2010

Highlights from the MetroWest Adolescent Health Survey

Dover-Sherborn High School Report

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Background and Methodology: Dover-Sherborn 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. Dover-Sherborn High School participated in the MWAHS for the first time in 2010.

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 Dover-Sherborn, 567 students participated in the 2010 MWAHS, representing 93% 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 Dover-Sherborn's data in the areas of substance use, violence, bullying, mental health, sexual behavior, and physical activity are provided in this report.

Substance Use: Dover-Sherborn High School

Cigarette Smoking

2010 District Patterns

- **25% of Dover-Sherborn students have smoked a cigarette in their lifetime, and 11% smoked recently (in the past 30 days).**
- Similar proportions of males (12%) and females (10%) smoked in the past 30 days.
- Recent smoking increases from 1% in 9th grade to 22% in 12th grade.

2006-2010 Regional Trends

- **Cigarette smoking among MetroWest high school students has declined. In 2010, 26% of youth reported smoking in their lifetime, compared with 35% in 2006.**
- Current smoking (in the past 30 days) decreased from 15% in 2006 to 12% in 2010.
- Both males and females are smoking less. For example, lifetime smoking decreased from 32% in 2006 to 22% in 2010 among females, and from 39% to 30% among males.

Alcohol Use And Drinking And Driving

2010 District Patterns

- **61% of Dover-Sherborn students drank alcohol in their lifetime, 35% drank in the past 30 days, and 22% report recent binge drinking (defined as consuming 5 or more drinks in a row).**
- Alcohol use is similar among females and males: For example, 36% of females and 35% of males are current drinkers (drank in the past 30 days).
- Alcohol use increases substantially by grade: Current drinking increases from 9% in 9th grade to 57% in 12th grade, and recent (past 30 days) binge drinking increases from 4% to 42%.
- 22% of students reported riding in a car driven by someone who was drinking alcohol in the past 30 days. Reports are similar among both genders and increase by grade, from 15% in 9th grade to 29% in 12th grade.

2006-2010 Regional Trends

- **Fewer students in MetroWest are drinking alcohol. In 2010, 35% of youth reported drinking in the past 30 days, down from 42% in 2006.**
- During the same period, lifetime drinking decreased from 67% to 58%, binge drinking decreased from 25% to 21%, and riding with a driver who had been drinking decreased from 25% to 23%.
- There were declines in alcohol use among both males and females: For example, current drinking (in the past 30 days) decreased from 42% in 2006 to 34% in 2010 among females and from 42% to 36% among males.

Marijuana Use

2010 District Patterns

- **36% of Dover-Sherborn youth have used marijuana in their lifetime, and 24% used marijuana in the past 30 days.**
- Males are more likely than females to initiate marijuana use (44% compared with 26%) and to be current marijuana users (32% compared with 15%).
- Marijuana use increases by grade: 9% of 9th grade students have tried marijuana compared with 61% of 12th grade students.

2006-2010 Regional Trends

- **In contrast to the decline in drinking, marijuana use is on the rise in the MetroWest region: In 2010, one in four youth (24%) were current marijuana users, compared with 20% in 2006.**
- Lifetime marijuana use increased from 33% in 2006 to 35% in 2010.
- The increase in marijuana use is notable only among males: Current marijuana use increased from 24% in 2006 to 30% in 2010 among males, but remained steady at 17% among females.

Prescription Drug Misuse

2010 District Patterns

- **10% of Dover-Sherborn youth have misused prescription drugs in their lifetime (defined as use without a doctor's prescription).**
- More males (13%) than females (8%) misuse prescription drugs.
- Lifetime misuse of prescription drugs increases from 5% in 9th grade to 19% in 12th grade.

2006-2010 Regional Trends

- **In the MetroWest region, lifetime misuse of prescription drugs has remained steady since 2006.**
- About one in ten high school students in the region has misused prescription drugs in their lifetime.

Violence: Dover-Sherborn High School

Physical Fighting

2010 District Patterns

- **22% of high school youth in Dover-Sherborn 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 (33% compared with 11%) and fighting on school property (9% compared with 2%).
- Fighting ranges from 17-25% during the high school years and is highest among younger students.

2006-2010 Regional Trends

- **Physical fighting, both on and off school property, is declining in MetroWest. One in five youth (22%) in 2010 reported being in a physical fight in the past 12 months, compared with 26% in 2006.**
- Fighting on school property decreased from 9% in 2006 to 7% in 2010.
- Decreases in reports of physical fighting were found among both males and females.

Weapon Carrying

2010 District Patterns

- **7% of Dover-Sherborn 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 (13%) than females (2%) report carrying weapons.
- Overall reports of weapon carrying are similar throughout 9th to 12th grade.

2006-2010 Regional Trends

- **Despite the decrease in fighting in the MetroWest region, weapon carrying remained steady at 7-8% from 2006 to 2010.**
- Weapon carrying on school property also remained steady at 3%.

Bullying and Cyberbulling: Dover-Sherborn High School

Bullying

2010 District Patterns

- **41% of high school youth in Dover-Sherborn have been victims of bullying in the past 12 months, and 36% have been bullied on school property. 27% of students report bullying other students.**
- More females than males are victims of bullying (46% compared with 35%) and bullying on school property (41% compared with 31%). However, males are more likely than females to bully others (30% compared with 24%).
- Reports of victimization range from 32-53% during high school.
- While 41% of students report they had been bullied in the past 12 months, only 16% report talking to an adult about being victimized.

2006-2010 Regional Trends

- **Reports of bullying victimization in MetroWest have increased. In 2010, one in three youth (32%) reported they were bullied in the past 12 months, compared with 29% in 2006.**
- Reports of bullying victimization on school property increased from 26% in 2006 to 28% in 2010.
- Increases in reports of victimization are notable only among females: For example, overall bullying increased from 30% in 2006 to 37% in 2010 among females, but remained steady at 27% among males.

Cyberbullying

2010 District Patterns

- **One in five Dover-Sherborn youth (21%) report being victims of cyberbullying, and 12% report cyberbullying someone else in the past 12 months.**
- Cyberbullying is reported by more females than males: Females are more likely to be both cyberbullying victims (29% compared with 13%) and perpetrators (14% compared with 10%).
- Cyberbullying ranges from 18-25% during the high school years.
- While 21% of students report they have been cyberbullied in the past 12 months, only 5% have talked to an adult about being victimized.

2006-2010 Regional Trends

- **In MetroWest, reports of cyberbullying victimization are on the rise: One in five youth (20%) reported that they were cyberbullied in 2010, compared with 15% in 2006.**
- Cyberbullying increased among both genders, but the increase was greater for females (from 17% in 2006 to 26% in 2010) than males (from 12% to 14%).

Mental Health: Dover-Sherborn High School

2010 District Patterns

- **In 2010, 31% of Dover-Sherborn students felt their life was "very" stressful in the past 30 days. 15% reported depressive symptoms and 13% 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 3% attempted suicide in the past 12 months.
- Females are more likely than males to report stress, depressive symptoms, and self-injury.
- Reports of stress increase from 16% in 9th grade to 55% in 12th grade.

2006-2010 Regional Trends

- **Reports of mental health problems, including stress, depressive symptoms, self-injury, and suicidality remained steady from 2006 to 2010 in the MetroWest region.**

Sexual Behavior: Dover-Sherborn High School

2010 District Patterns

- **23% of youth have had sexual intercourse in their lifetime, and 19% are sexually active (had intercourse in the past 3 months).**
- 24% of females and 22% of males have had intercourse in their lifetime, and 21% of females and 16% of males had intercourse in the past 3 months.
- By 12th grade, 48% of youth have had sexual intercourse.
- Only 68% of sexually active youth used a condom the last time they had intercourse.

2006-2010 Regional Trends

- **Sexual intercourse is reported by similar proportions of MetroWest high school students since 2006.**
- Reports of lifetime sexual intercourse remained steady at 28-29% from 2006 to 2010, and current sexual activity (intercourse in the past 3 months) was steady at 22%.
- However, there was a decrease in condom use from 67% in 2006 to 63% in 2010 among sexually active youth.

Physical Activity and Body Weight: Dover-Sherborn High School

2010 District Patterns

- **60% of youth in Dover-Sherborn meet national physical activity recommendations (physically active for 60 minutes on at least five days a week).**
- 11% 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 (65% compared with 56%), yet more males than females are overweight/obese (13% compared with 10%).
- Physical activity decreases from 76% in 9th grade to 36% in 12th grade, and overweight/obesity decreases from 15% to 8%.

2006-2010 Regional Trends

- **The proportion of MetroWest youth meeting national physical activity recommendations increased from 34% in 2006 to 45% in 2010.**
- **Physical activity increased among both genders.**
- However, overweight/obesity remained steady at 19-20% since 2006.

Conclusions: Dover-Sherborn High School

The MetroWest Adolescent Health Survey provides important data to examine the prevalence of health and risk behaviors among students in Dover-Sherborn and across the MetroWest region. The current 2010 data highlight several areas of risk behavior that are prevalent in Dover-Sherborn, including alcohol use, marijuana use, bullying (including cyberbullying), and mental health. Information from future surveys will provide trend data to further inform school and community efforts to reduce risk taking and improve the health of young people.

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

	Year of Survey (%)		
	2006	2008	2010 *(567)*
SUBSTANCE USE			
Lifetime cigarette smoking	–	–	25.0
Current cigarette smoking (past 30 days)	–	–	11.0
Lifetime alcohol use	–	–	60.8
Current alcohol use (past 30 days)	–	–	35.4
Binge drinking (past 30 days)†	–	–	22.2
Rode with driver who had been drinking (past 30 days)	–	–	21.6
Lifetime marijuana use	–	–	35.5
Current marijuana use (past 30 days)	–	–	23.7
Lifetime prescription drug misuse‡	–	–	10.4
VIOLENCE			
Physical fighting (past 12 months)	–	–	21.7
Physical fighting on school property (past 12 months)	–	–	5.5
Carried a weapon (past 30 days)	–	–	7.2
Carried a weapon on school property (past 30 days)	–	–	2.1
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	–	–	40.7
Bullying victim on school property (past 12 months)	–	–	35.8
Cyberbullying victim (past 12 months)	–	–	21.4
MENTAL HEALTH			
Life "very" stressful (past 30 days)	–	–	31.0
Depressive symptoms (past 12 months)	–	–	14.5
Self-injury (past 12 months)	–	–	12.9
Considered suicide (past 12 months)	–	–	10.1
Attempted suicide (past 12 months)	–	–	2.8
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	–	–	23.1
Currently sexually active (past 3 months)	–	–	18.9
Condom use at last intercourse (among sexually active youth)	–	–	67.9
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	–	–	60.3
Overweight or obese§	–	–	11.1

* *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*

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

	Gender (%)		Total (%)
	Female	Male	
	(285)	*(280)*	*(567)*
SUBSTANCE USE			
Lifetime cigarette smoking	23.0	27.2	25.0
Current cigarette smoking (past 30 days)	9.9	12.1	11.0
Lifetime alcohol use	60.9	60.4	60.8
Current alcohol use (past 30 days)	35.8	35.0	35.4
Binge drinking (past 30 days)†	20.6	23.9	22.2
Rode with driver who had been drinking (past 30 days)	22.5	20.8	21.6
Lifetime marijuana use	26.3	44.4	35.5
Current marijuana use (past 30 days)	14.7	32.3	23.7
Lifetime prescription drug misuse‡	7.7	13.3	10.4
VIOLENCE			
Physical fighting (past 12 months)	10.9	32.6	21.7
Physical fighting on school property (past 12 months)	1.8	8.9	5.5
Carried a weapon (past 30 days)	1.8	12.9	7.2
Carried a weapon on school property (past 30 days)	1.4	2.9	2.1
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	46.3	35.0	40.7
Bullying victim on school property (past 12 months)	40.7	30.7	35.8
Cyberbullying victim (past 12 months)	29.1	13.3	21.4
MENTAL HEALTH			
Life "very" stressful (past 30 days)	40.3	21.9	31.0
Depressive symptoms (past 12 months)	18.2	10.9	14.5
Self-injury (past 12 months)	18.2	7.7	12.9
Considered suicide (past 12 months)	9.6	10.5	10.1
Attempted suicide (past 12 months)	2.5	3.2	2.8
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	24.3	22.1	23.1
Currently sexually active (past 3 months)	21.5	16.5	18.9
Condom use at last intercourse (among sexually active youth)	70.5	64.4	67.9
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	55.6	65.2	60.3
Overweight or obese§	9.6	12.7	11.1

* *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*

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

	Grade (%)				Total (%)
	9th	10th	11th	12th	
	(153)	(156)	(146)	(109)	(567)
SUBSTANCE USE					
Lifetime cigarette smoking	9.9	24.4	30.6	40.7	25.0
Current cigarette smoking (past 30 days)	1.3	10.9	13.1	22.0	11.0
Lifetime alcohol use	32.0	63.5	77.2	76.1	60.8
Current alcohol use (past 30 days)	9.2	32.1	50.7	56.9	35.4
Binge drinking (past 30 days)†	3.9	17.4	31.9	42.2	22.2
Rode with driver who had been drinking (past 30 days)	15.0	20.0	24.7	29.4	21.6
Lifetime marijuana use	9.2	29.7	50.0	61.5	35.5
Current marijuana use (past 30 days)	4.6	21.3	32.2	42.2	23.7
Lifetime prescription drug misuse‡	5.2	9.7	10.3	19.3	10.4
VIOLENCE					
Physical fighting (past 12 months)	23.0	25.0	20.5	16.5	21.7
Physical fighting on school property (past 12 months)	3.9	7.7	4.8	4.6	5.5
Carried a weapon (past 30 days)	6.5	7.1	7.6	8.3	7.2
Carried a weapon on school property (past 30 days)	0.7	2.6	3.4	1.8	2.1
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	33.3	53.2	31.5	45.0	40.7
Bullying victim on school property (past 12 months)	25.5	50.0	28.8	38.5	35.8
Cyberbullying victim (past 12 months)	17.6	25.2	17.8	24.8	21.4
MENTAL HEALTH					
Life "very" stressful (past 30 days)	15.8	29.9	30.1	55.0	31.0
Depressive symptoms (past 12 months)	9.2	16.7	13.2	21.3	14.5
Self-injury (past 12 months)	9.9	18.1	11.8	12.0	12.9
Considered suicide (past 12 months)	8.6	14.0	9.7	7.4	10.1
Attempted suicide (past 12 months)	3.9	4.5	0.0	2.8	2.8
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	7.9	17.3	27.4	47.7	23.1
Currently sexually active (past 3 months)	4.0	15.4	24.0	38.5	18.9
Condom use at last intercourse (among sexually active youth)	83.3	60.9	74.3	64.3	67.9
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	75.7	63.4	59.3	35.8	60.3
Overweight or obese§	14.9	12.6	7.0	7.8	11.1

* *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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