

2010

**HIGHLIGHTS FROM THE
METROWEST ADOLESCENT HEALTH SURVEY
NEEDHAM
HIGH SCHOOL REPORT**

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Highlights from the 2010 MetroWest Adolescent Health Survey Needham High School

BACKGROUND AND METHODOLOGY: NEEDHAM HIGH SCHOOL

The MetroWest Adolescent Health Survey (MWAHS) is an initiative of the MetroWest Community Health Care Foundation to monitor health and risk behaviors among middle and high school students. Beginning in 2006, the MWAHS has been administered every other year to middle and high school students in the region. Needham High School has participated in the MWAHS since 2006.

The 2010 survey was administered to a census of students in grades 9-12 in 24 high schools across the region. In total, 23,187 youth participated in this voluntary and anonymous survey, representing 89% of MetroWest youth. In Needham, 1,326 students participated in the 2010 MWAHS, representing 92% of students.

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 Needham's data in the areas of substance use, violence, bullying, mental health, sexual behavior, and physical activity are provided in this report.

SUBSTANCE USE: NEEDHAM HIGH SCHOOL

CIGARETTE SMOKING

2010 PATTERNS

- **18% of students have smoked a cigarette in their lifetime, and 7% smoked recently (in the past 30 days).**
- More males than females smoke cigarettes: In the past 30 days, 9% of males and 4% of females smoked.
- Recent smoking increases from 3% in 9th grade to 11% in 12th grade.

2006-2010 TRENDS

- **Smoking has declined since 2006. In 2010, 18% of youth reported smoking in their lifetime, compared with 29% in 2006.**
- Recent smoking (in the past 30 days) decreased from 13% to 7%.
- Both males and females are smoking less.
- This decline in cigarette smoking in Needham is consistent with the MetroWest region.

ALCOHOL USE AND DRINKING AND DRIVING

2010 PATTERNS

- **56% of students drank alcohol in their lifetime, 36% drank in the past 30 days, and 23% report recent binge drinking (defined as consuming 5 or more drinks in a row).**
- Alcohol use is more prevalent among males: For example, 39% of males and 33% of females are current drinkers (drank in the past 30 days).
- Alcohol use increases substantially by grade: Current drinking increases from 16% in 9th grade to 57% in 12th grade, and recent (past 30 days) binge drinking increases from 6% to 39%.
- 18% of students report riding in a car driven by someone who was drinking alcohol in the past 30 days. Reports are similar by gender and increase by grade, from 15% in 9th grade to 20% in 12th grade.

2006-2010 TRENDS

- **Fewer students are drinking alcohol. In 2010, 36% of youth reported drinking in the past 30 days, down from 45% in 2006.**
- During the same period, lifetime drinking decreased from 66% to 56%, binge drinking decreased from 28% to 23%, and riding with a driver who had been drinking decreased from 24% to 18%.
- There were declines in alcohol use among both males and females: For example, current drinking decreased from 47% in 2006 to 33% in 2010 among females and from 44% to 39% among males.
- This decline in alcohol use is consistent with the decline in MetroWest.

MARIJUANA USE

2010 PATTERNS

- **32% of youth have used marijuana in their lifetime, and 23% used marijuana in the past 30 days.**
- Males are more likely than females to initiate marijuana use (39% compared with 26%) and to be current marijuana users (30% compared with 16%).
- Marijuana use increases by grade: 13% of 9th grade students have tried marijuana compared with 53% of 12th grade students.

2006-2010 TRENDS

- **Marijuana use may be declining slightly: In 2010, 23% of youth were current marijuana users, compared with 25% in 2006.**
- Lifetime marijuana use decreased from 35% in 2006 to 32% in 2010.
- The decrease in marijuana use is notable only among females: Current use among females decreased from 23% in 2006 to 16% in 2010, whereas current use actually increased slightly among males from 27% to 30%.
- Marijuana use among males has also increased in MetroWest since 2006.

PRESCRIPTION DRUG MISUSE

2010 PATTERNS

- **7% of youth have misused prescription drugs in their lifetime (defined as use without a doctor's prescription).**
- More males (8%) than females (5%) misuse prescription drugs.
- Lifetime misuse of prescription drugs increases from 4% in 9th grade to 9% in 12th grade.

2006-2010 TRENDS

- **Lifetime misuse of prescription drugs has decreased from 11% in 2006 to 7% in 2010.**
- Decreases in misuse were found among both genders.
- Prescription drug misuse remained steady in the region from 2006 to 2010.

VIOLENCE: NEEDHAM HIGH SCHOOL

PHYSICAL FIGHTING

2010 PATTERNS

- **17% of youth have been in a physical fight in the past 12 months, and 5% have been in a fight on school property.**
- More males than females report fighting (25% compared with 9%) and fighting on school property (8% compared with 2%).
- Reports of fighting range from 12-22% during the high school years and are lowest among 12th grade students.

2006-2010 TRENDS

- **Reports of fighting have declined: 17% of students in 2010 reported being in a physical fight in the past 12 months, compared with 20% in 2006.**
- Fighting on school property may also be declining, from 7% in 2006 to 5% in 2010.
- Fighting has decreased among both males and females.
- These trends in fighting are similar to those in the MetroWest region.

WEAPON CARRYING

2010 PATTERNS

- **4% of youth have carried a weapon in the past 30 days, and 2% have carried a weapon on school property.**
- Consistent with gender patterns for fighting, more males (7%) than females (1%) report carrying weapons.
- Overall reports of weapon carrying are similar throughout 9th to 12th grade at 3-5%.

2006-2010 TRENDS

- **Reports of weapon carrying were similar from 2006 to 2010 at 4-5%.**
- These findings are consistent with regional reports.

BULLYING AND CYBERBULLYING: NEEDHAM HIGH SCHOOL

BULLYING

2010 PATTERNS

- **28% of youth have been victims of bullying in the past 12 months, and 24% have been bullied on school property. 22% of students report bullying other students.**
- More females than males are victims of bullying (33% compared with 24%) and bullying on school property (26% compared with 22%). However, males are more likely than females to bully others (24% compared with 20%).
- Reports of victimization range from 19-35% during the high school years.
- While 28% of students report they have been bullied in the past 12 months, only 15% report talking to an adult about being victimized.

2006-2010 TRENDS

- **Reports of bullying victimization increased from 29% in 2006 to 32% in 2008, and then fell to 28% in 2010.**
- Bullying victimization on school property follows a similar trend.
- The decrease in bullying is notable only among males, while bullying actually increased among females: Reports of victimization decreased from 32% in 2006 to 24% in 2010 among males, but increased from 26% to 33% among females.
- Student reports of bullying have also increased in the MetroWest region since 2006.

CYBERBULLYING

2010 PATTERNS

- **One in five youth (18%) report being victims of cyberbullying, and 11% report cyberbullying someone else.**
- Cyberbullying is reported by more females than males: Females are more likely to be both cyberbullying victims (22% compared with 14%) and perpetrators (13% compared with 9%).
- Cyberbullying reports range from 14-25% during the high school years.
- While 18% of students report they have been cyberbullied in the past 12 months, only 5% have talked to an adult about being victimized.

2006-2010 TRENDS

- **Reports of cyberbullying victimization are on the rise: In 2010, 18% of youth reported being cyberbullied, compared with 15% in 2006.**
- Cyberbullying increased among females (from 16% in 2006 to 22% in 2010), but remained steady among males at 14%.
- In the region, reports of cyberbullying increased from 2006 to 2010.

MENTAL HEALTH: NEEDHAM HIGH SCHOOL

2010 PATTERNS

- In 2010, 25% of students felt their life was “very” stressful in the past 30 days. 17% reported depressive symptoms and 12% reported self-injury (defined as cutting, burning, or bruising oneself on purpose) in the past 12 months.
- 10% of youth said they considered suicide and 2% attempted suicide in the past 12 months.
- Females are more likely than males to report all of the above mental health problems.
- Reports of stress, depressive symptoms, and self-injury increase from 9th to 12th grade. For example, reports of stress increase from 17% in 9th grade to 31% in 12th grade.

2006-2010 TRENDS

- From 2006 to 2010, there were decreases in reports of stress (from 32% to 25%) and depressive symptoms (from 20% to 17%). Reports of self-injury and suicidality remained similar.
- Both males and females reported less stress and depressive symptoms.
- Regional reports of the above mental health problems were steady since 2006.

SEXUAL BEHAVIOR: NEEDHAM HIGH SCHOOL

2010 PATTERNS

- 20% of youth have had sexual intercourse in their lifetime, and 16% are sexually active (had intercourse in the past 3 months).
- 17% of females and 23% of males have had intercourse in their lifetime, and 14% of females and 19% of males had intercourse in the past 3 months.
- By 12th grade, 34% of youth have had sexual intercourse.
- 75% of sexually active youth used a condom the last time they had intercourse.

2006-2010 TRENDS

- Reports of lifetime and recent sexual intercourse remained steady from 2006 to 2010. Condom use among sexually active youth increased from 65% in 2006 to 75% in 2010.
- In MetroWest, sexual intercourse remained steady in the region since 2006, while condom use decreased.

PHYSICAL ACTIVITY AND BODY WEIGHT: NEEDHAM HIGH SCHOOL

2010 PATTERNS

- **45% of youth meet national physical activity recommendations (physically active for 60 minutes on at least five days a week).**
- 15% of youth are overweight/obese (based on self-reported height and weight, which are used to calculate body mass index).
- Males are more likely than females to report the above level of physical activity (52% compared with 39%), yet more males than females are overweight/obese (19% compared with 11%).
- Physical activity decreases from 48% in 9th grade to 41% in 12th grade, while overweight/obesity ranges from 13-16% during the high school years.

2006-2010 TRENDS

- **The proportion of youth meeting national physical activity recommendations increased from 34% in 2006 to 45% in 2010. Physical activity increased among both genders.**
- Overweight/obesity remained steady at 15-17% since 2006.
- The increase in physical activity and steadiness in obesity/overweight are consistent with the region.

CONCLUSIONS: NEEDHAM HIGH SCHOOL

The third administration of the MWAHS in 2010 provides important data to monitor trends in youth health and risk behaviors. While additional timepoints are important for establishing trends, the 2010 data show that Needham is making significant advances in some behavioral health areas, such as cigarette smoking, alcohol use, and physical activity. However, other areas demand continued attention, including marijuana use and bullying. The 2012 MWAHS will provide additional data to further inform school and community efforts to improve the health of high school students in the region.

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

	Year of Survey (%)		
	2006 (1,281)	2008 (1,285)	2010 (1,326)
SUBSTANCE USE			
Lifetime cigarette smoking	29.1	28.3	17.9
Current cigarette smoking (past 30 days)	12.9	10.3	6.7
Lifetime alcohol use	66.1	63.5	55.8
Current alcohol use (past 30 days)	45.2	43.5	36.4
Binge drinking (past 30 days) [†]	27.7	25.0	23.0
Rode with driver who had been drinking (past 30 days)	23.5	21.1	17.7
Lifetime marijuana use	35.2	33.3	32.4
Current marijuana use (past 30 days)	24.8	23.7	22.9
Lifetime prescription drug misuse [‡]	10.5	7.4	6.5
VIOLENCE			
Physical fighting (past 12 months)	20.3	20.6	17.0
Physical fighting on school property (past 12 months)	6.9	6.3	5.0
Carried a weapon (past 30 days)	4.7	5.2	3.9
Carried a weapon on school property (past 30 days)	2.4	2.9	2.3
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	29.0	31.7	28.4
Bullying victim on school property (past 12 months)	25.1	27.3	24.2
Cyberbullying victim (past 12 months)	15.1	17.9	18.2
MENTAL HEALTH			
Life "very" stressful (past 30 days)	32.4	25.4	25.2
Depressive symptoms (past 12 months)	19.5	18.0	16.6
Self-injury (past 12 months)	11.4	12.2	12.0
Considered suicide (past 12 months)	11.2	9.5	10.2
Attempted suicide (past 12 months)	3.2	3.5	2.2
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	21.3	21.1	20.3
Currently sexually active (past 3 months)	15.9	17.4	16.2
Condom use at last intercourse (among sexually active youth)	64.8	72.2	75.2
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	33.8	36.4	45.3
Overweight or obese [§]	16.8	16.8	14.9

* 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

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

	Gender (%)		Total (%)
	Female (667)	Male (648)	(1,326)
SUBSTANCE USE			
Lifetime cigarette smoking	13.0	22.9	17.9
Current cigarette smoking (past 30 days)	4.1	9.2	6.7
Lifetime alcohol use	54.0	57.6	55.8
Current alcohol use (past 30 days)	33.4	39.3	36.4
Binge drinking (past 30 days) [†]	17.6	28.7	23.0
Rode with driver who had been drinking (past 30 days)	18.4	17.0	17.7
Lifetime marijuana use	25.9	39.2	32.4
Current marijuana use (past 30 days)	16.1	29.8	22.9
Lifetime prescription drug misuse [‡]	5.3	7.8	6.5
VIOLENCE			
Physical fighting (past 12 months)	9.5	24.7	17.0
Physical fighting on school property (past 12 months)	2.0	8.1	5.0
Carried a weapon (past 30 days)	0.9	7.0	3.9
Carried a weapon on school property (past 30 days)	0.8	3.9	2.3
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	33.0	23.8	28.4
Bullying victim on school property (past 12 months)	26.2	22.2	24.2
Cyberbullying victim (past 12 months)	22.2	14.3	18.2
MENTAL HEALTH			
Life "very" stressful (past 30 days)	34.4	15.5	25.2
Depressive symptoms (past 12 months)	21.8	11.2	16.6
Self-injury (past 12 months)	17.0	6.5	12.0
Considered suicide (past 12 months)	13.1	7.3	10.2
Attempted suicide (past 12 months)	2.6	1.9	2.2
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	17.2	23.4	20.3
Currently sexually active (past 3 months)	13.7	18.7	16.2
Condom use at last intercourse (among sexually active youth)	72.7	76.8	75.2
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	39.0	51.7	45.3
Overweight or obese [§]	11.3	18.8	14.9

* 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

Needham High School (Grades 9-12) 2010 Grade Patterns for Key Indicators*

	Grade (%)				Total (%) (1,326)
	9 th (350)	10 th (346)	11 th (341)	12 th (278)	
SUBSTANCE USE					
Lifetime cigarette smoking	10.0	12.6	22.7	26.9	17.9
Current cigarette smoking (past 30 days)	3.2	5.8	7.1	10.5	6.7
Lifetime alcohol use	33.0	50.1	68.2	75.5	55.8
Current alcohol use (past 30 days)	15.6	27.6	49.4	57.5	36.4
Binge drinking (past 30 days) [†]	6.1	14.5	35.5	39.1	23.0
Rode with driver who had been drinking (past 30 days)	14.9	18.5	17.4	19.6	17.7
Lifetime marijuana use	12.6	20.8	47.5	53.1	32.4
Current marijuana use (past 30 days)	8.9	14.9	32.8	37.5	22.9
Lifetime prescription drug misuse [‡]	4.0	3.8	9.4	9.1	6.5
VIOLENCE					
Physical fighting (past 12 months)	14.4	22.3	18.0	11.2	17.0
Physical fighting on school property (past 12 months)	4.0	6.1	5.9	3.3	5.0
Carried a weapon (past 30 days)	3.2	4.7	3.8	3.3	3.9
Carried a weapon on school property (past 30 days)	2.9	2.3	1.8	1.8	2.3
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	28.3	35.3	29.5	18.5	28.4
Bullying victim on school property (past 12 months)	26.4	28.8	23.4	16.7	24.2
Cyberbullying victim (past 12 months)	15.9	24.9	17.1	13.7	18.2
MENTAL HEALTH					
Life "very" stressful (past 30 days)	17.0	21.6	32.0	31.1	25.2
Depressive symptoms (past 12 months)	10.1	17.6	17.8	22.0	16.6
Self-injury (past 12 months)	10.1	12.7	12.5	12.9	12.0
Considered suicide (past 12 months)	9.0	11.2	9.8	10.6	10.2
Attempted suicide (past 12 months)	3.2	2.3	2.1	1.1	2.2
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	7.5	15.8	26.5	34.1	20.3
Currently sexually active (past 3 months)	5.7	12.3	21.9	26.7	16.2
Condom use at last intercourse (among sexually active youth)	66.7	81.1	71.6	76.8	75.2
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	48.2	50.0	41.8	40.5	45.3
Overweight or obese [§]	14.1	16.2	15.3	13.3	14.9

* 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

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