

Highlights from the MetroWest Adolescent Health Survey

Informing data driven school and community health policies and practices

2014

**Wayland
Middle School**

GRADES 6-8



**METROWEST
HEALTH
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Background and Methodology

The 2014 MetroWest Adolescent Health Survey (MWAHS) marks a decade-long, ground-breaking initiative to support data-driven improvements in adolescent health in the 25 communities served by the MetroWest Health Foundation. Since 2006, the MWAHS has been administered every other year to middle and high schools in the region to monitor trends in risk behaviors and identify emerging health issues at the local and regional levels. Wayland Middle School has participated in the MWAHS since 2006.

The 2014 middle school survey was administered to a census of students in grades 7 and 8 in all 24 school districts containing middle schools in the region served by the MetroWest Health Foundation. 17 school districts also chose to survey 6th grade students. In total, 16,171 middle school students in grades 6 through 8 in the region participated in this voluntary and anonymous survey. In Wayland, 632 students in grades 6 through 8 participated in the 2014 MWAHS, representing 94% 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, physical activity, and protective factors are provided.

Key Findings: Substance Use

Cigarette Smoking

- 2014 Patterns (Grades 6-8)** » **1% of students have smoked a cigarette in their lifetime, and fewer than 1% of students smoked recently (in the past 30 days).**
- » Reports of cigarette smoking do not differ by gender.
 - » By 8th grade, 2% of youth have smoked a cigarette.
 - » 1% of middle school youth have tried an electronic cigarette (e-cigarette) in their lifetime, and less than 1% have used one in the past 30 days. More males (3%) than females (less than 1%) have smoked e-cigarettes in their lifetime. (E-cigarettes are products that create a mist or vapor that you breathe in like smoke.)
- 2006-2014 Trends (Grades 7-8)** » **Youth smoking has declined substantially: Reports of lifetime smoking decreased from 8% in 2006 to 2% in 2010, and lowered further to 1% in 2014.**
- » During the same time period, recent smoking decreased from 4% to less than 1%.
 - » Cigarette smoking decreased considerably among both males and females.
 - » In the MetroWest region, reports of cigarette smoking among middle school youth have declined substantially since 2006.
 - » E-cigarettes were first included on the survey in 2014, so trend data is not available.

Alcohol Use and Drinking and Driving

- 2014 Patterns (Grades 6-8)** » **5% of students drank alcohol in their lifetime, and 1% drank in the past 30 days.**
- » No middle school students report recent binge drinking (defined as consuming 5 or more drinks in a row on one or more occasions in the past 30 days).
 - » More males than females initiate alcohol use during the middle school years (7% vs. 2%).
 - » Lifetime alcohol use increases from 2% in 6th grade to 6% in 8th grade.
 - » 8% of students report being a passenger in a car driven by someone who had been drinking alcohol. Reports are similar among both genders and increase by grade.
- 2006-2014 Trends (Grades 7-8)** » **Fewer middle school youth are drinking: Lifetime alcohol use decreased from 18% in 2006 to 8% in 2010, and then decreased further to 6% in 2014.**
- » Current drinking is also substantially lower in 2014 (1%) compared with 2006 (8%).
 - » Binge drinking was reported by 4% of students in 2006, with no students reporting binge drinking in 2014.
 - » Drinking declined among both males and females. For example, lifetime drinking decreased from 12% in 2006 to 4% in 2014 among females, and from 25% to 8% among males.
 - » Drinking among middle school youth also declined substantially in the MetroWest region from 2006 to 2014.

Marijuana Use

- 2014** » **No middle school students report any use of marijuana in their lifetime.**
- Patterns** » 1% of students report attending a party or other social gathering where marijuana was
(Grades 6-8) available in the past 30 days.
- 2006-2014** » **Reports of lifetime marijuana use decreased from a high of 6% in 2008 to 0% (no**
Trends **reports of use) in 2014.**
- (Grades 7-8) » Consistent with the above trend, current marijuana use was 3% in 2006, with no reports of current use in 2014.
- » Marijuana use in the MetroWest region decreased slightly from 2006 to 2014.

Inhalant Use

- 2014** » **1% of youth have used inhalants in their lifetime (defined as sniffing glue, breathing the**
Patterns **contents of spray cans, or inhaling any paints or sprays to get high).**
- (Grades 6-8) » Inhalant use is similar among females and males and does not differ by grade.
- 2006-2014** » **Use of inhalants has steadily decreased from 9% in 2006 to 1% in 2014.**
- Trends** » Reports of inhalant use are lower among both females and males.
- (Grades 7-8) » There has also been a substantial decrease in inhalant use in the region since 2006.

Key Findings: Violence

Physical Fighting

- 2014 Patterns (Grades 6-8)** » **30% of youth have been in a physical fight in their lifetime, and 9% have been in a fight on school property.**
- » Many more males than females report fighting (41% compared with 18%) and fighting on school property (14% compared with 4%).
 - » The proportion of youth who have engaged in physical fighting in their lifetime does not increase substantially during the middle school years.
- 2006-2014 Trends (Grades 7-8)** » **Fewer youth are involved in fighting: Reports of lifetime physical fighting have decreased from 39% in 2006 to 30% in 2014.**
- » Lifetime reports of fighting on school property also decreased from a high of 21% in 2008 to 8% in 2014.
 - » The decrease in fighting was greater among males (from 58% in 2006 to 41% in 2014) than among females (from 24% to 19%).
 - » In the MetroWest region, physical fighting among middle school youth also decreased steadily since 2006.

Weapon Carrying

- 2014 Patterns (Grades 6-8)** » **11% of youth have carried a weapon in their lifetime, and 1% have carried a weapon on school property.**
- » Consistent with gender patterns for fighting, many more males (18%) than females (4%) report carrying weapons.
 - » Lifetime reports of carrying weapons increase slightly from 7% in 6th grade to 14% in 8th grade.
- 2006-2014 Trends (Grades 7-8)** » **Reports of weapon carrying are slightly lower in 2014 (12%) compared with 2006 (18%), though reports have been similar since 2010.**
- » Reports of weapon carrying on school property also declined from 4% in 2006 to 1% in 2010, and remained at that level over the next two surveys.
 - » In the MetroWest region, weapon carrying has decreased slightly over the five surveys.

Key Findings: Bullying and Cyberbullying

Bullying

- 2014 Patterns (Grades 6-8)** » **20% of middle school youth have been bullied in the past 12 months, and 18% have been bullied on school property. 6% of students report bullying other students.**
- » More females than males are victims of bullying (25% compared with 14%) and bullying on school property (21% compared with 15%).
 - » Reports of bullying range from 18-22% during the middle school years.
 - » Many bullying victims do not seek help from adults: Among students who were bullied at school in the past 12 months, 40% talked to a school adult about being bullied, and 65% talked to a parent or other adult outside of school.
 - » 27% of youth intervened as bystanders by trying to stop a student from bullying someone else at school in the past 12 months. 11% told an adult at school that someone was being bullied.
- 2006-2014 Trends (Grades 7-8)** » **Fewer students are being bullied at school: Reports of victimization on school property decreased substantially from a high of 37% in 2008 to 18% in 2014.**
- » Reports of overall bullying victimization in the past 12 months also decreased, from 38% in 2008 to 20% in 2014.
 - » There were considerable declines in bullying among both males (from 43% in 2008 to 15% in 2014) and females (from 35% to 25%).
 - » Reports of bullying victimization also decreased in the MetroWest region from 2008 to 2014.

Cyberbullying

- 2014 Patterns (Grades 6-8)** » **10% of youth report being victims of cyberbullying in the past 12 months, and 2% report cyberbullying someone else.**
- » Females are more likely to be victims of cyberbullying than males (11% vs. 8%).
 - » Cyberbullying is highest among 8th grade youth (12%).
 - » The majority of cyberbullying victims do not seek help from adults: Among students who were cyberbullied in the past 12 months, only 10% talked to an adult at school and 38% talked to a parent or other adult outside of school.
 - » 8% of youth have tried to stop a student from cyberbullying someone else in the past 12 months. 2% told an adult at school that someone was being cyberbullied, and 5% told a parent or other adult outside of school.
- 2006-2014 Trends (Grades 7-8)** » **Reports of cyberbullying victimization are slightly lower in 2014 (10%) compared with 2006 (13%).**
- » From 2012 to 2014, there were small declines in cyberbullying among both females (from 14% to 12%) and males (from 11% to 8%).
 - » In the MetroWest region, cyberbullying victimization has increased slightly in recent surveys.

Key Findings: Mental Health

Stress

- 2014** » **7% of students report that their life was very stressful in the past 30 days.**
- Patterns** » Females are more likely to report stress than males (9% compared with 4%).
(Grades 6-8) » Reports of stress increase substantially from grade 6 (2%) to grades 7 and 8 (9-10%).
- 2006-2014** » **Overall reports of stress among middle school youth are lower in 2014 (10%) compared with 2006 (16%).**
- Trends** » The decrease in stress is greater among males (from 15% in 2006 to 6% in 2014) compared with females (from 16% to 13%).
(Grades 7-8) » In the MetroWest region, reports of stress have been similar since 2006.

Depressive Symptoms, Self-Injury, and Suicidality

- 2014** » **7% of students report depressive symptoms in the past 12 months (defined as feeling sad or hopeless for two or more weeks in a row).**
- Patterns** » 5% of youth report self-injury (defined as cutting, burning, or bruising oneself on purpose) in the past 12 months.
(Grades 6-8) » 6% of youth report that they had seriously considered suicide in their lifetime, and 1% had made a suicide attempt.
» Females are more likely than males to report mental health problems.
» Reports of depressive symptoms and self-injury in the past 12 months are higher in 7th and 8th grades than in 6th grade. Lifetime reports of suicidal ideation increase by grade.
- 2006-2014** » **Overall, reports of mental health problems among middle school youth are lower in 2014 compared with 2006. However, there are small increases in some measures from 2012 to 2014.**
- Trends** » For example, self-injury decreased from 11% in 2006 to 3% in 2012, but reports are slightly higher at 7% in 2014.
(Grades 7-8) » Reports of seriously considering suicide declined from 10% in 2006 to 5% in 2012, but increased slightly to 7% in 2014. Suicide attempts declined from 5% in 2006 to 1% in 2010 and have remained steady in subsequent surveys.
» Reports of depressive symptoms decreased from 14% in 2006 to 8% in 2010 and then remained similar in 2012 and 2014.
» The declines in mental health problems since 2006 are driven by declines among males, whereas there is little overall change in reports among females.
» In the MetroWest region, there have been small increases in mental health problems among middle school females.

Key Findings: Physical Activity, Sleep and Overweight/Obesity

Physical Activity and Sleep

- 2014 Patterns (Grades 6-8)** » **80% of youth report engaging in vigorous physical activity for 20 minutes or longer on at least 3 days per week, and 75% of youth get 8 or more hours of sleep on an average school night.**
- » Males are more likely than females to report this level of physical activity (85% compared with 75%). They are also more likely to get the recommended amount of sleep (78% vs. 73%).
 - » Reports of physical activity range from 78-84% by grade. Reports of getting 8 or more hours of sleep decrease as students get older (from 86% in 6th grade to 61% in 8th grade).
- 2006-2014 Trends (Grades 7-8)** » **The proportion of youth who exercised vigorously on at least 3 days per week has decreased from 82% in 2006 to 73% in 2010, but then increased to 81% in 2014.**
- » Physical activity levels in the MetroWest region have been similar since 2006.
 - » No trend data is available regarding sleep as it was first included in the survey in 2014.

Overweight/Obesity

- 2014 Patterns (Grades 6-8)** » **12% of youth are overweight or obese (based on self-reported height and weight, which is used to calculate body mass index).**
- » Males are more likely than females to be overweight or obese (15% compared with 9%).
 - » Overweight/obesity ranges from 9-15% by grade.
- 2006-2014 Trends (Grades 7-8)** » **Overweight/obesity has varied from 11-16% since 2006; in 2014, 14% of youth were overweight/obese.**
- » In the MetroWest region, overweight/obesity has not changed notably over the five surveys.

Key Findings: Protective Factors

School Attachment and Engagement

- 2014 Patterns (Grades 6-8)** » **The vast majority of 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” (83%), “I am happy to be at this school” (86%), and “I feel safe in my school” (94%).
- » Reports of school attachment are similar among males and females.
- 2006-2014 Trends (Grades 7-8)** » **Reports of school attachment have not changed substantially since 2006.**
- » School attachment has also been similar in the MetroWest region in the last decade.

Adult Support

- 2014 Patterns (Grades 6-8)** » **77% of youth have at least one teacher or other adult at school to talk to if they have a problem, and 96% 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 slightly higher among females (78%) than males (75%); adult support outside of school is similar across genders.
 - » Reports of adult support at school are highest among 6th grade youth (84%). Reports of adult support outside of school are similar in 6th and 7th grades (97-98%) and slightly lower in 8th grade (93%).
- 2006-2014 Trends (Grades 7-8)** » **Reports of adult support at school are higher in 2014 (72%) compared with 2006 (67%).**
- » Adult support outside of school increased from 90% in 2006 to 95% in 2014.
 - » In the MetroWest region, adult support at school increased slightly since 2006, but has been similar in recent surveys.

Conclusions

Over the last decade, the MWAHS has provided insight into adolescent health trends, driving key decisions on health-related practices in local communities and across the region. With each survey wave, the data paints a more resounding picture of advances to address risk behaviors. It also continues to identify emerging risks that demand greater attention. The 2014 data show that Wayland is making important advances in some behavioral health areas, such as substance use, physical fighting, and school bullying. While these demand continued attention, the data also highlight other areas of concern, including mental health. Continued use of the MWAHS data to drive decisions around programs, policies, and practices will ensure that the greatest adolescent health challenges continue to be targeted in communities across the region.

Wayland Middle School (Grades 7-8) 2006-2014 Trends in Key Indicators*

	Year of Survey (%)				
	2006 (434)	2008 (440)	2010 (419)	2012 (400)	2014 (412)
SUBSTANCE USE					
Lifetime cigarette smoking	7.7	7.1	2.2	2.3	1.0
Current cigarette smoking (past 30 days)	3.5	4.1	1.2	0.8	0.2
Lifetime alcohol use	18.3	16.5	7.5	7.6	6.3
Current alcohol use (past 30 days)	8.2	6.2	1.2	3.6	1.0
Binge drinking (past 30 days) [†]	3.5	3.0	0.7	0.5	0.0
Rode with driver who had been drinking (lifetime)	16.9	15.2	8.7	5.8	9.7
Lifetime marijuana use	4.0	5.7	1.9	1.0	0.0
Current marijuana use (past 30 days)	3.3	4.8	1.9	0.8	0.0
Lifetime inhalant use	8.9	8.7	1.4	2.3	0.7
VIOLENCE					
Physical fighting (lifetime)	39.0	40.3	34.5	29.9	30.5
Physical fighting on school property (lifetime)	16.7	21.2	11.6	8.6	8.4
Carried a weapon (lifetime)	17.5	13.6	11.8	12.5	12.3
Carried weapon on school property (lifetime)	4.0	2.8	0.7	0.3	1.0
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	33.7	38.4	26.9	24.2	19.9
Bullying victim on school property (past 12 months)	29.4	37.2	23.6	18.9	17.9
Cyberbullying victim (past 12 months)	12.5	10.5	9.6	11.6	9.7
MENTAL HEALTH					
Life "very" stressful (past 30 days)	15.7	13.6	7.9	11.1	9.6
Depressive symptoms (past 12 months)	13.7	13.8	7.9	7.4	8.6
Self-injury (past 12 months)	11.0	7.6	4.5	3.0	6.9
Considered suicide (lifetime)	9.5	9.7	4.1	4.8	7.0
Attempted suicide (lifetime)	4.9	4.1	1.4	1.3	1.5
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥20 minutes on 3 or more days/week	81.5	76.1	72.6	78.9	81.2
Overweight or obese [‡]	14.1	16.2	16.0	10.5	13.6

* Source: MetroWest Adolescent Health Survey

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

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

Wayland Middle School (Grades 6-8) 2014 Gender Patterns for Key Indicators*

	Gender (%)		Total (%)
	Female (322)	Male (305)	(632)
SUBSTANCE USE			
Lifetime cigarette smoking	0.3	1.3	0.8
Current cigarette smoking (past 30 days)	0.0	0.3	0.2
Lifetime alcohol use	2.5	7.3	4.9
Current alcohol use (past 30 days)	0.3	2.3	1.3
Binge drinking (past 30 days) [†]	0.0	0.0	0.0
Rode with driver who had been drinking (lifetime)	8.1	7.6	7.8
Lifetime marijuana use	0.0	0.0	0.0
Current marijuana use (past 30 days)	0.0	0.0	0.0
Lifetime inhalant use	0.9	1.0	1.0
VIOLENCE			
Physical fighting (lifetime)	18.4	41.4	29.7
Physical fighting on school property (lifetime)	3.8	13.9	8.8
Carried a weapon (lifetime)	4.1	17.6	10.6
Carried weapon on school property (lifetime)	0.3	1.0	0.6
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	24.9	14.4	19.8
Bullying victim on school property (past 12 months)	20.9	15.5	18.2
Cyberbullying victim (past 12 months)	11.4	7.8	9.6
MENTAL HEALTH			
Life "very" stressful (past 30 days)	9.2	4.3	7.0
Depressive symptoms (past 12 months)	8.5	4.7	6.9
Self-injury (past 12 months)	6.0	4.0	5.1
Considered suicide (lifetime)	7.0	4.7	5.8
Attempted suicide (lifetime)	1.9	0.7	1.3
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	75.2	84.7	80.0
Overweight or obese [‡]	8.7	15.7	12.1

* Source: MetroWest Adolescent Health Survey

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

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

Wayland Middle School (Grades 6-8) 2014 Grade Patterns for Key Indicators*

	Grade (%)			Total (%) (632)
	6 th (220)	7 th (209)	8 th (203)	
SUBSTANCE USE				
Lifetime cigarette smoking	0.5	0.0	2.0	0.8
Current cigarette smoking (past 30 days)	0.0	0.0	0.5	0.2
Lifetime alcohol use	2.3	6.2	6.5	4.9
Current alcohol use (past 30 days)	1.8	1.0	1.0	1.3
Binge drinking (past 30 days) [†]	0.0	0.0	0.0	0.0
Rode with driver who had been drinking (lifetime)	4.1	7.2	12.3	7.8
Lifetime marijuana use	0.0	0.0	0.0	0.0
Current marijuana use (past 30 days)	0.0	0.0	0.0	0.0
Lifetime inhalant use	1.4	0.0	1.5	1.0
VIOLENCE				
Physical fighting (lifetime)	28.2	30.6	30.3	29.7
Physical fighting on school property (lifetime)	9.6	7.7	9.0	8.8
Carried a weapon (lifetime)	7.4	10.7	13.9	10.6
Carried weapon on school property (lifetime)	0.0	0.0	2.0	0.6
BULLYING VICTIMIZATION				
Bullying victim (past 12 months)	19.6	21.7	17.9	19.8
Bullying victim on school property (past 12 months)	18.8	20.4	15.4	18.2
Cyberbullying victim (past 12 months)	9.3	7.4	12.1	9.6
MENTAL HEALTH				
Life "very" stressful (past 30 days)	1.9	9.2	10.0	7.0
Depressive symptoms (past 12 months)	3.7	8.3	9.0	6.9
Self-injury (past 12 months)	1.8	7.3	6.5	5.1
Considered suicide (lifetime)	3.7	5.9	8.1	5.8
Attempted suicide (lifetime)	0.9	1.0	2.0	1.3
PHYSICAL ACTIVITY AND BODY WEIGHT				
Exercised for ≥20 minutes on 3 or more days/week	77.7	83.6	78.8	80.0
Overweight or obese [‡]	9.3	14.9	12.3	12.1

* Source: MetroWest Adolescent Health Survey

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

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

This report was prepared by the Health and Human Development Division at
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For technical assistance in interpreting and utilizing the MWAHS data, please contact:
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For information about EDC, visit our website at www.edc.org.