2010

HIGHLIGHTS FROM THE METROWEST ADOLESCENT HEALTH SURVEY

DOVER-SHERBORN MIDDLE SCHOOL REPORT

Funded by MetroWest Community Health Care Foundation



Submitted by Education Development Center, Inc. Health & Human Development Division



Highlights from the 2010 MetroWest Adolescent Health Survey Dover-Sherborn Middle School

BACKGROUND AND METHODOLOGY: DOVER-SHERBORN MIDDLE 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 Middle School has participated in the MWAHS since 2008.

The 2010 survey was administered to a census of students in grades 7 and 8 in 21 middle schools across the region. Thirteen districts also chose to survey 6th grade students. In total, 14,714 students in grades 6 through 8 in the region participated in this voluntary and anonymous survey. In Dover-Sherborn, 523 students in grades 6 through 8 participated in the 2010 MWAHS, representing 95% 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, and physical activity are provided in this booklet.

SUBSTANCE USE: DOVER-SHERBORN MIDDLE SCHOOL

CIGARETTE SMOKING

2010
DISTRICT
PATTERNS
(Grades 6-8)

- 4% of Dover-Sherborn students have smoked a cigarette in their lifetime, and 1% smoked recently (in the past 30 days).
- Similar proportions of males (5%) and females(4%) have initiated cigarette smoking.
- Reports of smoking initiation range from 2-5% during the middle school years.

2006-2010 REGIONAL TRENDS (Grades 7-8)

- Smoking initiation among MetroWest middle school students is declining: In 2010, 6% of youth reported smoking in their lifetime, compared with 10% in 2006.
- Current cigarette smoking is also slightly lower in 2010 (2%) compared with 2006 (4%).
- Smoking decreased among both males and females: Reports of lifetime smoking decreased from 11% in 2006 to 7% in 2010 among males, and from 8% to 5% among females.

ALCOHOL USE AND DRINKING AND DRIVING

2010 DISTRICT PATTERNS (Grades 6-8)

- 9% of Dover-Sherborn students drank alcohol in their lifetime, 2% drank in the past 30 days, and 1% reported recent binge drinking (defined as consuming 5 or more drinks in a row).
- More males than females initiate alcohol use in middle school (12% compared with 6%), but current drinking is similar among both genders.
- Lifetime alcohol use increases substantially by grade, from 3% in 6th grade to 15% in 8th grade. Current drinking is steady through grades 6-8 at 2%.
- 10% of students reported having ever ridden in a car driven by someone who had been drinking alcohol. Reports are similar among both genders. By 8th grade, 17% of students report having ridden in a car driven by someone who had been drinking.

- Fewer MetroWest middle school students are starting to drink alcohol: In 2010, 13% of youth reported drinking alcohol in their lifetime, down from 22% in 2006.
- Current alcohol use also declined from 9% in 2006 to 5% in 2010.
- Alcohol use is lower among both genders: Lifetime use decreased from 18% in 2006 to 11% in 2010 among females, and from 26% to 15% among males.
- Lifetime reports of riding in a car with a driver who had been drinking decreased from 19% in 2006 to 15% in 2010.

MARIJUANA USE

2010 DISTRICT PATTERNS (Grades 6-8)

- 1% of youth in Dover-Sherborn have used marijuana in their lifetime, and 1% used marijuana in the past 30 days.
- Both females and males report low use of marijuana in their lifetime (2% and 1% respectively).
- Lifetime marijuana use is reported by 1% of 6th grade students and 2% of 8th grade students.

2006-2010 REGIONAL TRENDS (Grades 7-8)

- From 2006 to 2010, the proportion of MetroWest youth who have tried marijuana in their lifetime remained steady at 4-5%.
 - Current marijuana use remained steady in the 2-3% range.

INHALANT USE

2010 DISTRICT PATTERNS (Grades 6-8)

- 4% of Dover-Sherborn youth used inhalants in their lifetime (defined as sniffing glue, breathing the contents of spray cans, or inhaling any paints or sprays to get high).
- More males than females have used inhalants (6% compared with 2%).
- Report of lifetime inhalant use range from 2-6% during the middle school years.

- Inhalant use is decreasing in the region: In 2010, 5% of youth reported having used inhalants in their lifetime, compared with 8% in 2006.
- Decreases in inhalant use were reported by both genders: Lifetime use decreased from 8% in 2006 to 5% in 2010 among females, and from 9% to 6% among males.

VIOLENCE: DOVER-SHERBORN MIDDLE SCHOOL

PHYSICAL FIGHTING

2010 DISTRICT PATTERNS (Grades 6-8)

- 36% of Dover-Sherborn youth have been in a physical fight in their lifetime, and 10% have been in a fight on school property.
- More males than females report fighting (53% compared with 20%) and fighting on school property (17% compared with 4%).
- The proportion of youth who have engaged in physical fighting in their lifetime ranges from 33-38% during the middle school grades. Reports of fighting on school property are similar in the middle school grades at 10-11%.

2006-2010 REGIONAL TRENDS (Grades 7-8)

- Fewer MetroWest students are engaging in fighting: Lifetime reports of physical fighting decreased from 45% in 2006 to 39% in 2010.
- There were declines in fighting among both genders: Lifetime physical fighting decreased from 63% in 2006 to 56% in 2010 among males, and from 26% to 22% among females.
- Lifetime reports of physical fighting on school property also decreased from 19% in 2006 to 12% in 2010.

WEAPON CARRYING

2010 DISTRICT PATTERNS (Grades 6-8)

- 21% of Dover-Sherborn youth have carried a weapon in their lifetime, and 2% have carried a weapon on school property.
- Consistent with gender patterns for fighting, more males (34%) than females (8%) report carrying weapons.
- Lifetime reports of weapon carrying range from 15-24% during the middle school years.

- In MetroWest, lifetime reports of weapon carrying decreased from 18% in 2006 to 14% in 2010.
- Weapon carrying on school property also decreased from 3% to 1%.
- Declines in weapon carrying were found for males and females: For example, lifetime weapon carrying decreased from 28% in 2006 to 22% in 2010 among males, and from 7% to 5% among females.

BULLYING AND CYBERBULLING: DOVER-SHERBORN MIDDLE SCHOOL

BULLYING

2010 **DISTRICT PATTERNS** (Grades 6-8)

- 37% of youth in Dover-Sherborn have been victims of bullying in the past 12 months, and 31% have been bullied on school property. 16% of students report bullying other students.
- More females than males are victims of bullying (40% compared with 34%) and bullying on school property (32% compared with 30%). However, males are more likely than females to bully others (19% compared with 14%).
- Reports of bullying range from 29-42% during the middle school grades.
- While 37% of students report they had been bullied in the past 12 months, only 22% report talking to an adult about being victimized.

REGIONAL **TRENDS** (Grades 7-8)

- 2006-2010 Reports of bullying in the region have decreased, yet overall levels of victimization remain high: 44% of youth in 2006 and 38% in 2010 reported being bullied in the past 12 months.
 - Reports of bullying victimization peaked in 2008 at 49% and decreased to 38% in 2010.
 - Bullying on school property similarly rose from 39% in 2006 to 43% in 2008, and then fell to 32% in 2010.
 - The declines in bullying are similar for both genders: For example, victimization decreased from 45% in 2006 to 40% in 2010 among females, and from 43% to 35% among males.

CYBERBULLYING

2010 **DISTRICT PATTERNS** (Grades 6-8)

- 11% of Dover-Sherborn youth report being victims of cyberbullying in the past 12 months, and 5% report cyberbullying someone else.
- Cyberbullying is reported by more females than males: Females are more likely to be both cyberbullying victims (14% compared with 9%) and perpetrators (7% compared with 3%).
- Cyberbullying increases from 6% in 6th grade to 17% in 8th grade.
- While 11% of students report they have been cyberbullied in the past 12 months, only 5% have talked to an adult about being victimized.

- In MetroWest, overall reports of cyberbullying victimization in the past 12 months have remained steady from 2006 to 2010 at 16-17%.
 - However, there is an increase in cyberbullying reports among females from 18% in 2006 to 22% in 2010.

MENTAL HEALTH: DOVER-SHERBORN MIDDLE SCHOOL

2010 **DISTRICT PATTERNS** (Grades 6-8)

- 6% of Dover-Sherborn students reported that their life was "very" stressful in the past 30 days. 7% reported depressive symptoms and 4% reported self-injury (defined as cutting, burning, or bruising oneself on purpose) in the past 12 months.
- 5% of youth said they had considered suicide in their lifetime, and 2% had made a suicide attempt.
- Females are more likely than males to report stress; reports of other mental health problems are similar by gender.
- Reports of depressive symptoms, self-injury, and suicidality increase from 6th grade to 8th grade.

REGIONAL **TRENDS** (Grades 7-8)

- 2006-2010 There is a slight decrease in student reports of depressive symptoms from 16% in 2006 to 13% in 2010 in the region. For the most part, however, reports of mental health problems, including stress, self-injury, and suicidality remained steady.
 - Reports of feeling "very" stressed in the past 30 days are similar from 2006 to 2010 at 12-13%.
 - Indicators of suicidality also remained steady: From 2006 to 2010, 9-10% of students reported that had seriously considered suicide, and 3% reported they had attempted suicide.

PHYSICAL ACTIVITY AND BODY WEIGHT: DOVER-SHERBORN MIDDLE SCHOOL

2010 DISTRICT **PATTERNS** (Grades 6-8)

- 90% of youth in Dover-Sherborn engaged in vigorous physical activity for 20 minutes or longer at least 3 times per week.
- 14% of youth are overweight/obese (based on self-reported height and weight, which are used to calculate body mass index).
- Similar proportions of males and females report the above level of physical activity, yet more males than females are overweight/obese (16% compared with 11%).
- Physical activity increases slightly from 6th to 8th grade. Overweight/obesity are similar throughout the middle school grades.

- Physical activity levels and overweight/obesity remain relatively constant in the MetroWest region since 2006.
- In 2010, 77% of youth reported engaging in vigorous physical activity at least 3 times per week, compared with 79% in 2006.
- The proportion of youth who are overweight/obese remained steady at 20% from 2006 to 2010.

CONCLUSIONS: DOVER-SHERBORN MIDDLE 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 behaviors that are being initiated in middle school in Dover-Sherborn, such as alcohol and marijuana use. It also identifies other areas of risk behaviors that are already prevalent, including bullying, cyberbullying, and mental health problems. Information from future surveys will provide trend data to further inform school and community efforts to reduce risk taking and improve the health of youth people.

Dover-Sherborn Middle School Students (Grades 7-8) 2006-2010 Trends in Key Indicators*

	Y	Year of Survey (%)			
	2006	2008	2010		
			(347)		
SUBSTANCE USE					
Lifetime cigarette smoking	-	-	3.8		
Current cigarette smoking (past 30 days)	-	-	0.3		
Lifetime alcohol use	_	_	12.2		
Current alcohol use (past 30 days)	-	-	2.0		
Binge drinking (past 30 days) [†]	_	_	0.3		
Rode with driver who had been drinking (lifetime)	-	-	10.1		
Lifetime marijuana use	_	_	1.2		
Current marijuana use (past 30 days)	-	-	0.9		
Lifetime inhalant use	_	_	3.2		
VIOLENCE					
Physical fighting (lifetime)	_	-	35.5		
Physical fighting on school property (lifetime)	-	-	10.5		
Carried a weapon (lifetime)	_	_	19.5		
Carried weapon on school property (lifetime)	-	-	1.5		
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	_	_	35.2		
Bullying victim on school property (past 12 months)	-	-	31.8		
Cyberbullying victim (past 12 months)	_	_	14.1		
MENTAL HEALTH					
Life "very" stressful (past 30 days)	_	-	6.1		
Depressive symptoms (past 12 months)	-	-	8.4		
Self-injury (past 12 months)	_	_	5.2		
Considered suicide (lifetime)	-	-	5.6		
Attempted suicide (lifetime)	_	_	1.2		
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥20 minutes on 3 or more days/week	_	_	91.5		
Overweight or obese [‡]	-	-	12.8		

^{*} Source: MetroWest Adolescent Health Survey

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

 $[\]ddagger$ Students who were \ge 85th percentile for body mass index by age and gender, based on reference data

Dover-Sherborn Middle School Students (Grades 6-8) 2010 Gender Patterns for Key Indicators*

	Gende	er (%)	Total (%)	
	Female	Male		
	(259)	(264)	(523)	
SUBSTANCE USE				
Lifetime cigarette smoking	3.9	4.6	4.3	
Current cigarette smoking (past 30 days)	1.2	0.4	0.8	
Lifetime alcohol use	6.2	12.4	9.3	
Current alcohol use (past 30 days)	1.6	2.7	2.1	
Binge drinking (past 30 days) [†]	1.2	0.0	0.6	
Rode with driver who had been drinking (lifetime)	9.4	10.3	9.8	
Lifetime marijuana use	1.6	0.8	1.2	
Current marijuana use (past 30 days)	1.6	0.8	1.2	
Lifetime inhalant use	2.4	5.7	4.1	
VIOLENCE				
Physical fighting (lifetime)	19.8	52.7	36.3	
Physical fighting on school property (lifetime)	3.5	17.4	10.5	
Carried a weapon (lifetime)	7.8	34.0	21.0	
Carried weapon on school property (lifetime)	1.9	2.3	2.1	
BULLYING VICTIMIZATION				
Bullying victim (past 12 months)	39.6	34.1	36.8	
Bullying victim on school property (past 12 months)	31.5	30.2	30.9	
Cyberbullying victim (past 12 months)	13.5	9.1	11.3	
MENTAL HEALTH				
Life "very" stressful (past 30 days)	7.4	4.6	6.0	
Depressive symptoms (past 12 months)	6.9	7.2	7.1	
Self-injury (past 12 months)	4.3	4.2	4.2	
Considered suicide (lifetime)	5.8	4.2	5.0	
Attempted suicide (lifetime)	1.5	1.5	1.5	
PHYSICAL ACTIVITY AND BODY WEIGHT				
Exercised for ≥20 minutes on 3 or more days/week	90.2	89.2	89.7	
Overweight or obese [‡]	11.0	16.0	13.6	

^{*} Source: MetroWest Adolescent Health Survey

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

 $[\]ddagger$ Students who were \ge 85th percentile for body mass index by age and gender, based on reference data

Dover-Sherborn Middle School Students (Grades 6-8) 2010 Grade Patterns for Key Indicators*

	Grade (%)			Total (%)
	6 th	7 th	8 th	
	(176)	(182)	(165)	(523)
SUBSTANCE USE				
Lifetime cigarette smoking	5.2	2.2	5.5	4.3
Current cigarette smoking (past 30 days)	1.7	0.6	0.0	0.8
Lifetime alcohol use	3.4	9.4	15.3	9.3
Current alcohol use (past 30 days)	2.3	2.2	1.8	2.1
Binge drinking (past 30 days) [†]	1.1	0.5	0.0	0.6
Rode with driver who had been drinking (lifetime)	9.2	3.9	17.0	9.8
Lifetime marijuana use	1.2	0.6	1.8	1.2
Current marijuana use (past 30 days)	1.8	0.6	1.2	1.2
Lifetime inhalant use	5.8	4.4	1.8	4.1
VIOLENCE				
Physical fighting (lifetime)	38.0	32.8	38.4	36.3
Physical fighting on school property (lifetime)	10.5	10.0	11.0	10.5
Carried a weapon (lifetime)	24.0	15.1	24.4	21.0
Carried weapon on school property (lifetime)	3.4	1.7	1.2	2.1
BULLYING VICTIMIZATION				
Bullying victim (past 12 months)	40.1	29.2	41.7	36.8
Bullying victim on school property (past 12 months)	29.1	26.8	37.2	30.9
Cyberbullying victim (past 12 months)	5.7	11.5	17.0	11.3
MENTAL HEALTH				
Life "very" stressful (past 30 days)	5.7	6.1	6.1	6.0
Depressive symptoms (past 12 months)	4.5	6.6	10.3	7.1
Self-injury (past 12 months)	2.3	5.5	4.8	4.2
Considered suicide (lifetime)	4.0	3.4	8.0	5.0
Attempted suicide (lifetime)	2.3	0.6	1.8	1.5
PHYSICAL ACTIVITY AND BODY WEIGHT				
Exercised for ≥20 minutes on 3 or more days/week	86.4	90.4	92.6	89.7
Overweight or obese [‡]	15.2	12.2	13.5	13.6

^{*} Source: MetroWest Adolescent Health Survey

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

 $[\]ddagger$ Students who were \ge 85th percentile for body mass index by age and gender, based on reference data

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