

Highlights from the MetroWest Adolescent Health Survey

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



2018

Wayland Middle School

GRADES 6-8



**METROWEST
HEALTH
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Wayland Middle School Report

Background and Methodology

The MetroWest Adolescent Health Survey (MWHAS), an initiative of the MetroWest Health Foundation, signifies a deep commitment to improving adolescent health and wellness by supporting data-driven advancements in prevention efforts, programs, and policies. The 2018 survey is the 7th administration of the MWAHS, which has been administered every other year since 2006 in the region served by the MetroWest Health Foundation. In 2018 alone, over 41,000 middle and high school students in all 25 communities in the region participated in the survey. Wayland Middle School has participated in the MWAHS since 2006.

The 2018 middle school survey was administered to a census of students in grades 7 and 8 in 24 school districts in the MetroWest Region. Nineteen school districts chose to include 6th grade in their surveys. In total, 16,799 middle school students in the region participated in this voluntary and anonymous survey. At Wayland Middle School, 639 students in grades 6 through 8 participated in the 2018 MWAHS, representing 96% 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.

This report summarizes current youth behaviors on key health indicators in the areas of substance use, violence, bullying, mental health, physical activity, and protective factors. The 2018 reports include new information on emerging trends such as use of electronic vapor products (including e-cigarettes) and areas of heightened concern, such as stress and anxiety, and social media use. The data allow for an examination of behavioral trends across seven time points from 2006 to 2018. Current data from 2018 are provided by sex and grade, and trends over the seven waves of the MWAHS are highlighted.

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. By monitoring trends in adolescent health and risk behaviors for well over a decade, the survey data has improved efforts across the region to better understand, prioritize, and address the most pressing physical and mental health challenges facing youth today.

Key Findings: Substance Use

Cigarette Smoking (Conventional)

- 2018 Patterns (Grades 6-8)** » **1% of students have smoked a cigarette in their lifetime, and less than 1% smoked recently (in the past 30 days).**
- » Reports of lifetime smoking are similarly low among females and males.
 - » Initiation of smoking increases from 0% in 6th grade to 3% in 8th grade.
- 2006-2018 Trends (Grades 7-8)** » **Youth smoking has declined substantially: Reports of lifetime smoking decreased from 8% in 2006 to 2% in 2010 and have been similar at 1-2% over the last four surveys.**
- » During the same period, current smoking (in the past 30 days) dropped from 4% in 2006 to less than 1% in 2012 through 2018.
 - » Cigarette smoking decreased among males and females.
 - » In the MetroWest region, reports of cigarette smoking in middle school have declined steadily since 2006.

Electronic Vapor Products*

- 2018 Patterns (Grades 6-8)** » **3% of youth have tried an electronic vapor product (EVP) in their lifetime, and 2% used EVPs in the past 30 days.**
- » EVP use is similar among females and males. For example, lifetime use is reported by 3% of males and 3% of females.
 - » Lifetime EVP use increases from 1% in 6th grade to 5% in 8th grade, and current use increases from 0% to 3%.
 - » 91% of youth perceive moderate or great risk in using EVPs; reports are similar by sex and grade.
- 2006-2018 Trends (Grades 7-8)** » **EVP use has increased since 2014: The proportion of youth who ever tried EVPs increased from 1% in 2014 to 4% in 2018.** (Data on EVP use was first collected in 2014.)
- » Current EVP use increased from less than 1% in 2016 to 2% in 2018.
 - » There have been increases in EVP use among both females and males.
 - » Despite the increase in EVP use, perception of risk rose steadily, from 65% in 2014 to 91% in 2018.
 - » Reports of EVP use in the MetroWest region have risen rapidly since 2016.

* Electronic vapor products (EVPs) include electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Alcohol Use

- 2018 Patterns (Grades 6-8)** » **6% of students drank alcohol in their lifetime, and 2% drank in the past 30 days.**
- » No middle school youth report recent binge drinking.*
 - » More males than females initiate alcohol use during the middle school years (8% compared to 4%); however, current drinking is similar by sex.
 - » Alcohol use increases substantially by grade: Lifetime use increases from 2% in 6th grade to 11% in 8th grade. Current drinking increases from less than 1% in 6th grade to 3% in 8th grade.
 - » Less than 1% of students report ever being a passenger in a car driven by a high school student who had been drinking alcohol.
- 2006-2018 Trends (Grades 7-8)** » **After declining notably from 2006 to 2010, reports of alcohol use in middle school have not changed substantially in recent surveys.**
- » Lifetime use declined from 18% in 2006 to 8% in 2010, with reports levelling at 6-9% over the last four surveys.
 - » Current use declined from 8% in 2006 to 4% in 2012, and then has remained similar at 1-3%.
 - » Binge drinking has been steady at 0-1% since 2010, down from 3-4% in 2006-2008.
 - » Drinking declined among both sexes since 2006. For example, lifetime drinking decreased from 12% in 2006 to 6% in 2018 among females, and from 25% to 12% among males.
 - » In the MetroWest region, alcohol use declined substantially from 2006 to 2016, and then remained similar in 2018.

Marijuana Use

- 2018 Patterns (Grades 6-8)** » **1% of middle school youth have ever used marijuana in their lifetime, and less than 1% used marijuana in the past 30 days.**
- » Marijuana use is low among females and males.
 - » A small proportion of youth initiate marijuana use in middle school, with lifetime use increasing from 0% in 6th grade to 3% in 8th grade.
 - » 10% of youth report that marijuana is “fairly easy” or “very easy” to obtain.
 - » 90% of youth perceive that using marijuana is of “moderate” or “great risk.” Lower risk perception is associated with increased use.
- 2006-2018 Trends (Grades 7-8)** » **After past declines, marijuana use has been steady in recent surveys. For example, lifetime use decreased from 4-6% in 2006-2008 to 2% in 2010, and has remained similar at 0-2% over the last four surveys.**
- » Lifetime use decreased among males (from 7% in 2006 to 2% in 2018), and remained similar at 0-2% among females.
 - » Current marijuana use has been steady at 0-1% since 2012, down from 3-5% in 2006-2008.
 - » Marijuana use in the MetroWest region has levelled in 2018 after previous declines.

* Binge drinking is 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. This does not take into account body weight or other factors that influence intoxication levels.

Key Findings: Violence

Physical Fighting

- 2018 Patterns (Grades 6-8)** » **28% of youth have been in a physical fight in their lifetime, and 10% have been in a fight on school property.**
- » Many more males than females report fighting overall (43% compared with 13%) and on school property (17% compared with 4%).
 - » The proportion of youth who have engaged in fighting in their lifetime ranges from 8-15% by grade.
- 2006-2018 Trends (Grades 7-8)** » **Fewer youth are involved in physical fights. Reports of lifetime physical fighting decreased from 39% in 2006 to 26% in 2016, with reports slightly higher at 29% in 2018.**
- » Reports of fighting on school property decreased from 17% in 2006 to 9% in 2012 and have been similar in recent surveys at 8-9%.
 - » There have been notable decreases in lifetime fighting among both males and females: From 2006 to 2018, fighting decreased from 58% to 44% among males, and from 24% to 14% among females.
 - » In the MetroWest region, physical fighting decreased steadily in early years of the MWAHS, both overall and on school property, and have been similar in recent reports.

Weapon Carrying

- 2018 Patterns (Grades 6-8)** » **10% of youth carried a weapon in their lifetime, and 0% carried a weapon on school property.**
- » Consistent with patterns for physical fighting, many more males (17%) than females (4%) report carrying weapons in their lifetime.
 - » Lifetime reports of weapon carrying range from 8-15% by grade.
- 2006-2018 Trends (Grades 7-8)** » **Weapon carrying has been steady at 12-14% since 2010, down from 18% in 2006.**
- » After declining from 4% in 2006 to 1% in 2010, weapon carrying on school property has been steady at around 1% over the last four surveys.
 - » Reports of weapon carrying decreased notably among males (from 32% in 2006 to 18% in 2018), whereas they have not changed notably among females (6% in 2006; 5% in 2018).
 - » In MetroWest, weapon carrying declined slightly in 2018 after remaining steady in prior years.

Key Findings: Bullying and Cyberbullying

Bullying

- 2018 Patterns (Grades 6-8)** » **20% of middle school youth have been bullied in the past 12 months, and 17% have been bullied on school property. 4% of students report bullying other students.**
- » Bullying victimization is higher among females than males overall (24% compared to 16%) and on school property (21% compared to 13%).
 - » Reports of bullying at school are similar at 16-19% by grade.
 - » 10% of youth reported being verbally harassed in the past 12 months due to their race, ethnicity or culture, 4% due to their sexual orientation or gender identity, 4% due to a disability, and 20% due to their appearance (height, weight, or how they look).
 - » Youth with learning and/or physical disabilities are more likely to be bullied at school than youth without disabilities (29% vs. 16%).
 - » Among students bullied at school in the past 12 months, 43% had talked to a school adult, and 68% had talked to a parent/adult outside of school.
- 2006-2018 Trends (Grades 7-8)** » **After declining from a high of 37% in 2008 to 15% in 2016, school bullying victimization is slightly higher in 2018 at 18%. Future data will show if this is indicative of a trend.**
- » Reports of overall bullying victimization follow a similar pattern.
 - » The recent increase in school bullying is driven by females: From 2016 to 2018, reports rose from 15% to 21% among females, whereas they stayed similar at 14-15% among males.
 - » Bullying victimization is also higher in 2018 in MetroWest after decreasing in prior years.

Cyberbullying

- 2018 Patterns (Grades 6-8)** » **14% of youth report being victims of cyberbullying in the past 12 months, and 3% report cyberbullying someone else.**
- » Females are more likely to be victims of cyberbullying than males (18% vs. 10%).
 - » Cyberbullying increases from 10% in 6th grade to 16-17% in 7th and 8th grades.
 - » Youth with disabilities are at elevated risk of being victimized online compared to youth without disabilities (22% vs. 13%).
 - » The majority of cyberbullying victims do not seek help from adults: Among students who were cyberbullied in the past 12 months, only 26% had talked to an adult at school and 45% had talked to a parent or other adult outside of school.
- 2006-2018 Trends (Grades 7-8)** » **After remaining similar at 10-12% from 2006 to 2016, reports of cyberbullying are higher in 2018 at 16%.**
- » The recent increase in cyberbullying was greater among females (from 13% in 2016 to 21% in 2018) than among males (from 9% to 12%).
 - » Cyberbullying victimization has levelled in MetroWest in 2018 after a prior increase.

Key Findings: Mental Health

Stress and Anxiety

- 2018** » **15% of students report that their life was very stressful in the past 30 days.**
- Patterns** » Females are much more likely to report this level of stress than males (21% vs. 9%).
- (Grades 6-8)** » Reports of stress increase substantially by grade, from 4% in 6th grade to 27% in 8th grade.
- » School is the most common source of stress, reported by 39% of youth. This is followed by stress related to social issues (17%), appearance issues (14%) and family issues (12%).
 - » 16% of students report feeling nervous, anxious, or on edge on at least half the days in the past two weeks, and 11% report feeling unable to stop or control worrying. Reports of anxiety symptoms are over twice as high among females as males and increase during the middle school years.
 - » 20% of youth report feeling tired or having little energy, 15% report sleeping problems, 13% report having trouble concentrating in school, and 12% report eating problems due to feeling stressed, anxious, or worried in the past two weeks.
- 2006-2018** » **After decreasing from 16% in 2006 to 10% in 2016, reports of life being very stressful have been notably higher at 19-21% in 2016-2018.**
- Trends** » From 2014 to 2018, stress increased notably among females (from 13% in 2014 to 19% in 2018) and males (from 6% to 13%).
- (Grades 7-8)** » In the MetroWest region, stress continued to rise notably from 2016 to 2018 after an earlier increase.

Depressive Symptoms, Self-Injury, and Suicidality

- 2018 Patterns (Grades 6-8)**
- » **7% of students reported depressive symptoms in the past 12 months.^{*}**
 - » **7% of youth reported self-injury in the past 12 months.[†]**
 - » **8% of youth have seriously considered suicide in their lifetime, and 3% have made a suicide attempt.**
 - » Females are more likely than males to report depressive symptoms (8% vs. 5%), while reports of other mental health problems are similar by sex.
 - » Reports of depressive symptoms and self-injury in the past 12 months increase from 6th grade to 8th grade. Lifetime reports of suicidal thoughts and attempts also increase by grade.
 - » Youth with disabilities report more mental health problems than youth without disabilities, including depressive symptoms (16% vs. 6%), self-injury (13% vs. 6%) and seriously considering suicide (18% vs. 7%).
 - » Many youth who report mental health problems are not receiving mental health services: Among students reporting depressive symptoms in the past 12 months, 31% talked to a school counselor, therapist, or psychologist at school, 7% talked to a school nurse, and 31% of students talked to a therapist, psychologist, or other mental health professional outside of school.
- 2006-2018 Trends (Grades 7-8)**
- » **Overall reports of mental health problems show some increases in recent surveys after earlier declines,**
 - » Specifically, reports of depressive symptoms are higher in 2018 at 10% after declining from 14% in 2006 to 6% in 2016. Reports increased among both females and males, with a greater increase among females.
 - » After decreasing from 11% in 2006 to 3% in 2012, reports of self-injury have increased over the last three surveys to 8% in 2018.
 - » Reports of seriously considering suicide decreased from 10% in 2006 to 4% in 2010, but have increased steadily since then to 12% in 2018. There are increases among females (from 4% in 2010 to 14% in 2018) and males (from 4% to 10%).
 - » Lifetime reports of suicide attempts decreased from 5% in 2006 to 1% in 2010, holding steady for several surveys and then returning to earlier levels in 2018 (4%)
 - » Reports of mental health problems among MetroWest youth are also higher in 2018 compared with past surveys.

^{*} Depressive symptoms are defined as feeling sad or hopeless almost every day for two or more weeks during the past 12 months.

[†] Self-injury is defined as cutting, burning, or bruising oneself on purpose in the past 12 months.

Key Findings: Physical Activity, Overweight/Obesity, Sleep

Physical Activity

- 2018 Patterns (Grades 6-8)** » **58% of youth report moderate physical activity in the past week,* and 81% of youth report vigorous physical activity.†**
- » Males are more likely than females to report moderate physical activity (68% compared to 50%) and vigorous physical activity (87% compared with 76%).
 - » Reports of moderate physical activity range from 58-57% by grade.
 - » 5% of youth (6% of females and 4% of males) report no moderate physical activity in the past 7 days.
- 2006-2018 Trends (Grades 7-8)** » **The proportion of youth who exercised vigorously on at least 3 days in the past week has remained similar since 2006 at 82%-83%.**
- » This trend in physical activity is consistent with MetroWest regional data.

Overweight/Obesity

- 2018 Patterns (Grades 6-8)** » **14% of youth are overweight or obese.‡**
- » Males are more likely than females to be overweight or obese (15% compared with 13%).
 - » Overweight/obesity is similar across grades.
- 2006-2018 Trends (Grades 7-8)** » **Overweight/obesity has remained similar at 14-13% since 2006.**
- » In the MetroWest region, overweight/obesity in middle school has not changed notably over the seven surveys.

* Moderate physical activity is defined as activity that increases heart rate and makes you breathe hard for ≥60 min on 5+ of the past 7 days.

† Vigorous physical activity is defined as exercising for at least 20 minutes that makes you sweat and breathe hard on 3+ of the past 7 days.

‡ Overweight/obesity is based on self-reported height and weight, which is used to calculate body mass index. Overweight/obesity is defined as being in the 85th percentile or above for body mass index by age and sex, based on reference data.

Sleep

- 2018** » **70% of youth get 8 or more hours of sleep on an average school night.**
- Patterns** » More males than females get 8 hours of sleep per night (76% compared to 65%).
- (Grades 6-8)** » Reports of getting 8 or more hours of sleep decrease substantially as students get older, from 78% in 6th grade to 57% in 8th grade.
- » As noted earlier, 15% of youth (20% of females and 10% of males) report sleep issues related to being stressed, anxious, or worried.
- » Youth who sleep less than eight hours per night are more likely to report poor mental health, including depressive symptoms (16% vs. 3%), self-injury (14% vs. 4%), and seriously considering suicide (21% vs. 3%).
- 2006-2018** » **The proportion of youth sleeping 8 or more hours on an average school night has decreased from 69% in 2014 to 62% in 2016, and was slightly higher in 2018 at 66%.**
- Trends** (2014 was the first year that sleep data was collected.)
- (Grades 7-8)** » Overall since 2014, there was a decrease in sleep among females (from 65% in 2014 to 56% in 2018), whereas reports increased slightly among males (from 73% to 76%).
- » Youth in the MetroWest region report getting less sleep in 2018 compared with 2014.

Key Findings: Online Behavior

Time Spent Online, Social Media Use, and Gaming

- 2018 Patterns (Grades 6-8)**
- » **30% of youth spend three or more hours online on the average school day.**
 - » **7% spend three or more hours per day on social media, specifically, and 7% spend three or more hours gaming.**
 - » Females are more likely than males to spend three or more hours on social media daily (9% vs. 5%), and males are more likely to spend three or more hours gaming (11% vs. 3%).
 - » Youth report both positive and negative attitudes towards social media. On the positive side, social media helps youth feel more connected to peers (47%), provides a source of social support (22%), and helps them find people with common interests and hobbies (41%). On the negative side, social media makes a sizeable minority of students feel badly about themselves or excluded (15%), keeps them from doing important things like homework or family responsibilities (14%), and has hurt relationships with peers (6%).
 - » 23% of all youth feel they spend too much time on social media (30% of females and 14% of males).
 - » Youth who spend three or more hours on social media daily are more likely to report cyberbullying victimization (41% vs. 12%) and perpetration (14% vs. 3%).
 - » Youth who spend more time on social media are more likely to report substance use and mental health problems. For example, high users of social media are more likely to report lifetime alcohol use (23% vs. 5%) and marijuana use (7% vs. 1%) than lower users. They are also more likely to report depressive symptoms in the past 12 months (19% vs. 6%) and seriously considering suicide in their lifetime (23% vs. 7%).
- 2006-2018 Trends (Grades 7-8)**
- » **The proportion of youth spending three or more hours online on an average school day has increased substantially from 11% in 2010 to 36% in 2014 and remained steady over the last two surveys.** (2010 was the first year this data was collected.)
 - » Increases in time spent online are considerable among both females and males.
 - » In the MetroWest region, the proportion of youth spending three or more hours online daily nearly tripled from 2010 to 2018.

Key Findings: Protective Factors

School Attachment and Engagement

- 2018 Patterns (Grades 6-8)** » **More than three-quarters 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” (79%), and “I feel safe in my school” (89%).
- » Reports of school attachment are similar among females and males.
 - » School attachment generally declines from 6th grade to 8th grade.
- 2006-2018 Trends (Grades 7-8)** » **School attachment has not changed notably in recent surveys.**
- » For example, agreement with the statement “I feel like I am part of this school” was steady at 80% since 2016.
 - » Several indicators of school attachment are lower in 2018 in the MetroWest region compared with prior years.

Adult Support

- 2018 Patterns (Grades 6-8)** » **82% of youth have at least one teacher or other adult at school to talk to if they have a problem, and 95% 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 females and males and is similar during the middle school years.
 - » Reports of adult support outside of school are similar by sex and grade.
- 2006-2018 Trends (Grades 7-8)** » **Reports of adult support at school increased from 67% in 2006 to 73% in 2016, further rising to 81% in 2018.**
- » There have been increases in adult support at school among both females and males.
 - » Adult support outside of school has increased from 90% in 2006 to 94% in 2018.
 - » In the MetroWest region, there has also been an increase in adult support at school since 2006.

Conclusions

Now having completed the 7th administration, the MWAHS is an invaluable tool for guiding schools and communities across the region to take data-driven approaches to improve adolescent health. The 2018 survey data identifies areas of concern while also highlighting important progress that has been made since the survey began more than a decade ago. The 2018 data show that Wayland is making important advances in some behavioral health areas, such as alcohol use, cigarette smoking, and violence. While these demand continued attention, the data also highlight other areas of concern, including use of electronic vapor products, bullying, 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.

Middle School Key Indicators

2006–2018 Trends
2018 Patterns by Sex
2018 Patterns by Grade

Wayland Middle School (Grades 7-8)

2006-2018 Trends in Key Indicators

MetroWest Adolescent Health Survey

	Year of Survey (%)						
	2006 <i>(434)</i>	2008 <i>(440)</i>	2010 <i>(419)</i>	2012 <i>(400)</i>	2014 <i>(412)</i>	2016 <i>(409)</i>	2018 <i>(408)</i>
SUBSTANCE USE							
Lifetime cigarette smoking	7.7	7.1	2.2	2.3	1.0	2.5	2.2
Current cigarette smoking (past 30 days)	3.5	4.1	1.2	0.8	0.2	0.7	0.5
Lifetime electronic vapor product use*	–	–	–	–	1.2	3.4	4.2
Current electronic vapor product use (past 30 days)*	–	–	–	–	0.2	1.2	2.5
Lifetime alcohol use	18.3	16.5	7.5	7.6	6.3	7.9	8.6
Current alcohol use (past 30 days)	8.2	6.2	1.2	3.6	1.0	3.2	2.5
Binge drinking (past 30 days) [†]	3.5	3.0	0.7	0.5	0.0	1.0	0.0
Lifetime marijuana use	4.0	5.7	1.9	1.0	0.0	1.0	2.0
Current marijuana use (past 30 days)	3.3	4.8	1.9	0.8	0.0	1.0	0.2
Lifetime inhalant use	8.9	8.7	1.4	2.3	0.7	3.9	3.0
VIOLENCE							
Physical fighting (lifetime)	39.0	40.3	34.5	29.9	30.5	26.0	28.9
Physical fighting on school property (lifetime)	16.7	21.2	11.6	8.6	8.4	8.8	9.4
Carried a weapon (lifetime)	17.5	13.6	11.8	12.5	12.3	14.1	11.6
Carried a weapon on school property (lifetime)	4.0	2.8	0.7	0.3	1.0	1.0	0.5
BULLYING VICTIMIZATION							
Bullying victim (past 12 months)	33.7	38.4	26.9	24.2	19.9	17.4	21.3
Bullying victim on school property (past 12 months)	29.4	37.2	23.6	18.9	17.9	15.2	17.7
Cyberbullying victim (past 12 months)	12.5	10.5	9.6	11.6	9.7	11.3	16.3
MENTAL HEALTH							
Life "very" stressful (past 30 days)	15.7	13.6	7.9	11.1	9.6	19.1	20.9
Depressive symptoms (past 12 months)	13.7	13.8	7.9	7.4	8.6	6.2	9.8
Self-injury (past 12 months)	11.0	7.6	4.5	3.0	6.9	5.4	8.0
Considered suicide (lifetime)	9.5	9.7	4.1	4.8	7.0	10.4	11.8
Attempted suicide (lifetime)	4.9	4.1	1.4	1.3	1.5	1.3	4.2
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	85.8	83.2
Overweight or obese [‡]	14.1	16.2	16.0	10.5	13.6	12.9	16.2

* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigs, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

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

Wayland Middle School (Grades 6-8) 2018 Key Indicator Patterns by Sex

MetroWest Adolescent Health Survey

	Sex (%)		Total (%) (639)
	Female (329)	Male (308)	
SUBSTANCE USE			
Lifetime cigarette smoking	1.5	1.3	1.4
Current cigarette smoking (past 30 days)	0.6	0.0	0.3
Lifetime electronic vapor product use*	3.4	2.7	3.0
Current electronic vapor product use (past 30 days)*	1.8	1.3	1.6
Lifetime alcohol use	4.3	8.2	6.1
Current alcohol use (past 30 days)	1.2	2.3	1.7
Binge drinking (past 30 days) [†]	0.0	0.0	0.0
Lifetime marijuana use	1.5	1.0	1.3
Current marijuana use (past 30 days)	0.3	0.0	0.2
Lifetime inhalant use	2.2	2.6	2.4
VIOLENCE			
Physical fighting (lifetime)	13.0	43.3	27.8
Physical fighting on school property (lifetime)	3.7	16.5	10.0
Carried a weapon (lifetime)	4.3	16.8	10.4
Carried a weapon on school property (lifetime)	0.3	0.3	0.3
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	24.4	16.1	20.5
Bullying victim on school property (past 12 months)	20.6	13.5	17.2
Cyberbullying victim (past 12 months)	17.7	9.8	13.8
MENTAL HEALTH			
Life "very" stressful (past 30 days)	20.8	8.6	14.9
Depressive symptoms (past 12 months)	8.4	5.0	6.7
Self-injury (past 12 months)	7.1	6.1	6.6
Considered suicide (lifetime)	8.9	7.7	8.3
Attempted suicide (lifetime)	2.8	3.0	2.9
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	76.0	87.3	81.3
Overweight or obese [‡]	12.8	14.6	13.7

* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

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

Wayland Middle School (Grades 6-8)

2018 Key Indicator Patterns by Grade

MetroWest Adolescent Health Survey

	Year of Survey (%)			Total (%)
	6 th (231)	7 th (206)	8 th (202)	
SUBSTANCE USE				
Lifetime cigarette smoking	0.0	1.5	3.0	1.4
Current cigarette smoking (past 30 days)	0.0	1.0	0.0	0.3
Lifetime electronic vapor product use*	0.9	3.4	5.1	3.0
Current electronic vapor product use (past 30 days)*	0.0	2.5	2.5	1.6
Lifetime alcohol use	1.7	6.8	10.6	6.1
Current alcohol use (past 30 days)	0.4	2.4	2.5	1.7
Binge drinking (past 30 days) [†]	0.0	0.0	0.0	0.0
Lifetime marijuana use	0.0	1.5	2.5	1.3
Current marijuana use (past 30 days)	0.0	0.5	0.0	0.2
Lifetime inhalant use	1.3	1.5	4.5	2.4
VIOLENCE				
Physical fighting (lifetime)	25.9	29.7	28.0	27.8
Physical fighting on school property (lifetime)	11.1	8.9	10.0	10.0
Carried a weapon (lifetime)	8.3	15.1	8.0	10.4
Carried a weapon on school property (lifetime)	0.0	0.5	0.5	0.3
BULLYING VICTIMIZATION				
Bullying victim (past 12 months)	19.0	23.2	19.4	20.5
Bullying victim on school property (past 12 months)	16.4	18.5	16.9	17.2
Cyberbullying victim (past 12 months)	9.5	16.6	16.0	13.8
MENTAL HEALTH				
Life "very" stressful (past 30 days)	4.0	15.2	26.8	14.9
Depressive symptoms (past 12 months)	1.3	7.9	11.7	6.7
Self-injury (past 12 months)	4.0	7.9	8.2	6.6
Considered suicide (lifetime)	2.2	11.3	12.2	8.3
Attempted suicide (lifetime)	0.4	4.9	3.6	2.9
PHYSICAL ACTIVITY AND BODY WEIGHT				
Exercised for ≥20 minutes on 3 or more days/week	77.9	84.3	82.1	81.3
Overweight or obese [‡]	8.2	13.5	18.8	13.7

* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

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

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