

# Highlights from the MetroWest Adolescent Health Survey

*Informing data-driven school and community health policies and practices*

2016 | Needham High School

GRADES 9-12



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# Highlights from the 2016 MetroWest Adolescent Health Survey

## Needham High School

### Background and Methodology

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The 2016 MetroWest Adolescent Health Survey (MWAHS) marks the beginning of a new decade in 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. Needham High School has participated in the MWAHS since 2006.

The 2016 high school survey was administered to a census of students in grades 9 through 12 in all 26 high schools in the region served by the MetroWest Health Foundation. In total, 24,385 high school students in the region participated in this voluntary and anonymous survey. At Needham High School, 1,487 students in grades 9 through 12 participated in the 2016 MWAHS, representing 90% of students.

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.

Findings from the MWAHS are used by schools and communities to improve health education, inform prevention efforts, and set priorities for achieving a healthier youth population. Highlights from your district's data in the areas of substance use, violence, bullying, unintentional injury, mental health, sexual behavior, physical activity, and protective factors are provided.

## Key Findings: Substance Use

### Cigarette Smoking and Use of Electronic Cigarettes

- 2016 Patterns** » **13% of students have smoked a cigarette in their lifetime, and 5% smoked recently (in the past 30 days).**
- » Males are more likely than females to smoke in their lifetime (16% compared with 11%) and in the past 30 days (8% compared with 2%).
  - » Initiation of smoking increases from 7% in 9<sup>th</sup> grade to 23% in 12<sup>th</sup> grade.
  - » 26% of youth have used an electronic cigarette or other electronic vapor product in their lifetime, and 16% used electronic cigarettes in the past 30 days. More males than females have used electronic cigarettes in their lifetime (31% vs. 21%), and by 12<sup>th</sup> grade, 35% of all students have used electronic cigarettes.
- 2006-2016 Trends** » **Many fewer youth are smoking cigarettes: After decreasing from 29% in 2006 to 18% in 2010, lifetime smoking was similar over the next two surveys, and then decreased further to 13% in 2016.**
- » Following a similar trend, recent smoking is lower in 2016 (5%) compared with 2016 (13%).
  - » Cigarette smoking has decreased substantially among both males and females since 2006.
  - » Lifetime use of electronic cigarettes or other electronic vapor products is lower in 2016 (26%) compared with 2014 (29%), when data on electronic cigarette use was first collected.
  - » In the MetroWest region, reports of cigarette smoking have declined consistently since 2006.

### Alcohol Use

- 2016 Patterns** » **49% of students drank alcohol in their lifetime, and 32% drank in the past 30 days.**
- » 19% of youth report recent binge drinking (defined as consuming 4 or more drinks in a row for females, or 5 or more drinks in a row for males in the past 30 days).
  - » Lifetime and current alcohol use are similar among females and males.
  - » Reports of binge drinking are lower among females (17%) than males (22%); this does not take into account body weight or other factors that influence intoxication levels.
  - » Alcohol use increases substantially by grade: Current drinking increases from 18% in 9<sup>th</sup> grade to 50% in 12<sup>th</sup> grade, and binge drinking increases from 8% to 35%.
- 2006-2016 Trends** » **Alcohol use in high school has declined substantially: From 2006 to 2016, lifetime use decreased from 66% to 49%, and current use decreased from 45% to 32%.**
- » Binge drinking also decreased during this time, from 28% to 19%.
  - » Drinking declined among both females and males. For example, lifetime drinking decreased from 67% in 2006 to 50% in 2016 among females, and from 66% to 48% among males.
  - » From 2006 to 2016, drinking also declined substantially in the MetroWest region.

## Marijuana Use

### **2016 Patterns** » **24% of youth have used marijuana in their lifetime, and 16% used marijuana in the past 30 days.**

- » Males are somewhat more likely than females to initiate marijuana use (25% compared with 22%) and report recent use (19% compared with 13%).
- » Marijuana use increases substantially by grade. For example, lifetime use increases from 10% in 9<sup>th</sup> grade to 45% in 12<sup>th</sup> grade. 28% of 12<sup>th</sup> grade students have used marijuana in the past 30 days.
- » 65% of youth report that marijuana is “fairly easy” or “very easy” to obtain.

### **2006-2016 Trends** » **Marijuana use has declined substantially: For example, lifetime marijuana use decreased from 35% in 2006 to 24% in 2016.**

- » During this time period, current marijuana use decreased from 25% to 16%.
- » There have been similar declines in marijuana use among females and males.
- » Marijuana use in the MetroWest region decreased from 2010 to 2016.

## Prescription Drug Misuse

### **2016 Patterns** » **5% of youth have misused prescription drugs in their lifetime (without a doctor’s prescription), and 3% have misused prescription drugs in the past 30 days.**

- » More males than females have misused prescription drugs in their lifetime (6% compared with 3%).
- » Lifetime prescription drug misuse increases from 9<sup>th</sup> grade (2%) to 12<sup>th</sup> grade (9%).
- » 4% of youth have misused prescription stimulants in their lifetime, and 2% have misused prescription opioids. Consistent with overall misuse of prescription drugs, nonmedical use of stimulants and opioids is higher among males than females.

### **2006-2016 Trends** » **Lifetime prescription drug misuse decreased from 11% in 2006 to 5% in 2016.**

- » Reports of prescription drug misuse decreased from 10% in 2006 to 3% in 2016 among females, and from 11% to 6% among males.
- » There has also been a substantial decrease in prescription drug misuse in the region since 2006.

# Key Findings: Violence

## Physical Fighting

**2016 Patterns** » **14% of youth have been in a physical fight in the past 12 months, and 3% have been in a fight on school property.**

- » Many more males than females report fighting (22% compared with 5%) and fighting on school property (6% compared with less than 1%).
- » Reports of physical fighting are higher in 9<sup>th</sup> grade (17%) than in 10<sup>th</sup>-12<sup>th</sup> grades (12-13%).

**2006-2016 Trends** » **Reports of fighting in the past 12 months decreased from 20% in 2006 to 13% in 2012, and then remained similar at 14% in 2014 and 2016.**

- » From 2006 to 2016, reports of fighting on school property decreased steadily from 7% to 3%.
- » There were notable decreases in fighting among both males and females: From 2006 to 2016, fighting decreased from 29% to 22% among males, and from 11% to 5% among females.
- » In the MetroWest region, physical fighting has decreased steadily since 2006, both in general and on school property.

## Weapon Carrying

**2016 Patterns** » **6% of youth carried a weapon in the past 30 days, and 2% carried a weapon on school property.**

- » Consistent with gender patterns for fighting, more males (9%) than females (2%) report carrying weapons.
- » Reports of weapon carrying range from 4-7% by grade.
- » 4% of youth were threatened or injured with a weapon in the past 12 months, and 3% were threatened or injured with a weapon on school property.

**2006-2016 Trends** » **Weapon carrying has remained similar from 2006 to 2016 at 4-6%.**

- » Reports of weapon carrying on school property were also steady at 2-3% during this time.
- » However, there was a decline in reports of weapons-related threats and injuries, from 7% in 2006 to 4% in 2016.
- » In the MetroWest region, weapon carrying has not changed substantially since the MWAHS began, but weapons-related threats and injuries have declined slightly.

## Key Findings: Bullying and Cyberbullying

### Bullying

**2016 Patterns** » **19% of high school youth have been bullied in the past 12 months, and 15% have been bullied on school property. 8% of students report bullying other students.**

- » More females than males are victims of bullying in general (22% compared to 16%), but bullying victimization on school property is similar by gender.
- » Reports of bullying at school are higher in 9<sup>th</sup> grade (19%) compared with 10<sup>th</sup>-12<sup>th</sup> grades (13-14%).
- » Many bullying victims do not seek help from adults: Among students who were bullied at school in the past 12 months, 36% had talked to a school adult about being bullied, and 53% had talked to a parent or other adult outside of school.
- » 15% of youth reported being verbally harassed in the past 12 months due to their race, ethnicity or culture, 5% due to their sexual orientation, 6% due to a disability, and 22% due to their appearance (height, weight, or how they look). This data was first collected in 2016.

**2006-2016 Trends** » **School bullying declined substantially from a high of 27% in 2008 to 14% in 2014, and remained similar in 2016 at 15%.**

- » Reports of overall bullying victimization also decreased, from 29% in 2006 to 19% in 2016.
- » The declines in bullying were similar among females and males.
- » Bullying victimization decreased markedly in the MetroWest region from 2010 to 2016.

### Cyberbullying

**2016 Patterns** » **17% of youth report being victims of cyberbullying in the past 12 months, and 7% report cyberbullying someone else.**

- » Females are far more likely to be victims of cyberbullying than males (21% vs. 13%).
- » Cyberbullying decreases by grade, from 23% in 9<sup>th</sup> grade to 14% in 12<sup>th</sup> grade.
- » 23% of youth spend three or more hours daily on social media (30% of females and 15% of males). Youth who spend more time online and on social media are more likely to also report being involved in cyberbullying.
- » The majority of cyberbullying victims do not seek help from adults: Among students who were cyberbullied in the past 12 months, only 16% had talked to an adult at school and 32% had talked to a parent or other adult outside of school.

**2006-2016 Trends** » **Reports of cyberbullying victimization in 2016 (17%) are slightly higher than in 2006 (15%), with reports ranging from 15-18% over the six surveys.**

- » Cyberbullying among females rose from 16% in 2006 to 21% in 2016; among males, reports were similar in 2006 (14%) and 2016 (13%).
- » Cyberbullying victimization has decreased slightly in MetroWest since 2012.

# Key Findings: Impaired and Distracted Driving

## Impaired Driving

- 2016 Patterns** » **14% of students report being a passenger in a car driven by someone who had been drinking alcohol in the past 30 days, and 7% rode with a high school driver who had been drinking.**
- » 12% of students report being a passenger in a car driven by a high school student who had been using marijuana.
  - » 6% of 11<sup>th</sup> and 12<sup>th</sup> grade students who drive report driving after drinking in the past 30 days, and 13% report driving after using marijuana.
  - » Males are more likely than females to report driving after using alcohol (9% compared to 4%) or marijuana (18% compared to 8%).
  - » 12<sup>th</sup> grade students are more likely to report driving after drinking or using marijuana than 11<sup>th</sup> grade students.
- 2006-2016 Trends** » **Consistent with the downward trend in alcohol use, reports of riding in a car driven by someone who had been drinking declined steadily from 24% in 2006 to 14% in 2016.**
- » Many fewer high school drivers report driving after drinking, from 19% in 2006 to 6% in 2016.
  - » Reports of driving after using marijuana are the same in 2012 and 2016 at 13%. (2012 was the first year that driving after marijuana use was included in the survey.)
  - » Drinking and driving among youth in the MetroWest region has declined substantially since 2006, and driving after using marijuana is slightly lower since 2012.

## Distracted Driving

- 2016 Patterns** » **28% of youth rode in a car with a high school driver who was texting in the past 30 days, and 29% of 11<sup>th</sup> and 12<sup>th</sup> grade drivers report texting while driving.**
- » Reports of texting while driving are similar among females and males.
  - » Many more 12<sup>th</sup> grade drivers report texting while driving (43%) compared with 11<sup>th</sup> grade drivers (18%).
- 2006-2016 Trends** » **Reports of texting while driving among 11<sup>th</sup> and 12<sup>th</sup> grade drivers decreased from 39% in 2010 to 29% in 2016.** (2010 was the first year that the survey asked about texting while driving.)
- » In the MetroWest region, texting while driving has also decreased since 2010.

## Key Findings: Mental Health

### Stress

- 2016 Patterns** » **38% of students report that their life was very stressful in the past 30 days.**
- » Females are much more likely to report this level of stress than males (52% vs. 23%).
  - » Reports of stress increase substantially by grade, from 20% in 9<sup>th</sup> grade to 62% in 12<sup>th</sup> grade.
  - » The most common source of stress is worrying due to school issues (69%). Specifically, 71% of students worry often or very often about getting good grades, 68% worry about finishing all of their work and studying, and 49% worry about plans after high school.
- 2006-2016 Trends** » **Reports of stress have increased substantially from a low of 25% in 2008 to 38% in 2016, with the majority of the increase occurring since 2012.**
- » The increase in stress is due largely to an increase among females, from 33% in 2008 to 52% in 2016. Among males, stress increased from 18% to 23% during this time.
  - » In the MetroWest region, stress has increased substantially over the two most recent surveys.

### Depressive Symptoms, Self-Injury, and Suicidality

- 2016 Patterns** » **14% of students reported depressive symptoms in the past 12 months (defined as feeling sad or hopeless for two or more weeks in a row).**
- » 9% of youth reported self-injury (defined as cutting, burning, or bruising oneself on purpose) in the past 12 months.
  - » 10% of youth said they had considered suicide in the past 12 months, and 3% had made a suicide attempt during this time.
  - » Females are more likely than males to report mental health problems. For example, 18% of females and 10% of males report depressive symptoms.
  - » 6% of youth have missed school on one or more of the past 30 days due to feeling sad or hopeless, or having thoughts about hurting themselves (8% of females and 3% of males).
  - » Reports of depressive symptoms are higher among older students; reports of self-injury and suicidal thoughts and behaviors do not show a consistent grade pattern.
- 2006-2016 Trends** » **There are decreases in reports of depressive symptoms and self-injury, but reports of suicidal thoughts and behaviors have not changed notably since 2006.**
- » For example, reports of depressive symptoms were lower in 2016 (14%) compared with 2006 (20%). Depressive symptoms declined among both females and males.
  - » Reports of self-injury were similar at 11-12% from 2006 to 2014, but decreased to 9% in 2016.
  - » Suicidal thoughts were similar at 9-11%, and attempts were steady at 2-3% since 2006.
  - » There have also been small decreases in depressive symptoms and self-injury in the MetroWest region in recent years, but not suicide attempts.

## Key Findings: Sexual Behavior

### Sexual Intercourse and Condom Use

- 2016 Patterns** » **16% of youth have engaged in sexual intercourse during their lifetime, and 13% are currently sexually active (had intercourse within the past three months).**
- » Among sexually active youth, 65% used a condom the last time they had intercourse.
  - » Slightly more males than females report having had intercourse (18% compared with 14%).
  - » The proportion of youth who have had intercourse in their lifetime increases from 6% in 9<sup>th</sup> grade to 37% in 12<sup>th</sup> grade. 30% of 12<sup>th</sup> grade youth are currently sexually active.
- 2006-2016 Trends** » **The proportion of youth reporting lifetime sexual intercourse was somewhat similar from 2006 to 2014 at 19-22%, decreasing to 16% in 2016.**
- » There is also a decrease in the number of youth who are currently sexually active in 2016 (13%) relative to prior years (15-18%).
  - » Condom use among sexually active youth has varied from 65-75% over the six surveys.
  - » Regional data shows a recent decrease in sexual intercourse.

## Key Findings: Physical Activity, Sleep and Overweight/Obesity

### Physical Activity

- 2016 Patterns** » **62% of youth report moderate physical activity**, defined as activity that increases your heart rate/makes you breathe hard some of the time for 60 minutes on 5 of the past 7 days.
- » 77% of youth report vigorous physical activity, defined as activity that makes you sweat or breathe hard for 20 minutes on 3 or more of the past 7 days.
  - » Males are more likely than females to report moderate physical activity (68% compared to 57%) and vigorous physical activity (80% compared with 74%).
  - » Moderate physical activity ranges from 54-69% by grade and is highest in 9<sup>th</sup> and 10<sup>th</sup> grades.
  - » 29% of youth spend three or more hours of non-homework related screen time on an average school day, which may be an indicator of sedentary behavior.
- 2006-2016 Trends** » **The proportion of youth exercising moderately on five or more days per week increased steadily from 34% in 2006 to 62% in 2016.**
- » There have been increases in physical activity among both females and males.
  - » This trend in physical activity is consistent with MetroWest regional data.

## Sleep

- 2016 Patterns** » **Only 29% of youth get 8 or more hours of sleep on an average school night.**
- » More males than females get 8 hours of sleep per night (33% compared to 25%).
  - » Reports of getting 8 or more hours of sleep decrease substantially as students get older, from 45% in 9<sup>th</sup> grade to 15% in 12<sup>th</sup> grade.
- 2006-2016 Trends** » **The proportion of youth sleeping 8 or more hours on an average school night is slightly lower in 2016 (29%) compared with 2014 (31%).** (2014 was the first year that sleep data was collected.)
- » Youth in the MetroWest region also report slightly less sleep over the last two surveys.

## Overweight/Obesity

- 2016 Patterns** » **17% of youth are overweight or obese** (Reports are based on self-reported height and weight, which is used to calculate body mass index. Overweight/obesity is defined as being in the 85<sup>th</sup> percentile or above for body mass index by age and gender, based on reference data.)
- » Males are more likely than females to be overweight or obese (19% compared with 15%).
  - » Overweight/obesity ranges from 15-18% by grade.
- 2006-2016 Trends** » **Overweight/obesity has remained similar at 15-18% since 2006.**
- » In the MetroWest region, overweight/obesity has not changed notably over the six surveys.

# Key Findings: Protective Factors

## School Attachment and Engagement

- 2016 Patterns** » **About seven out of ten youth report being engaged in and connected with their school.**
- This is indicated by agreement with statements such as “I feel close to people at this school” (71%), “I am happy to be at this school” (61%), and “I feel safe in my school” (85%).
- » While a majority of both males and females report high levels of school attachment, reports are higher among males.
  - » School attachment declines slightly from 9<sup>th</sup> grade to 12<sup>th</sup> grade.
- 2006-2016 Trends** » **Reports of school attachment have not changed substantially since 2006.**
- » School attachment has also been similar in the MetroWest region.

## Adult Support

- 2016 Patterns** » **72% of youth have at least one teacher or other adult at school to talk to if they have a problem, and 93% of youth have a parent or other adult outside of school to talk to about things that are important to them.**
- » Adult support at school is similar among both genders and increases during the high school years, from 68% in 9<sup>th</sup> grade to 75% in 12<sup>th</sup> grade.
  - » Reports of adult support outside of school are similar across genders and grades.
- 2006-2016 Trends** » **Reports of adult support at school were steady from 2006 to 2010 at 60%, increasing to 72% in 2016.**
- » Adult support outside of school increased from 89% in 2006 to 93% in 2016.
  - » In the MetroWest region, there has been an increase in adult support at school since 2006.

## Conclusions

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For more than a decade, the MWAHS has monitored trends in adolescent health, informing local decisions and strategies to improve education, policy, and prevention efforts across the MetroWest region. Each survey that is administered provides new data to highlight areas of progress as well as to draw attention to emerging risks and continued areas for concern. The 2016 data show that Needham is making important advances in some behavioral health areas, such as cigarette smoking, alcohol use, and school bullying. While these demand continued attention, the data also highlight other areas of concern, including cyberbullying, stress, and mental health. Continued use of the MWAHS data to identify priorities and drive local decisions will help to address the greatest challenges to adolescent health and lead to safer and healthier communities.

# 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>
<b>SUBSTANCE USE</b>						
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 <sup>†</sup>	10.5	7.4	6.5	4.6	6.7	4.5
<b>VIOLENCE</b>						
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
<b>BULLYING VICTIMIZATION</b>						
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
<b>MENTAL HEALTH</b>						
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
<b>SEXUAL BEHAVIOR</b>						
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
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>						
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 <sup>‡</sup>	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)	
<b>SUBSTANCE USE</b>			
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 <sup>†</sup>	3.0	6.0	4.5
<b>VIOLENCE</b>			
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
<b>BULLYING VICTIMIZATION</b>			
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
<b>MENTAL HEALTH</b>			
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
<b>SEXUAL BEHAVIOR</b>			
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
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>			
Exercised for ≥60 minutes on 5 or more days/week	57.3	68.2	62.4
Overweight or obese <sup>‡</sup>	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 <sup>th</sup> (402)	10 <sup>th</sup> (425)	11 <sup>th</sup> (370)	12 <sup>th</sup> (279)	
<b>SUBSTANCE USE</b>					
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 <sup>†</sup>	1.8	2.6	6.4	8.6	4.5
<b>VIOLENCE</b>					
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
<b>BULLYING VICTIMIZATION</b>					
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
<b>MENTAL HEALTH</b>					
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
<b>SEXUAL BEHAVIOR</b>					
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
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>					
Exercised for ≥60 minutes on 5 or more days/week	69.4	66.8	53.9	57.5	62.4
Overweight or obese <sup>‡</sup>	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

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