcohol Use* by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



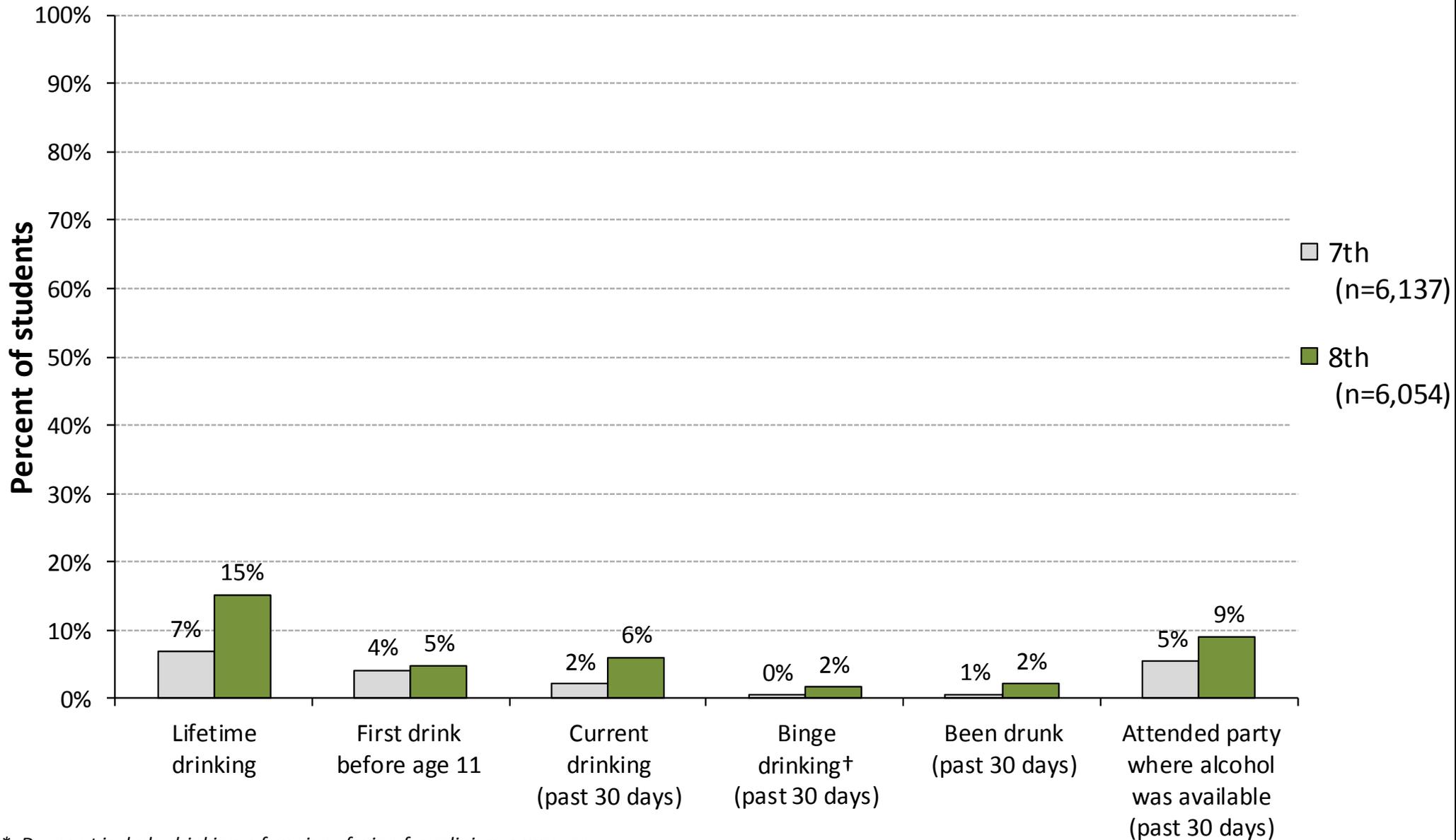
* Does not include drinking a few sips of wine for religious purposes

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

Figure 2-5B. Alcohol Use* by Grade, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



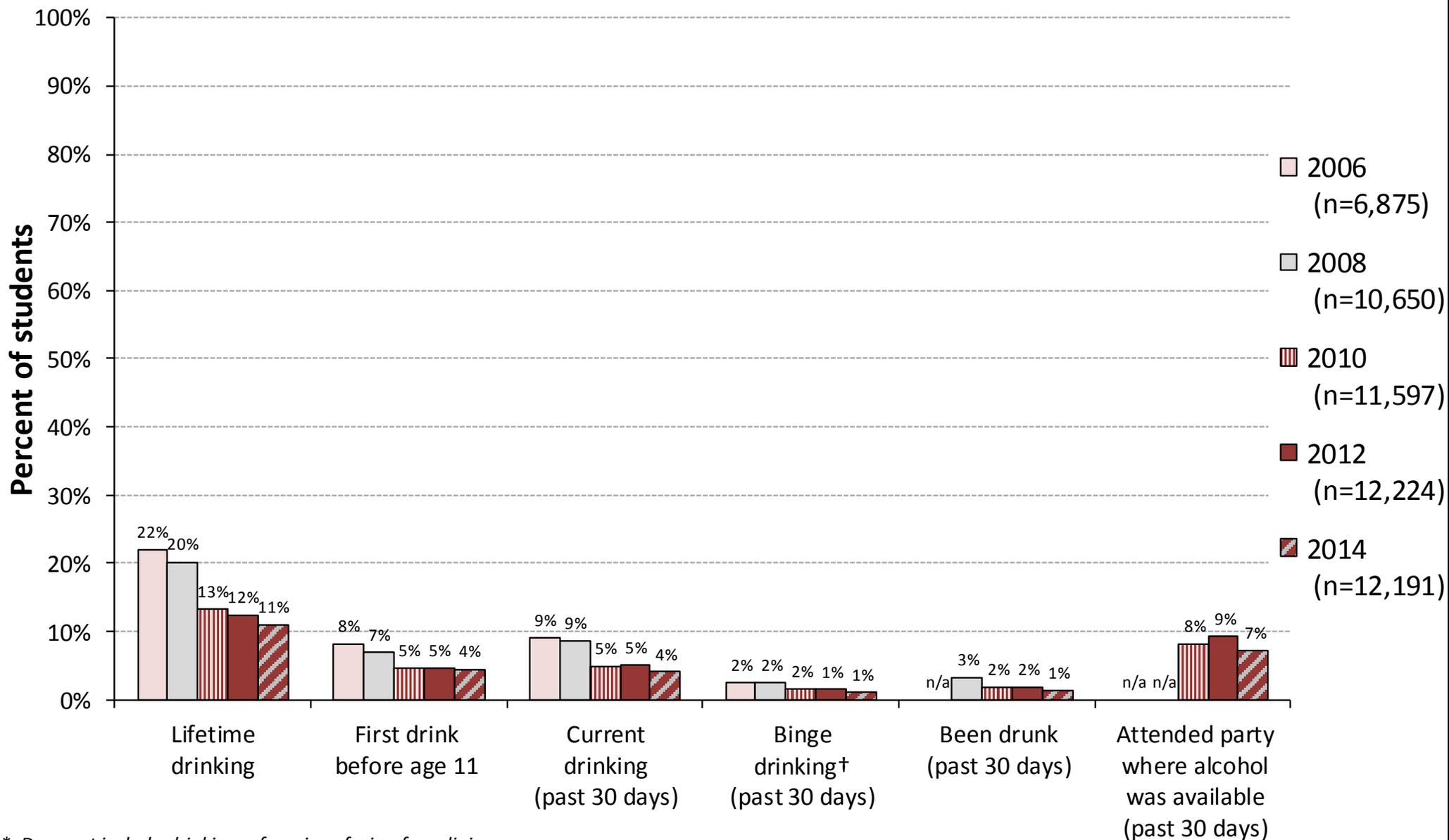
* Does not include drinking a few sips of wine for religious purposes

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

Figure 2-5C. Trends in Alcohol Use,* 2006-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



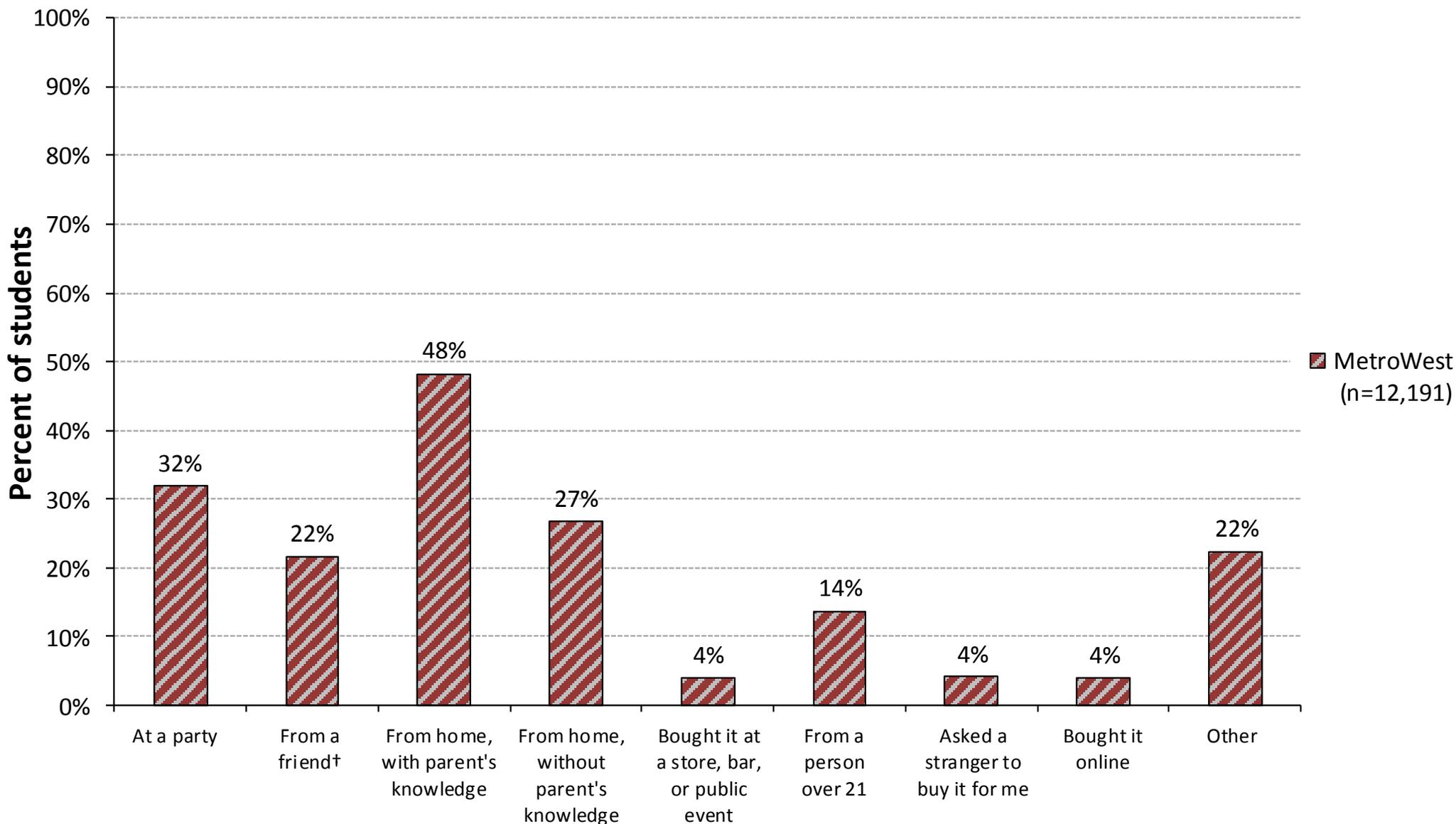
* Does not include drinking a few sips of wine for religious purposes

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

Figure 2-6A. Access to Alcohol Among Lifetime Drinkers,* 2014

MetroWest Region Middle School Students (Grades 7-8)

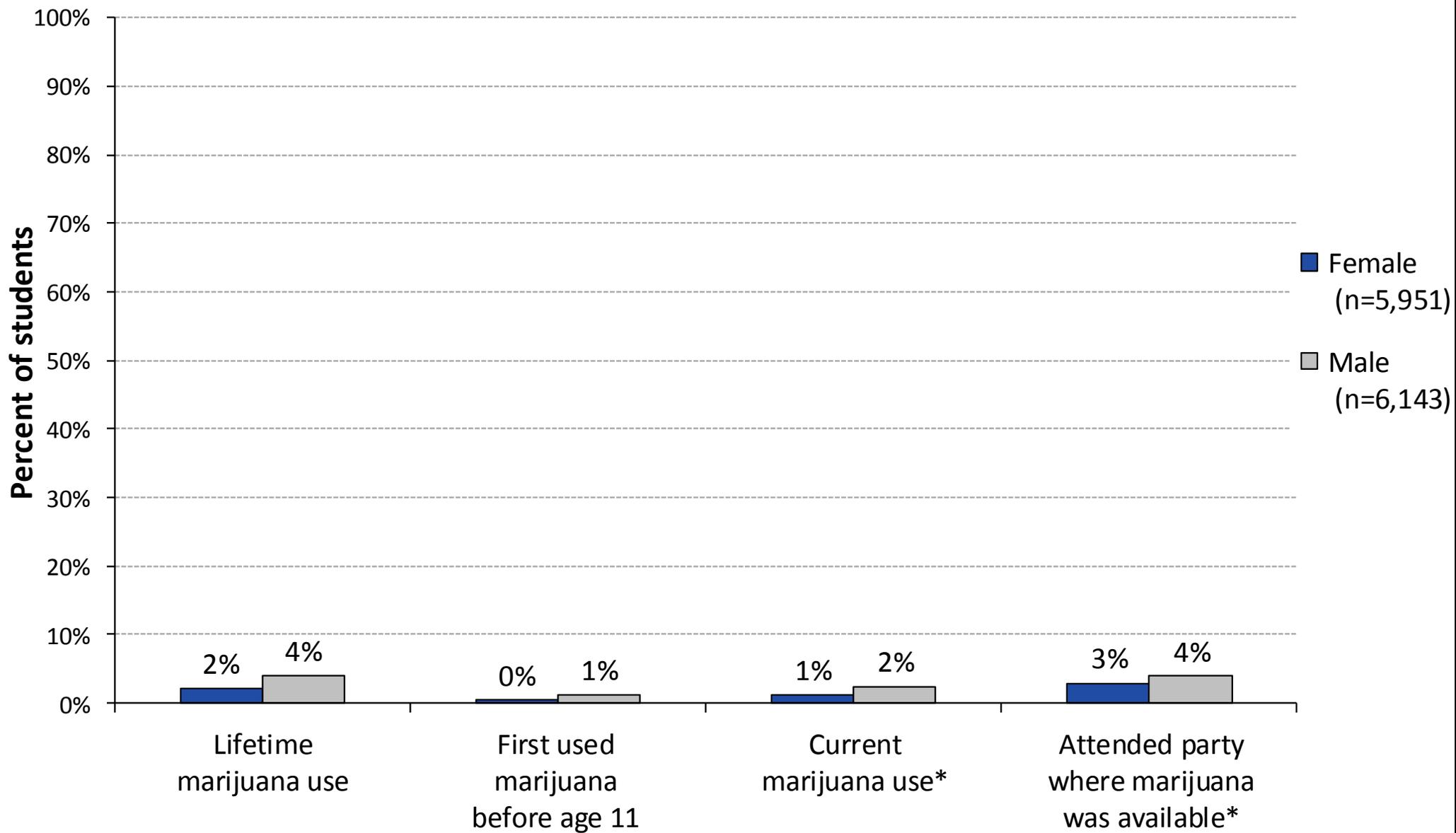
MetroWest Adolescent Health Survey



* Among students that drank in their lifetime

† Does not include at a party

Figure 2-7A. Marijuana Use by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

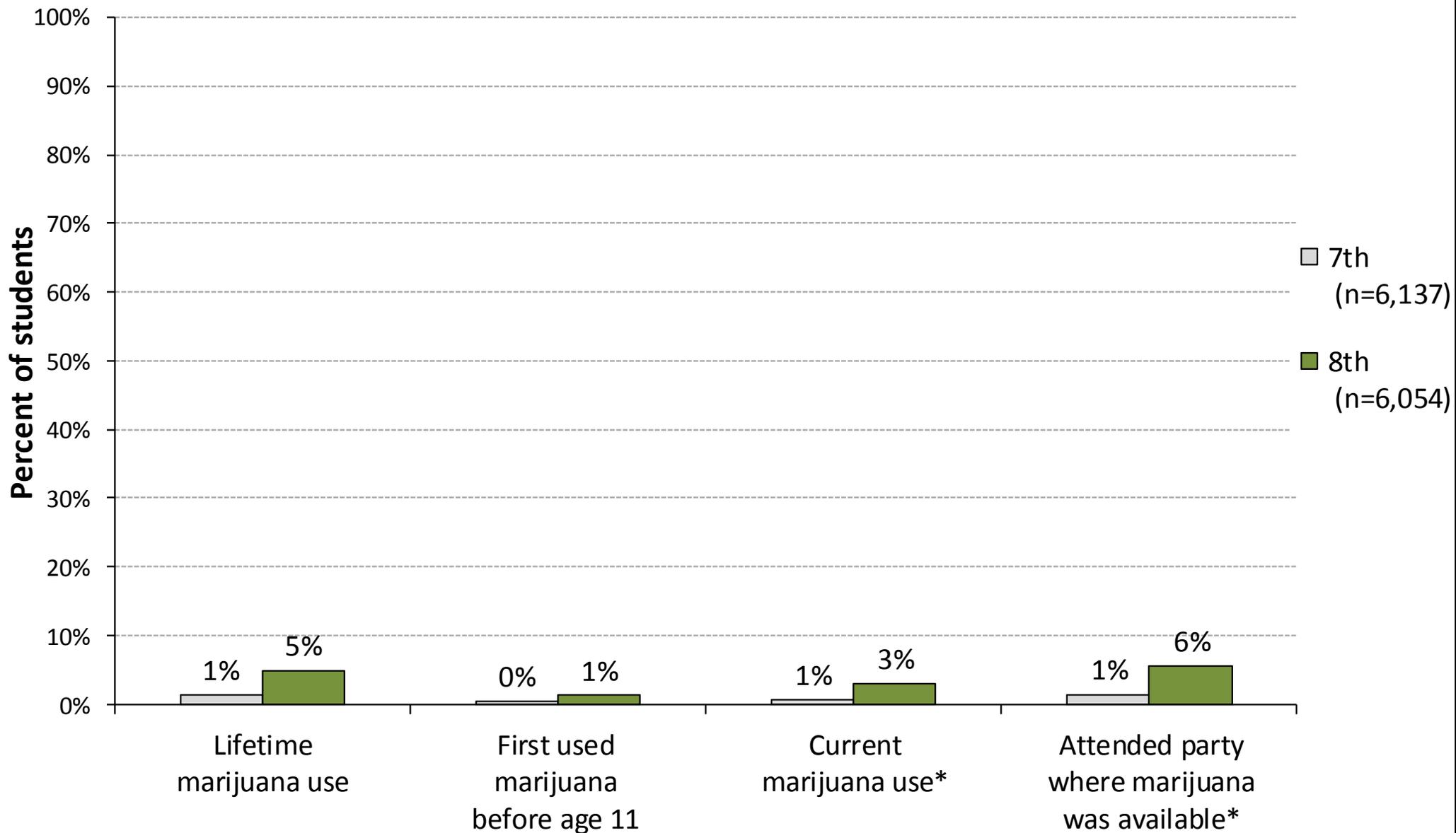


* In the past 30 days

Figure 2-7B. Marijuana Use by Grade, 2014

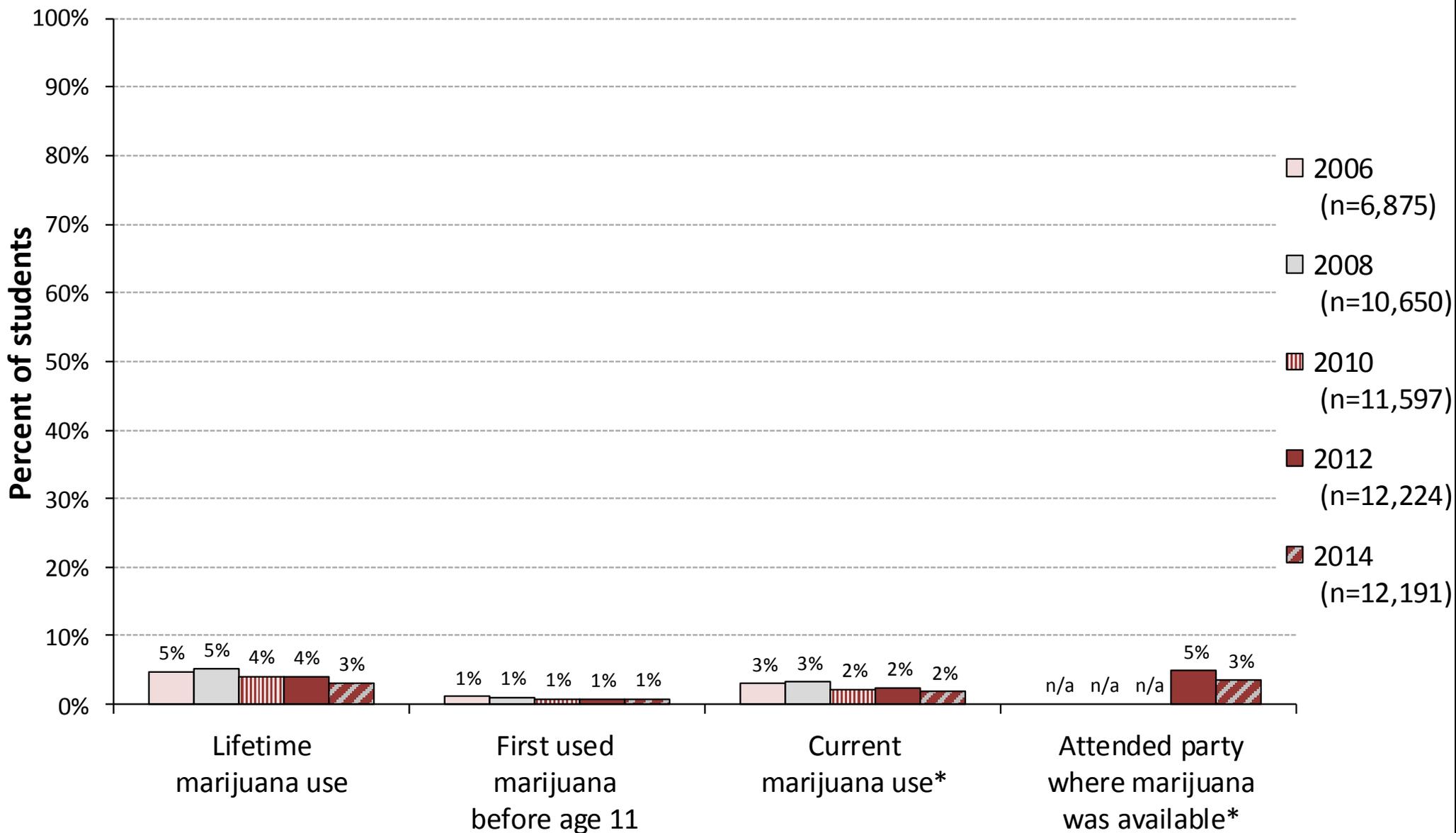
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



* In the past 30 days

Figure 2-7C. Trends in Marijuana Use, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 30 days

Figure 3-1A. Fighting and Weapon Carrying by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

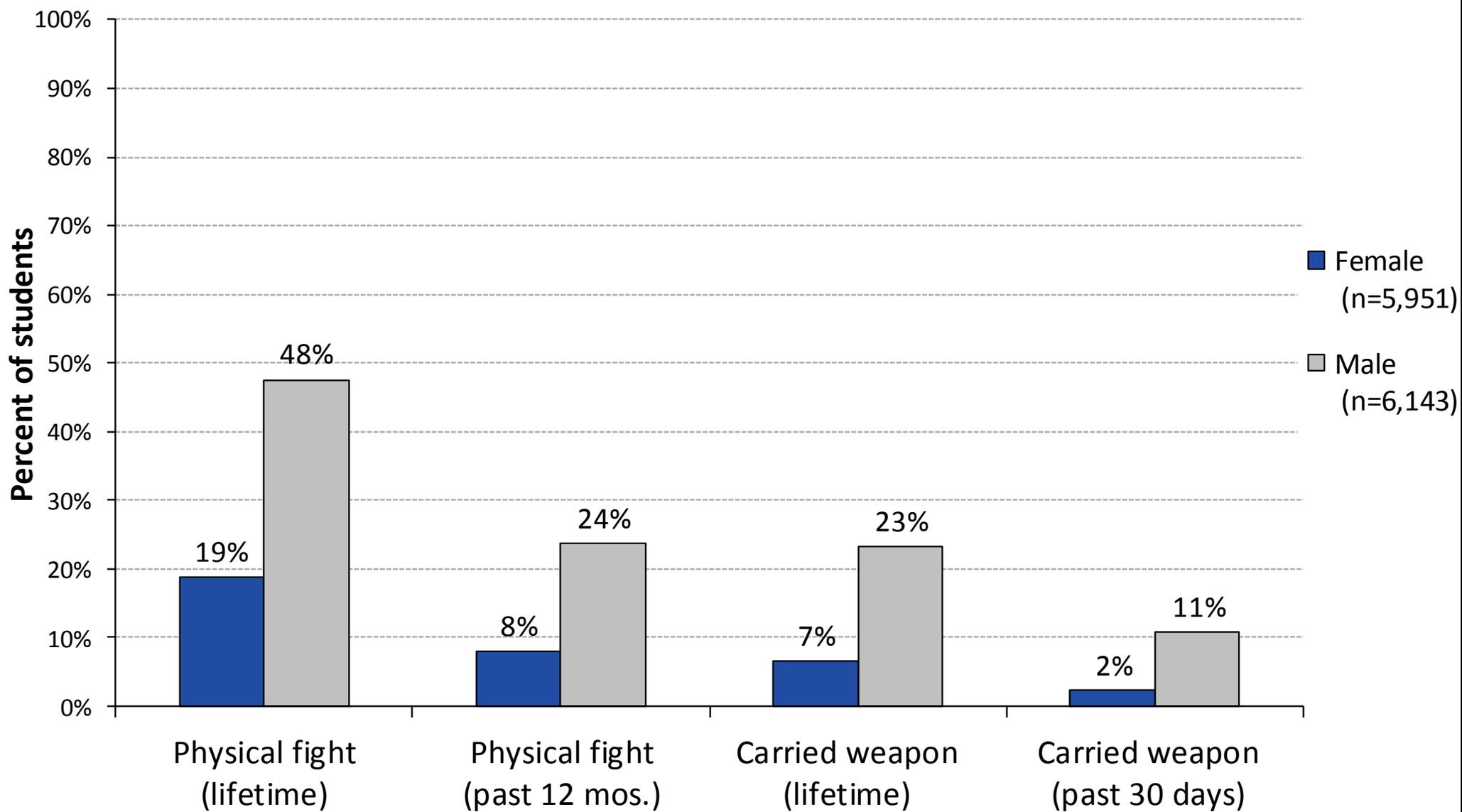


Figure 3-1B. Fighting and Weapon Carrying by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

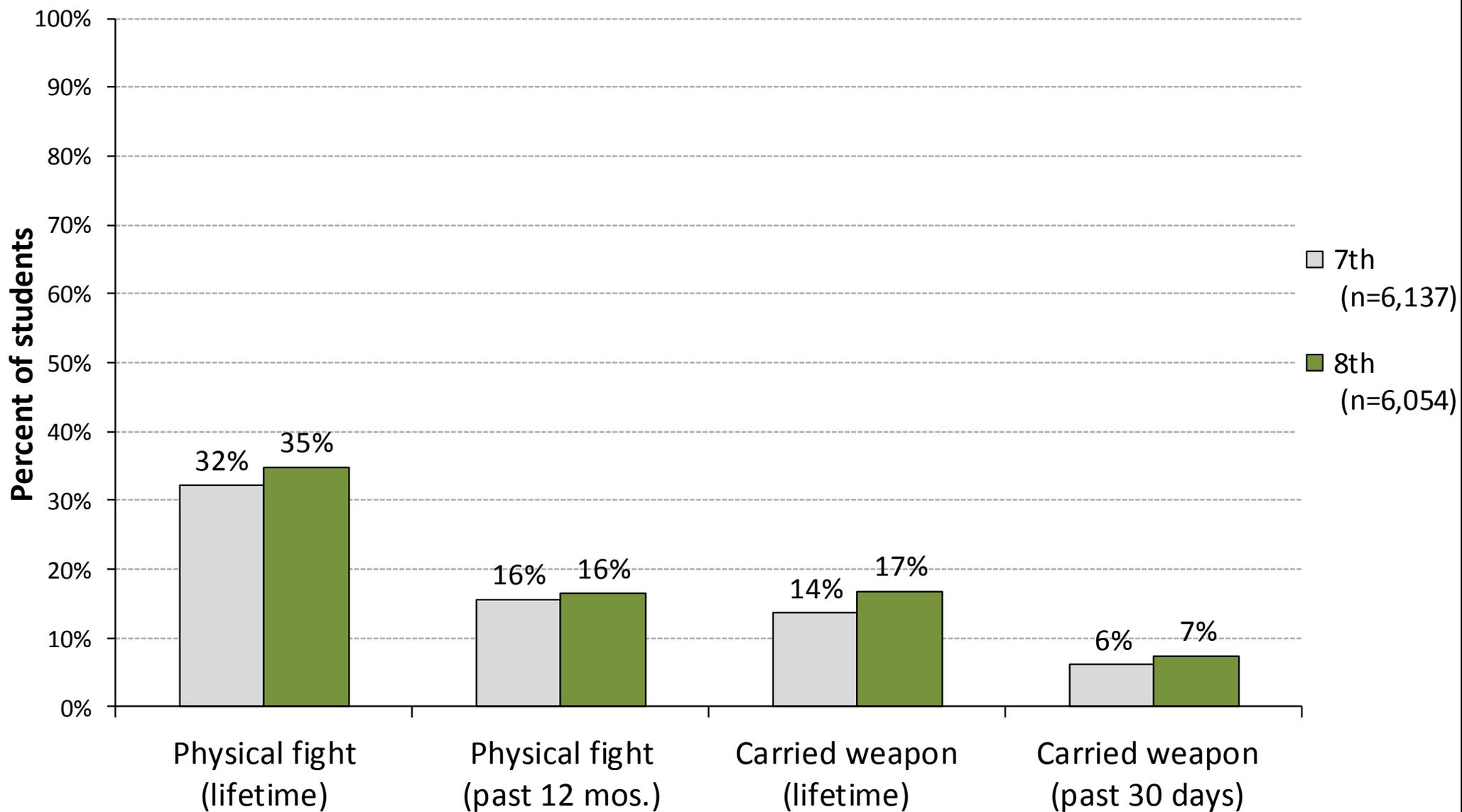


Figure 3-1C. Trends in Fighting and Weapon Carrying, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

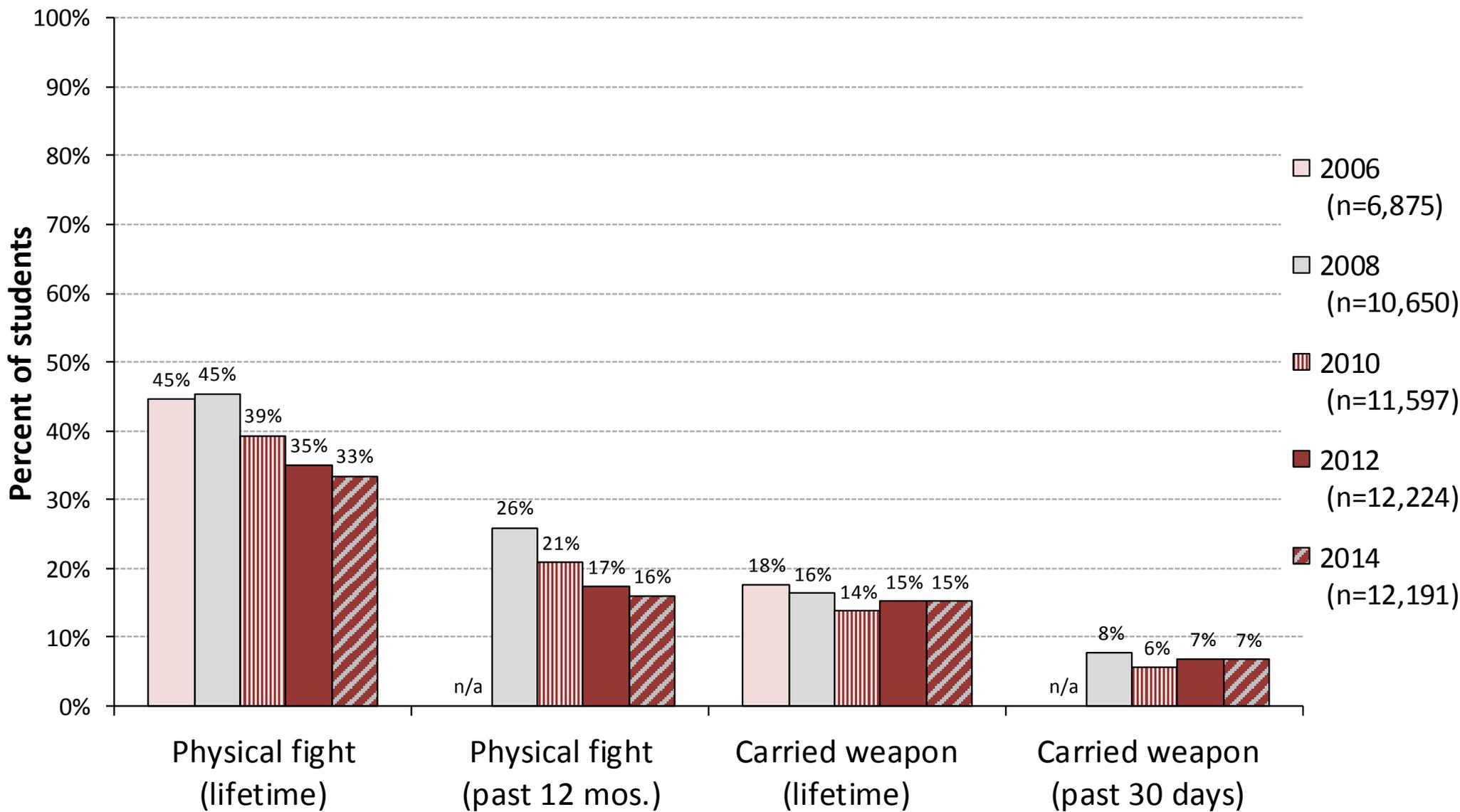
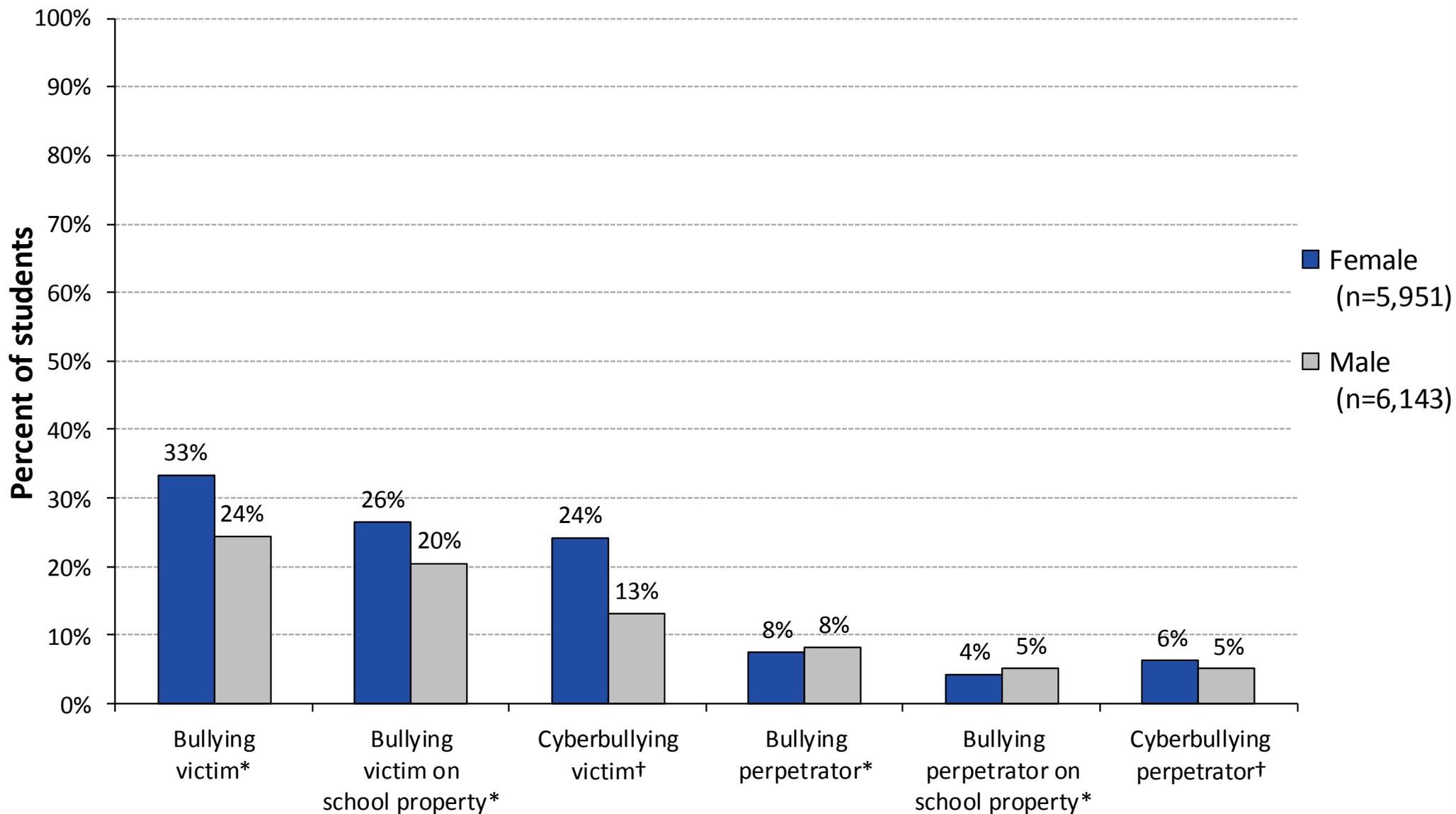


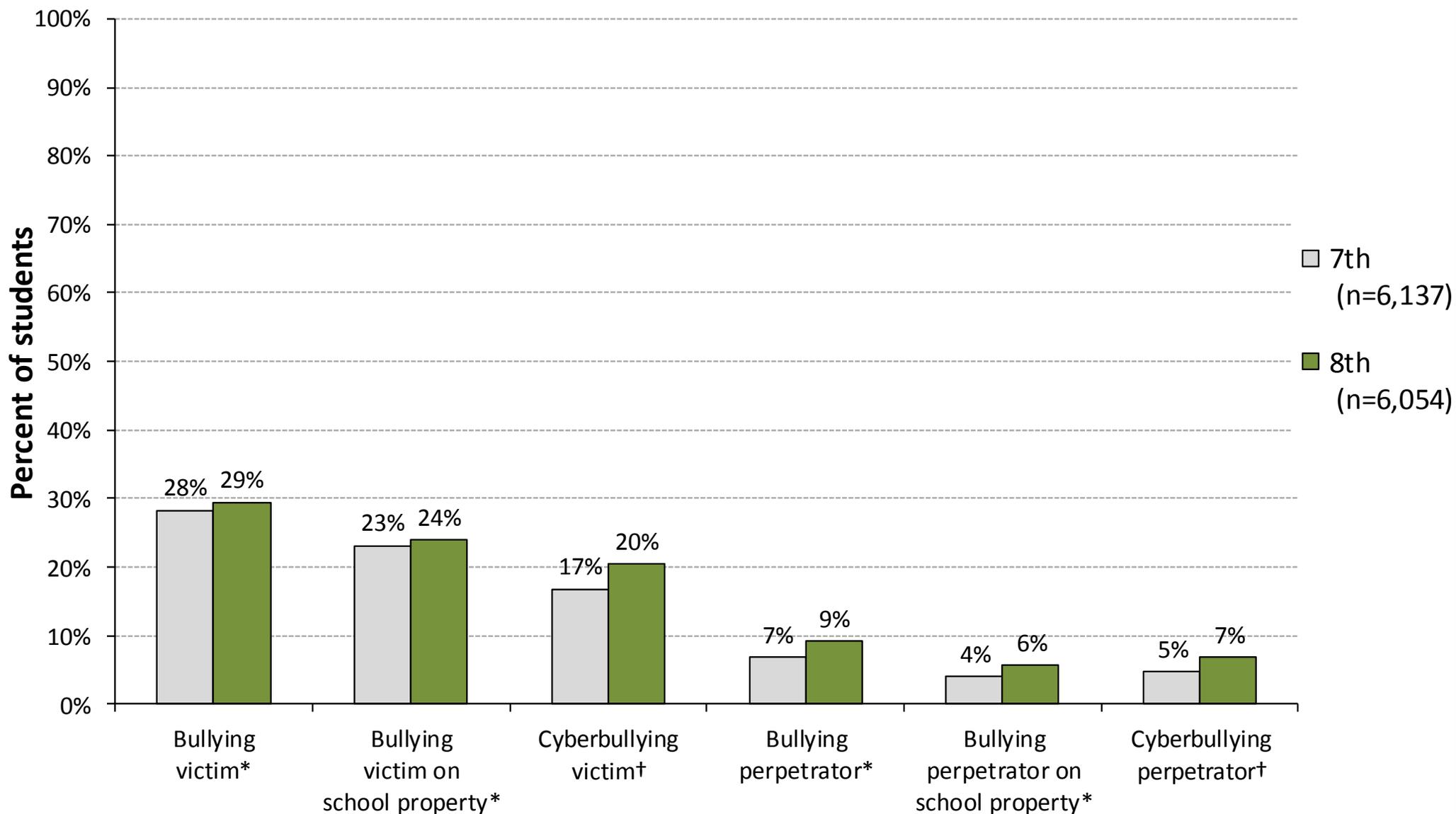
Figure 3-2A. Bullying and Cyberbullying by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



* 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

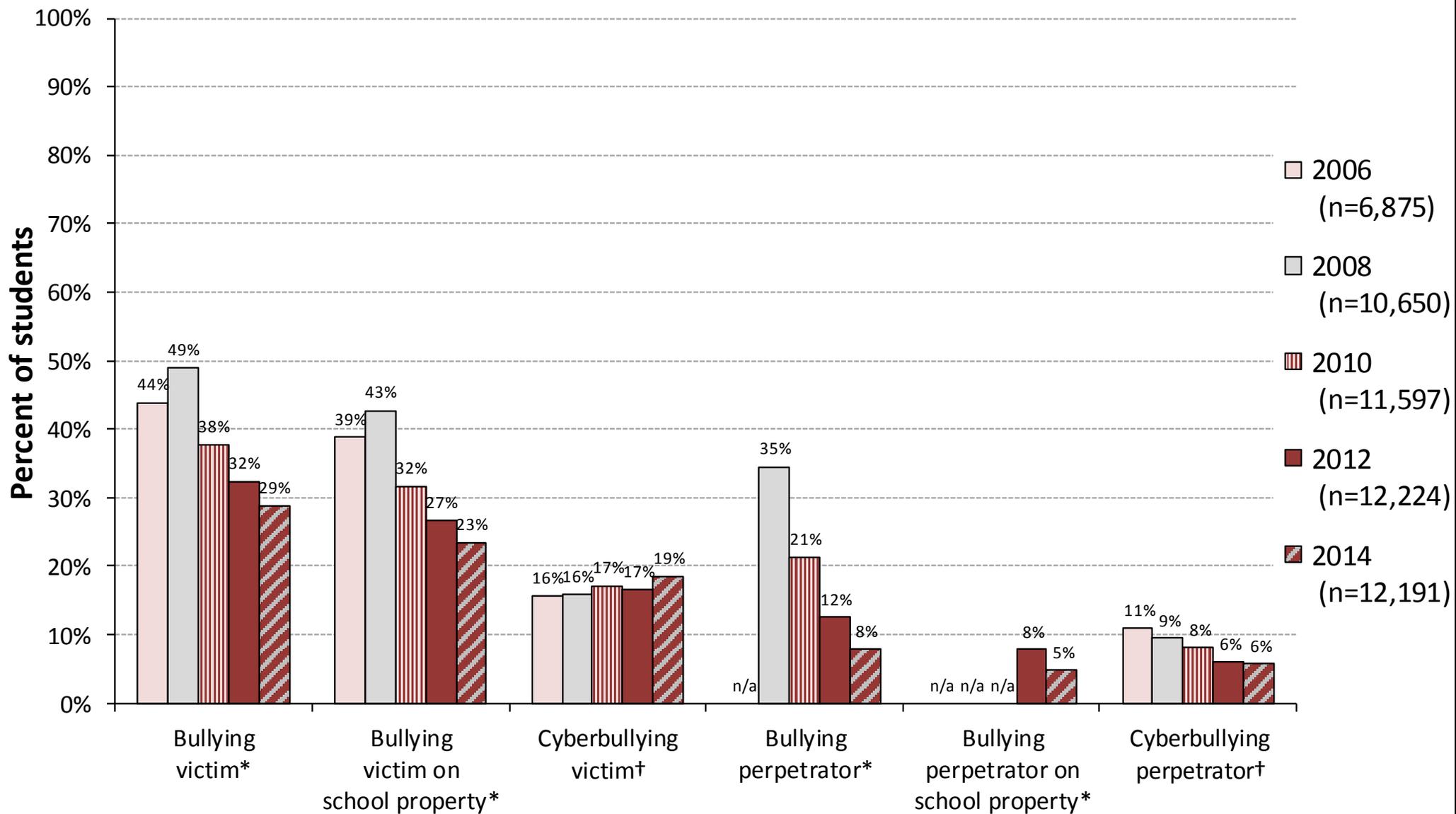
Figure 3-2B. Bullying and Cyberbullying by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



* 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

Figure 3-2C. Trends in Bullying and Cyberbullying, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



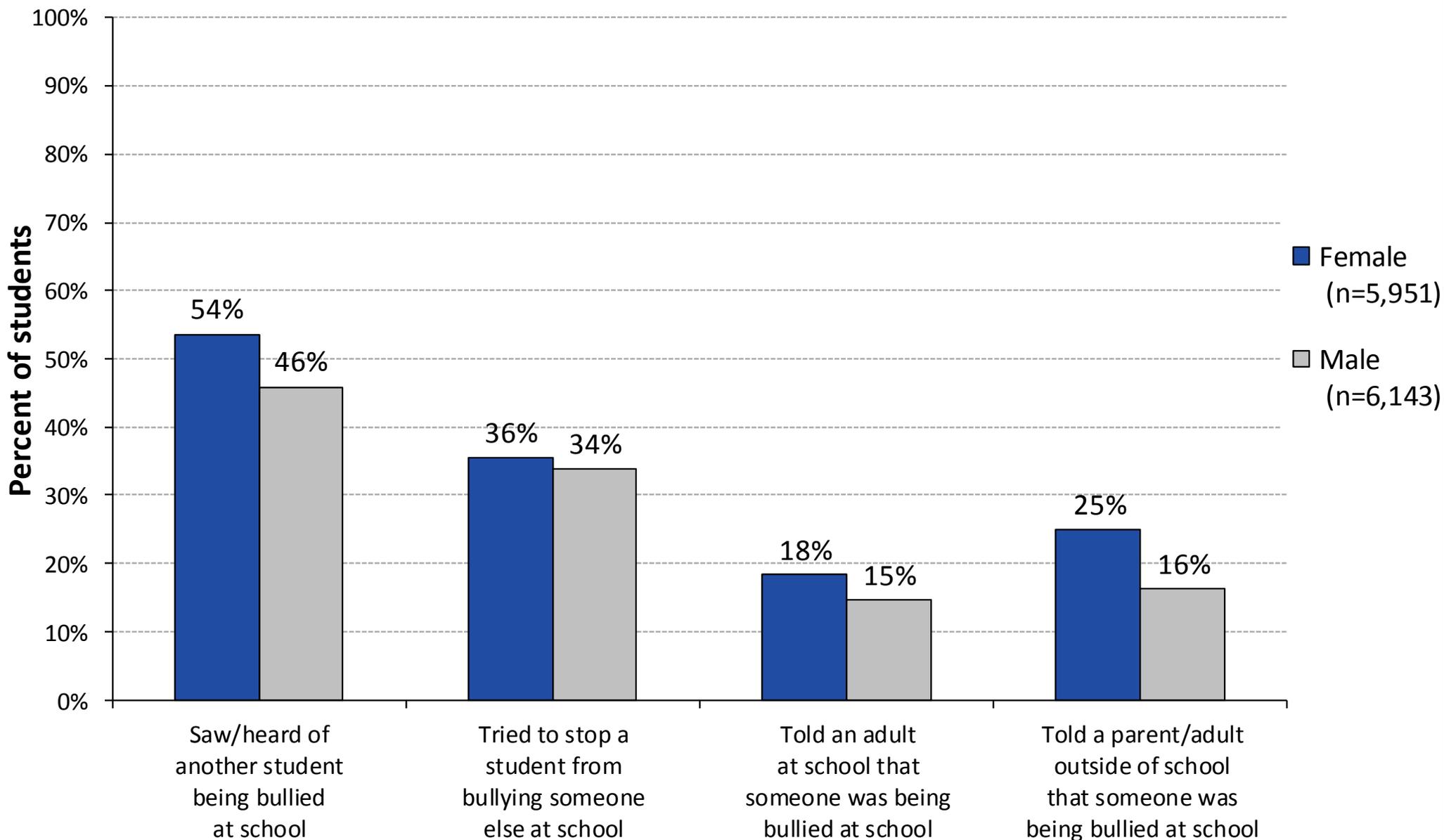
* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about

Figure 3-3A. School Bullying Bystander Behaviors* by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

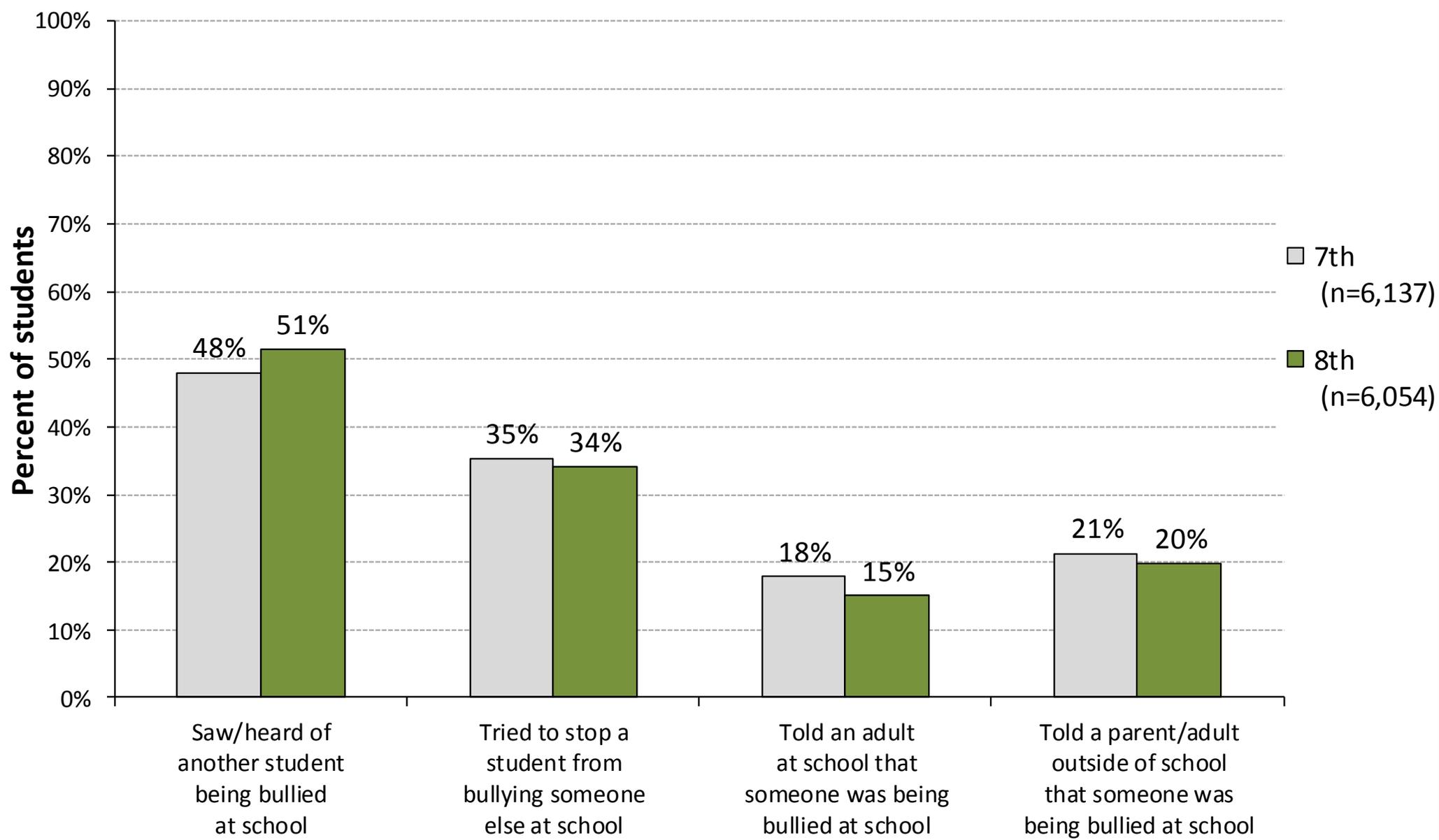


* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-3B. School Bullying Bystander Behaviors* by Grade, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

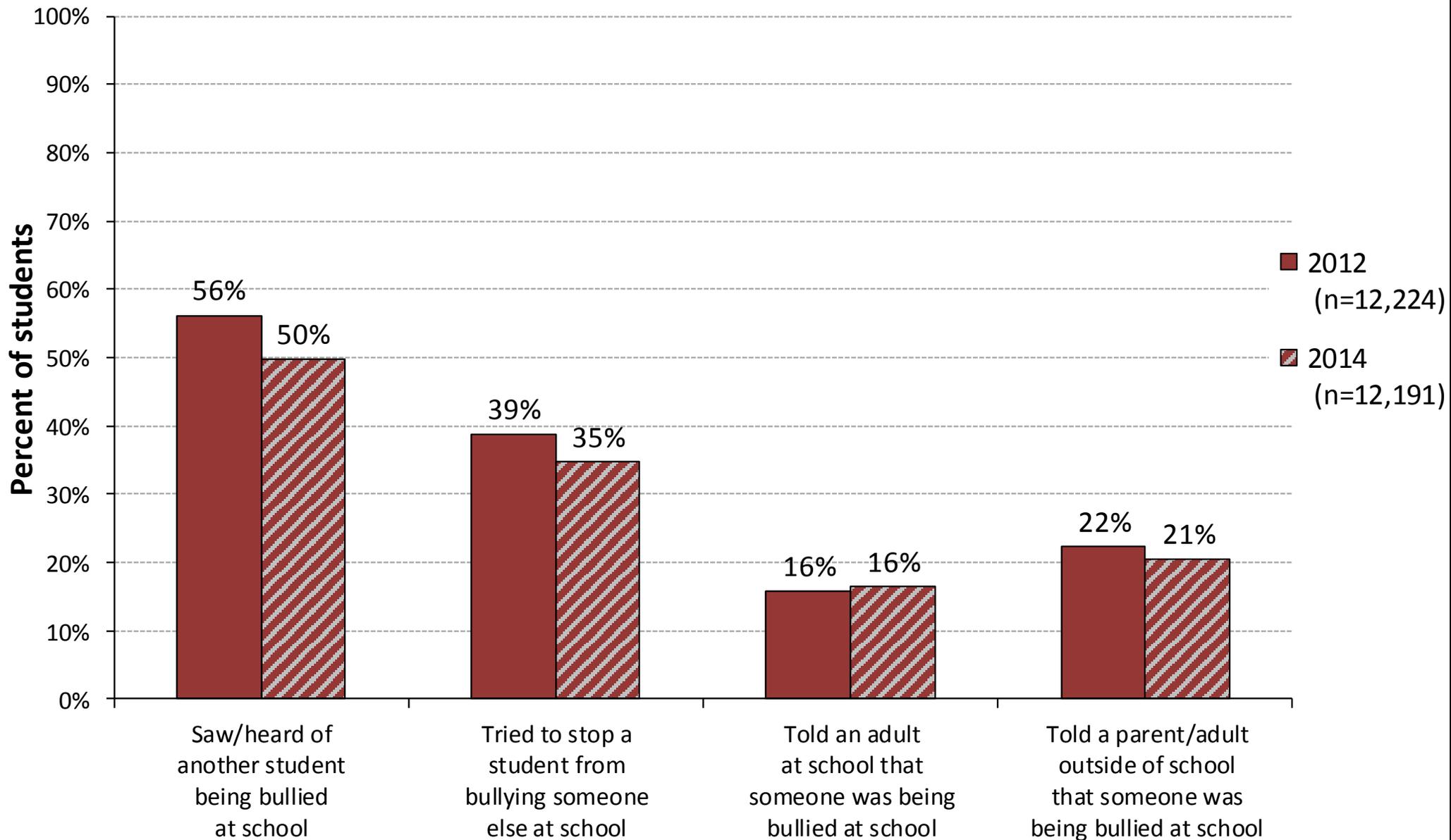


* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-3C. Trends in School Bullying Bystander Behaviors,* 2012-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



■ 2012
(n=12,224)

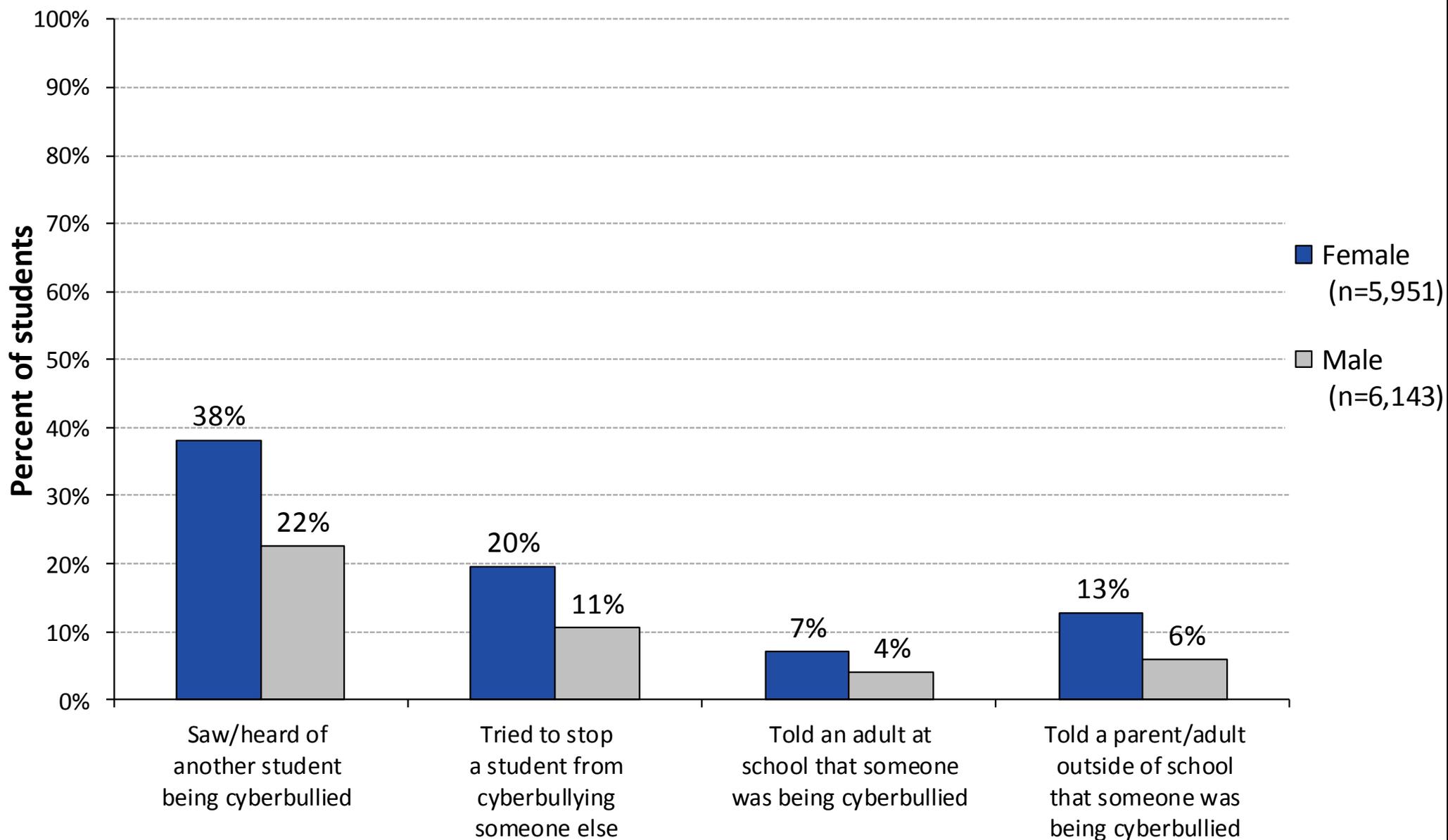
▨ 2014
(n=12,191)

* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-4A. Cyberbullying Bystander Behaviors* by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

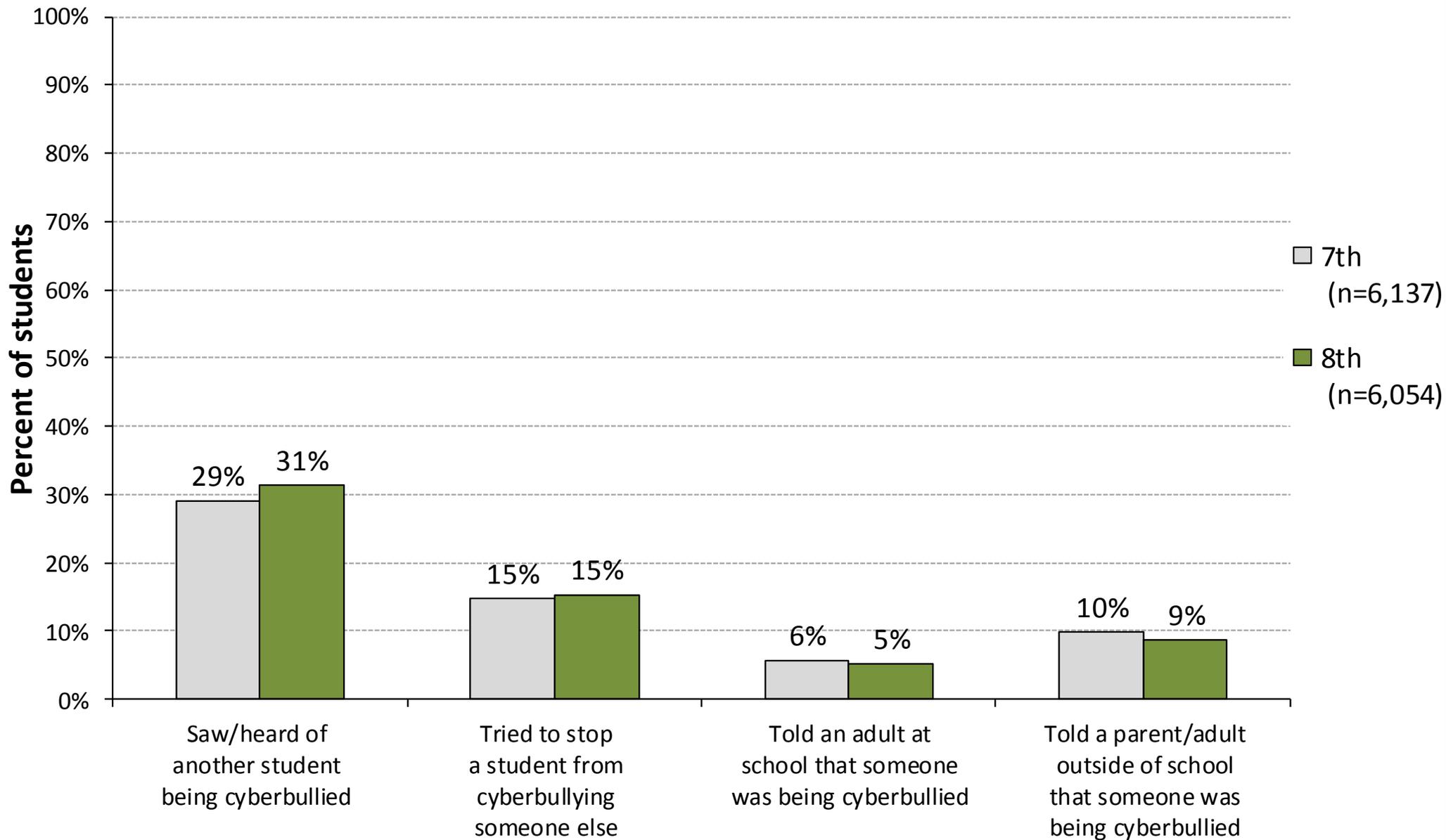


* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-4B. Cyberbullying Bystander Behaviors* by Grade, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

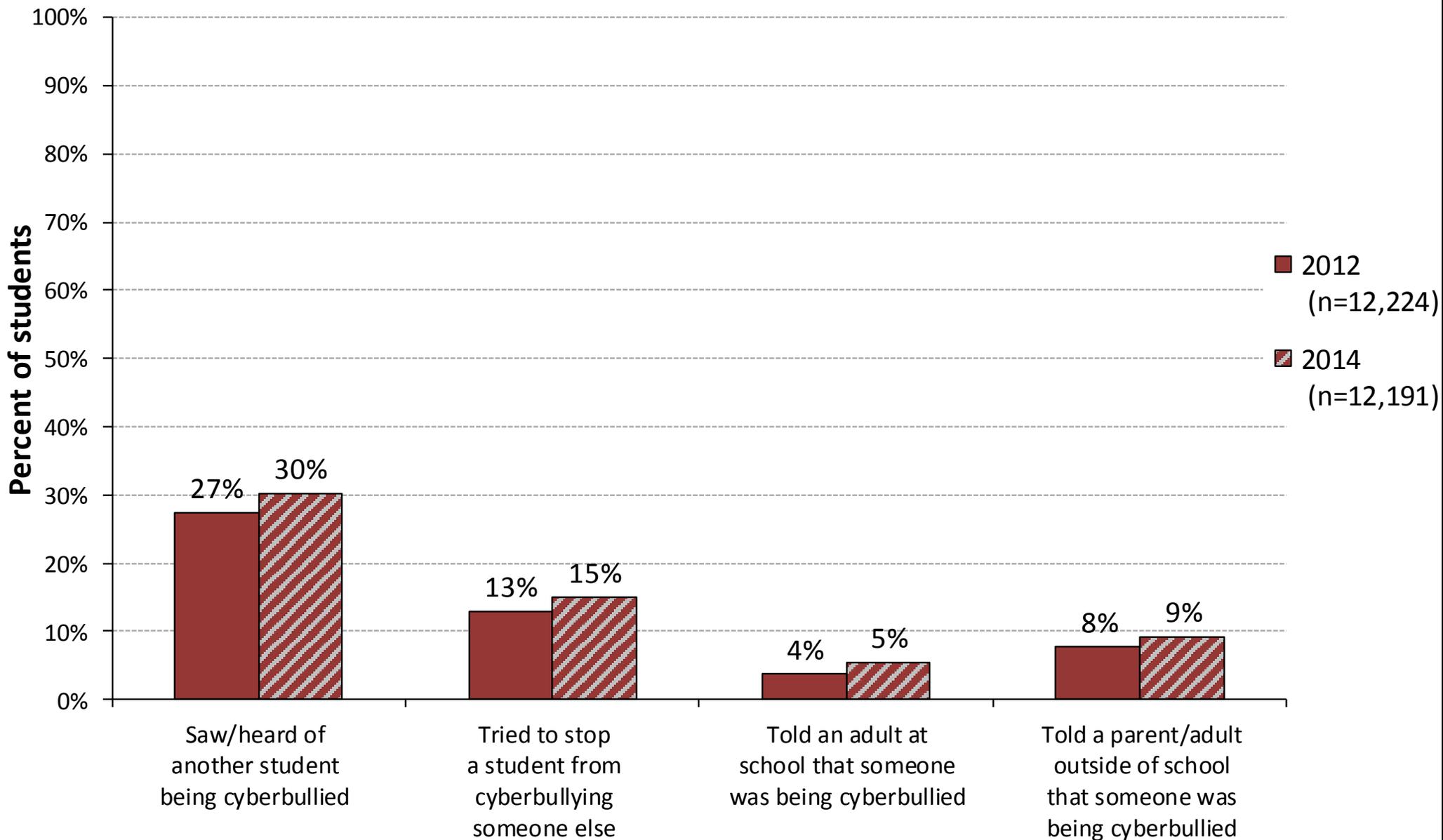


* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-4C. Trends in Cyberbullying Bystander Behaviors,* 2012-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

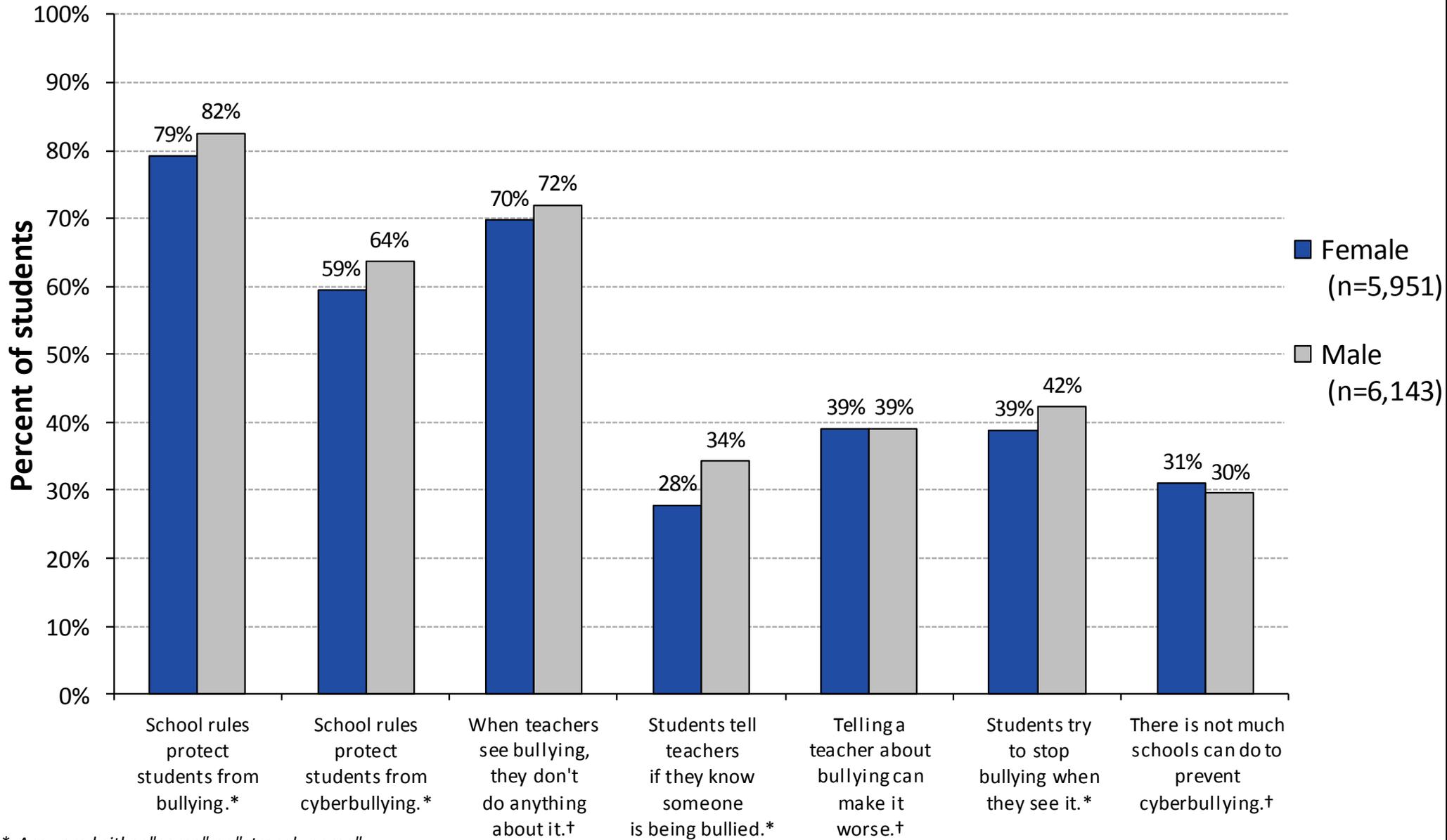


* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-5A. School Climate Related to Bullying by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



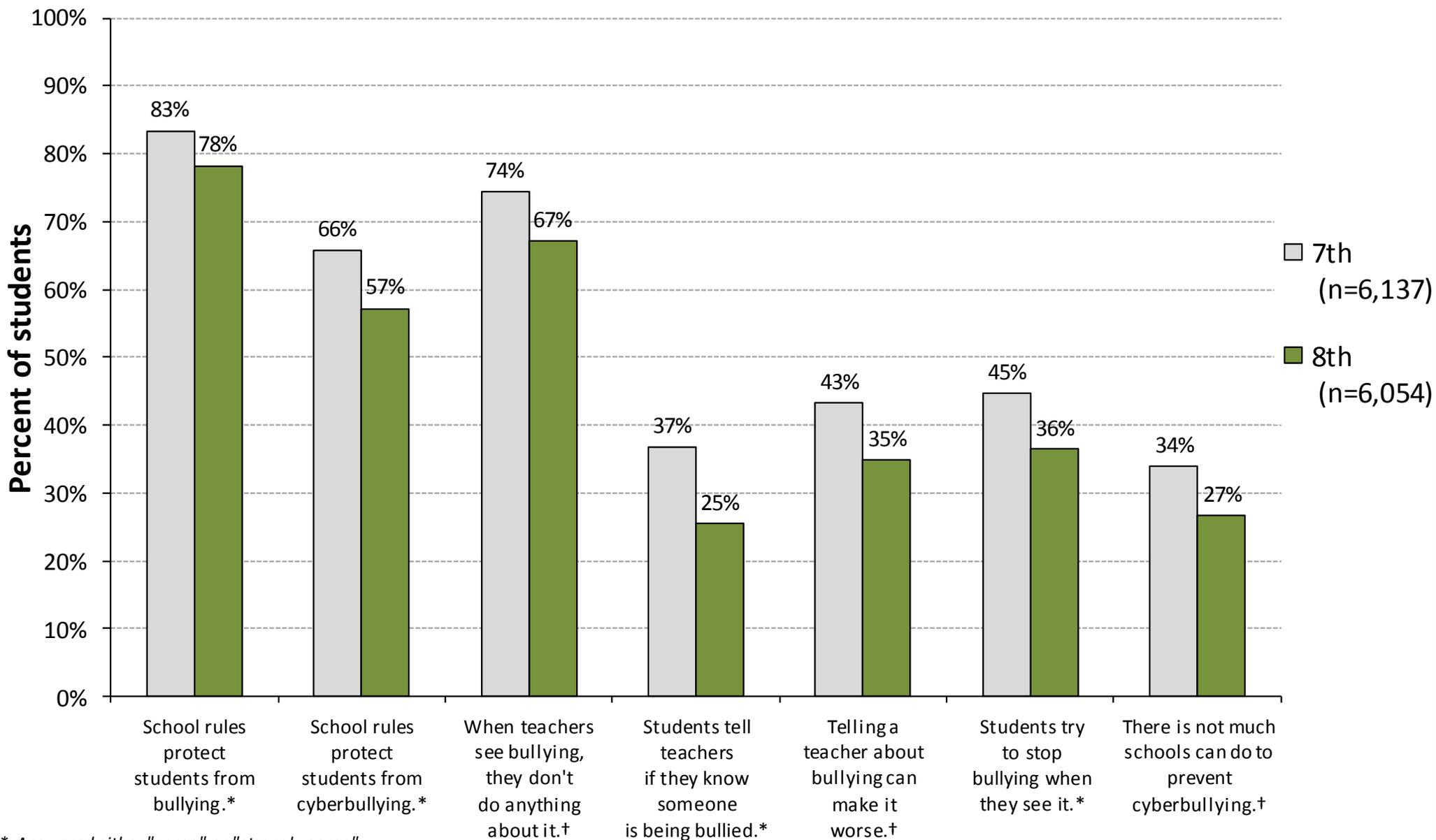
* Answered either "agree" or "strongly agree"

† Answered either "disagree" or "strongly disagree"

Figure 3-5B. School Climate Related to Bullying by Grade, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



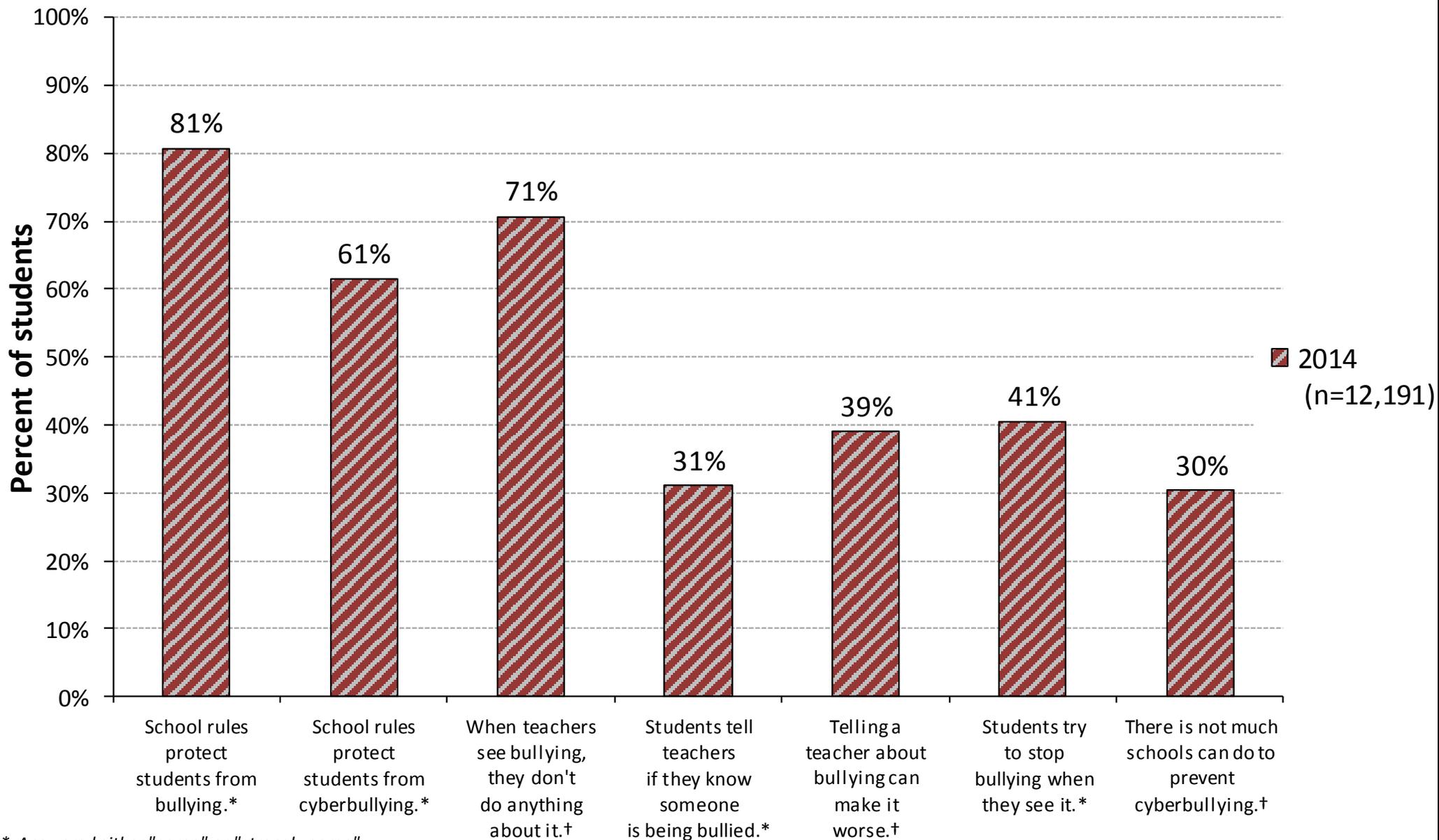
* Answered either "agree" or "strongly agree"

† Answered either "disagree" or "strongly disagree"

Figure 3-5C. School Climate Related to Bullying, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



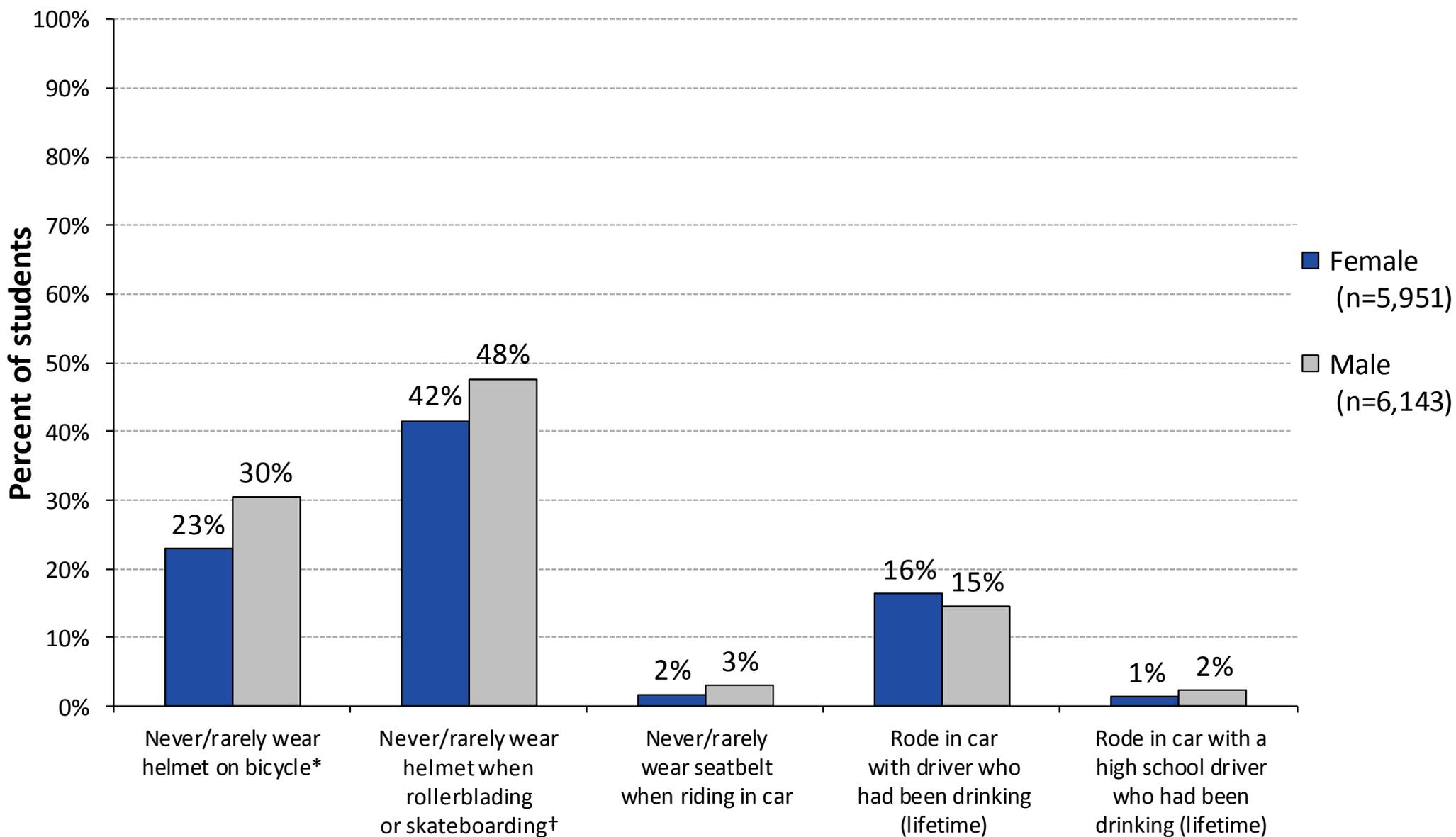
* Answered either "agree" or "strongly agree"

† Answered either "disagree" or "strongly disagree"

Figure 4-1A. Behaviors Related to Unintentional Injury by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

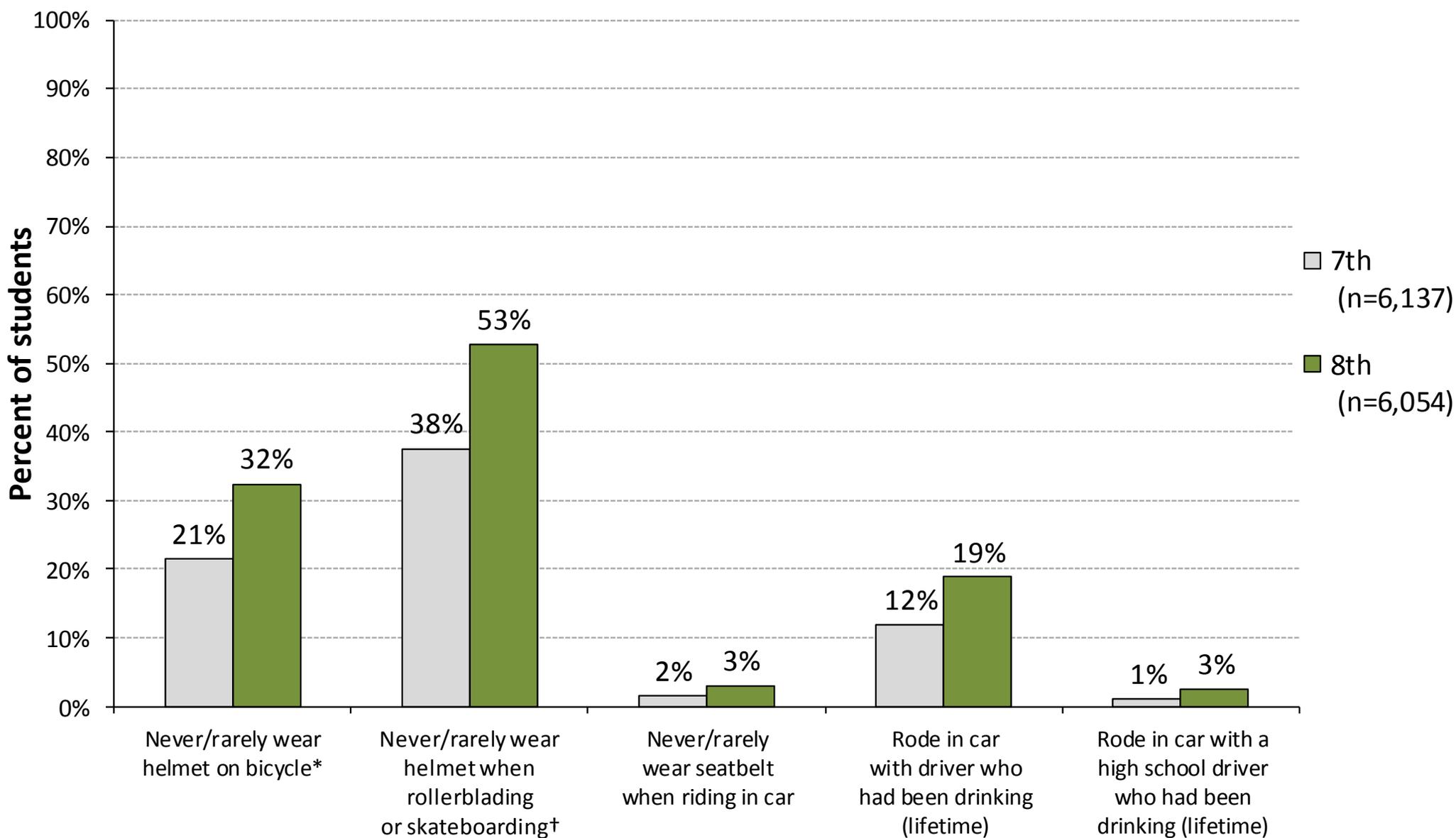
MetroWest Adolescent Health Survey



* Among the youth who ride a bicycle

† Among the youth who rollerblade and/or skateboard

Figure 4-1B. Behaviors Related to Unintentional Injury by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



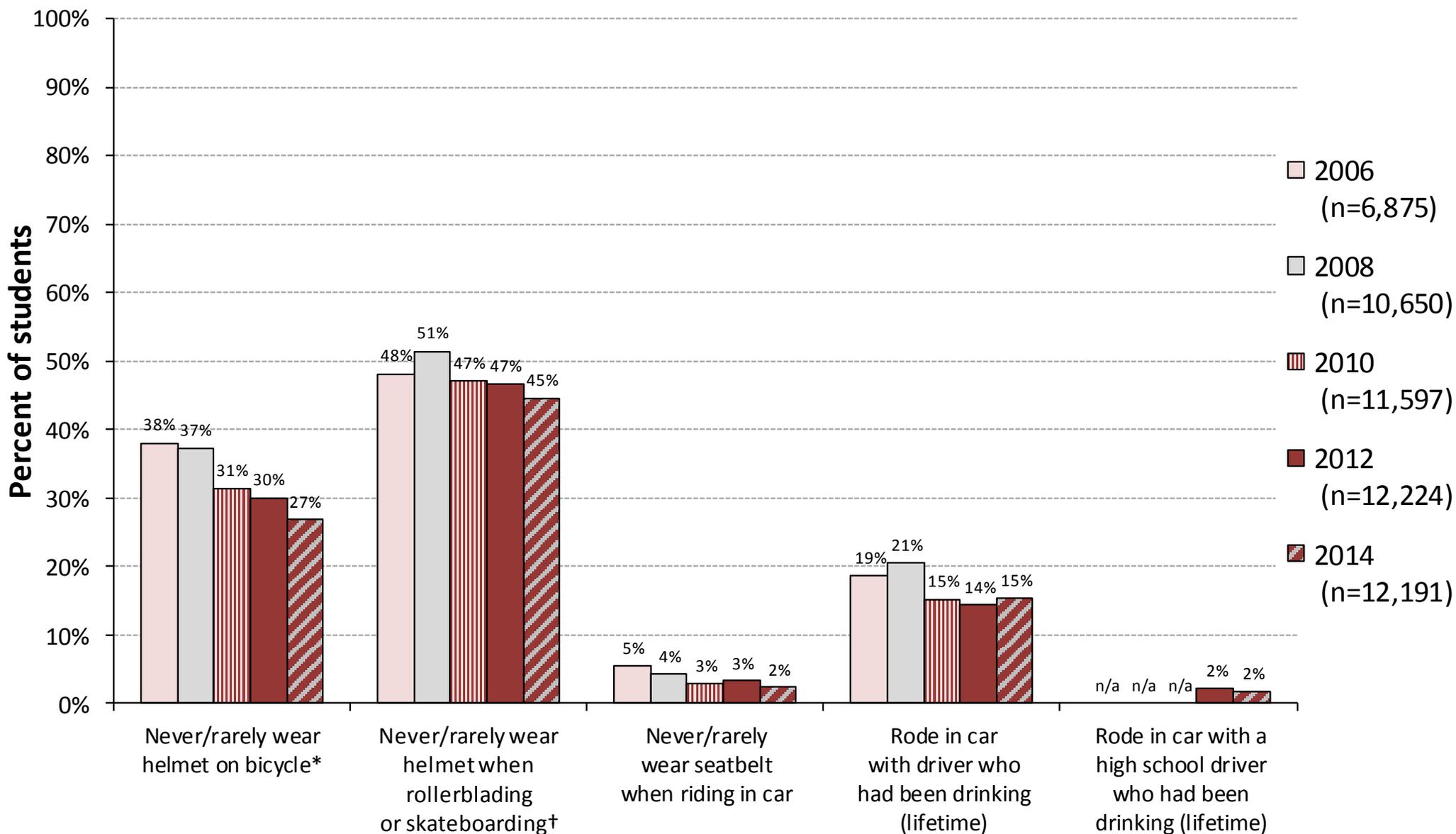
* Among the youth who ride a bicycle

† Among the youth who rollerblade and/or skateboard

Figure 4-1C. Trends in Behaviors Related to Unintentional Injury, 2006-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



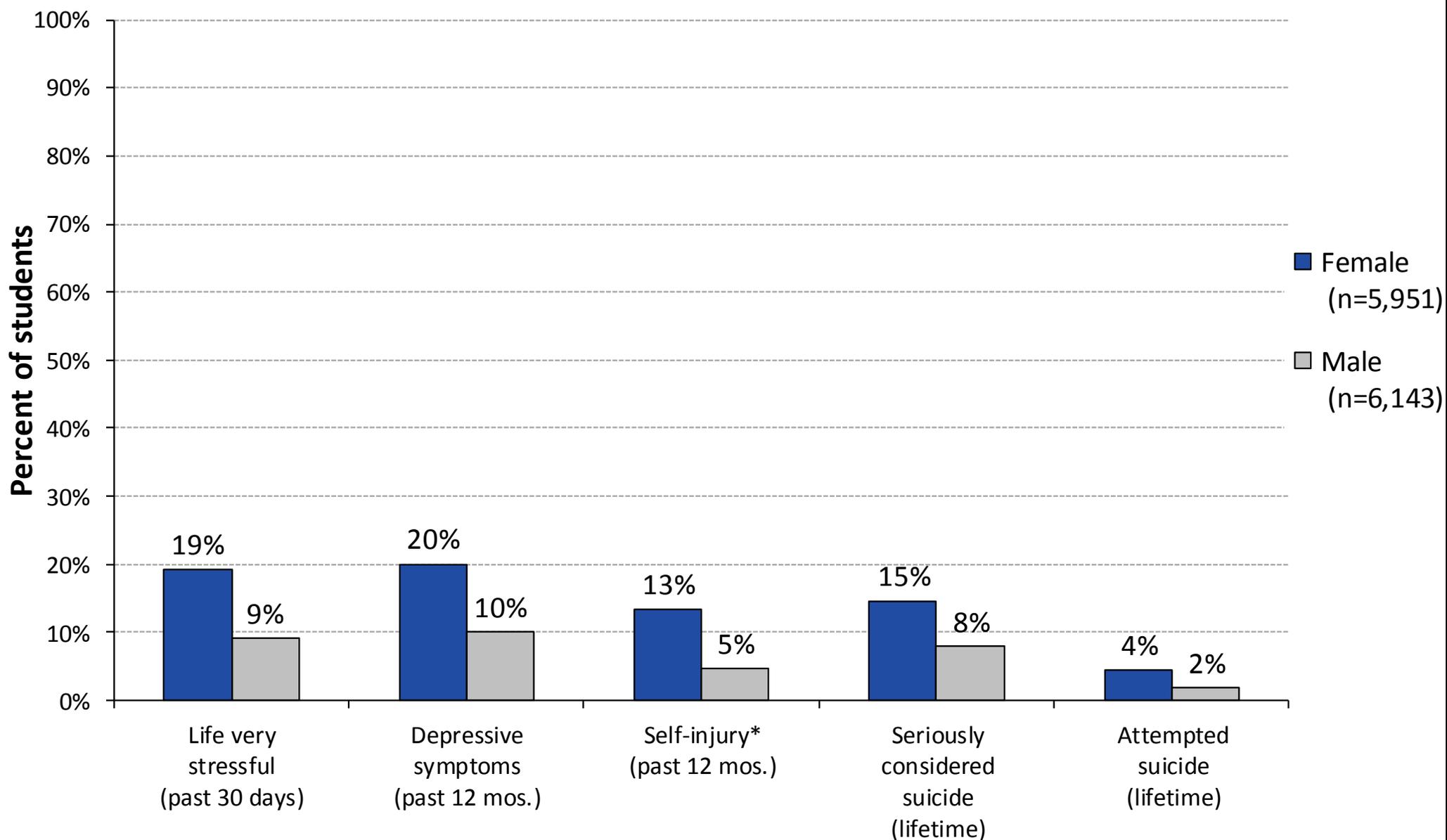
* Among the youth who ride a bicycle

† Among the youth who rollerblade and/or skateboard

Figure 5-1A. Mental Health and Suicidality by Gender, 2014

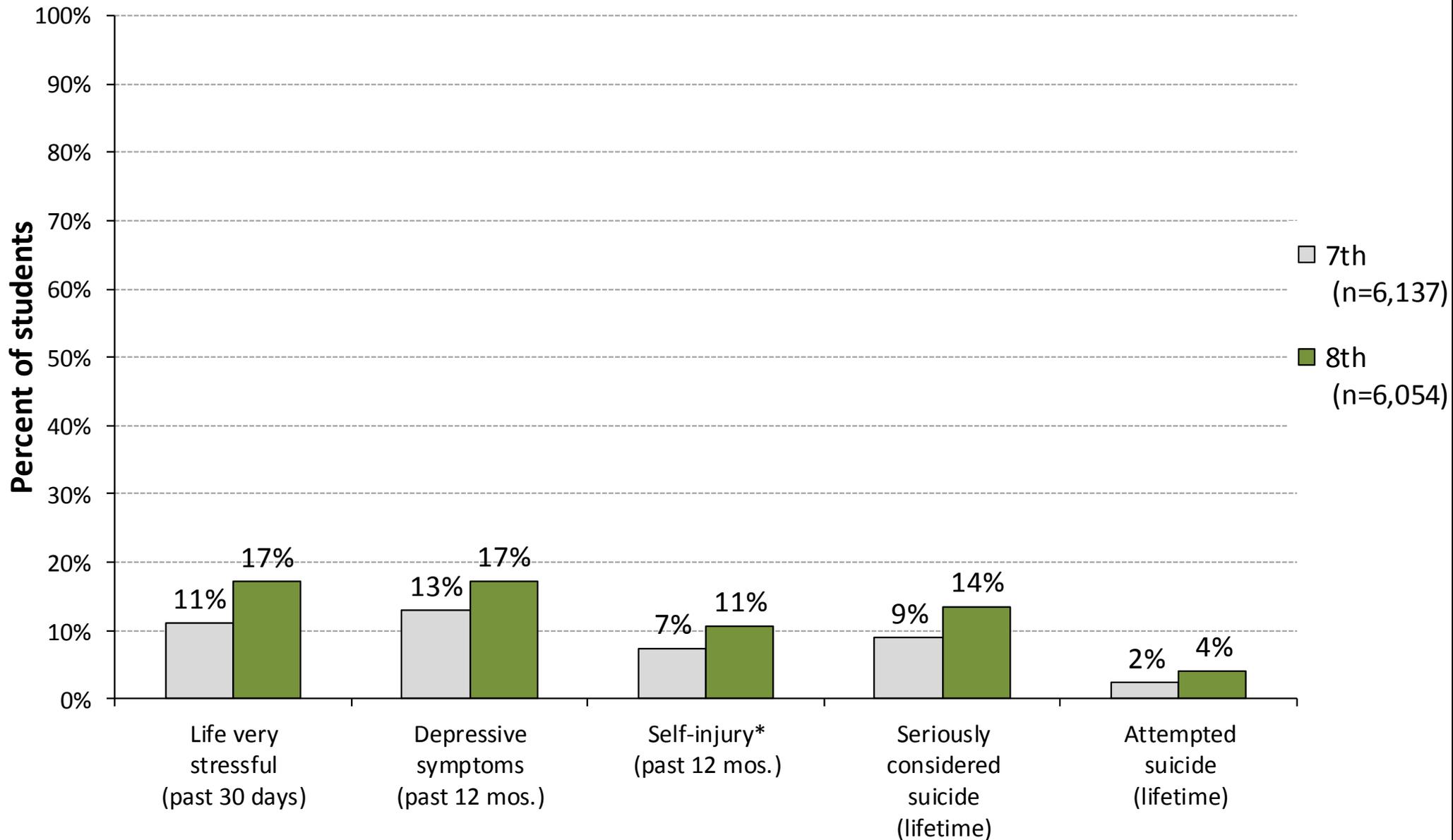
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



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

Figure 5-1B. Mental Health and Suicidality by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

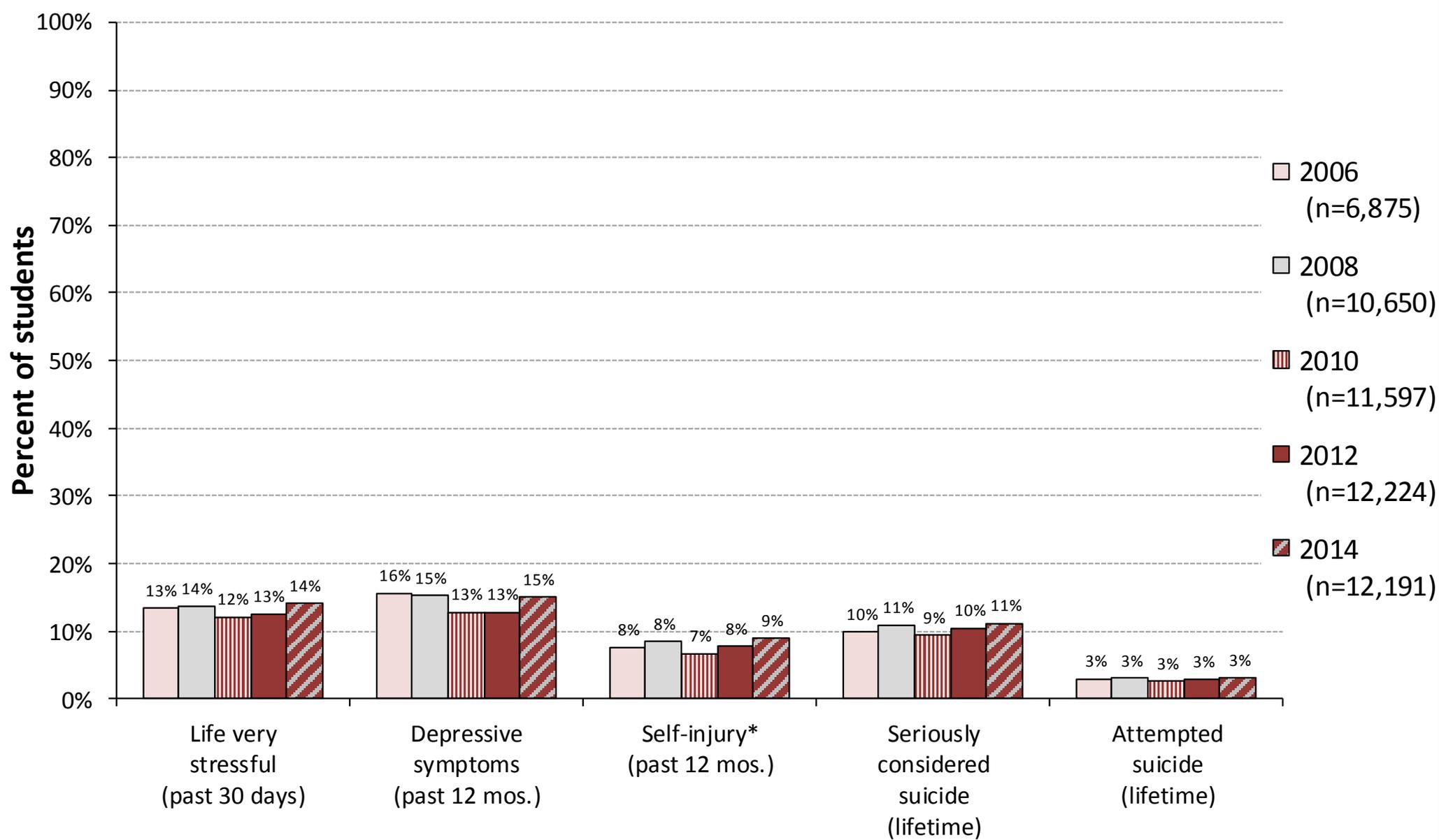


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2014

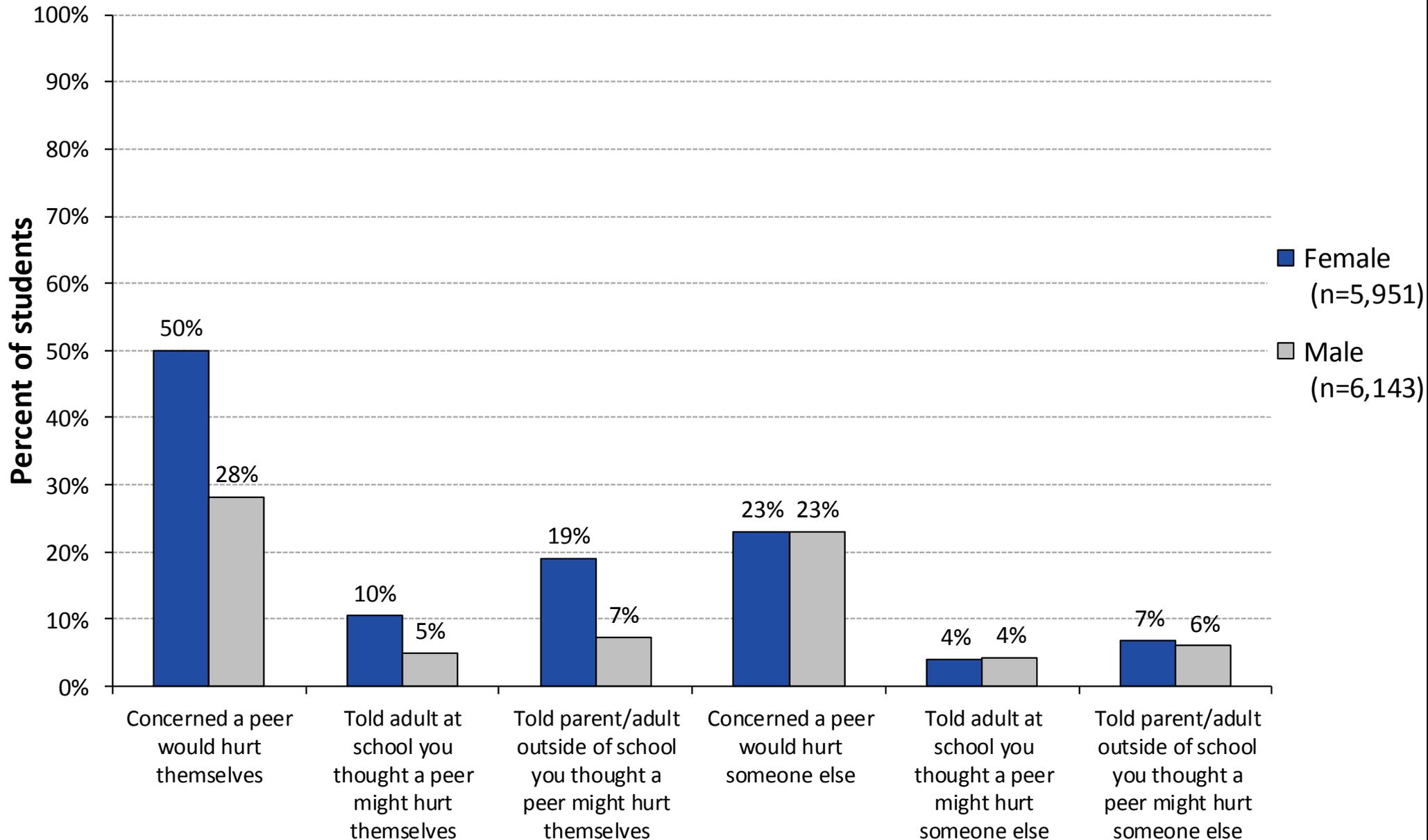
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



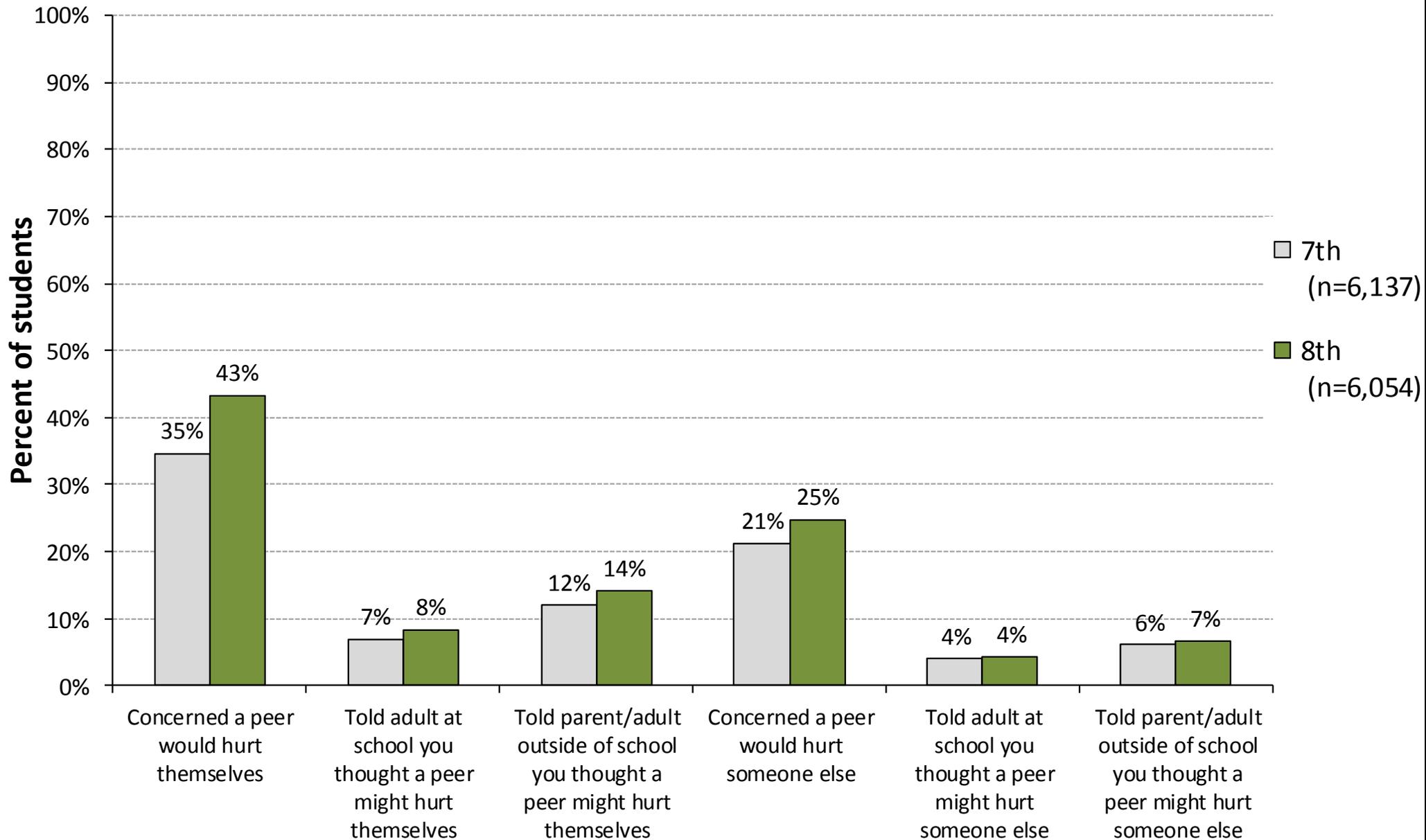
* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-2A. Peer Mental Health* by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months

Figure 5-2B. Peer Mental Health* by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

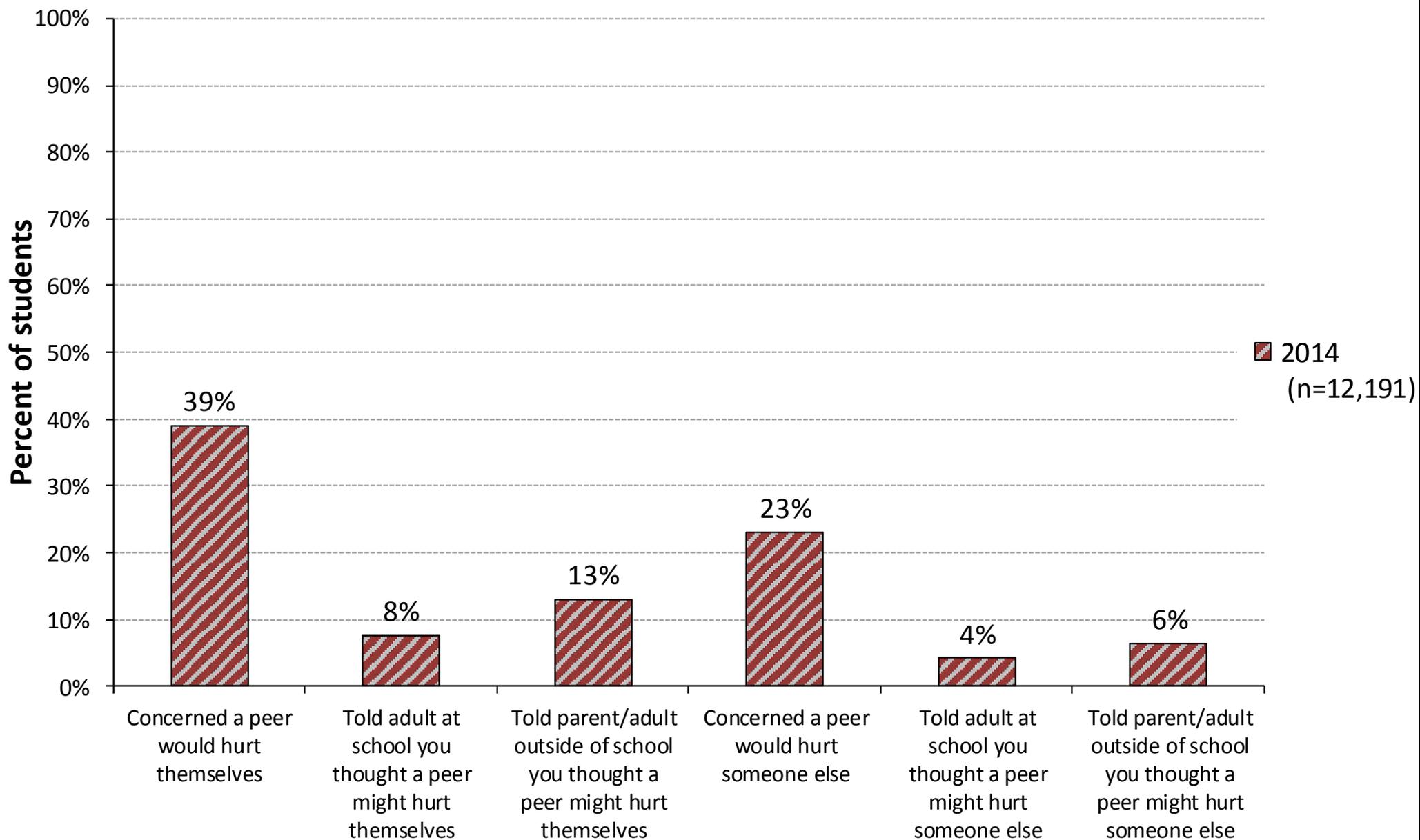


* In the past 12 months

Figure 5-2C. Peer Mental Health,* 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

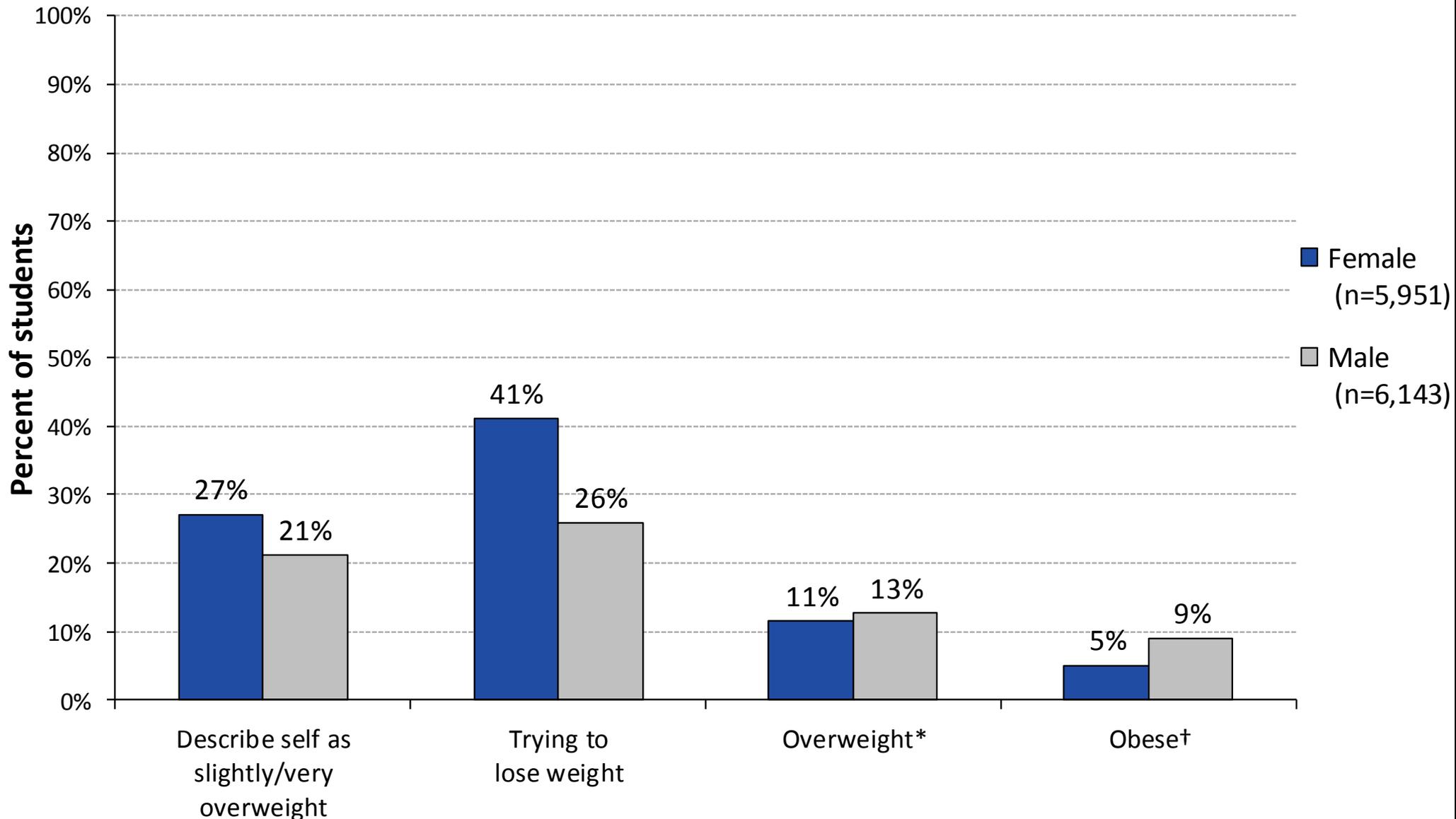


* In the past 12 months

Figure 6-1A. Weight Perception and Body Weight by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



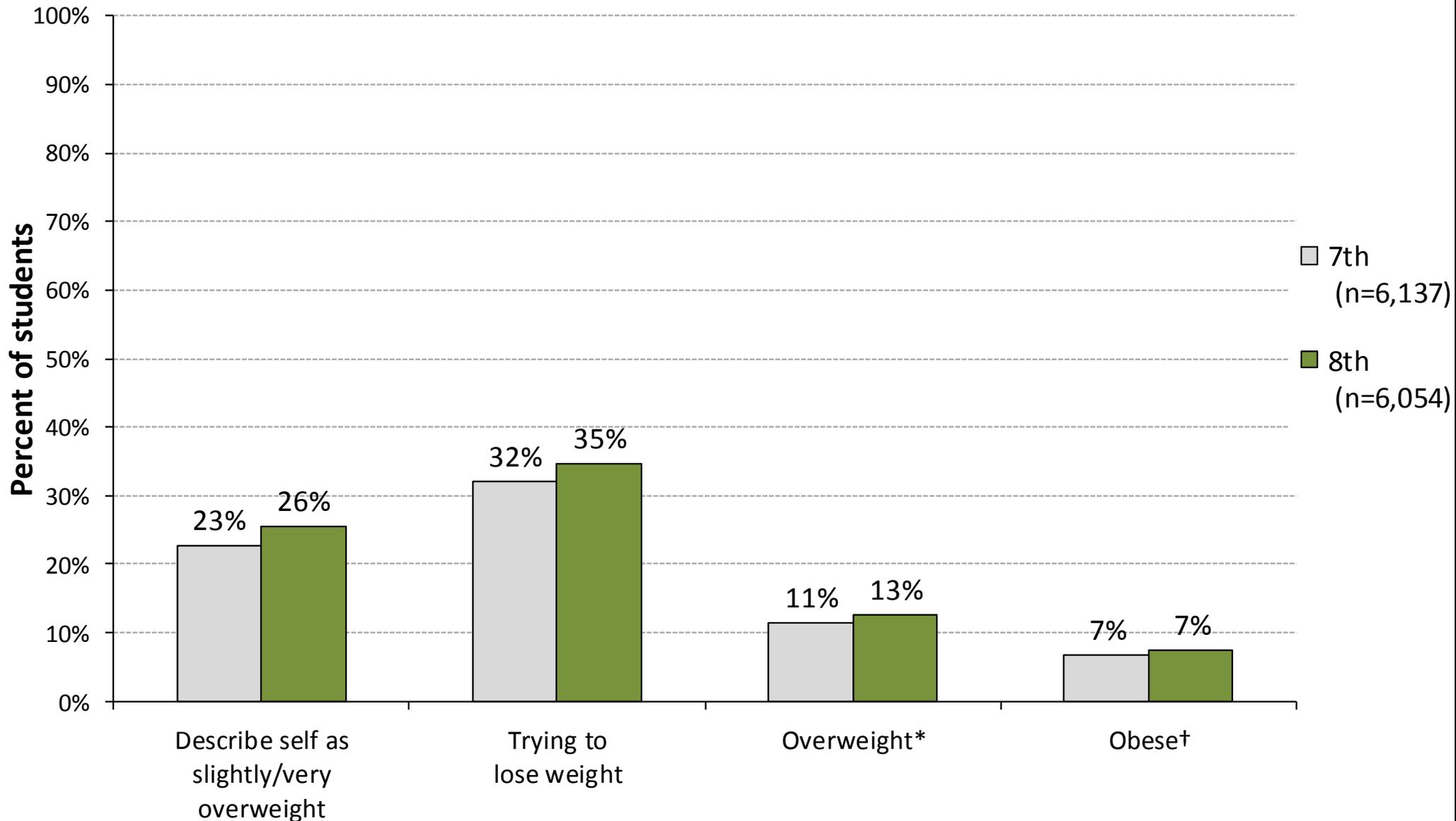
* Students who were ≥ 85 th percentile but < 95 th percentile for body mass index by age and gender, based on reference data

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

Figure 6-1B. Weight Perception and Body Weight by Grade, 2014

MetroWest Region Middle School Students (Grades 7-8)

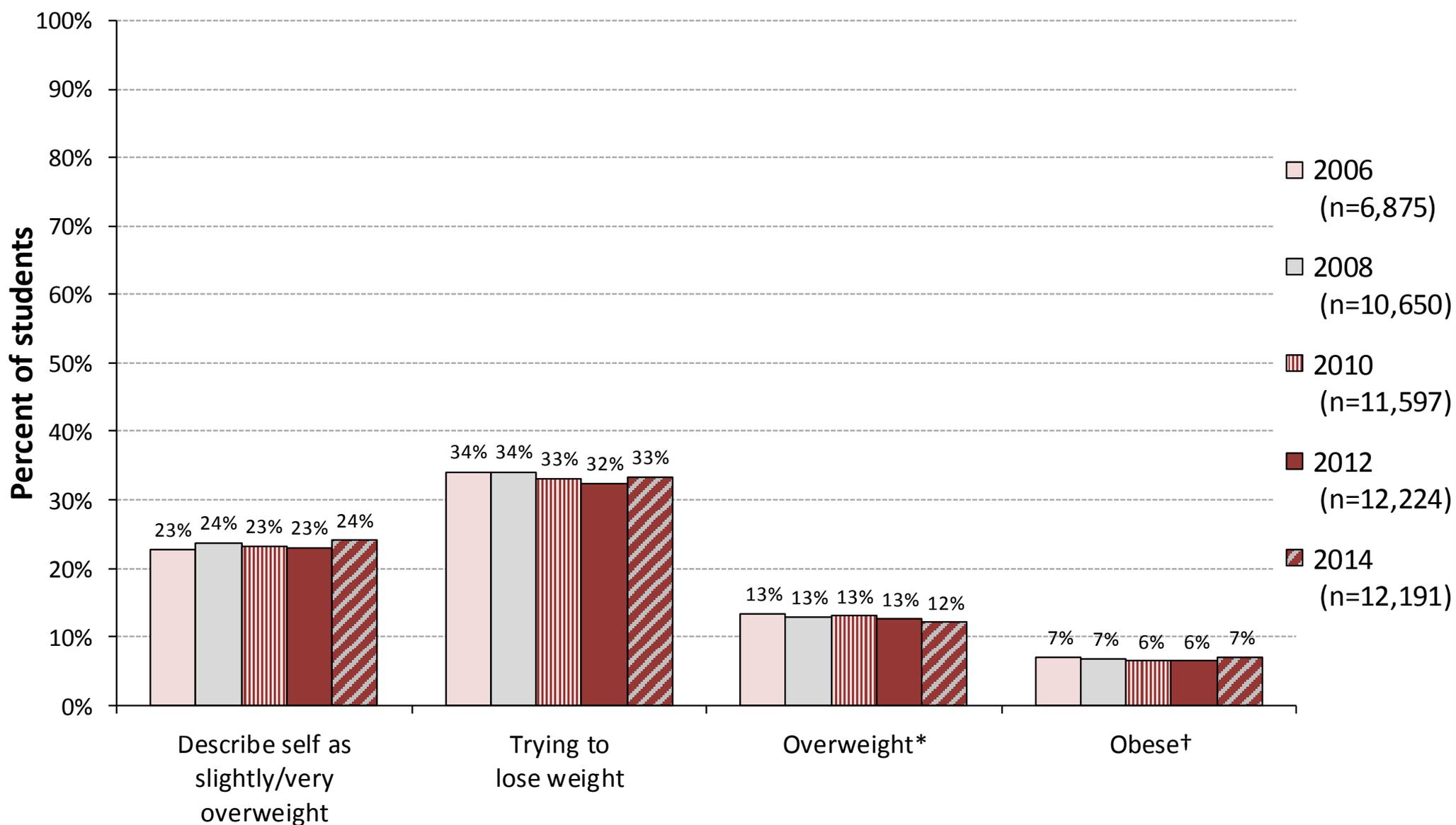
MetroWest Adolescent Health Survey



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

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

Figure 6-1C. Trends in Weight Perception and Body Weight, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



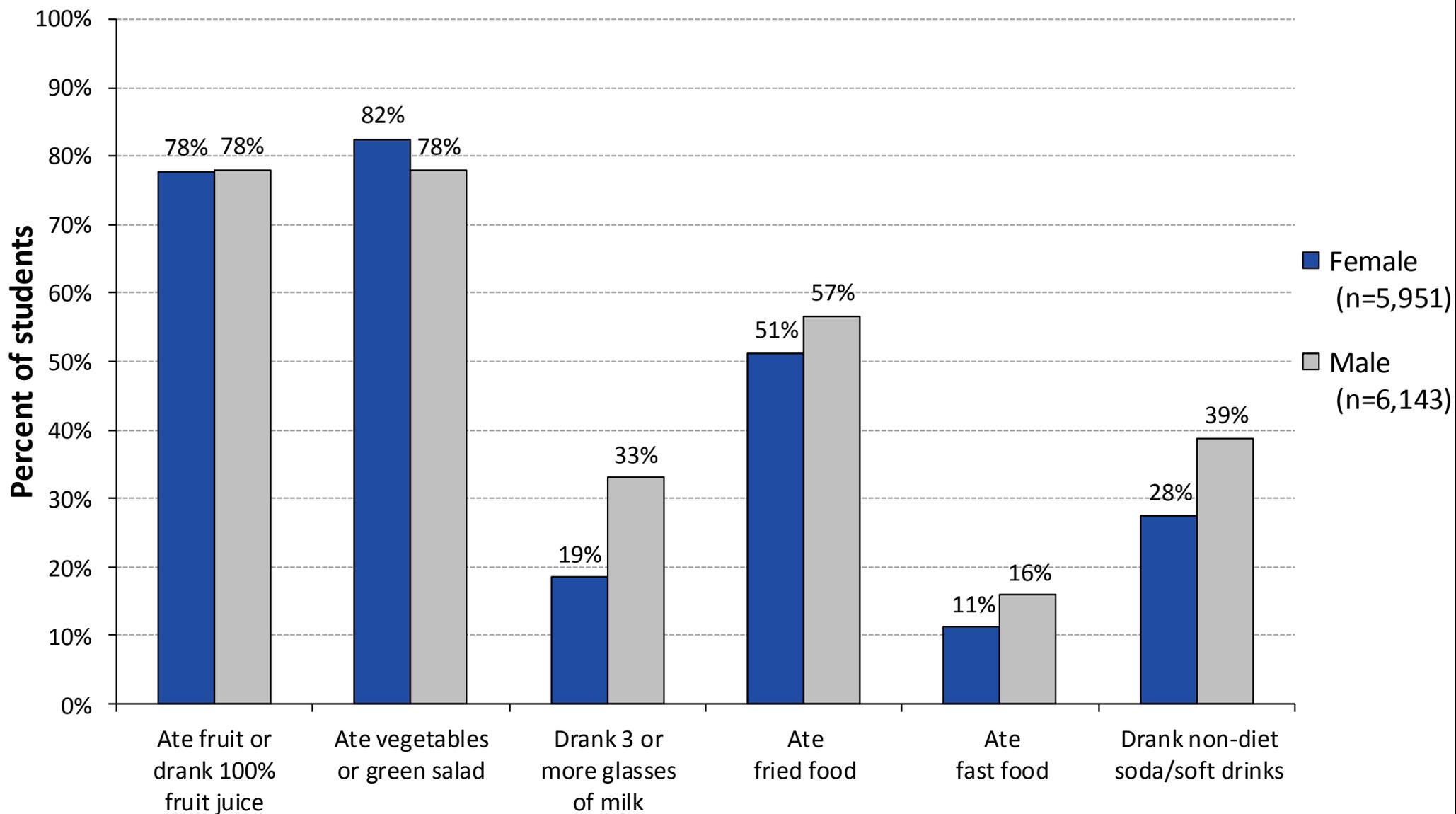
* Students who were ≥ 85 th percentile but < 95 th percentile for body mass index by age and gender, based on reference data

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

Figure 6-2A. Nutrition* by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

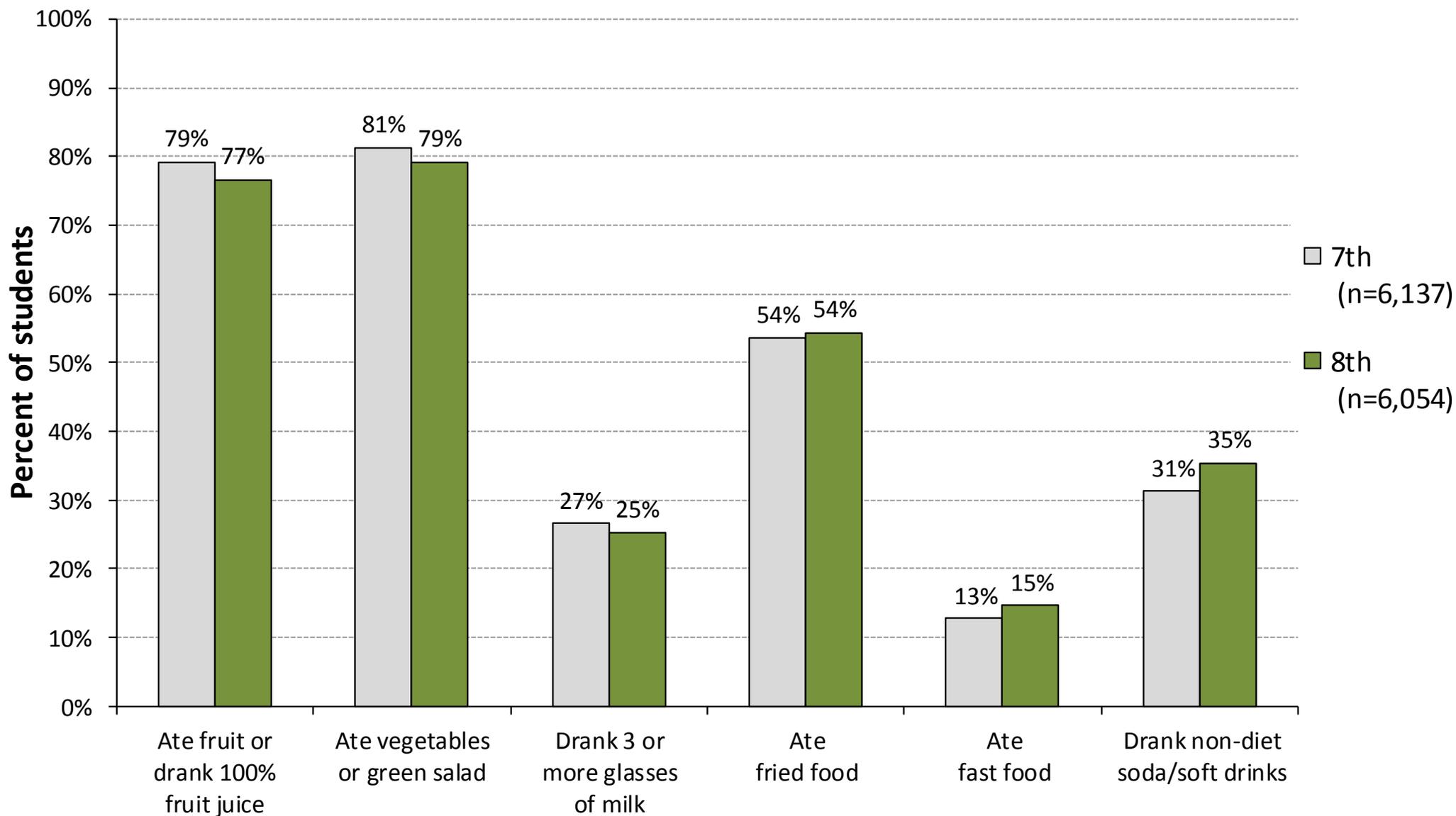


* On the day preceding the survey

Figure 6-2B. Nutrition* by Grade, 2014

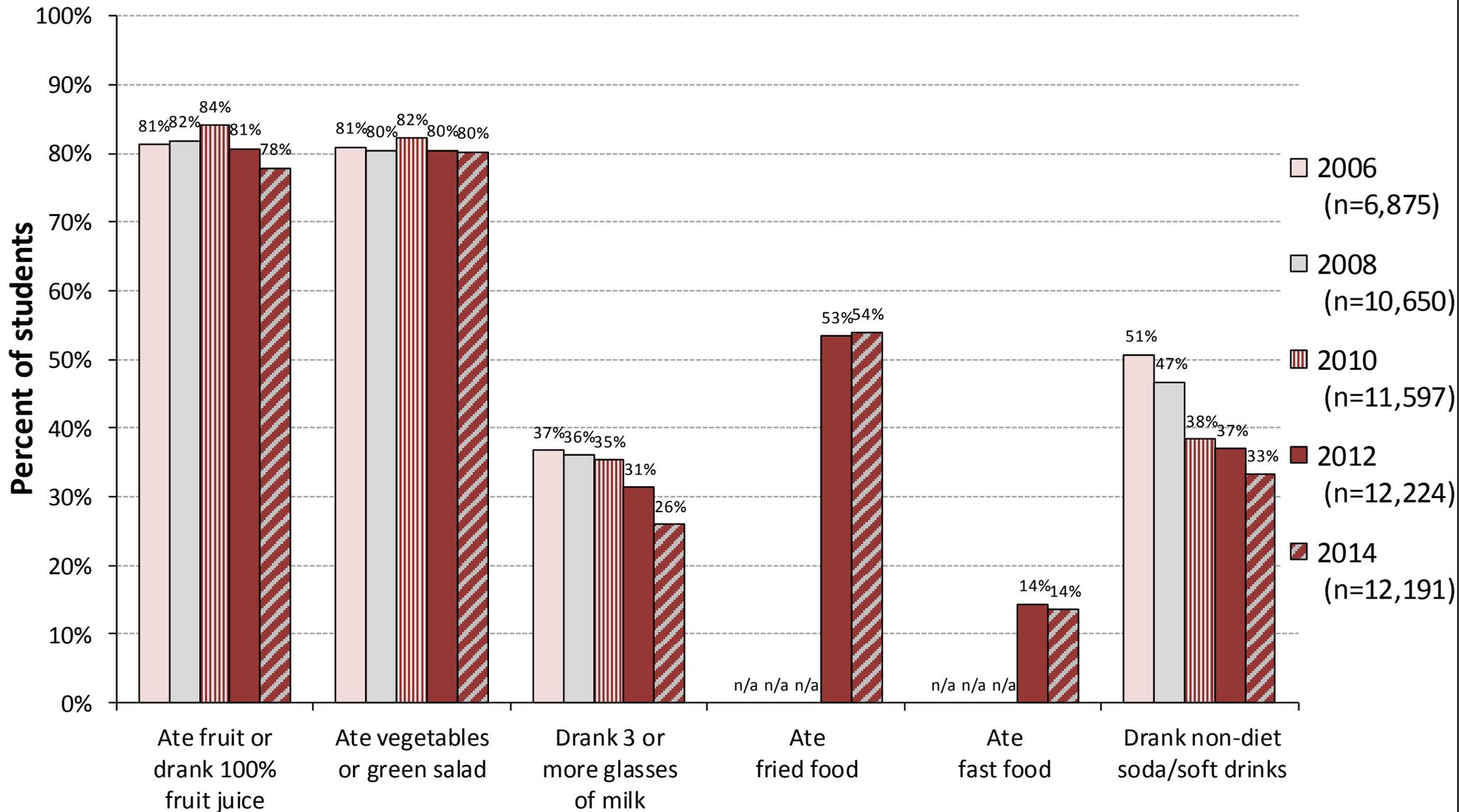
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



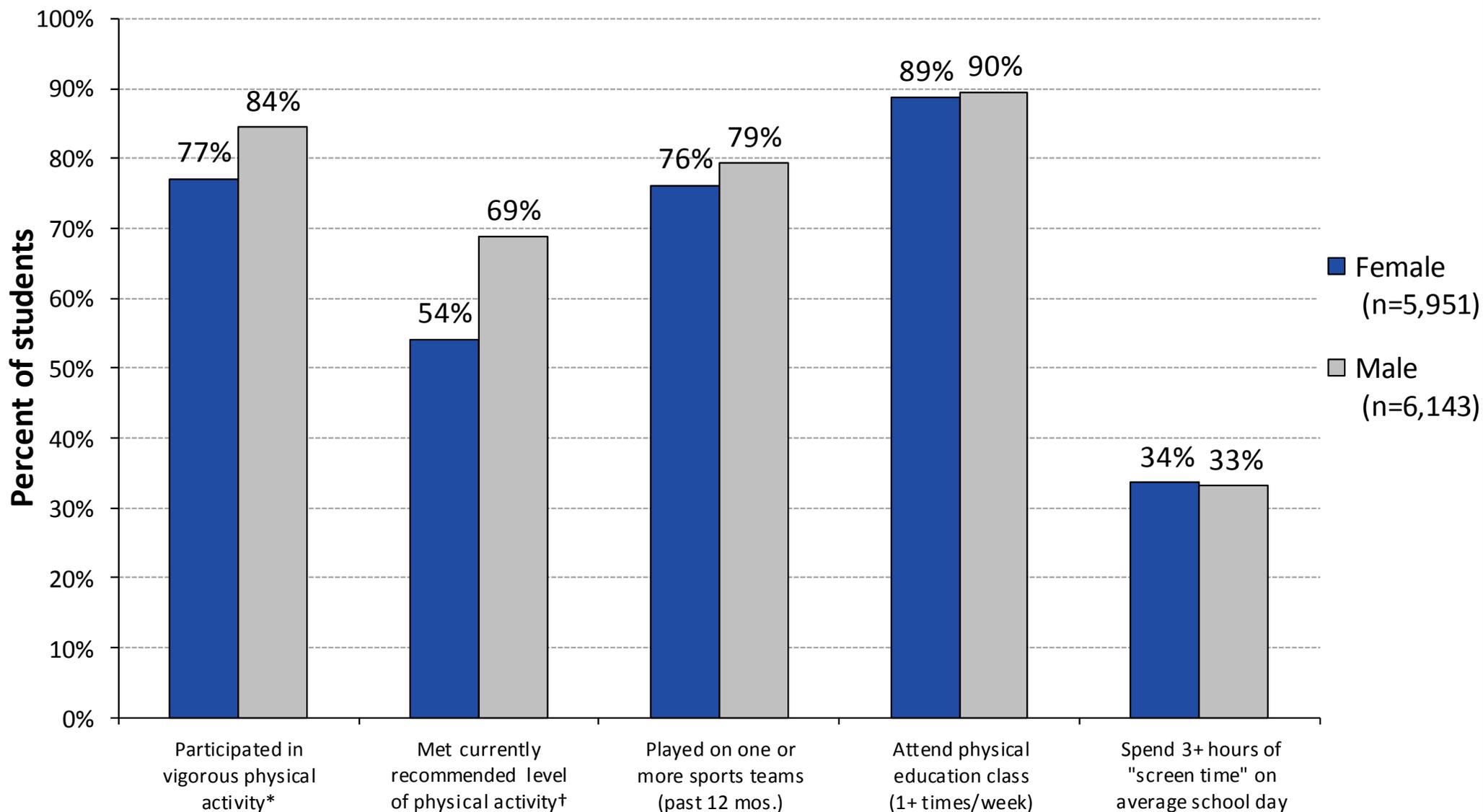
* On the day preceding the survey

Figure 6-2C. Trends in Nutrition,* 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



* On the day preceding the survey

Figure 6-3A. Physical Activity by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



■ Female
 (n=5,951)
 ■ Male
 (n=6,143)

* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

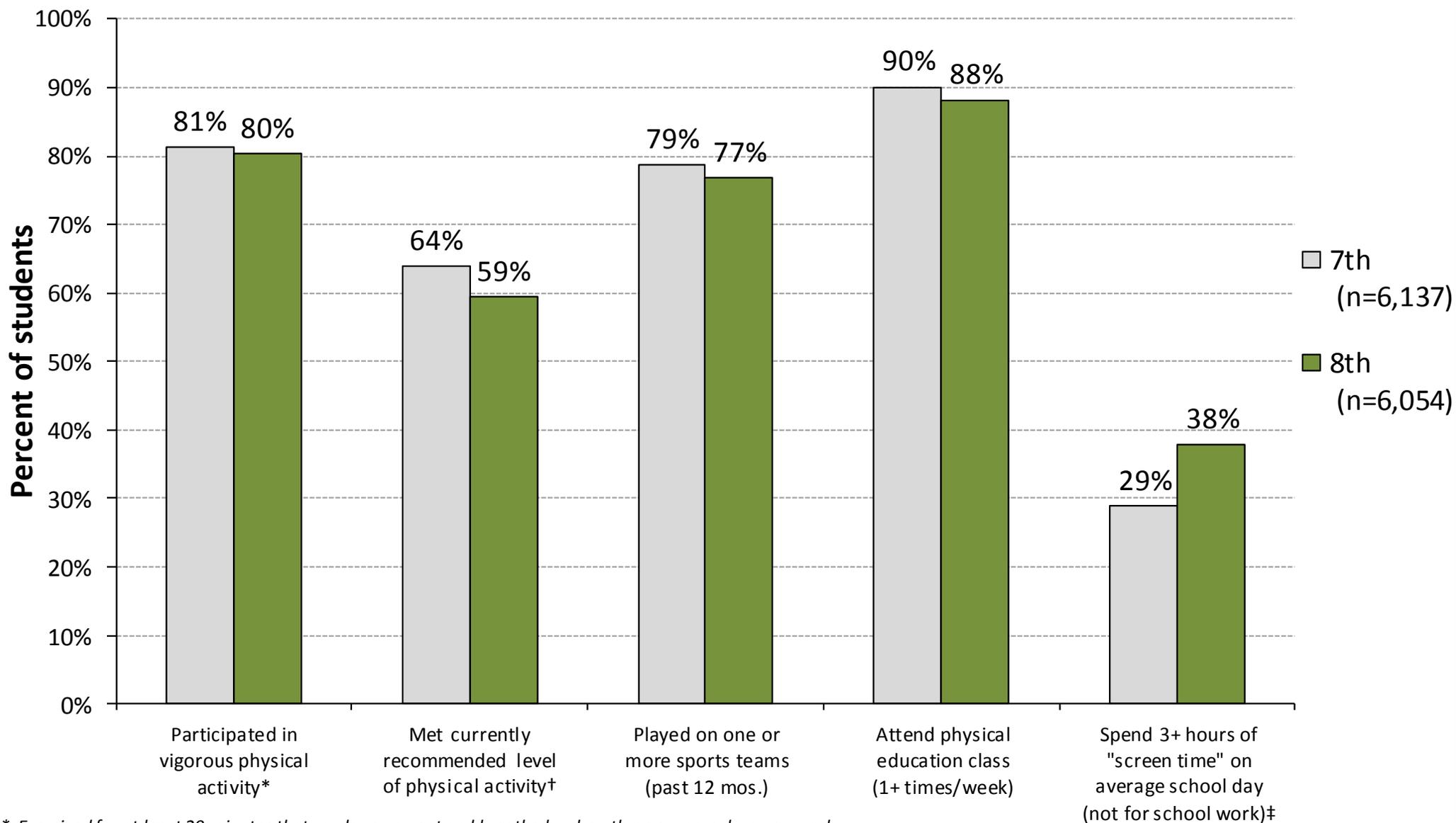
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

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

Figure 6-3B. Physical Activity by Grade, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

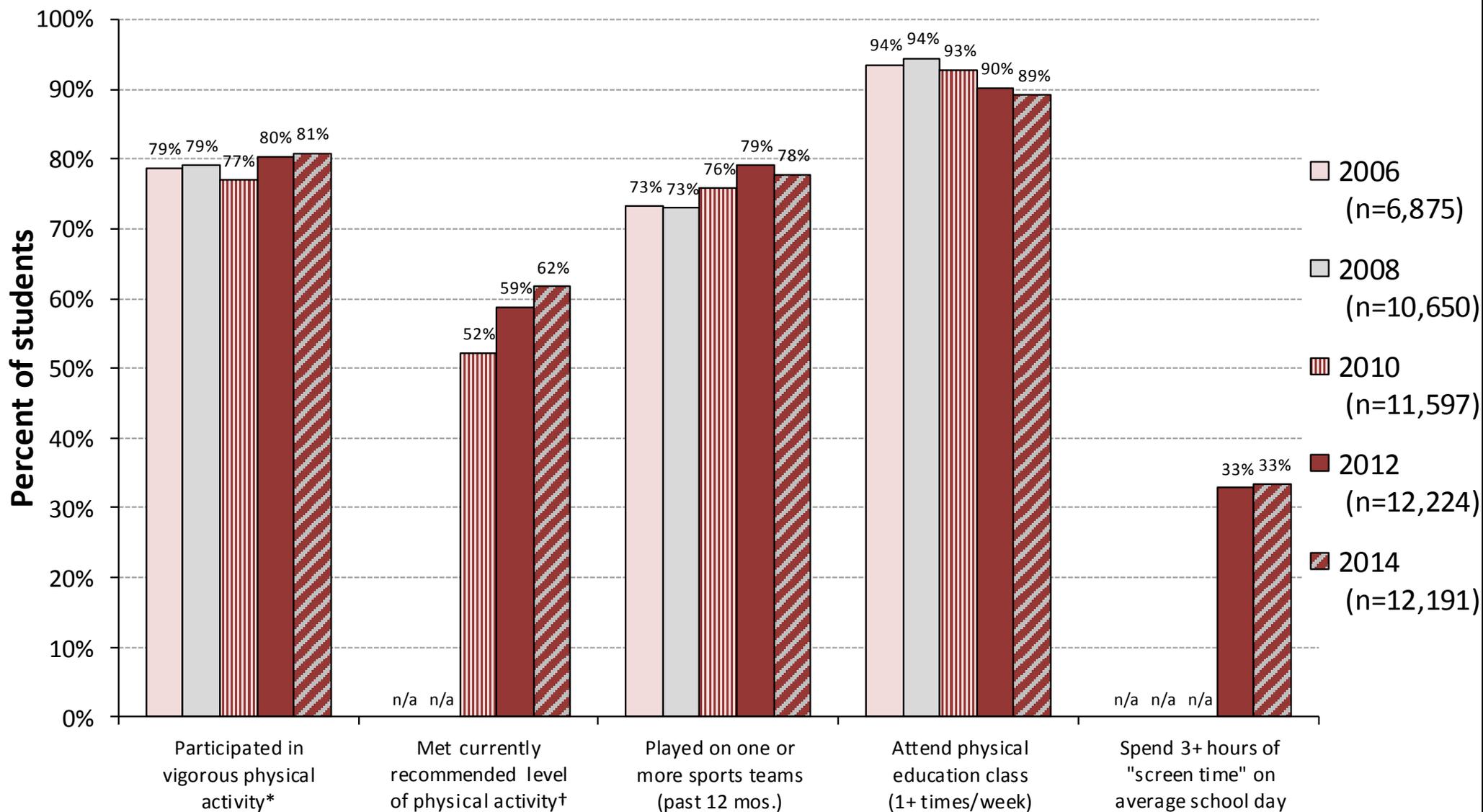
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

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

Figure 6-3C. Trends in Physical Activity, 2006-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

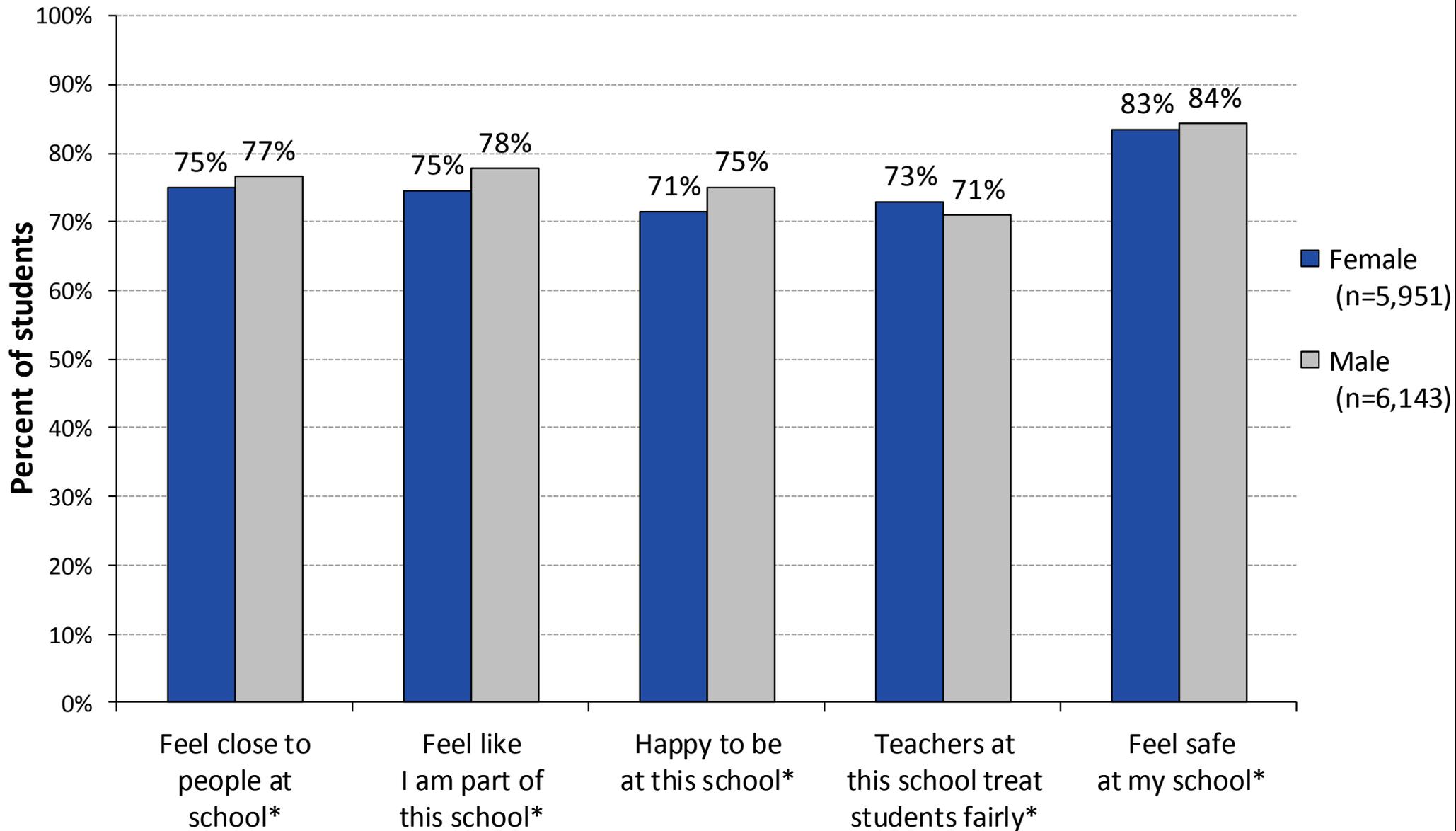
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

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

Figure 7-1A. School Attachment by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

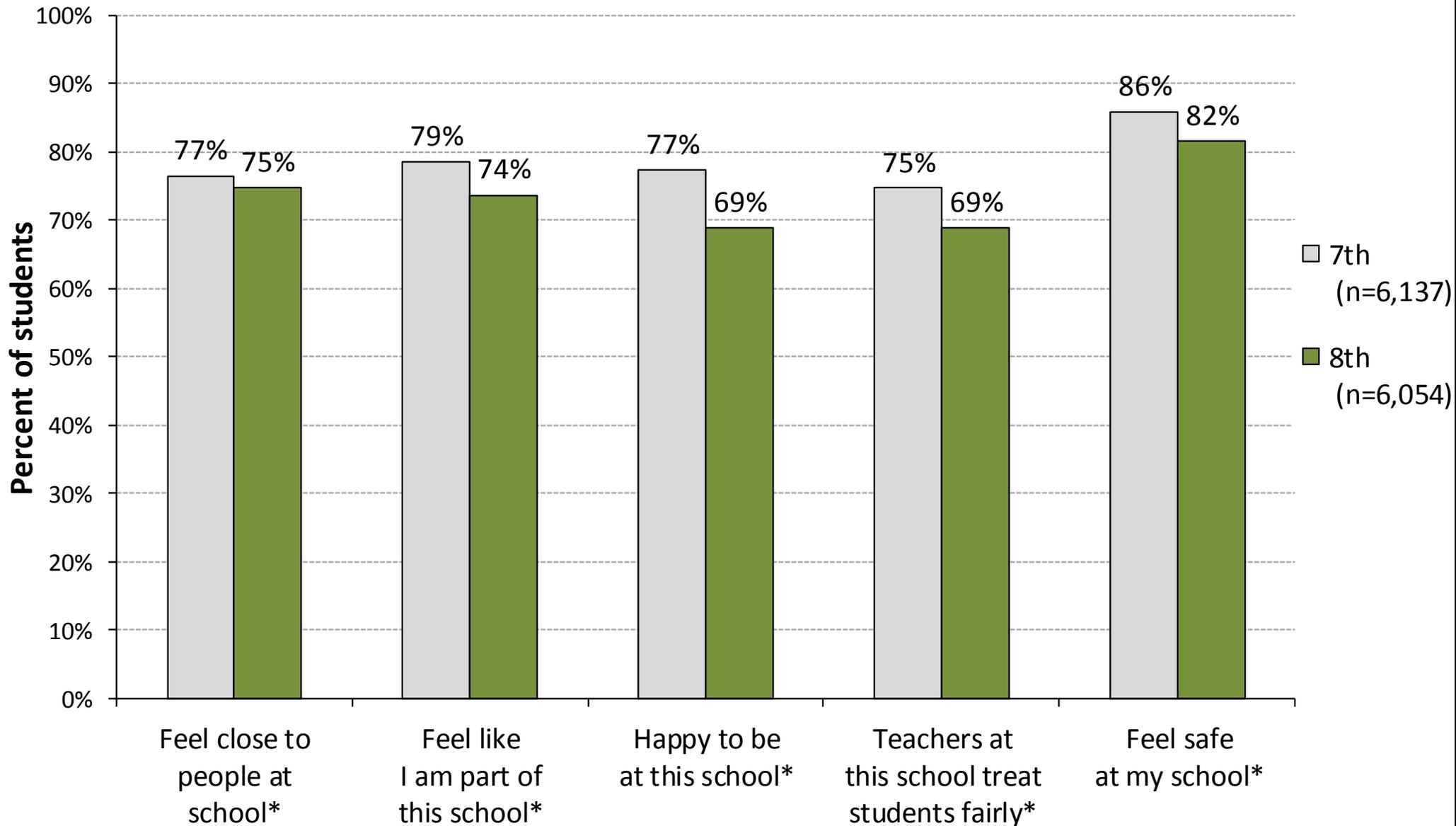


* Student responded "agree" or "strongly agree"

Figure 7-1B. School Attachment by Grade, 2014

MetroWest Region Middle School Students (Grades 7-8)

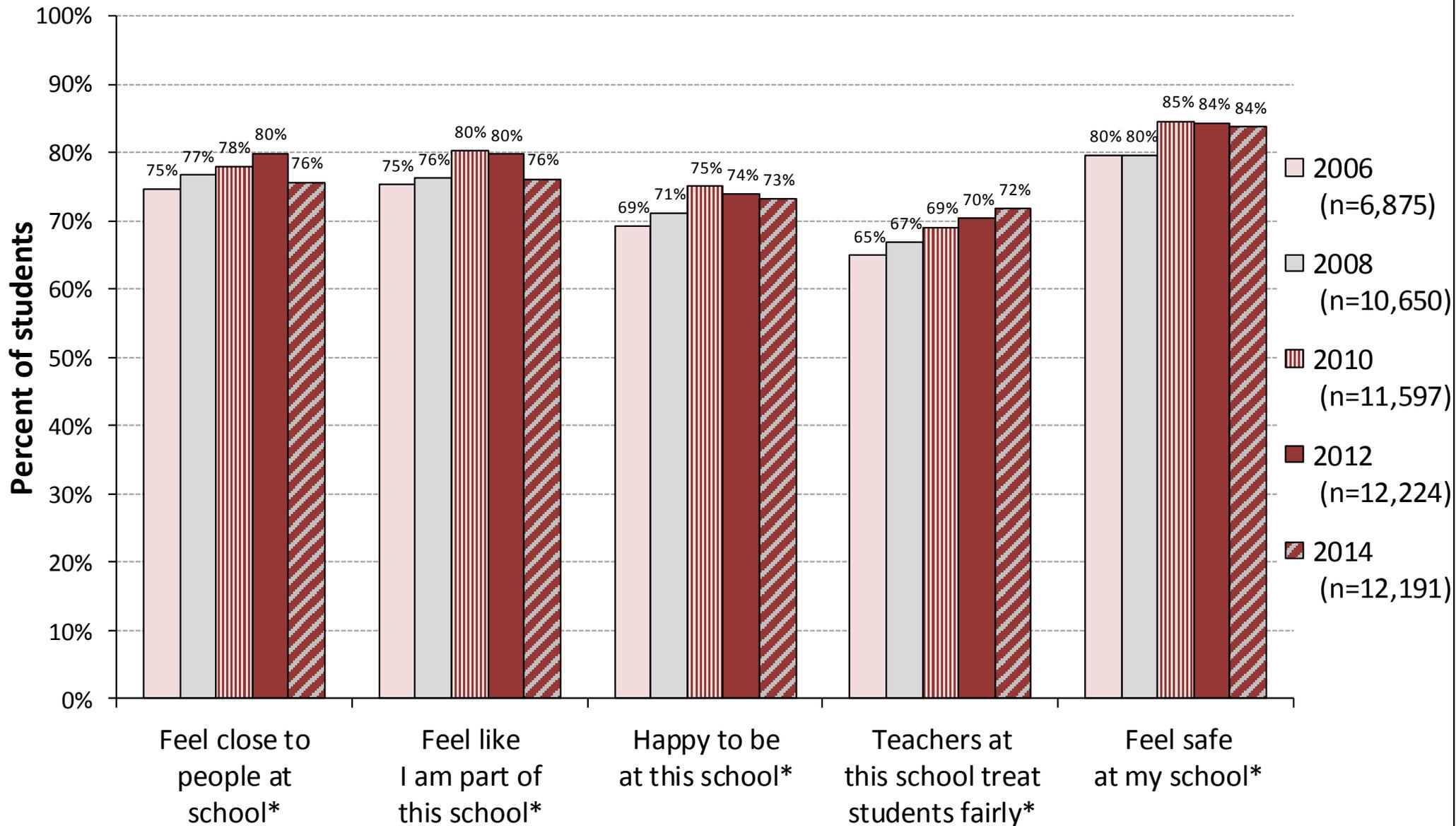
MetroWest Adolescent Health Survey



* Student responded "agree" or "strongly agree"

Figure 7-1C. Trends in School Attachment, 2006-2014 MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



* Student responded "agree" or "strongly agree"

Figure 7-2A. Adult Support by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

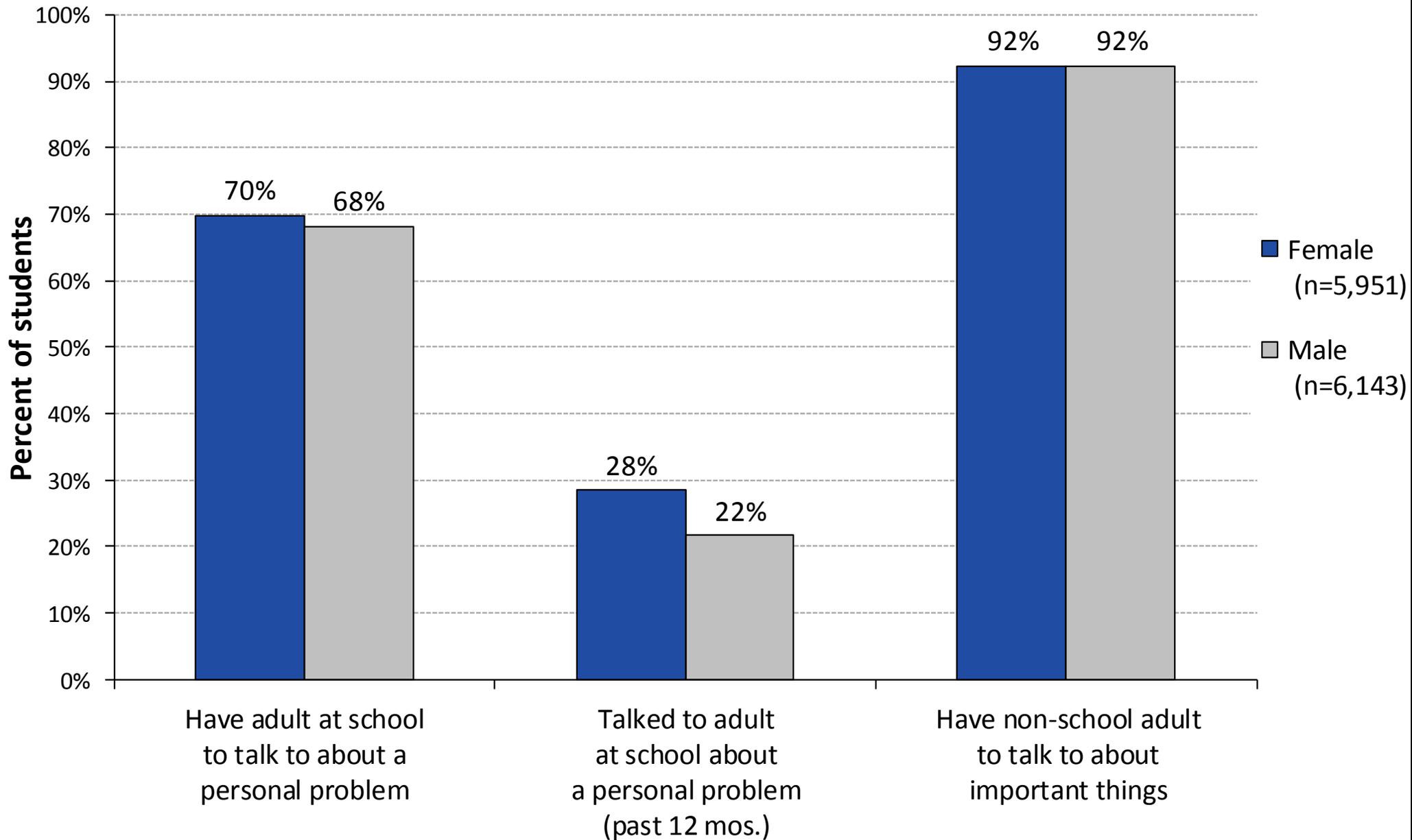


Figure 7-2B. Adult Support by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

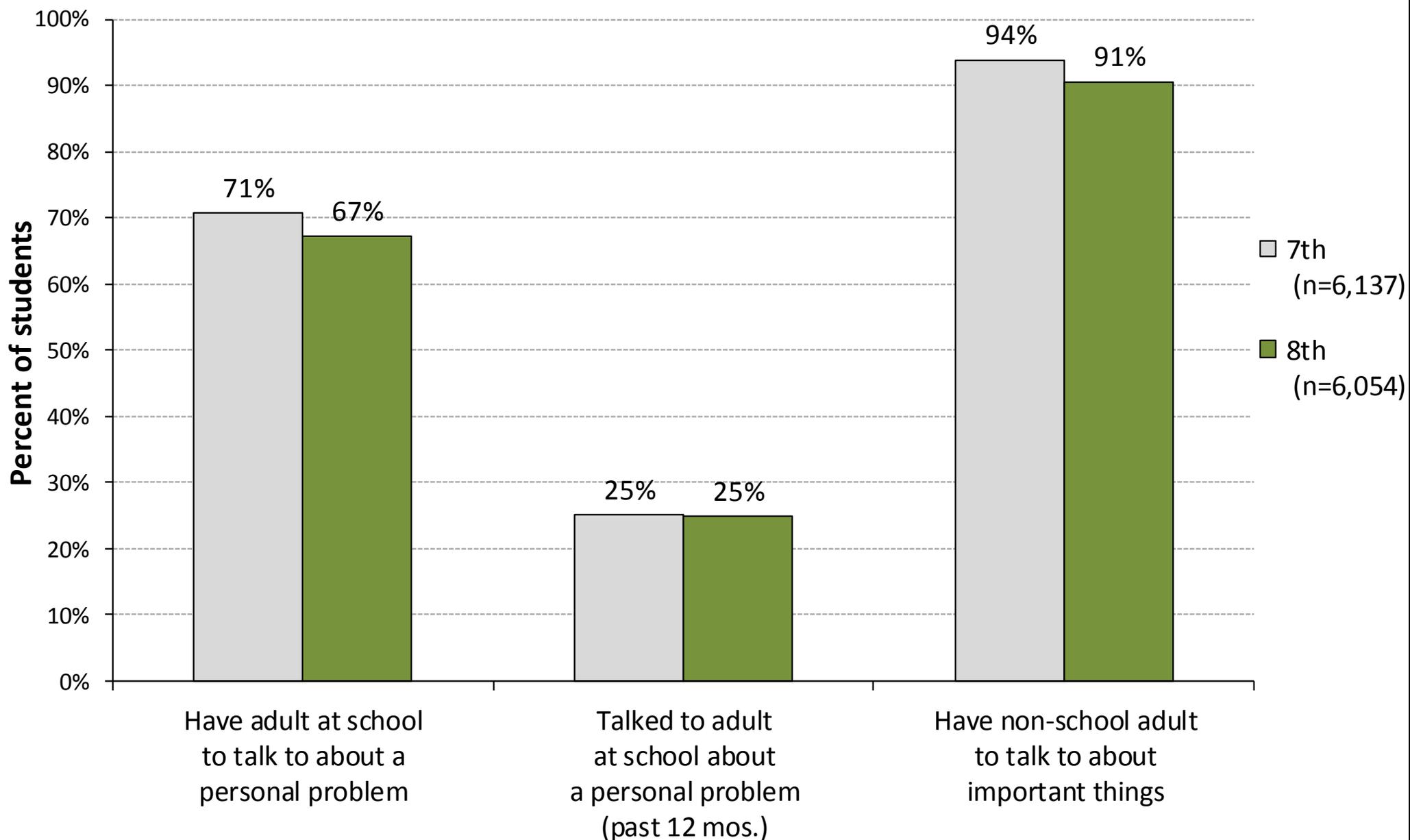


Figure 7-2C. Trends in Adult Support, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

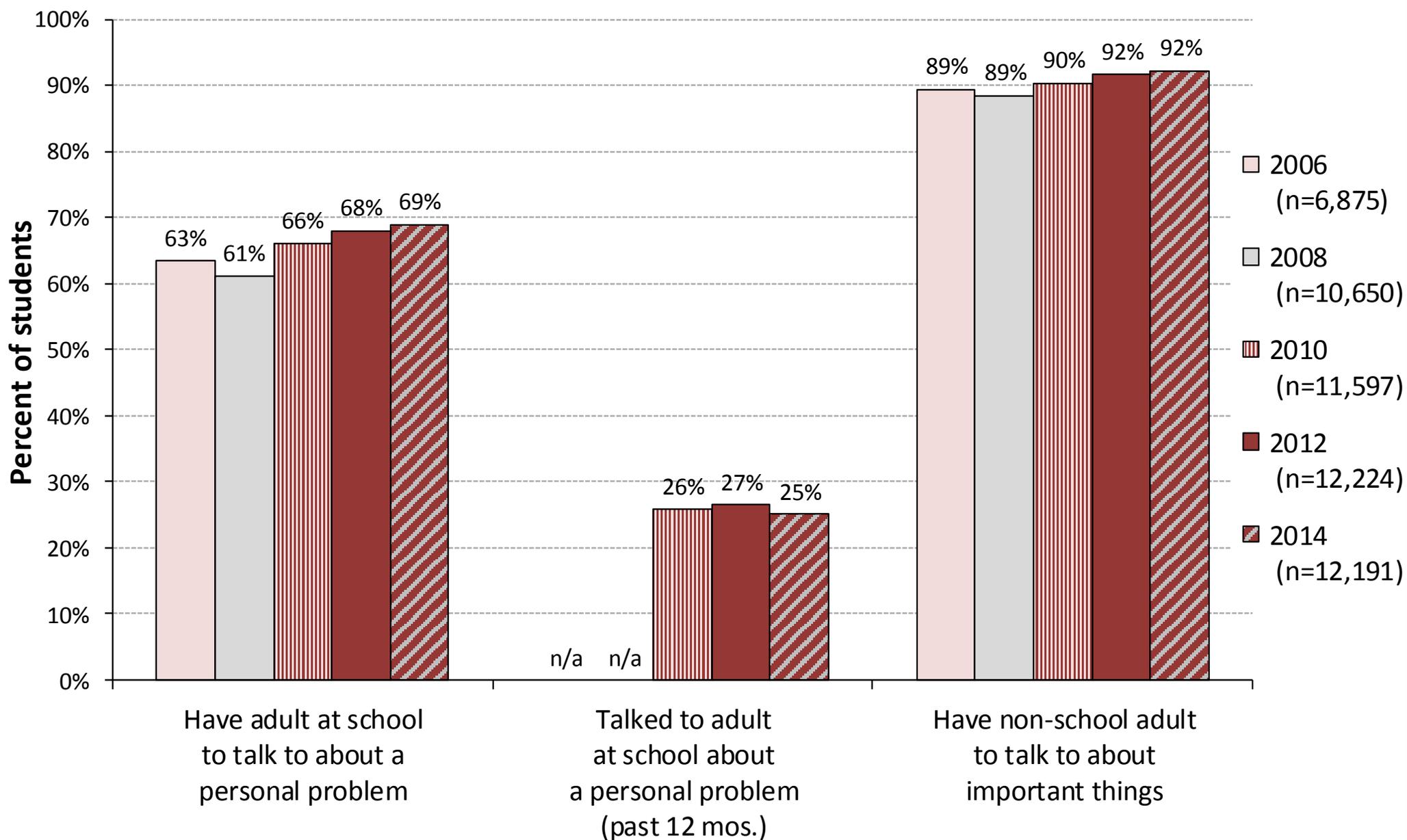
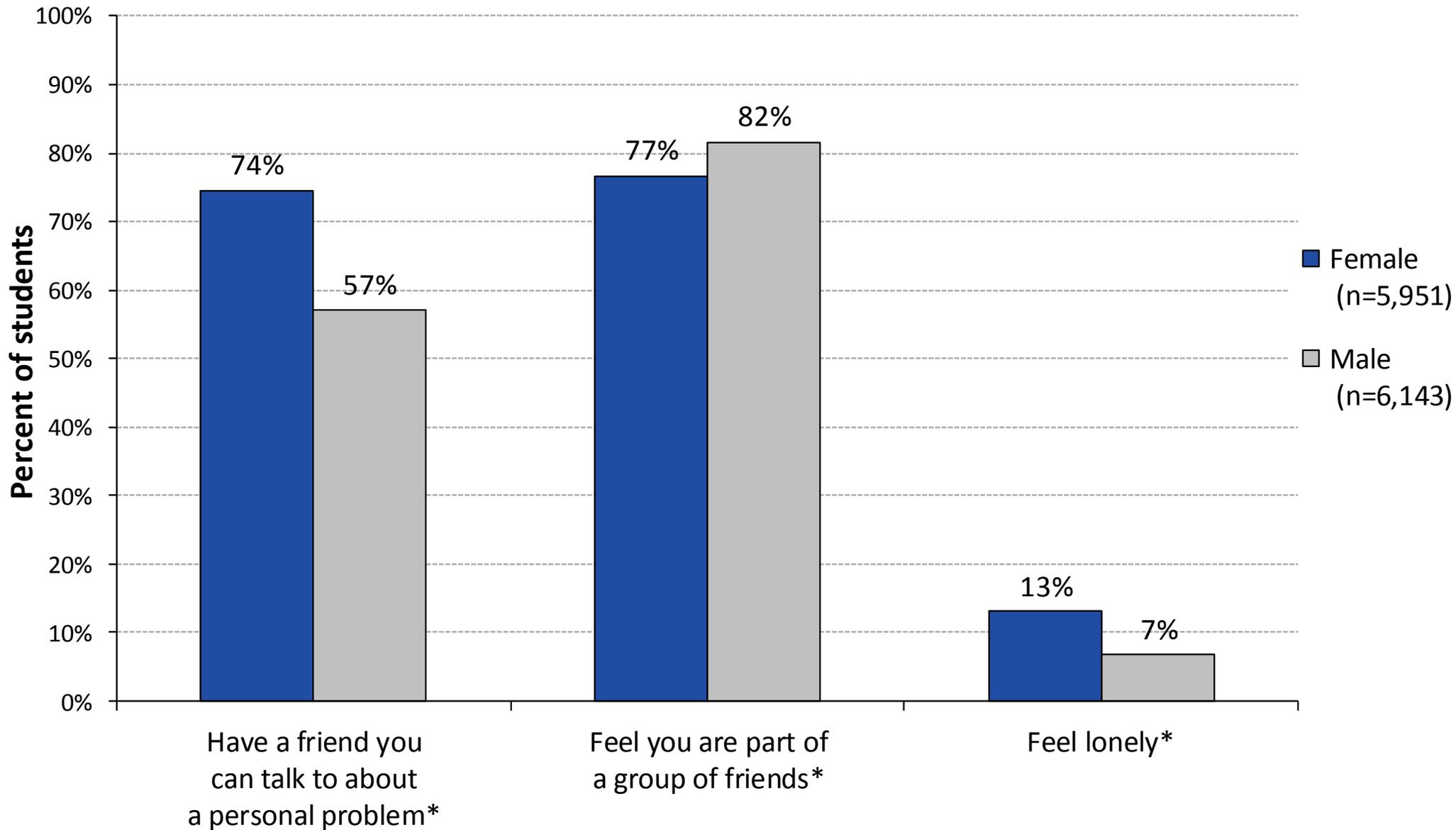
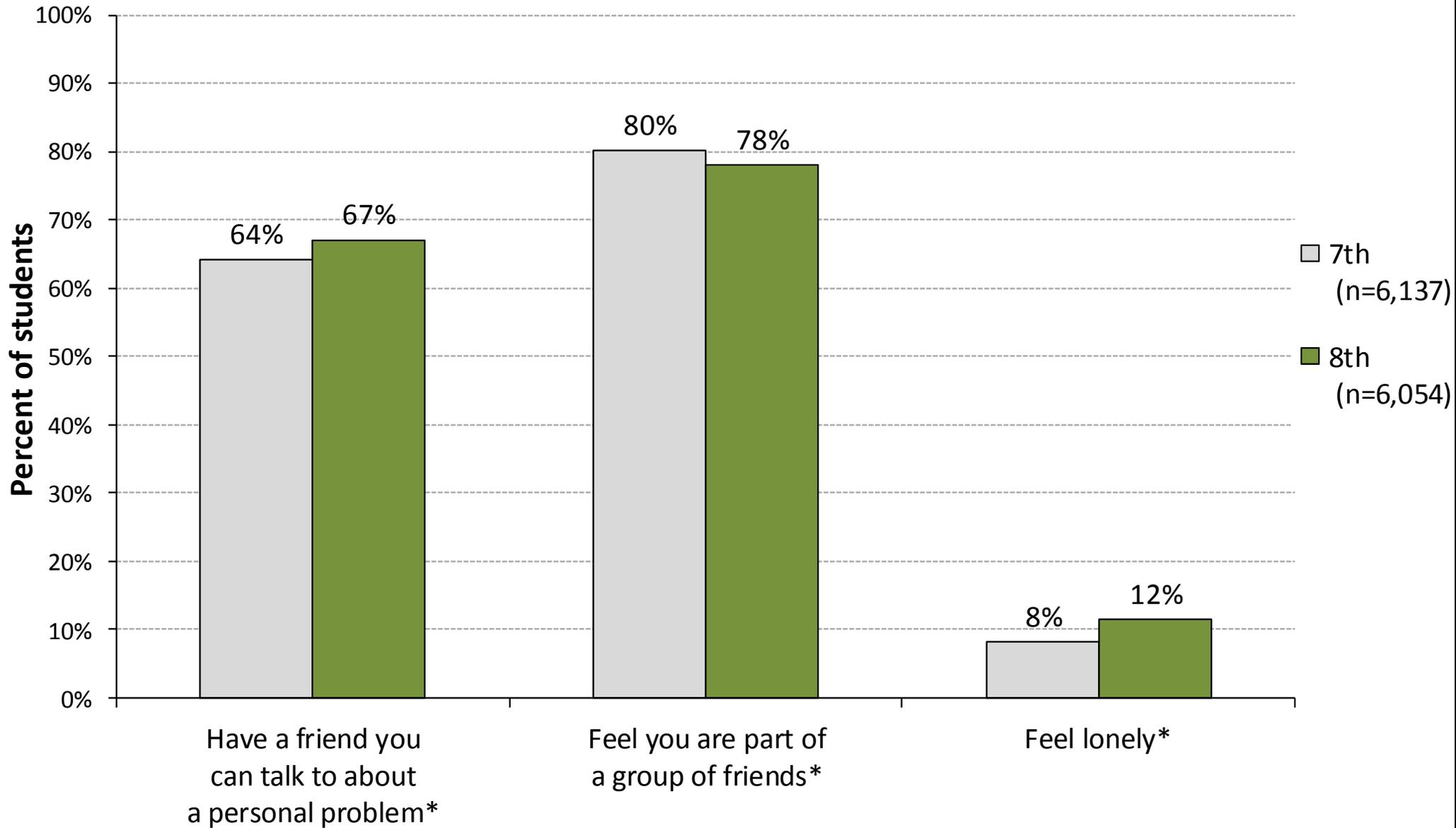


Figure 7-3A. Peer Support by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



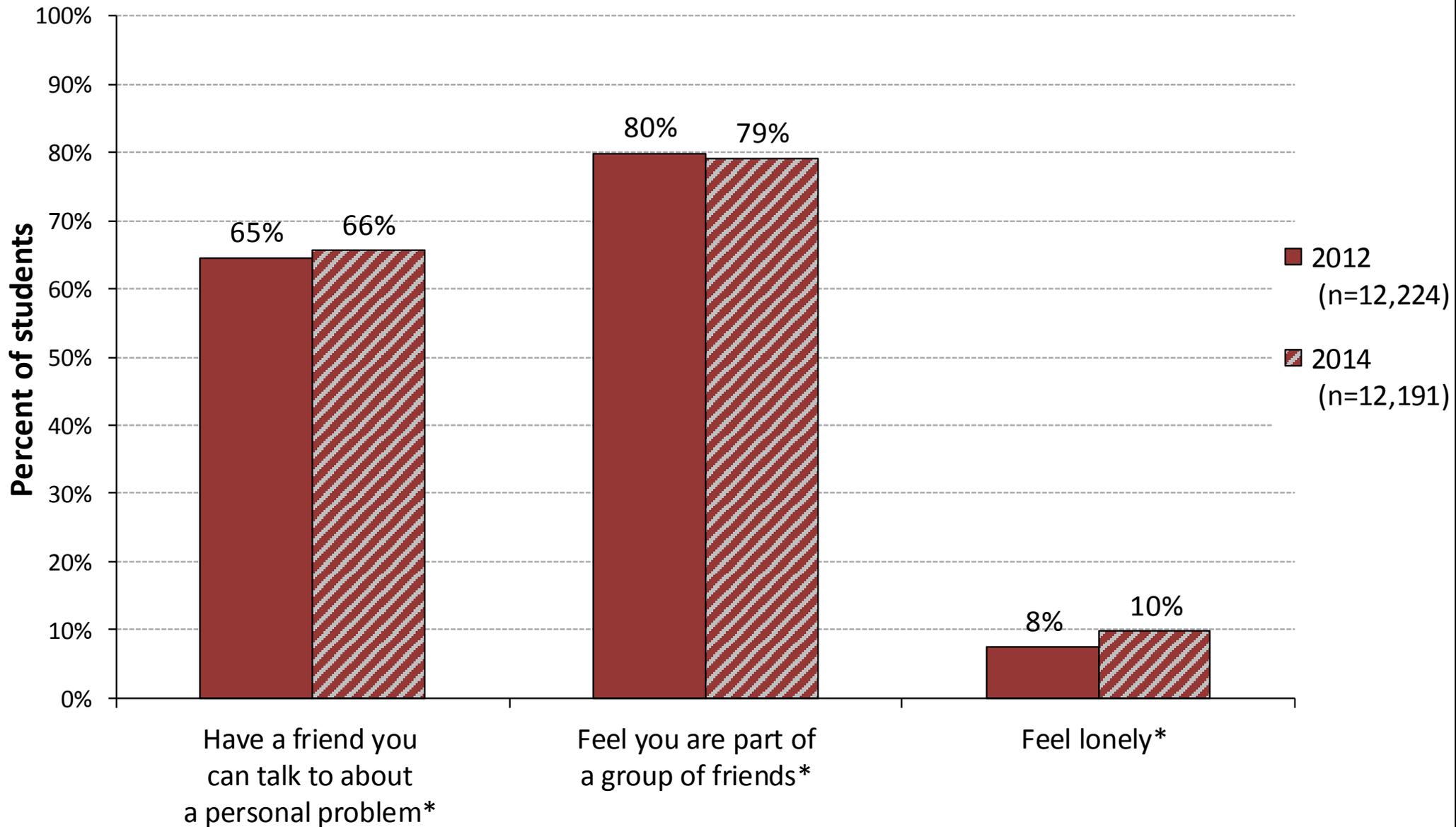
* Student responded "most of the time" or "all of the time"

Figure 7-3B. Peer Support by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



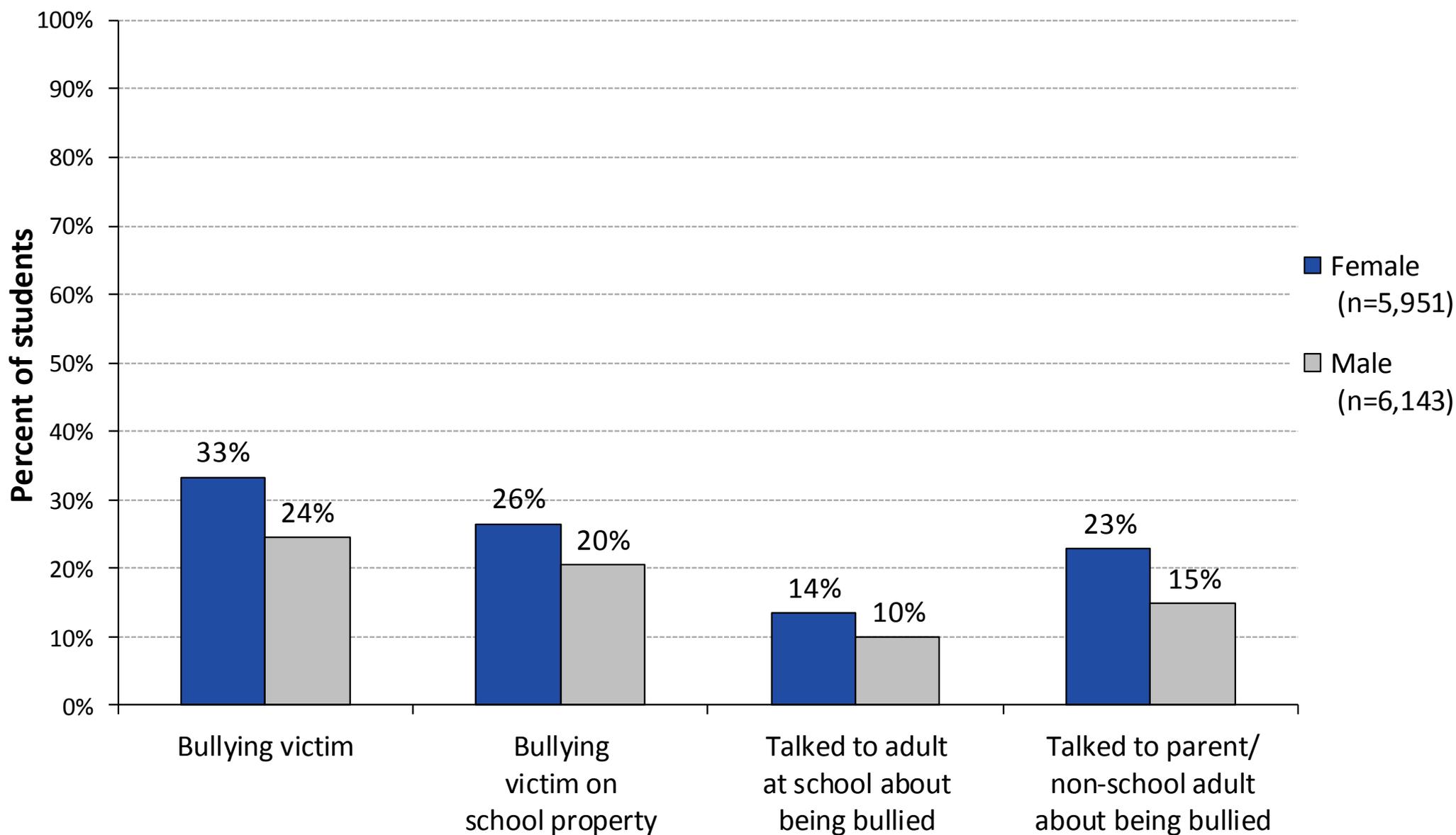
* Student responded "most of the time" or "all of the time"

Figure 7-3C. Trends in Peer Support, 2012-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



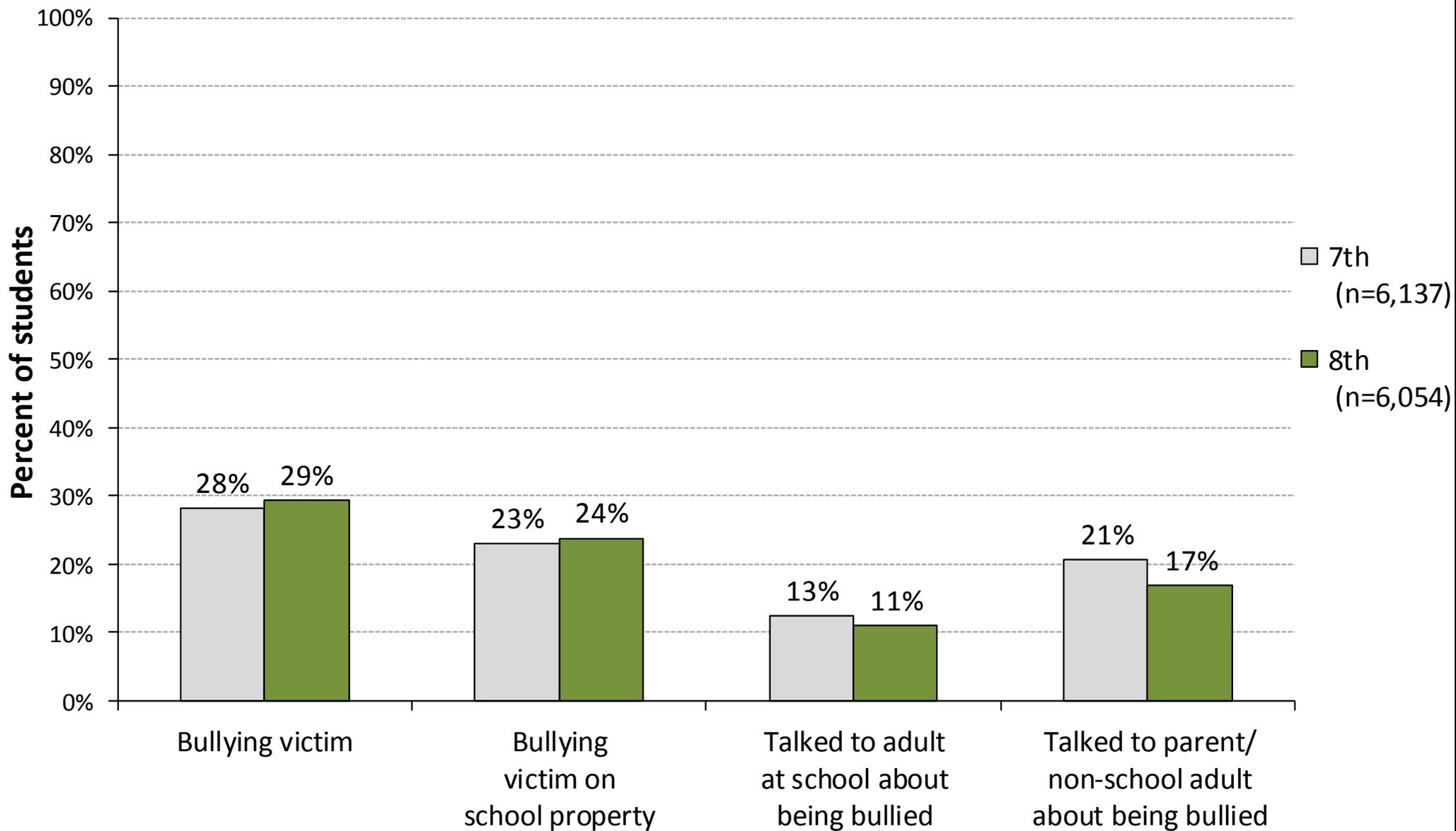
* Student responded "most of the time" or "all of the time"

Figure 7-4A. Bullying and Adult Support* by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 7-4B. Bullying and Adult Support* by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

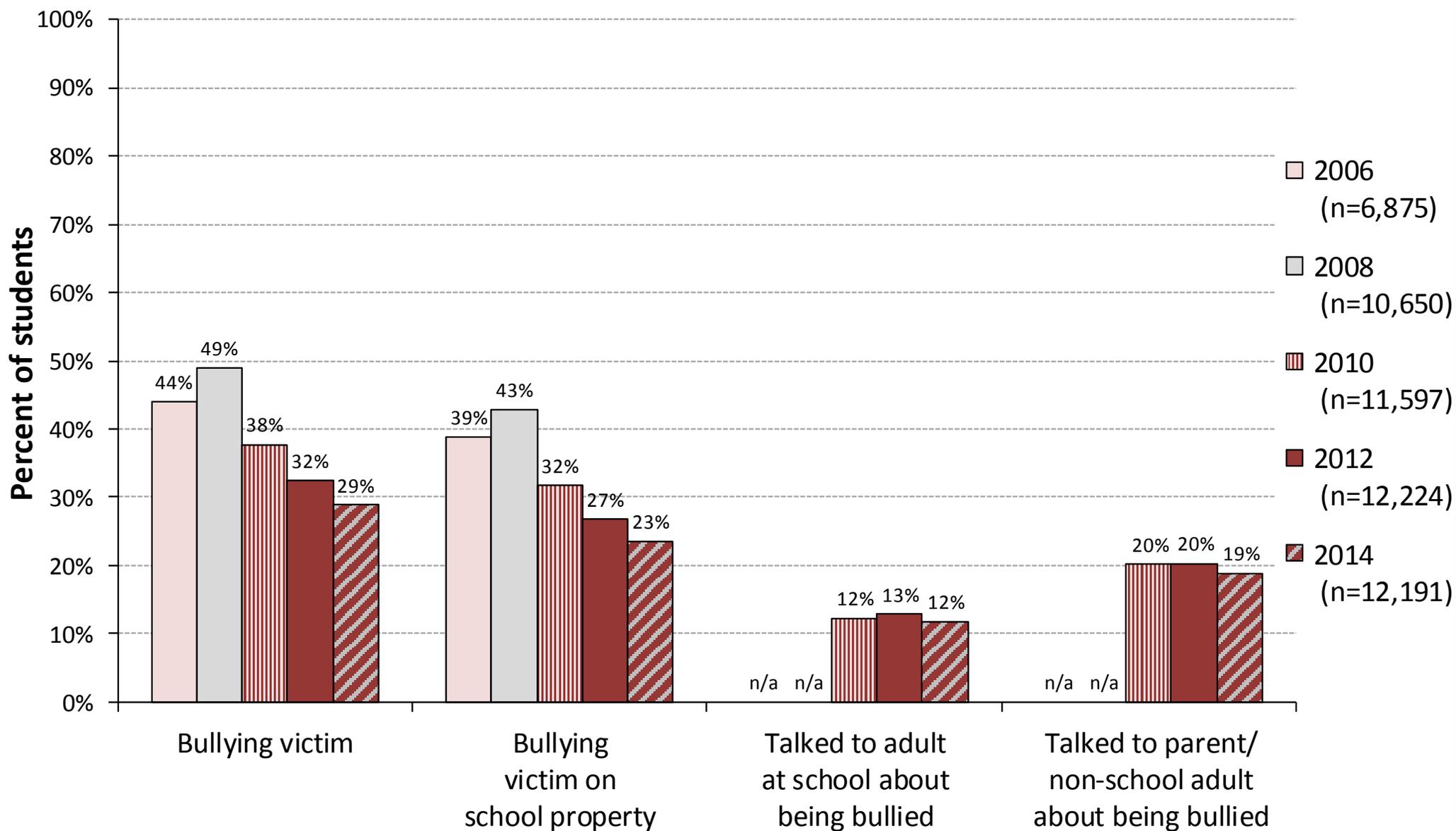


* In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 7-4C. Trends in Bullying and Adult Support,* 2006-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

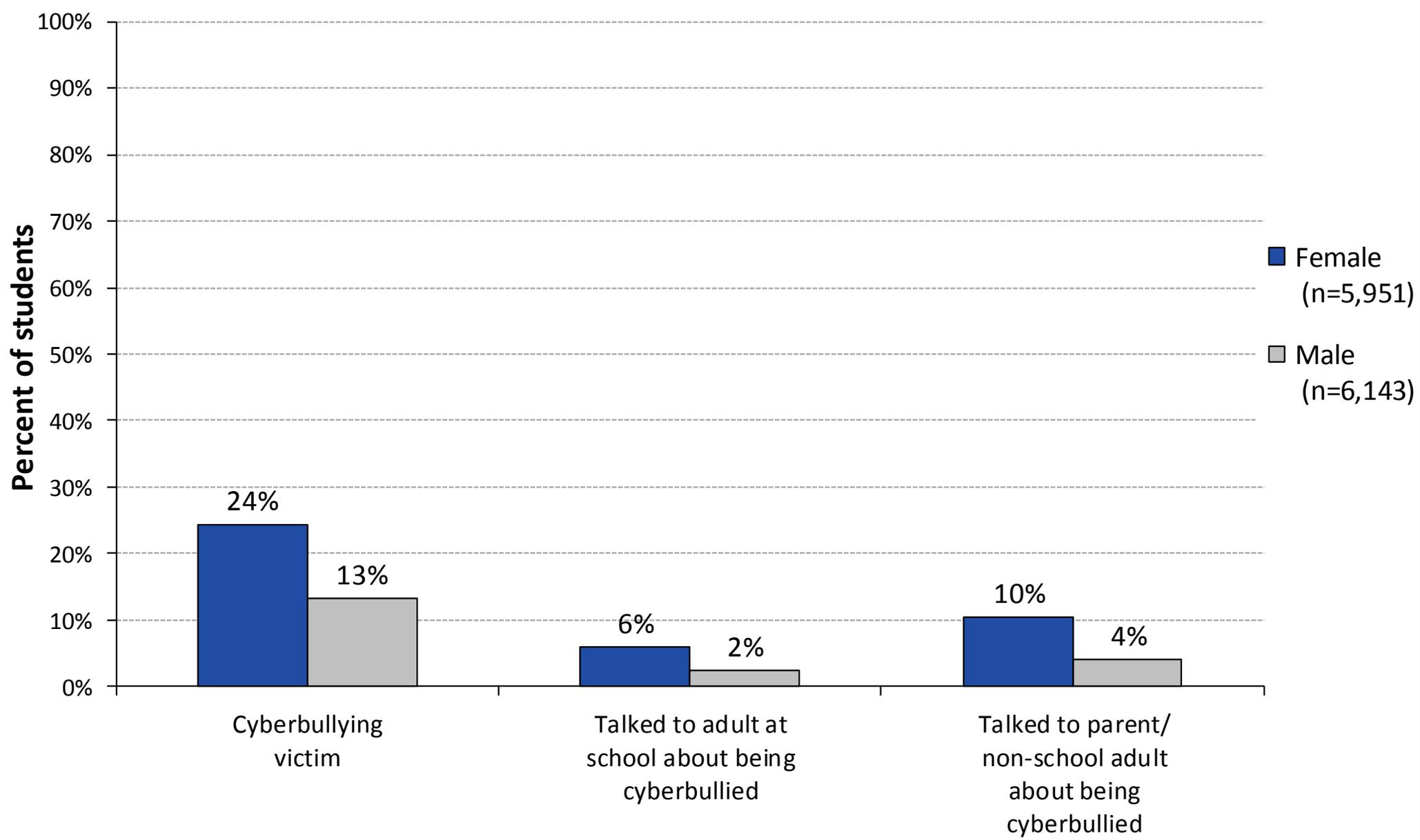


* In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 7-5A. Cyberbullying and Adult Support* by Gender, 2014

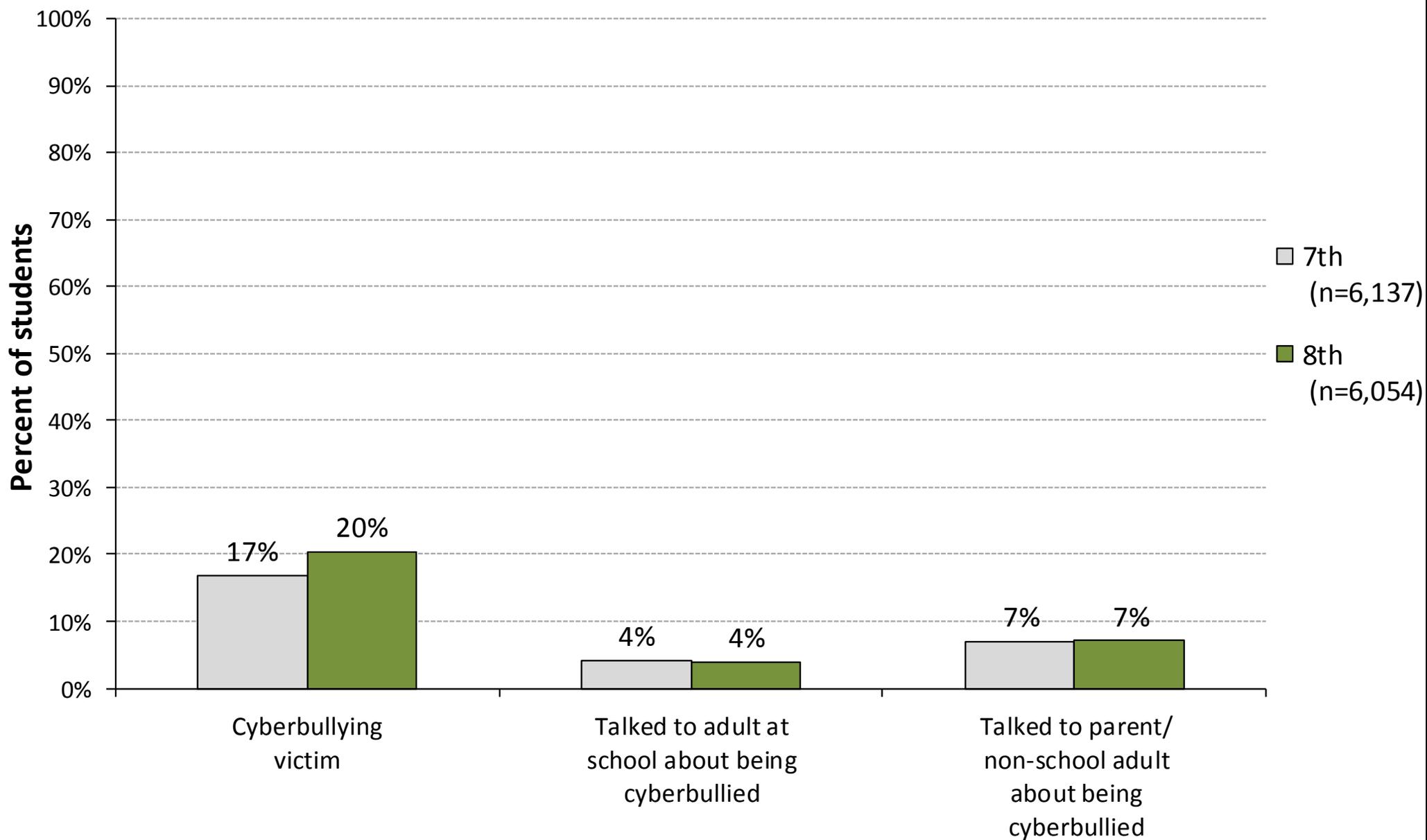
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.

Figure 7-5B. Cyberbullying and Adult Support* by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

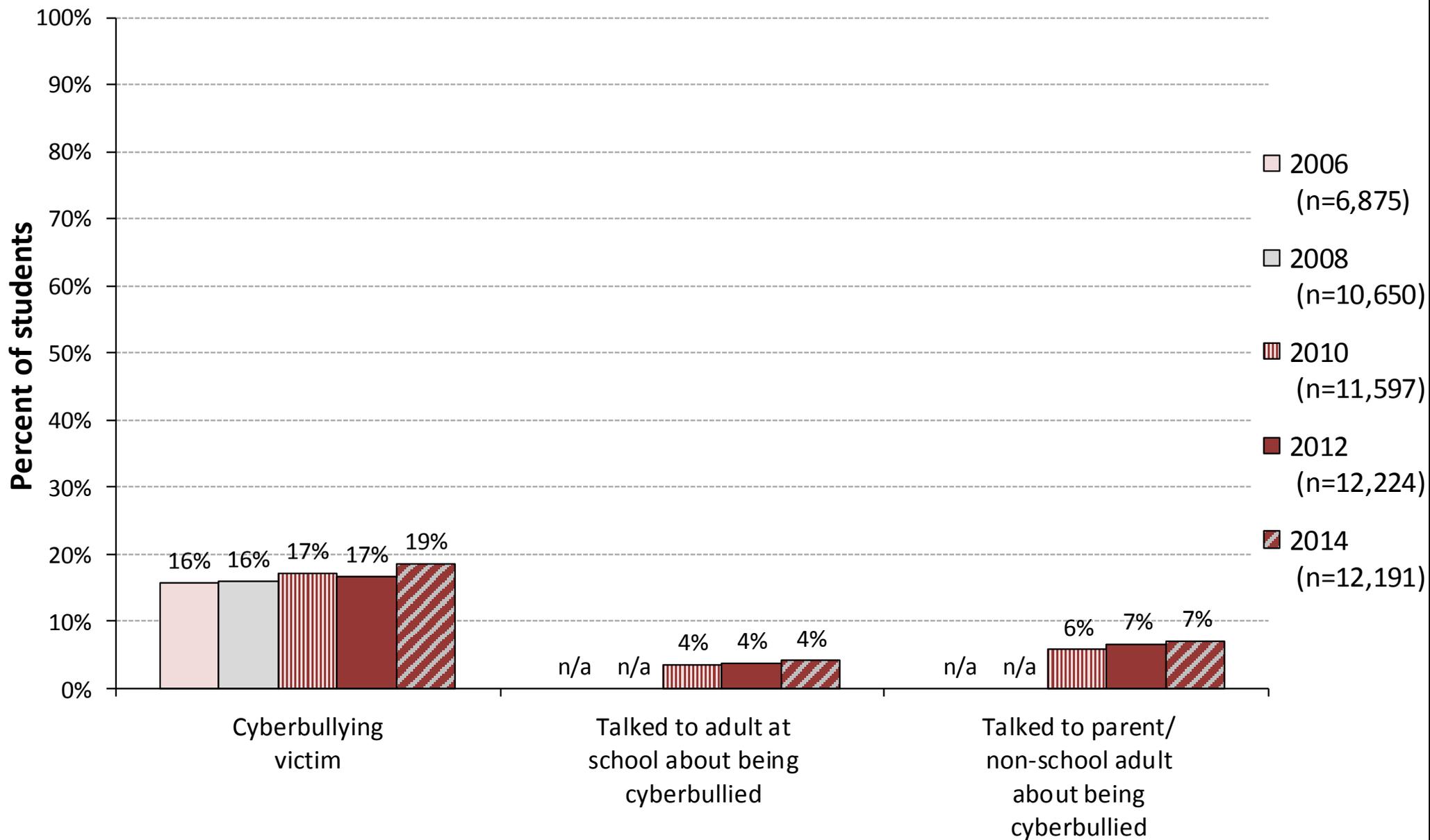


* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.

Figure 7-5C. Trends in Cyberbullying and Adult Support,* 2006-2014

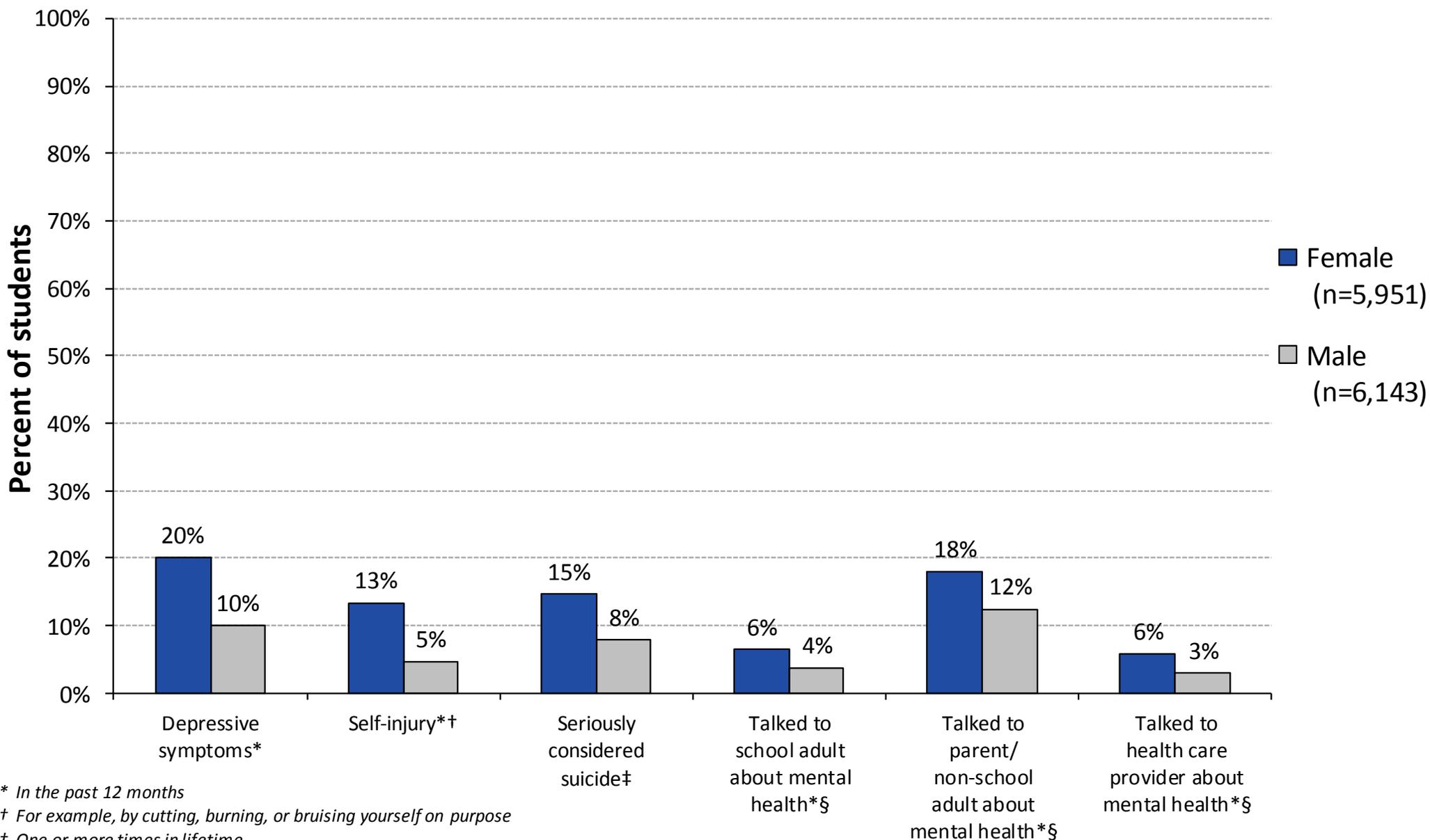
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.

Figure 7-6A. Mental Health and Adult Support by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months

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

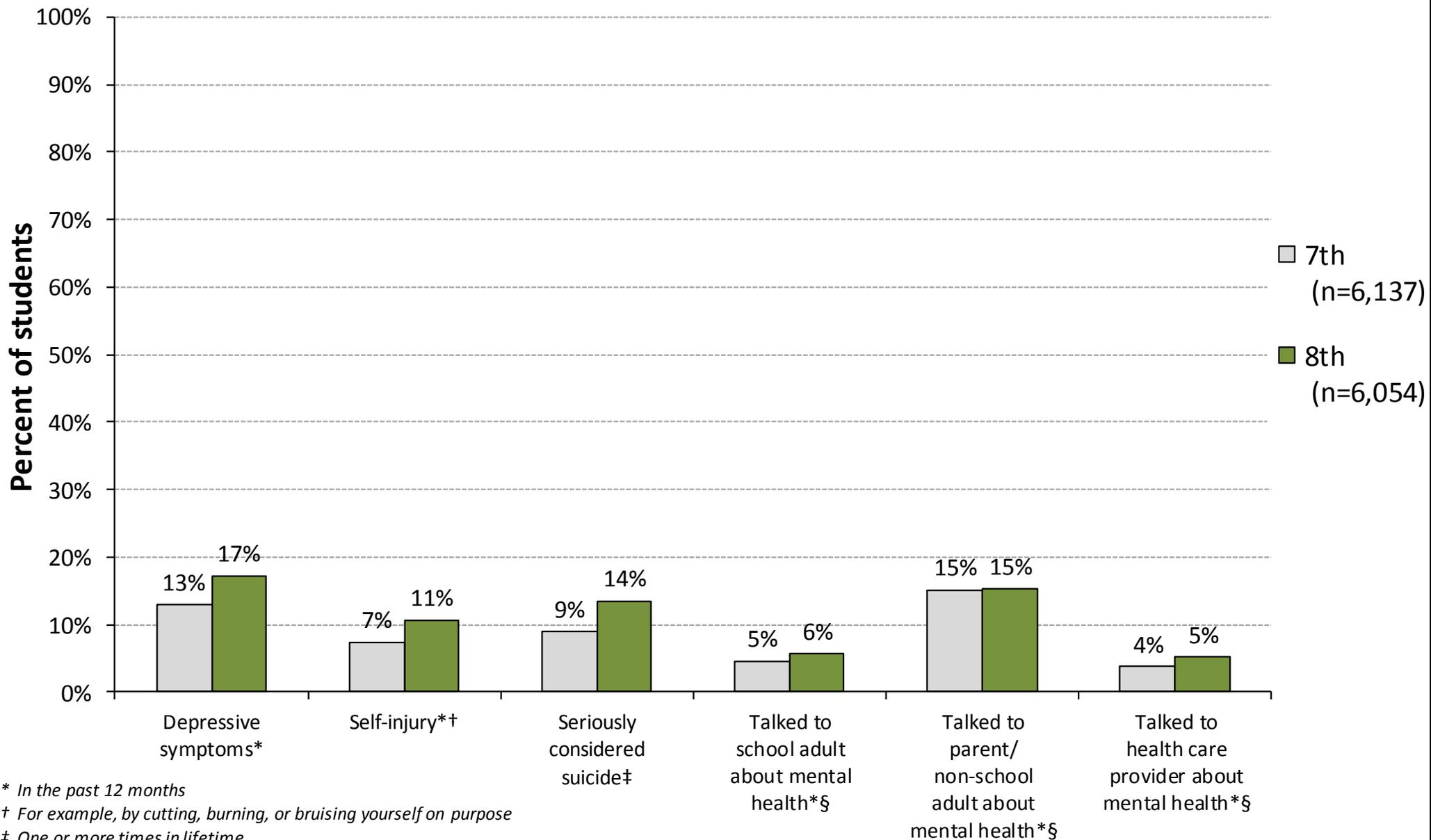
‡ One or more times in lifetime

§ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 7-6B. Mental Health and Adult Support by Grade, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



* In the past 12 months

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

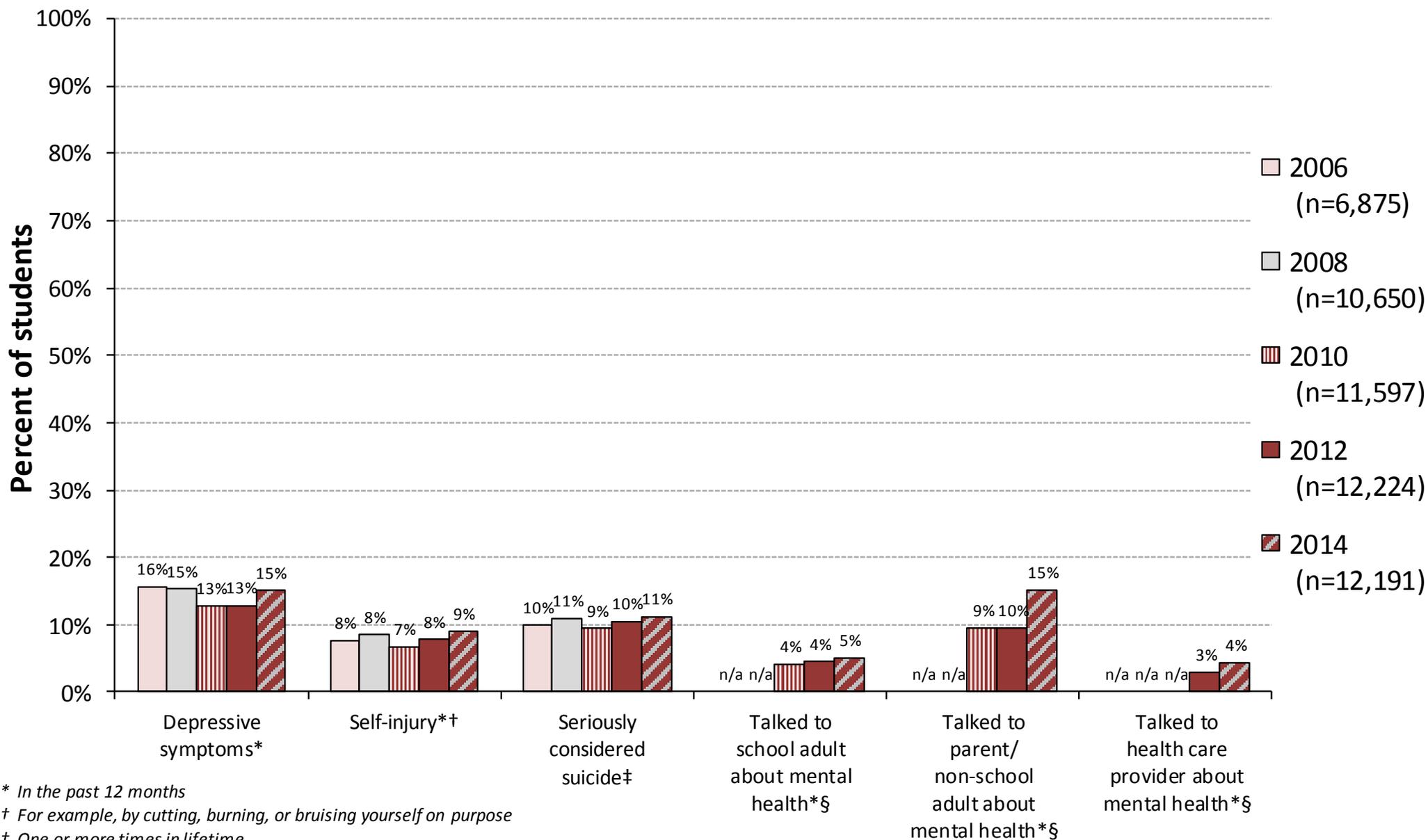
‡ One or more times in lifetime

§ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 7-6C. Mental Health and Adult Support, 2006-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



* In the past 12 months

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

‡ One or more times in lifetime

§ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 8-1A. Substance Use on School Property by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

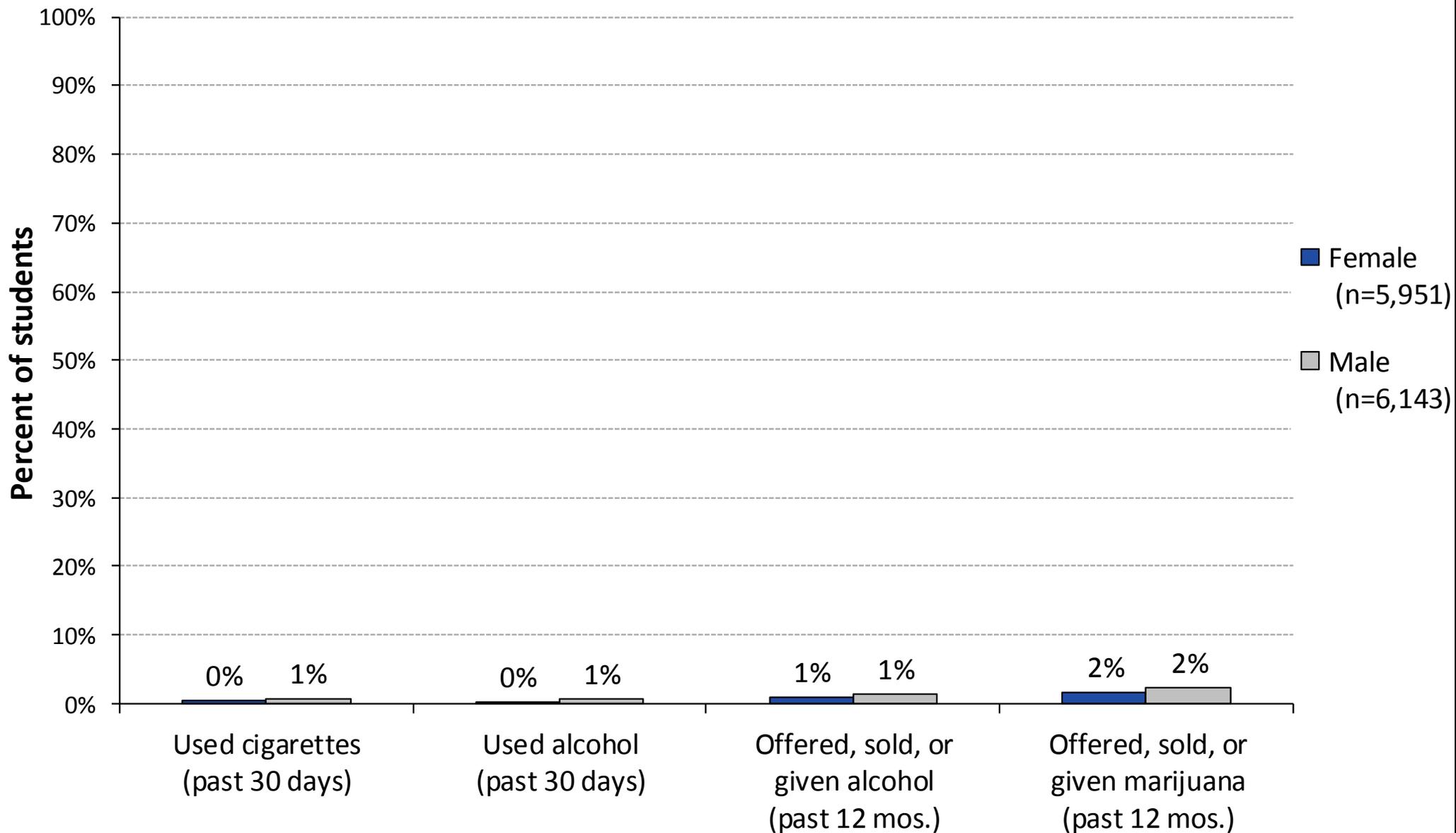


Figure 8-1B. Substance Use on School Property by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

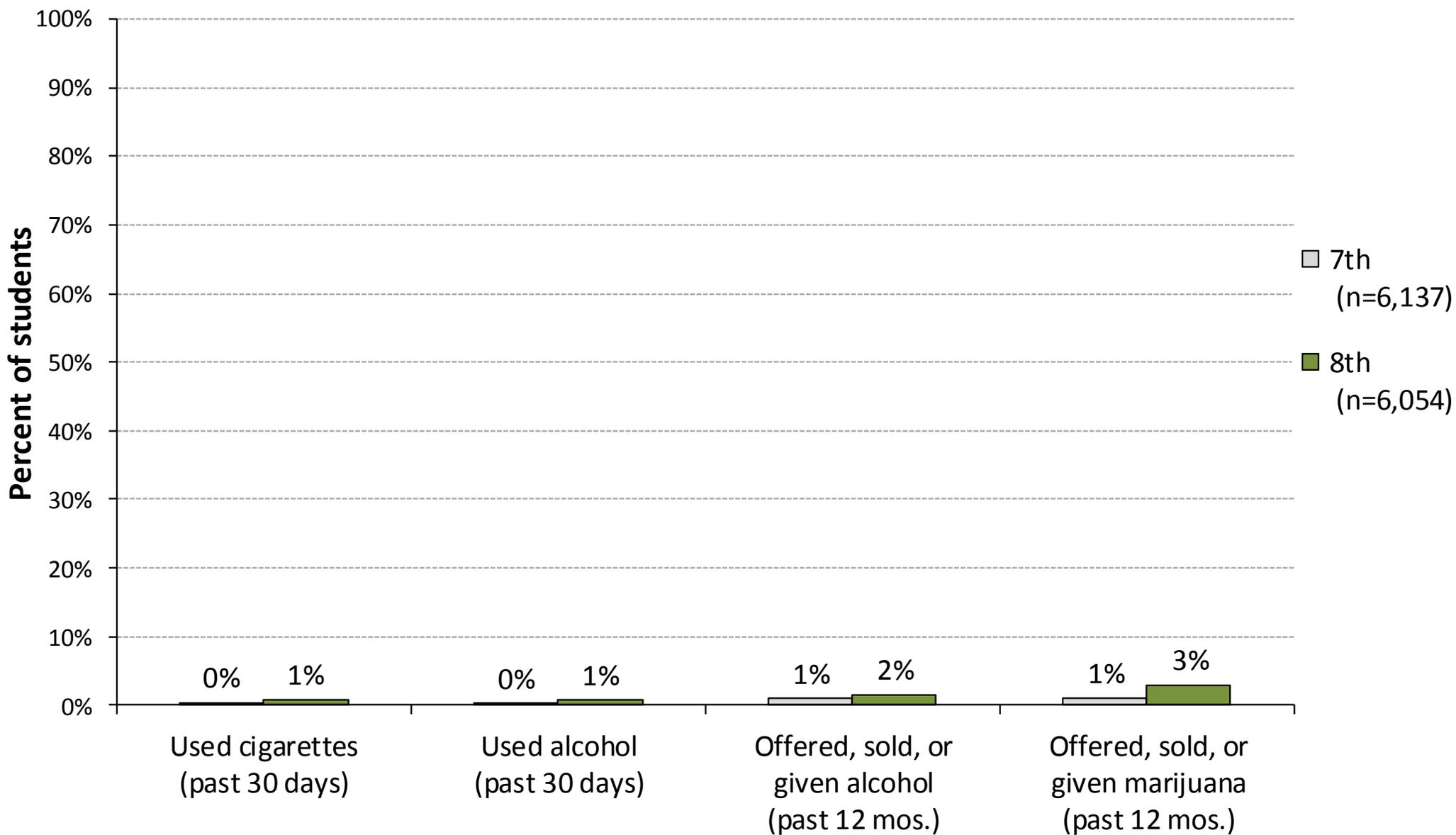


Figure 8-1C. Trends in Substance Use on School Property, 2006-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

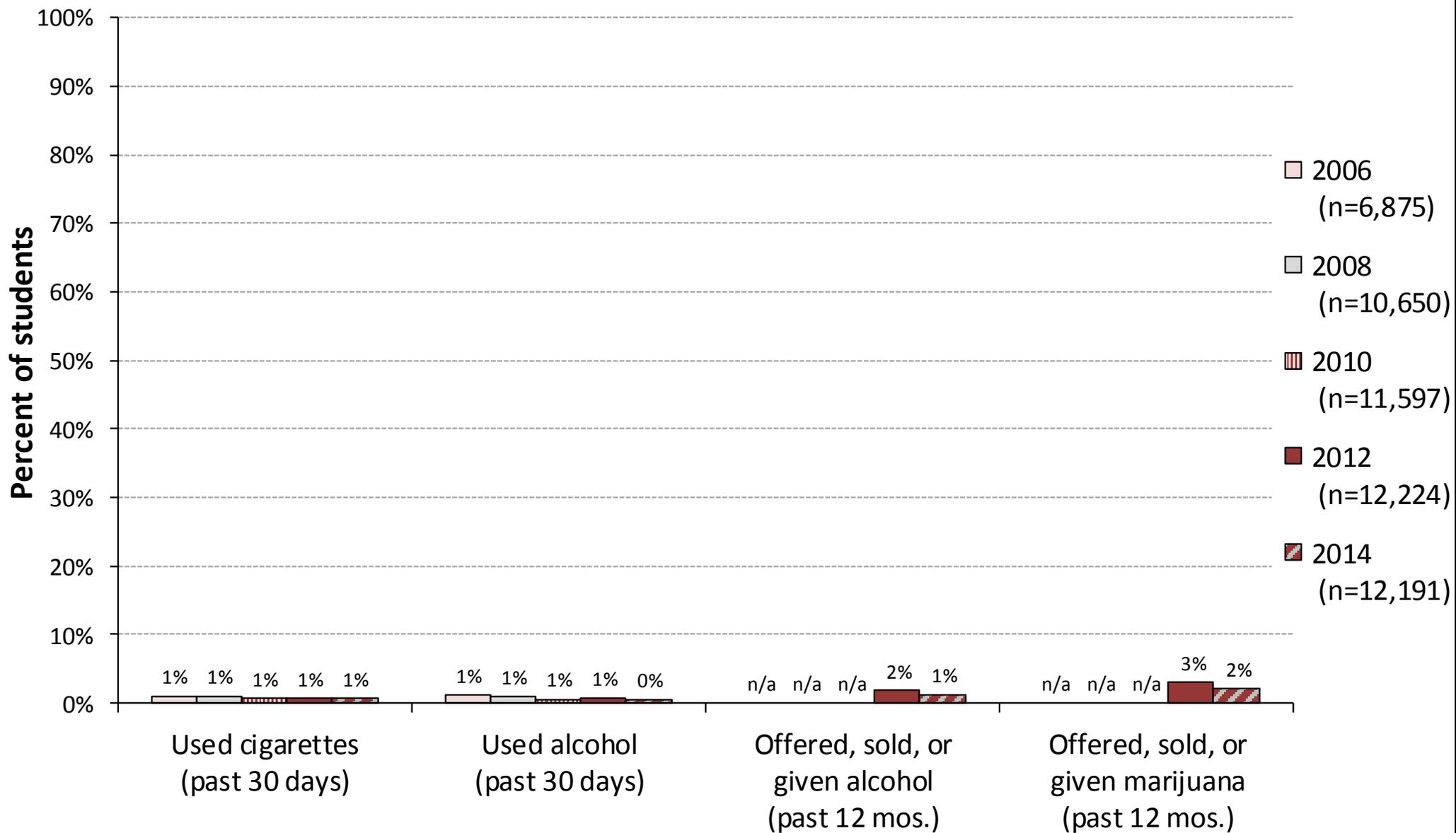
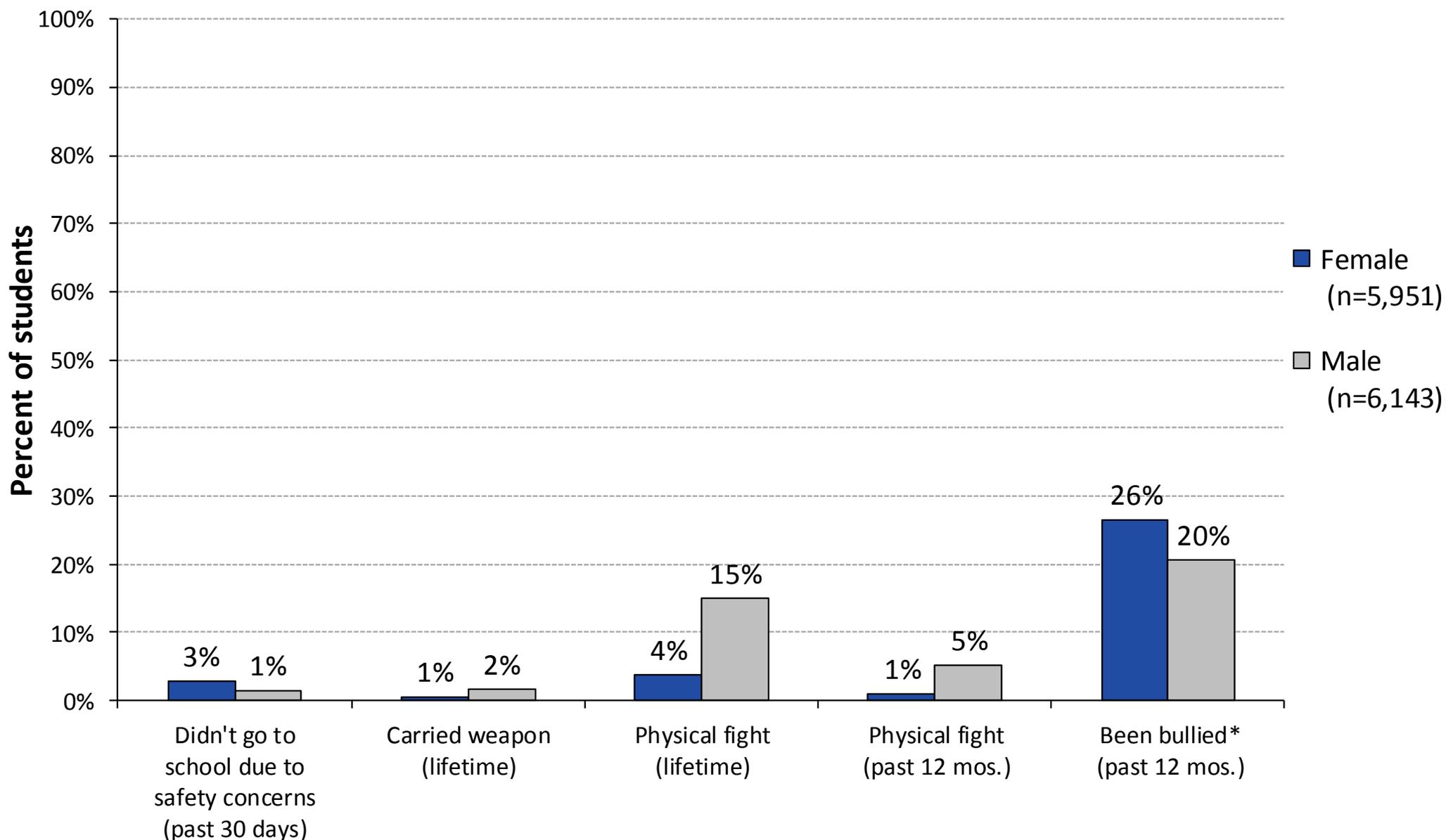


Figure 8-2A. Violence and Bullying* on School Property by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

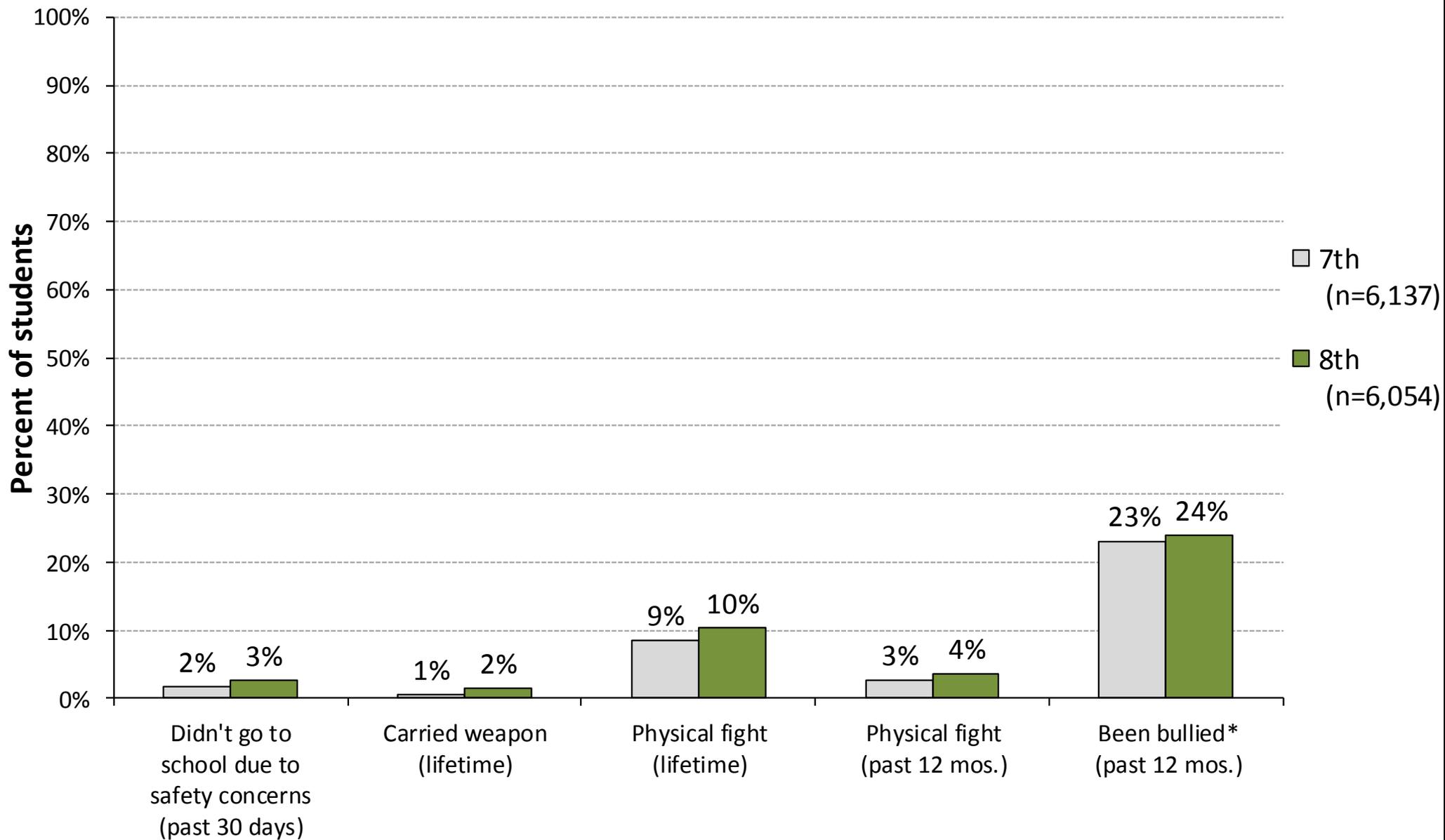


* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-2B. Violence and Bullying* on School Property by Grade, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

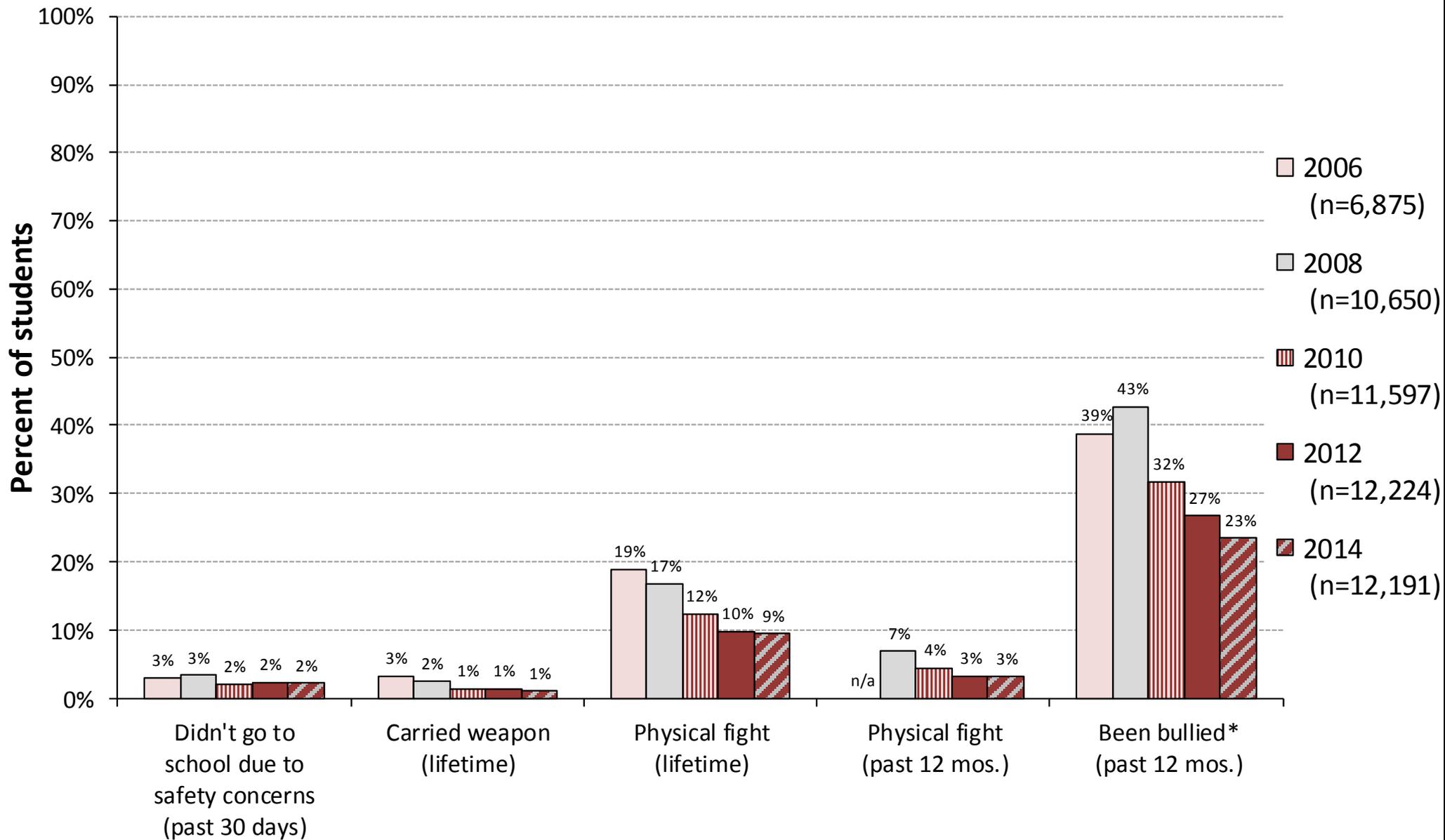


* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-2C. Trends in Violence and Bullying* on School Property, 2006-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

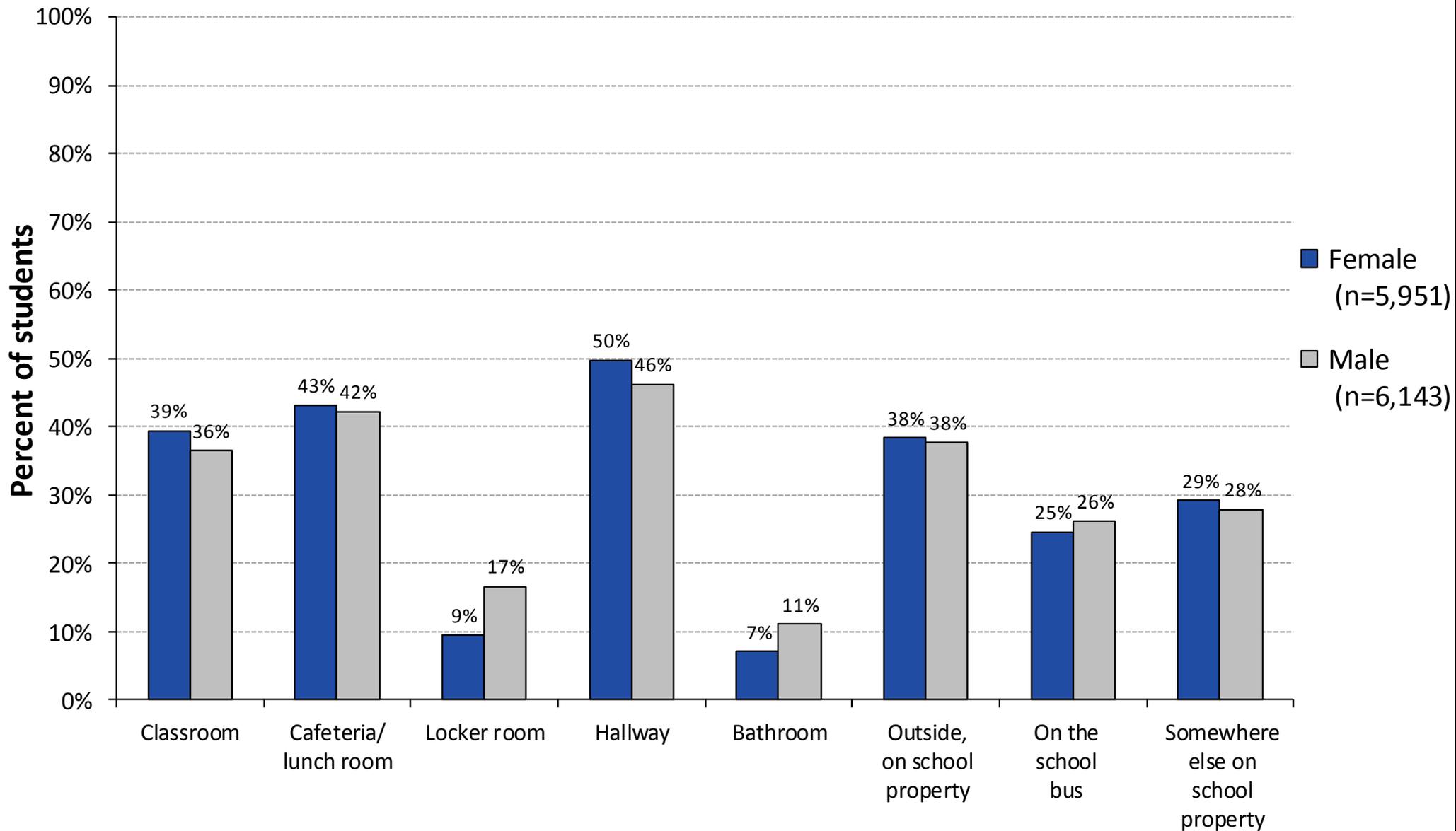


* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-3A. Locations of Bullying* on School Property by Gender, 2014

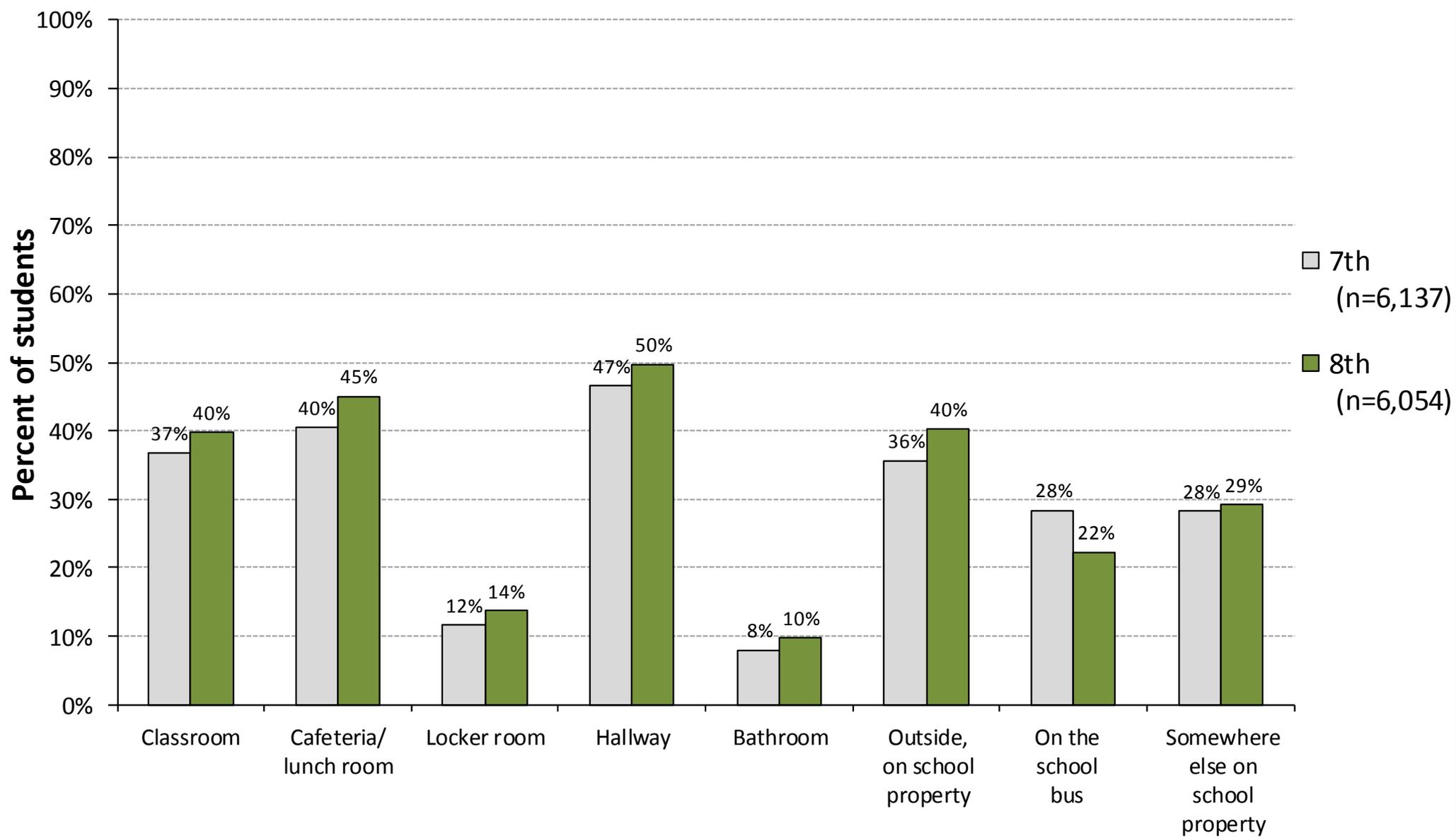
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-3B. Locations of Bullying* on School Property by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

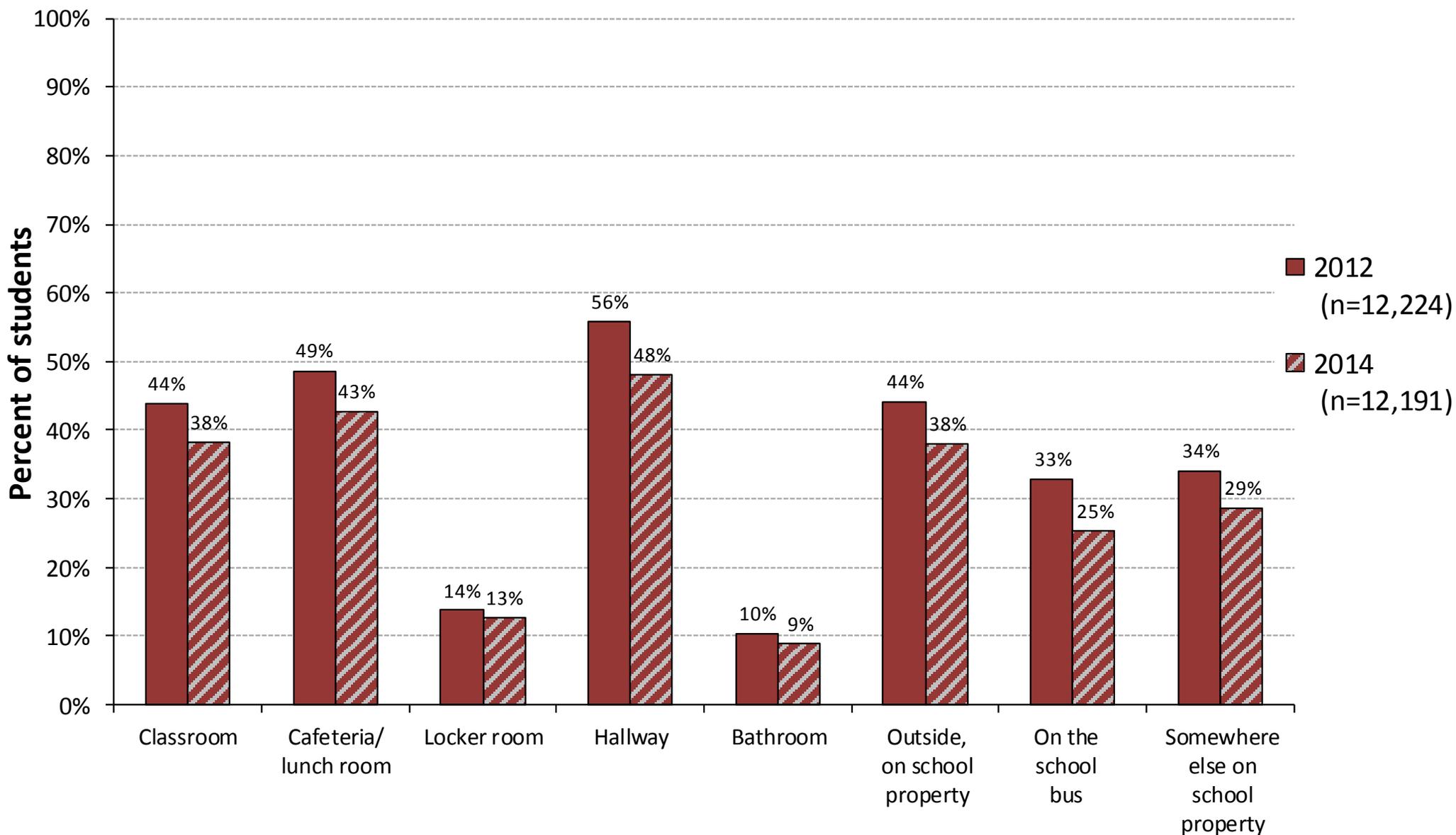


* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-3C. Locations of Bullying* on School Property, 2012-2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

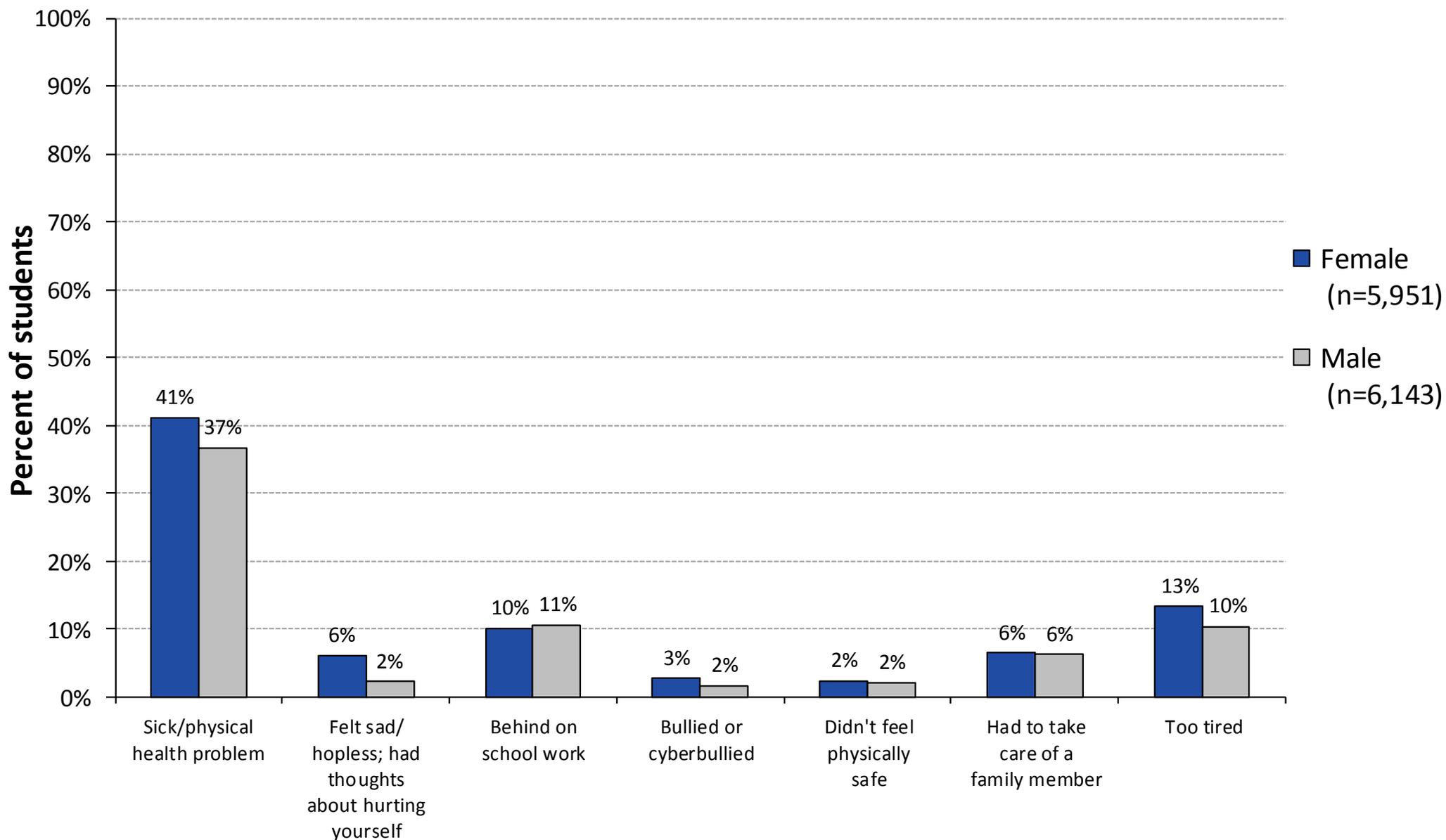


* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-4A. Reasons for School Absences* by Gender, 2014

MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

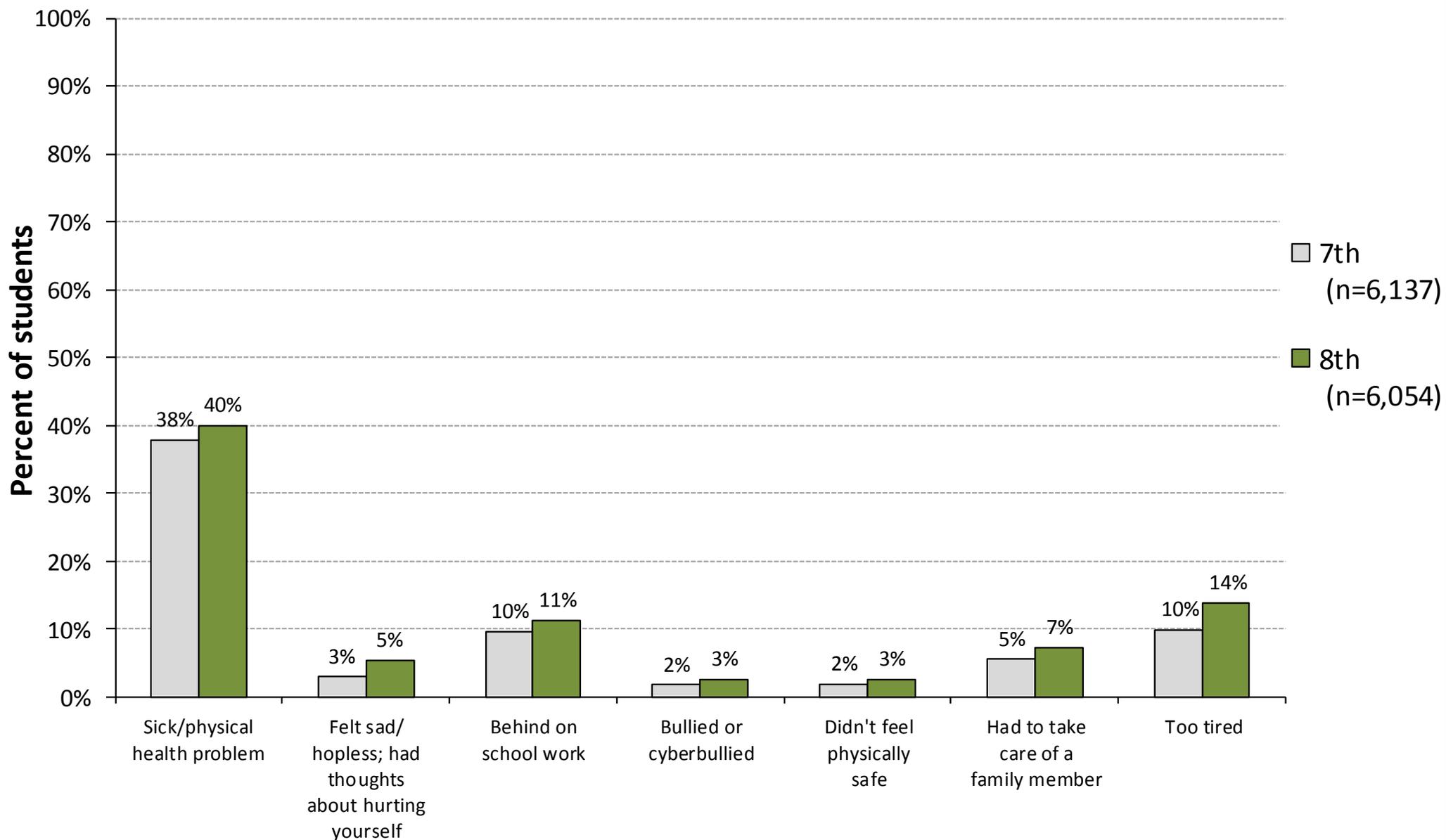


* Absent or missed part of the school day on one or more of the past 30 days

Figure 8-4B. Reasons for School Absences* by Grade, 2014

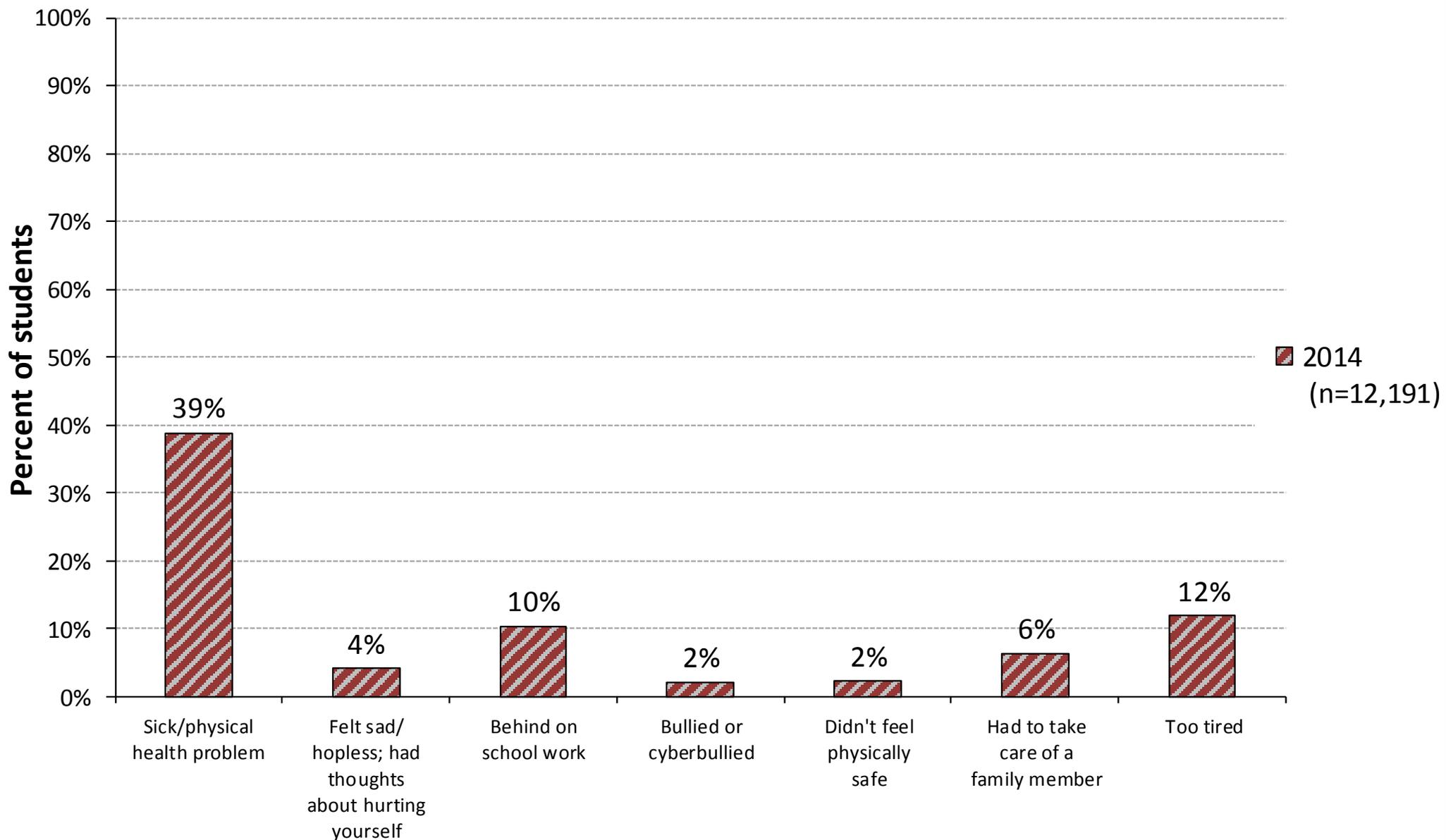
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey



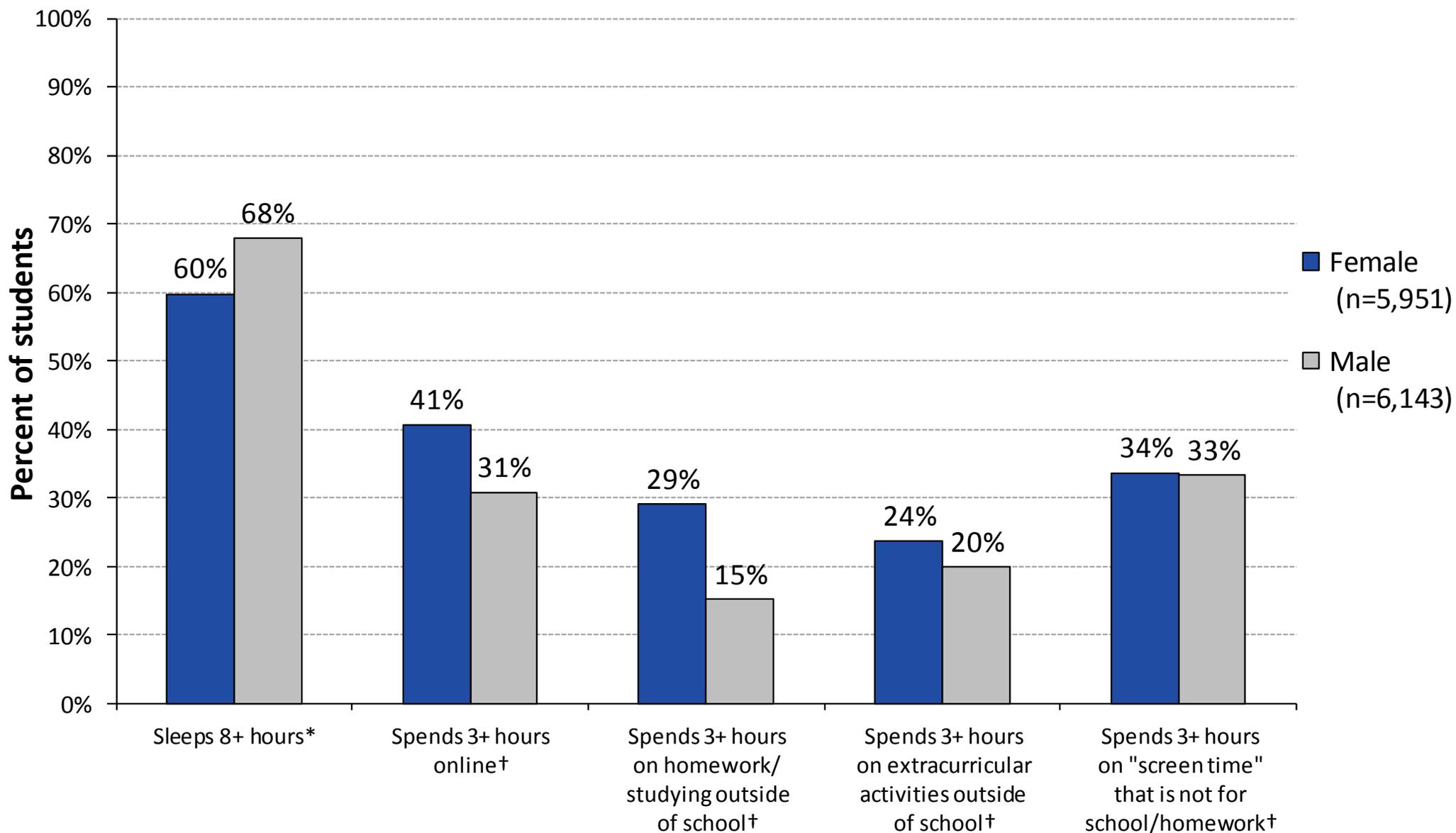
* Absent or missed part of the school day on one or more of the past 30 days

Figure 8-4C. Reasons for School Absences,* 2014 MetroWest Region Middle School Students (Grades 7-8) *MetroWest Adolescent Health Survey*



* Absent or missed part of the school day on one or more of the past 30 days

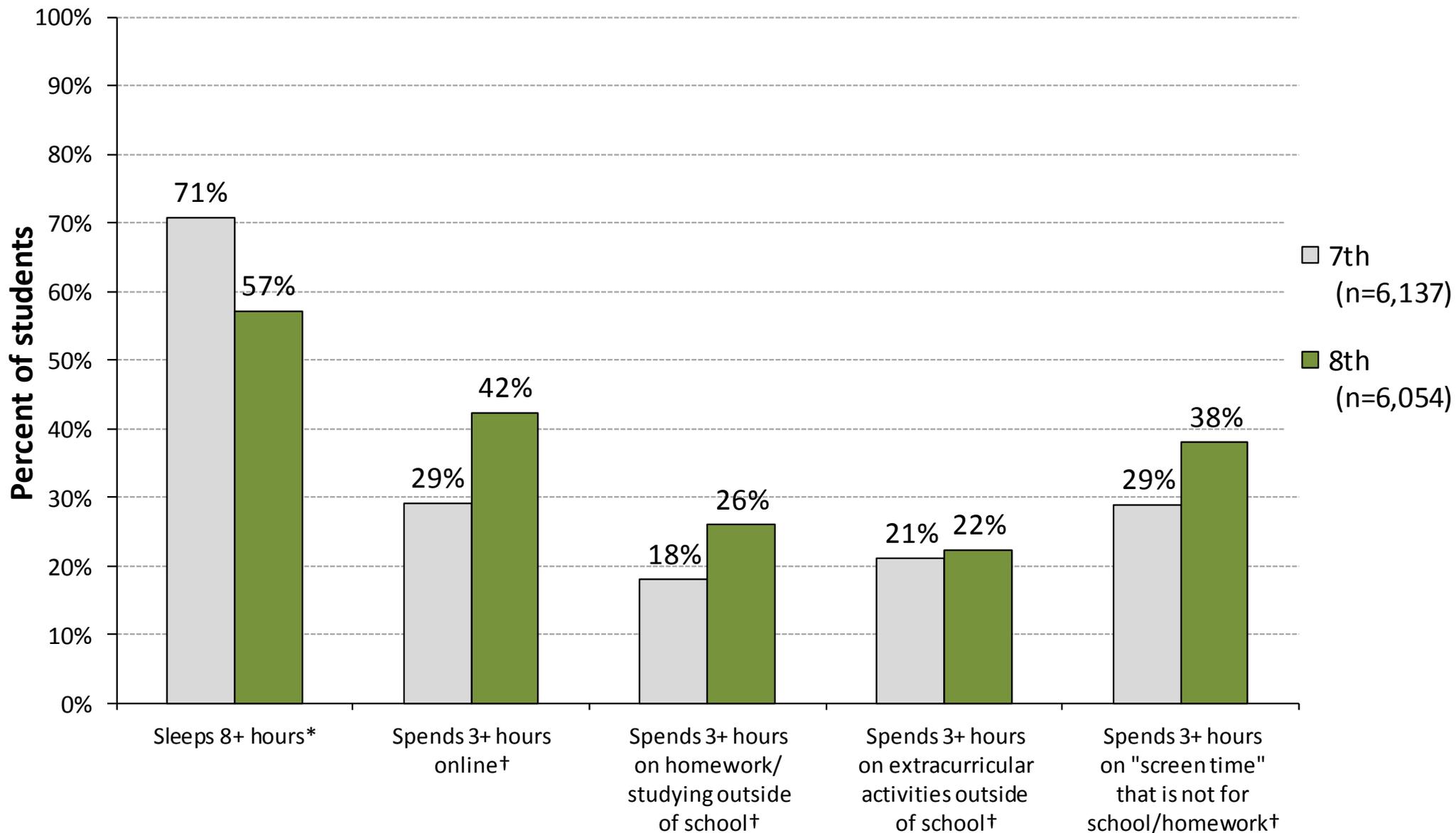
Figure 9-1A. Sleep and Other Activities by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



* On an average school night

† On an average school day

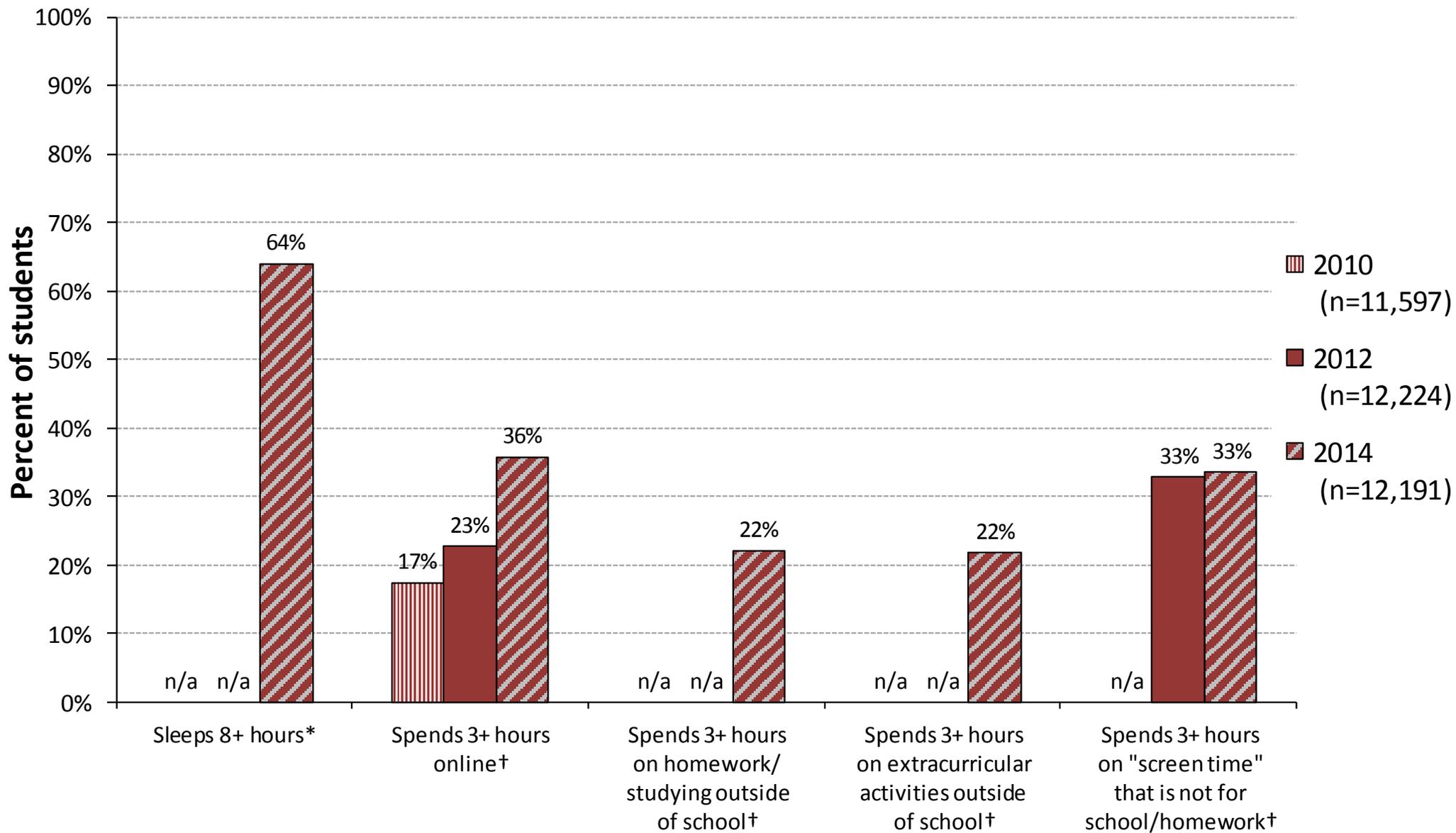
Figure 9-1B. Sleep and Other Activities by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



* On an average school night

† On an average school day

Figure 9-1C. Sleep and Other Activities, 2010-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey



* On an average school night

† On an average school day