

MetroWest Adolescent Health Survey Key Indicator Report

Informing data driven school and community health policies and practices

2014

Westborough
Public Schools



**METROWEST
HEALTH
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Key Indicators from the 2014 MetroWest Adolescent Health Survey

Westborough Public Schools

Background and Summary of 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 (MHF). Since 2006, the MWAHS has been administered every other year to monitor trends in health and risk behaviors and identify emerging health issues at the local and regional levels. With over 41,000 students surveyed in 2014 alone, this regional census is one of the largest adolescent health surveys in the country. Yet it maintains a local focus, with the goal of providing comprehensive data on issues of local concern to inform schools and communities as they strive to enhance policies and programs, improve prevention efforts, and set priorities for achieving a healthier youth population.

In Westborough, the 2014 MWAHS was administered to middle school students in grades 7 and 8 and high school students in grades 9 through 12. 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. In Westborough, student surveys were obtained from:

- » 526 students in grades 7 and 8, representing 95% of middle school youth.
- » 993 students in grades 9 through 12, representing 94% of high school youth.

Inside This Booklet

This booklet provides your 2014 data on key behavioral indicators including: substance use, violence, bullying, mental health, sexual behavior (at the high school level only), and physical activity. The tables in this *Phase One* report summarize the data as follows:

- » **Trends from 2006 to 2014.** These tables provide district-level data for each survey wave in which your district has participated since 2006 to examine changes in adolescent behaviors over time.
- » **2014 Behavioral Indicators by Gender.** These tables display data for females and males separately to examine gender-related behavioral patterns.
- » **2014 Behavioral Indicators by Grade.** These tables display data for each grade separately to provide information on age-related patterns and the initiation of risk behaviors.

This booklet provides initial data to support communities as they review priorities and develop action plans to improve adolescent health and wellbeing. To further inform local efforts, as in past survey waves, a customized and comprehensive *Phase Two* report will be provided later in the spring of 2015.

Middle School Key Indicators

2006–2014 Trends
2014 Gender Patterns
2014 Grade Patterns

Gibbons Middle School, Westborough (Grades 7-8)

2006-2014 Trends in Key Indicators*

	Year of Survey (%)				
	2006	2008	2010	2012	2014
	–	(528)	(516)	(488)	(526)
SUBSTANCE USE					
Lifetime cigarette smoking	–	4.2	2.7	2.5	2.3
Current cigarette smoking (past 30 days)	–	1.5	1.0	0.4	0.2
Lifetime alcohol use	–	13.7	10.7	5.4	6.5
Current alcohol use (past 30 days)	–	6.7	2.9	1.7	1.5
Binge drinking (past 30 days) [†]	–	1.3	1.6	0.4	0.6
Rode with driver who had been drinking (lifetime)	–	18.4	11.5	9.3	9.9
Lifetime marijuana use	–	1.9	1.9	0.6	0.6
Current marijuana use (past 30 days)	–	0.6	0.6	0.6	0.2
Lifetime inhalant use	–	5.7	2.9	2.3	1.4
VIOLENCE					
Physical fighting (lifetime)	–	45.1	32.3	32.5	29.4
Physical fighting on school property (lifetime)	–	16.1	9.2	9.1	7.3
Carried a weapon (lifetime)	–	15.0	11.4	10.7	11.6
Carried weapon on school property (lifetime)	–	0.6	0.4	0.6	0.4
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	–	45.3	30.7	28.2	24.6
Bullying victim on school property (past 12 months)	–	38.5	25.1	23.9	17.7
Cyberbullying victim (past 12 months)	–	16.3	14.5	15.6	14.8
MENTAL HEALTH					
Life "very" stressful (past 30 days)	–	14.6	13.8	8.8	10.5
Depressive symptoms (past 12 months)	–	12.1	12.5	9.8	11.1
Self-injury (past 12 months)	–	9.5	5.4	5.7	5.9
Considered suicide (lifetime)	–	11.2	10.5	6.4	9.4
Attempted suicide (lifetime)	–	2.9	1.4	1.9	1.5
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥20 minutes on 3 or more days/week	–	79.4	77.1	81.4	80.5
Overweight or obese [‡]	–	16.2	18.2	16.0	14.3

* 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

Gibbons Middle School, Westborough (Grades 7-8) 2014 Gender Patterns for Key Indicators*

	Gender (%)		Total (%)
	Female (255)	Male (267)	(526)
SUBSTANCE USE			
Lifetime cigarette smoking	2.4	1.9	2.3
Current cigarette smoking (past 30 days)	0.0	0.4	0.2
Lifetime alcohol use	2.7	10.1	6.5
Current alcohol use (past 30 days)	0.8	2.2	1.5
Binge drinking (past 30 days) [†]	0.4	0.8	0.6
Rode with driver who had been drinking (lifetime)	8.6	11.2	9.9
Lifetime marijuana use	0.0	1.1	0.6
Current marijuana use (past 30 days)	0.0	0.4	0.2
Lifetime inhalant use	0.8	1.9	1.4
VIOLENCE			
Physical fighting (lifetime)	13.5	44.6	29.4
Physical fighting on school property (lifetime)	2.8	11.3	7.3
Carried a weapon (lifetime)	6.3	16.5	11.6
Carried weapon on school property (lifetime)	0.4	0.4	0.4
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	24.4	24.4	24.6
Bullying victim on school property (past 12 months)	16.5	18.4	17.7
Cyberbullying victim (past 12 months)	19.1	10.9	14.8
MENTAL HEALTH			
Life "very" stressful (past 30 days)	13.8	7.5	10.5
Depressive symptoms (past 12 months)	15.4	7.2	11.1
Self-injury (past 12 months)	8.7	3.4	5.9
Considered suicide (lifetime)	11.1	7.9	9.4
Attempted suicide (lifetime)	2.0	1.1	1.5
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	77.7	83.4	80.5
Overweight or obese [‡]	11.7	16.7	14.3

* 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

Gibbons Middle School, Westborough (Grades 7-8)

2014 Grade Patterns for Key Indicators*

	Grade (%)		Total (%)
	7 th (257)	8 th (269)	
SUBSTANCE USE			
Lifetime cigarette smoking	2.3	2.2	2.3
Current cigarette smoking (past 30 days)	0.4	0.0	0.2
Lifetime alcohol use	5.4	7.4	6.5
Current alcohol use (past 30 days)	0.8	2.2	1.5
Binge drinking (past 30 days) [†]	0.4	0.7	0.6
Rode with driver who had been drinking (lifetime)	7.4	12.3	9.9
Lifetime marijuana use	0.8	0.4	0.6
Current marijuana use (past 30 days)	0.4	0.0	0.2
Lifetime inhalant use	1.6	1.1	1.4
VIOLENCE			
Physical fighting (lifetime)	28.6	30.2	29.4
Physical fighting on school property (lifetime)	7.5	7.1	7.3
Carried a weapon (lifetime)	10.5	12.7	11.6
Carried weapon on school property (lifetime)	0.4	0.4	0.4
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	19.6	29.4	24.6
Bullying victim on school property (past 12 months)	13.7	21.6	17.7
Cyberbullying victim (past 12 months)	13.0	16.5	14.8
MENTAL HEALTH			
Life "very" stressful (past 30 days)	8.2	12.7	10.5
Depressive symptoms (past 12 months)	10.2	11.9	11.1
Self-injury (past 12 months)	5.5	6.3	5.9
Considered suicide (lifetime)	7.5	11.2	9.4
Attempted suicide (lifetime)	1.6	1.5	1.5
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	82.1	79.1	80.5
Overweight or obese [‡]	12.0	16.3	14.3

* 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

High School Key Indicators

2006–2014 Trends
2014 Gender Patterns
2014 Grade Patterns

Westborough High School (Grades 9-12) 2006-2014 Trends in Key Indicators*

	Year of Survey (%)				
	2006 (987)	2008 (1,023)	2010 (979)	2012 (1,015)	2014 (993)
SUBSTANCE USE					
Lifetime cigarette smoking	27.0	27.2	20.9	19.9	12.8
Current cigarette smoking (past 30 days)	9.4	7.9	10.6	7.8	3.9
Lifetime alcohol use	60.4	62.3	56.2	49.8	50.7
Current alcohol use (past 30 days)	40.1	38.8	33.6	33.4	29.8
Binge drinking (past 30 days) [†]	24.3	23.6	21.2	20.7	17.1
Rode with driver who had been drinking (past 30 days)	23.4	22.8	19.2	21.2	15.0
Lifetime marijuana use	26.1	29.2	30.4	30.8	26.4
Current marijuana use (past 30 days)	13.7	19.8	21.2	22.3	16.8
Lifetime prescription drug misuse [‡]	8.4	8.0	11.7	10.7	5.2
VIOLENCE					
Physical fighting (past 12 months)	21.8	23.3	19.5	13.8	11.0
Physical fighting on school property (past 12 months)	4.7	5.1	4.6	4.6	2.5
Carried a weapon (past 30 days)	5.8	5.2	6.9	6.1	4.1
Carried a weapon on school property (past 30 days)	2.1	2.5	2.5	2.9	1.4
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	25.6	29.8	32.7	21.5	22.4
Bullying victim on school property (past 12 months)	22.3	26.6	28.8	18.6	18.3
Cyberbullying victim (past 12 months)	10.5	15.2	19.8	18.9	19.6
MENTAL HEALTH					
Life "very" stressful (past 30 days)	24.7	33.4	34.1	34.5	37.4
Depressive symptoms (past 12 months)	15.7	19.4	18.5	19.1	19.9
Self-injury (past 12 months)	10.3	10.7	14.7	14.7	12.4
Considered suicide (past 12 months)	9.1	10.8	13.4	12.3	11.4
Attempted suicide (past 12 months)	3.0	2.3	2.9	4.4	3.4
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	22.2	23.3	24.0	24.8	19.9
Currently sexually active (past 3 months)	17.5	18.5	18.6	19.8	14.9
Condom use at last intercourse (among sexually active youth)	73.4	64.7	63.3	65.6	56.9
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	43.6	39.4	53.6	55.6	51.8
Overweight or obese [§]	15.6	16.9	17.5	15.7	16.5

* 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

Westborough High School (Grades 9-12) 2014 Gender Patterns for Key Indicators*

	Gender (%)		Total (%)
	Female (491)	Male (487)	(993)
SUBSTANCE USE			
Lifetime cigarette smoking	7.2	18.1	12.8
Current cigarette smoking (past 30 days)	1.8	5.6	3.9
Lifetime alcohol use	52.7	48.1	50.7
Current alcohol use (past 30 days)	32.9	26.2	29.8
Binge drinking (past 30 days) [†]	17.1	17.3	17.1
Rode with driver who had been drinking (past 30 days)	15.9	14.2	15.0
Lifetime marijuana use	22.1	30.4	26.4
Current marijuana use (past 30 days)	13.7	19.6	16.8
Lifetime prescription drug misuse [‡]	4.3	6.0	5.2
VIOLENCE			
Physical fighting (past 12 months)	4.9	16.6	11.0
Physical fighting on school property (past 12 months)	1.0	3.5	2.5
Carried a weapon (past 30 days)	1.8	6.4	4.1
Carried a weapon on school property (past 30 days)	1.2	1.6	1.4
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	25.1	19.5	22.4
Bullying victim on school property (past 12 months)	18.8	17.9	18.3
Cyberbullying victim (past 12 months)	25.8	13.2	19.6
MENTAL HEALTH			
Life "very" stressful (past 30 days)	48.1	26.0	37.4
Depressive symptoms (past 12 months)	26.7	12.4	19.9
Self-injury (past 12 months)	18.4	5.8	12.4
Considered suicide (past 12 months)	13.7	8.7	11.4
Attempted suicide (past 12 months)	3.7	3.1	3.4
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	18.2	21.6	19.9
Currently sexually active (past 3 months)	15.3	14.3	14.9
Condom use at last intercourse (among sexually active youth)	54.7	58.8	56.9
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	43.5	60.1	51.8
Overweight or obese [§]	13.7	19.3	16.5

* 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

Westborough High School (Grades 9-12) 2014 Grade Patterns for Key Indicators*

	Grade (%)				Total (%) (993)
	9 th (249)	10 th (225)	11 th (233)	12 th (271)	
SUBSTANCE USE					
Lifetime cigarette smoking	6.9	8.9	10.8	23.4	12.8
Current cigarette smoking (past 30 days)	1.6	0.9	3.5	8.6	3.9
Lifetime alcohol use	24.1	46.0	60.9	70.5	50.7
Current alcohol use (past 30 days)	8.4	20.1	37.0	50.6	29.8
Binge drinking (past 30 days) [†]	1.2	8.5	24.7	32.1	17.1
Rode with driver who had been drinking (past 30 days)	6.5	12.9	17.6	21.4	15.0
Lifetime marijuana use	5.6	15.6	35.3	46.9	26.4
Current marijuana use (past 30 days)	3.2	6.7	20.9	33.6	16.8
Lifetime prescription drug misuse [‡]	2.4	2.7	4.3	10.0	5.2
VIOLENCE					
Physical fighting (past 12 months)	11.6	12.0	11.2	8.9	11.0
Physical fighting on school property (past 12 months)	3.2	3.6	1.7	0.7	2.5
Carried a weapon (past 30 days)	6.5	1.3	3.0	4.1	4.1
Carried a weapon on school property (past 30 days)	0.4	0.0	0.9	3.0	1.4
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	30.6	25.8	13.7	18.5	22.4
Bullying victim on school property (past 12 months)	23.8	20.9	11.6	15.9	18.3
Cyberbullying victim (past 12 months)	21.7	19.6	15.5	20.5	19.6
MENTAL HEALTH					
Life "very" stressful (past 30 days)	24.9	26.3	47.8	48.9	37.4
Depressive symptoms (past 12 months)	15.7	17.0	24.1	22.4	19.9
Self-injury (past 12 months)	12.1	10.7	11.2	14.1	12.4
Considered suicide (past 12 months)	10.9	8.9	11.2	13.8	11.4
Attempted suicide (past 12 months)	3.7	2.2	2.2	4.4	3.4
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	4.0	7.6	23.7	41.4	19.9
Currently sexually active (past 3 months)	2.8	4.5	19.8	30.2	14.9
Condom use at last intercourse (among sexually active youth)	66.7	50.0	56.5	58.0	56.9
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	55.9	53.6	52.4	46.6	51.8
Overweight or obese [§]	19.2	15.0	16.0	15.5	16.5

* 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

This report was prepared by the Health and Human Development Division at
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For information about EDC, visit our website at www.edc.org .