

Summary of Results from the 2010-2011 Cambridge Middle Grades Health Survey

Submitted to:

The Cambridge Prevention Coalition
The Cambridge Public Schools, and
The Cambridge Public Health Department

Submitted by:

Social Science Research and Evaluation, Inc.
21-C Cambridge Street
Burlington, MA 01803
781-270-6613

2011

TABLE OF CONTENTS

➤ BACKGROUND	1
Report Format	1
Who Conducted the Survey?	1
How and When Was the Survey Conducted?	1
What Did the Survey Ask About?	2
Validity	2
Non-Respondents	2
Trends	2
Comparative Data	3
Who Has the Problem?	3
Who Is Responsible?	3
➤ SUBSTANCE USE	4
Lifetime Substance Use for Cambridge Middle Grades Students (2011)	5
Lifetime Substance Use for Cambridge Middle Grades Students, by Grade (2011)	6
Current Substance Use for Cambridge Middle Grades Students (2011)	7
Current Substance Use for Cambridge Middle Grades Students, by Grade (2011)	8
Current Substance Use for Cambridge Middle Grades Students, by Gender (2011)	9
Trends in Current Substance Use for Cambridge Middle Grades Students (1997-2011)	10
Trends in Alcohol and Other Drug Related Issues in the Past 12 Months Among Cambridge Middle Grades Students (1997-2011)	11
➤ VIOLENCE AND SAFETY	12
Trends in Violence-Related Experiences in the Past 12 Months Among Cambridge Middle Grades Students (1997-2011)	13
Trends in Violence-Related Experiences in School in the Past 12 Months Among Cambridge Middle Grades Students (2003-2011)	14
Trends in Fighting, Bullying, and Victimization in the Past 12 Months Among Cambridge Middle Grades Students (1997-2011)	15
Trends in Weapon Carrying in the Past 12 Months Among Cambridge Middle Grades Students (1997-2011)	16
➤ MENTAL HEALTH	17
Trends in Personal Experiences in the Past 12 Months Among Cambridge Middle Grades Students (1997-2011)	18
Percent of Cambridge Middle Grades Students Who Reported Worrying “Fairly Often” or “Most of the Time” About Various Issues in the Past 12 Months (2011)	19
Trends in Self-Harm and Suicidal Ideation/Behavior in the Past 12 Months Among Cambridge Middle Grades Students (1997-2011)	20
➤ SEXUAL BEHAVIOR	21
Percent of Cambridge Middle Grades Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2011)	22
Percent of Cambridge Middle Grades Students Who Talked with their Parents About Sex in the Past 12 Months, Total and by Grade (2011)	23
➤ WEIGHT PERCEPTION AND CONTROL	24
Perception of Body Weight by Cambridge Middle Grades Students, by Gender (2011)	25
Percent of Cambridge Middle Grades Students Reporting Attempts to Change Their Weight, by Gender (2011)	26
Trends in Weight Loss and Maintenance Activities in the Past 30 Days Among Cambridge Middle Grades Students (2007-2011)	27
➤ PHYSICAL ACTIVITY	28
Trend for Cambridge Middle Grades Students Who Reported Engaging in Vigorous and Moderate Physical Activity in the Past 7 Days (2005-2011)	29

➤ RISK AND RESILIENCY	30
Trends in Potential Risk Factors in the Past 12 Months Among Cambridge Middle Grades Students (1997-2011)	31
Trends in Social Supports Among Cambridge Middle Grades Students (1997-2011)	32
Trends in School and Community Participation During the School Year Among Cambridge Middle Grades Students (2005-2011)	33
Trends in Time Spent During After School Hours Among Cambridge Middle Grades Students (2003-2011)	34
Trends in Family Activities Among Cambridge Middle Grades Students (1997-2011).....	35

➤ **APPENDIX A: Selected Data Tables**

BACKGROUND

REPORT FORMAT

In April of 2011, 1,056 Cambridge middle grades students (grades 6-8) took part in the 2010-2011 Cambridge Middle Grades Health Survey. Based on surveys such as the *Youth Risk Behavior Survey* (Centers for Disease Control and Prevention), *Monitoring the Future* (NIDA, University of Michigan), *Profiles of Student Life – Attitudes and Behaviors*, and the *Survey of Student Resources and Assets* (America’s Promise and Search Institute), the questionnaire was designed to gather information on some of the important issues facing youth in Cambridge, such as substance use, violence and safety, and dietary behavior. This is the eighth administration of the Middle Grades Health Survey (the survey was also administered in 1997, 1999, 2001, 2003, 2005, 2007, and 2009). A similar survey of Cambridge high school students has also been conducted biennially since 1992.

This report summarizes results from the Cambridge Middle Grades Health Survey. It is designed to provide an overview of key survey data, focusing on three main themes: (1) What do the data from this survey tell us about the challenges facing youth in our community?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; and (3) How have the data changed since the last several administrations of the survey? The summary presents an overview of findings grouped according to the following themes: Substance Use, Violence and Safety, Mental Health, Sexual Behavior, Weight Perception and Control, Physical Activity, and Risk and Resiliency. The main results in each section are illustrated using charts that are complemented by supplementary data or information. An appendix containing selected data follows the main results.

WHO CONDUCTED THE SURVEY?

The survey was conducted by the Cambridge Prevention Coalition, the Cambridge Public Schools, the Cambridge Public Health Department, and the Institute for Community Health in collaboration with Social Science Research and Evaluation, Inc., a non-profit social science research firm located in Burlington, Massachusetts.

HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in April of 2011 to all Cambridge public school students in grades 6 through 8. The number of respondents in each grade is as follows:

6 th	7 th	8 th	TOTAL
352	351	353	1,056

School administrators set aside approximately 30-40 minutes for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order in the classroom. In addition to English, the survey was translated into Spanish, Portuguese, and Haitian Creole.

WHAT DID THE SURVEY ASK ABOUT?

The survey focuses on issues ranging from demographic and background items (e.g., gender, age), to student substance use (e.g., alcohol, tobacco, other drugs), to other issues related to student health such as depression and suicide, violence and safety, sexual behavior, and dietary behavior.

VALIDITY

There is a good deal of research about the ways in which students respond to surveys and whether they tell the truth. This work indicates that student survey results are reasonably accurate provided that student participation is voluntary and that the respondents cannot be identified. The Cambridge Middle Grades Health Survey met these conditions. The voluntary nature of the survey was explained to both students and their parents. Prior to the survey, parents were given the opportunity to opt their child(ren) out of the survey. In addition, students could choose not to participate or to skip any items. The confidential nature of the survey was highlighted in the questionnaire instructions that asked students *not* to put their name on the questionnaire and explained that their answers would not be viewed by anyone who knows them.

Two other steps were taken to increase validity. First, each questionnaire was reviewed to identify any on which students obviously provided frivolous answers. Such questionnaires were omitted from all analyses. Second, analyses were conducted to test for the reasonableness of responses and for the consistency of responses across related items. When inconsistent responses were identified, the entire case or the suspect items for that case were treated as missing data in all subsequent analyses. These two procedures identified few problems.

The validity of the survey is also bolstered by using a questionnaire based largely upon existing instruments such as the *Youth Risk Behavior Survey* (Centers for Disease Control and Prevention), *Monitoring the Future* (NIDA, University of Michigan), and *Profiles of Student Life – Attitudes and Behaviors* and *Survey of Student Resources and Assets* (America's Promise and Search Institute). These standardized instruments have been thoroughly tested and administered in large-scale research studies (e.g., Brener, N., Kann, L., McManus, T., Kinchen, S.A., Sundberg E.C., and Ross, J.G. [2002]. "Reliability of the 1999 Youth Risk Behavior Survey Questionnaire." *Journal of Adolescent Health*, 31, 336-342).

NON-RESPONDENTS

The survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who were absent or truant on the day(s) that the survey was administered.

TRENDS

Trend comparisons can provide extremely useful information on whether certain behaviors or conditions have improved, worsened, or stayed the same over time. In fact, it is best to repeat a survey such as this at regular intervals in order to track changes over time. Because this is the eighth administration of the Cambridge Middle Grades Health Survey, it is possible to look at certain trends among Cambridge youth.

COMPARATIVE DATA

A limitation of such data is that it is difficult to compare results from Cambridge to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys

may vary, and so on. Although it is natural to want to compare to other communities, a great deal can be learned simply by looking at Cambridge data. The most useful comparisons are made by looking at Cambridge over time.

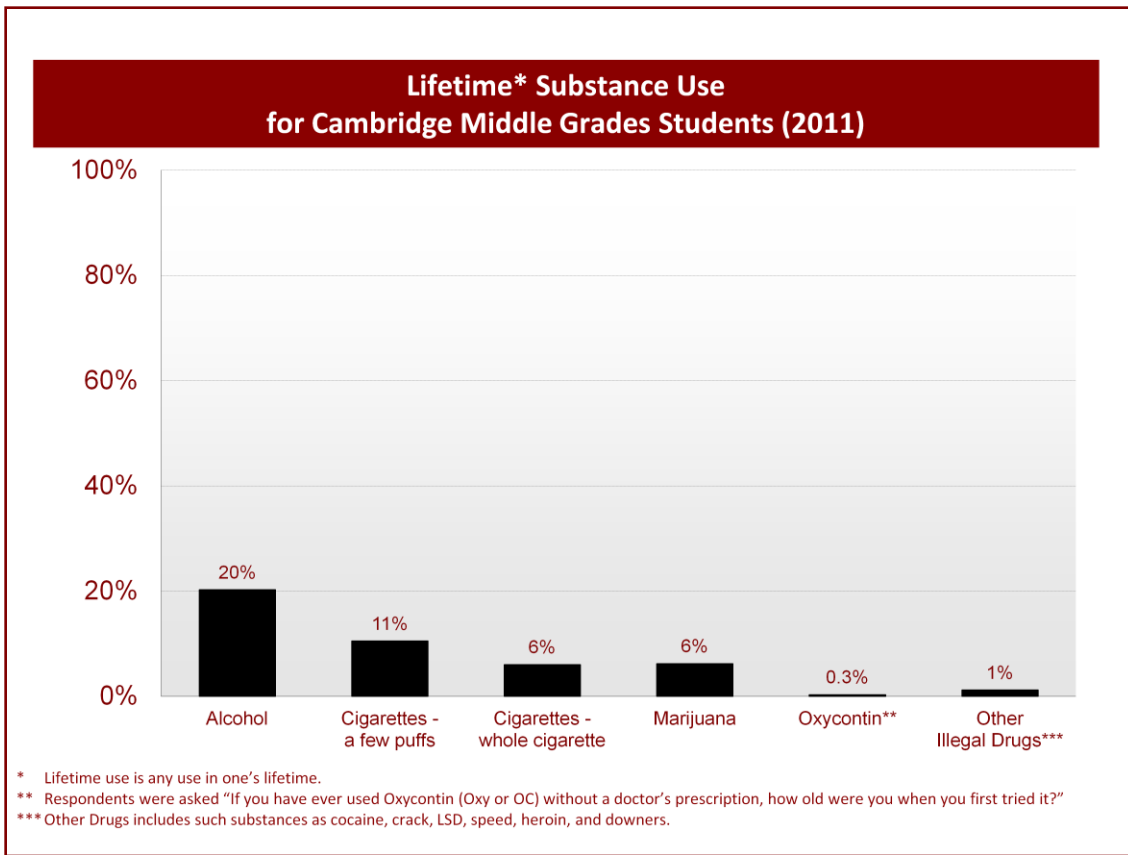
WHO HAS THE PROBLEM?

Although this survey was administered to middle grades students, this does not mean that the problems addressed are confined solely to youth. In fact, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this survey is designed primarily to assess risky behaviors and does not address all of the positive aspects of adolescent life.

WHO IS RESPONSIBLE?

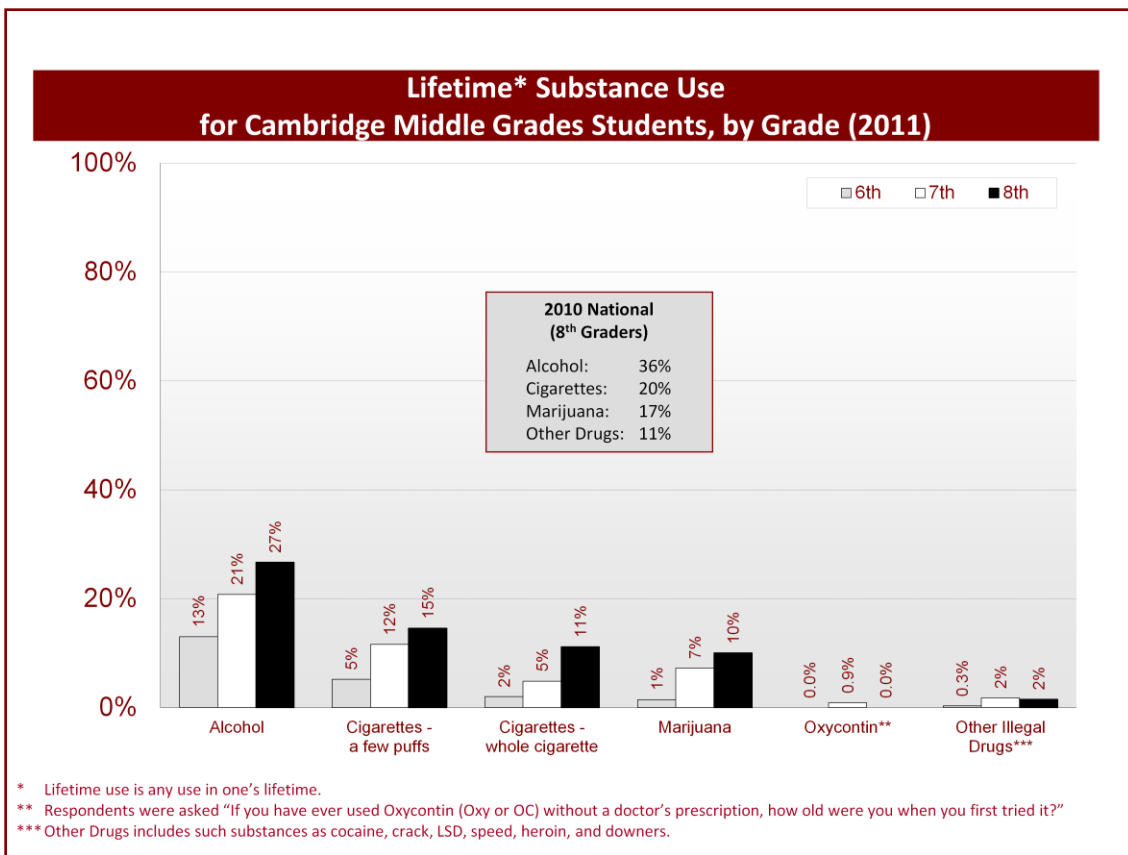
Data on health behavior among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the risky behaviors revealed in these surveys. Issues such as those addressed in the survey are not school problems; they are community problems that require the attention of all community members and organizations.

Alcohol, Tobacco, & Other Drugs



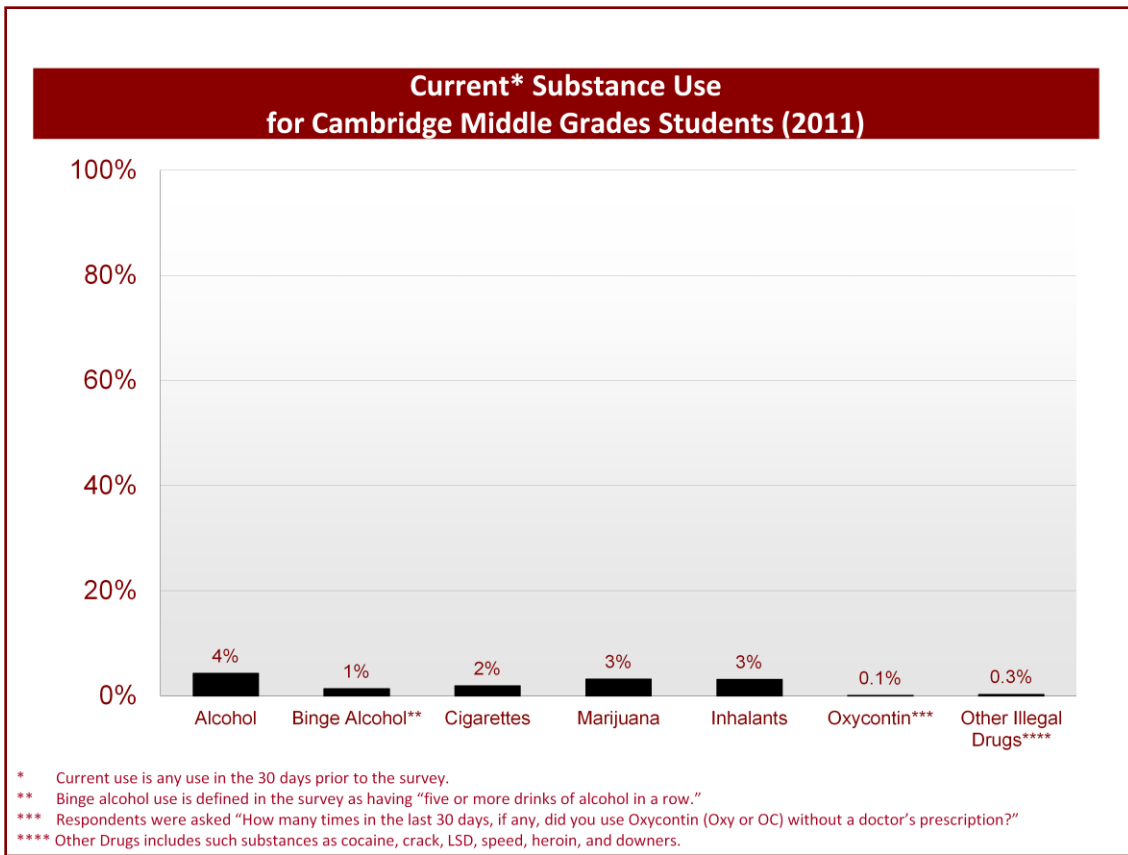
SELECTED POINTS

- Lifetime use is any use in one's lifetime.
- The questions about alcohol were preceded by the following instruction, "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, hard lemonade, or cider, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does **NOT** include drinking a few sips of wine for religious purposes.
- Alcohol is the substance of choice, with 20% of Cambridge middle grades students in 2011 reporting that they had consumed alcohol in their lifetime. Eleven percent (11%) reported that they ever tried cigarette smoking, even one or two puffs. Six percent (6%) reported ever smoking a whole cigarette, 6% ever using marijuana, and 0.3% ever using Oxycontin (without a doctor's prescription). One percent (1%) reported ever using other illegal drugs such as cocaine, crack, LSD, speed, heroin, or downers.



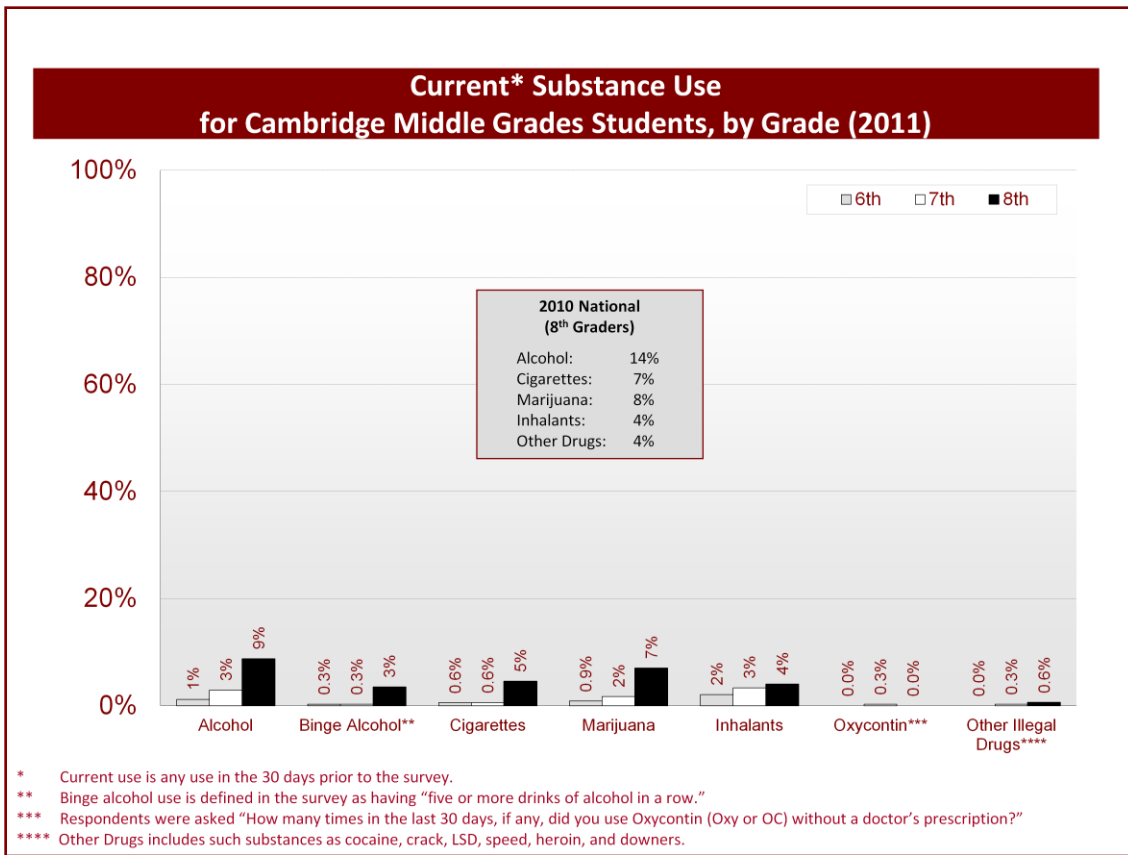
SELECTED POINTS

- The percentage of Cambridge middle grades students who reported ever using each of these substances increased with age/grade. For example, the percentage of students who reported ever using alcohol increased from 13% in 6th grade to 27% in 8th grade.
- **Comparisons:** Limited comparisons for 8th grade students can be made to national data from the Monitoring the Future Survey (NIDA). Cambridge 8th graders were much less likely than 8th graders in the national sample to report lifetime use of any of these substances. This was particularly true for lifetime use of marijuana (17% National 8th grade vs. 10% Cambridge 8th grade) and illegal drugs other than marijuana (11% National 8th grade vs. 2% Cambridge 8th grade).



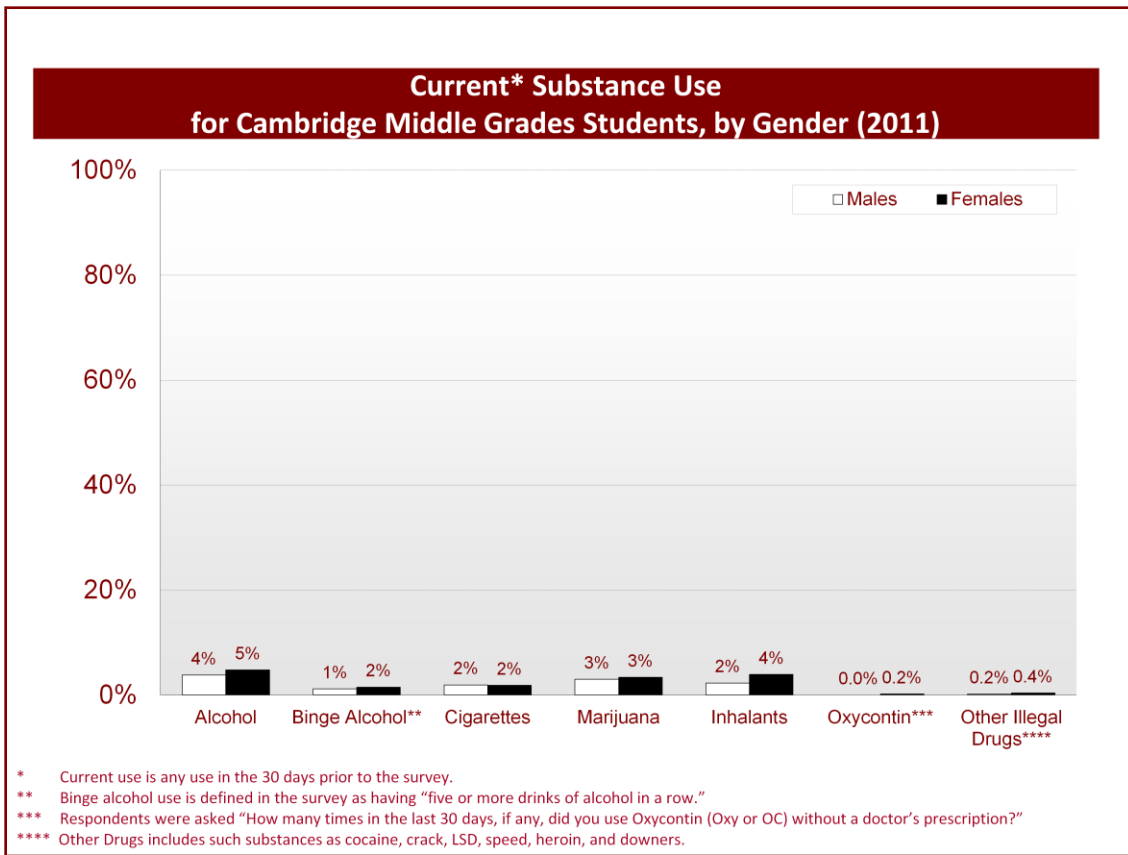
SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 4% of students reporting that they consumed alcohol in the 30 days prior to the survey.
- One percent (1%) of all respondents reported binge drinking (consuming five or more drinks in a row) during the same time period. Of those who reported that they consumed alcohol in the 30 days prior to the survey, one-third (32%) reported binge drinking at least one time in that time period.
- Respondents were equally likely to report current use of cigarettes (2%), marijuana (3%), and inhalants (3%), followed by other illegal drugs (0.3%) and Oxycontin without a doctor’s prescription (0.1%).



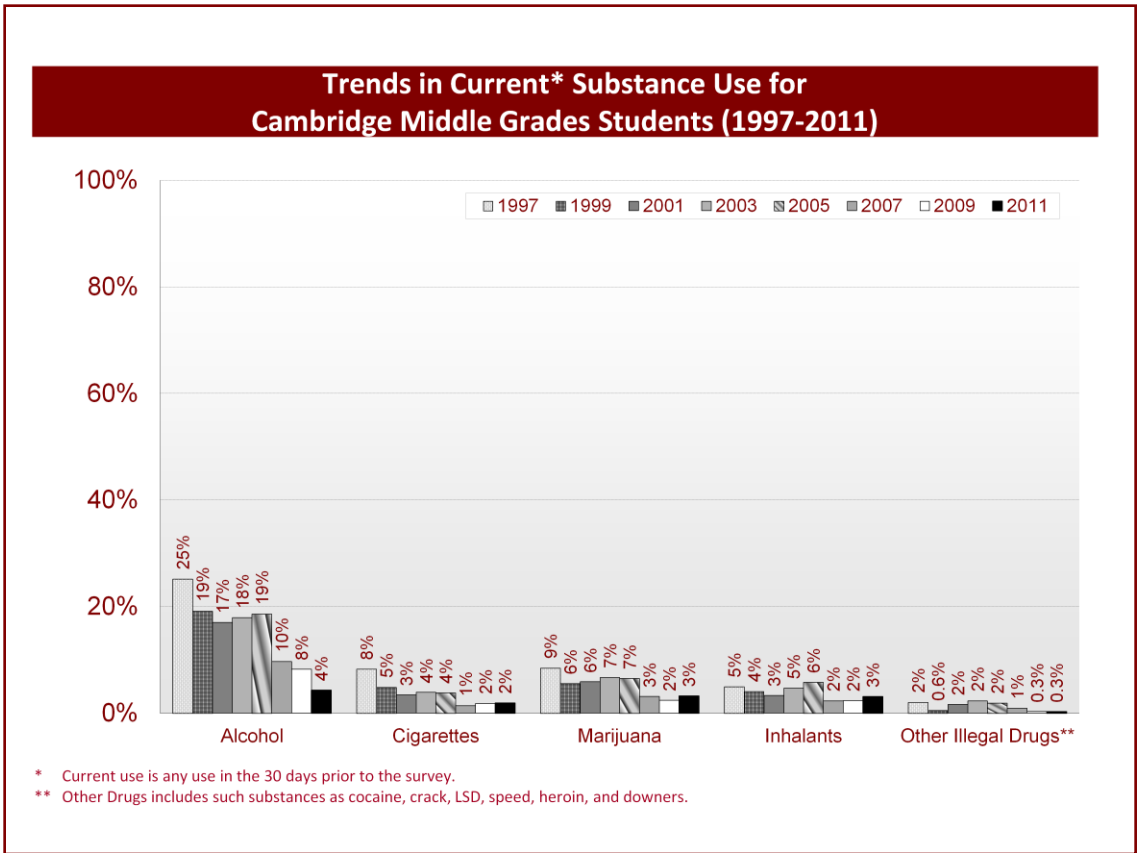
SELECTED POINTS

- The percentage of Cambridge middle grades youth who reported current use of each of these substance increased with age/grade. For example, the percentage of students who reported current alcohol use increased from 1% in 6th grade to 9% in 8th grade.
- **Comparisons:** Limited comparisons for 8th grade students can be made to national data from the Monitoring the Future Survey (NIDA). Cambridge 8th graders were less likely than 8th graders in the national sample to report use of all substances except inhalants (which were identical). The differences were largest for current use of alcohol (9% Cambridge vs. 14% national), cigarettes (5% Cambridge vs. 7% national), and other illegal drugs (0.6% Cambridge vs. 4% national).



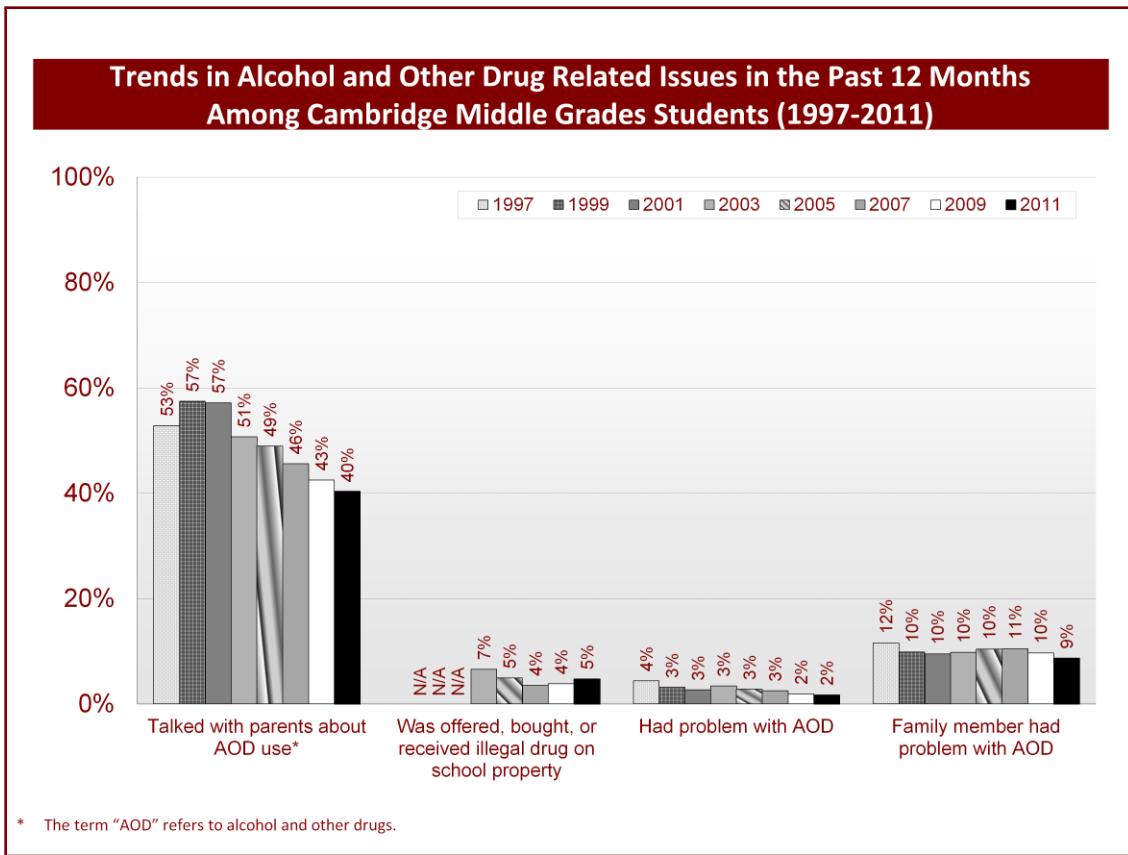
SELECTED POINTS

- Cambridge middle grades males and females reported similar levels of current alcohol use, binge drinking, cigarette use, marijuana use, Oxycontin use, and use of other illegal drugs.
- Females were slightly more likely to report current use of inhalants (4% females vs. 2% males).



SELECTED POINTS

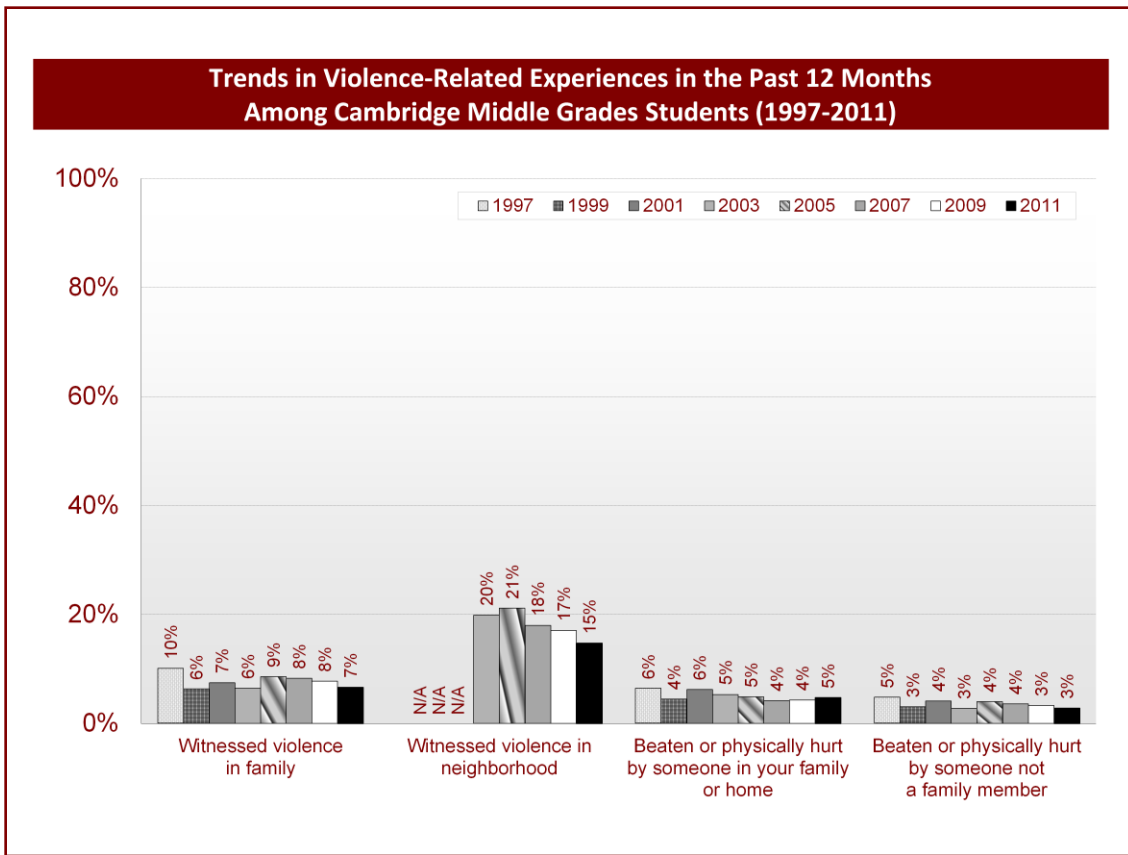
- Current use of alcohol decreased between 2009 and 2011 from 8% to 4% - the lowest reported level on record. Current use of other substances was stable between 2009 and 2011.
- The long-term trend between 1997 and 2011 shows that current use of all substances has declined. Between 1997 and 2011 current use of alcohol declined from 25% to 4%, current use of cigarettes declined from 8% to 2%, and current use of marijuana decreased from 9% to 3%.



SELECTED POINTS

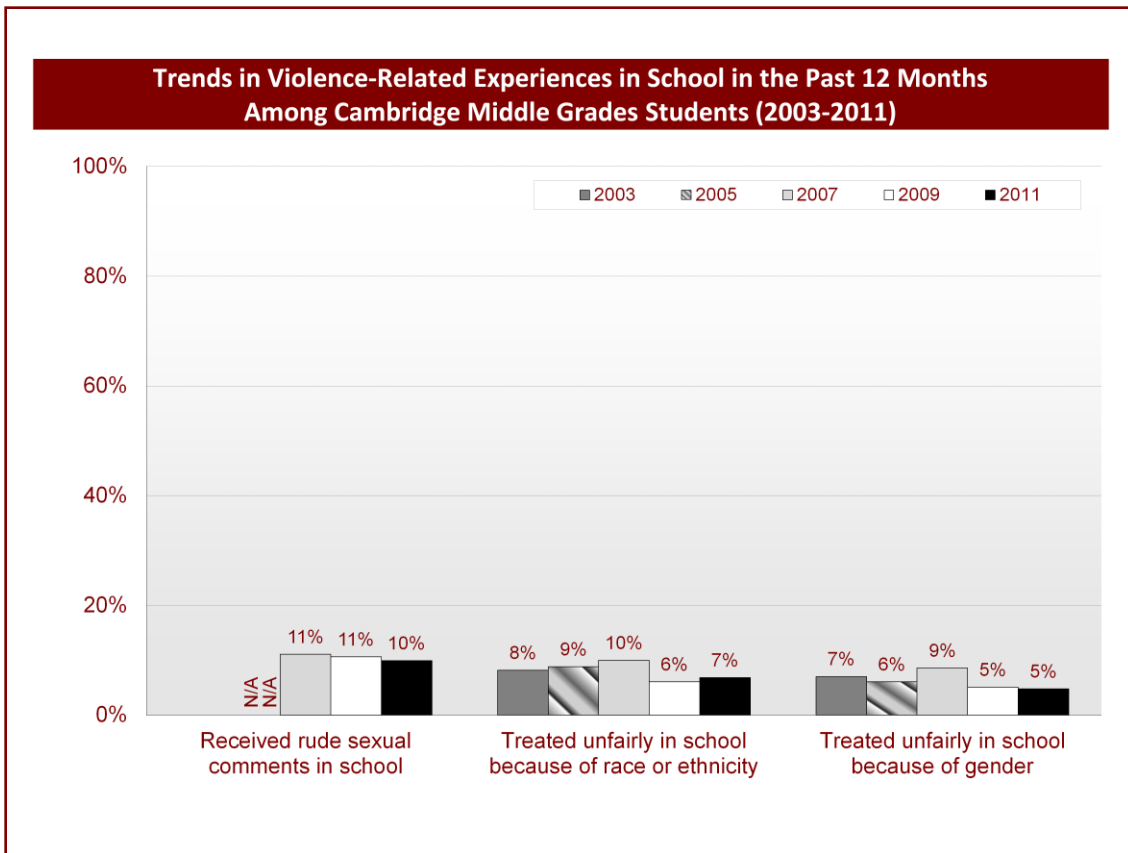
- These data illustrate alcohol and other drug related issues among Cambridge middle grades students.
- **Trends:** Trend data reveal decreases in the percent of students who report that they talked to their parents about alcohol or other drug use during the past 12 months from a high of 57% in 1999 to a low of 40% in 2011. Trends for the other issues have gradually declined, but have been more stable over time.
- **Gender:** In 2011, Cambridge males (6%) were slightly more likely than females (4%) to report that they were offered, bought, or received an illegal drug on school property. Cambridge females (10%) were slightly more likely than males (7%) to indicate that they had a family member who had a problem with AOD in the past 12 months. The other items were more similar for males and females.
- **Grade:** Each of these issues increased with age/grade: talked with parents about AOD use (6th: 35%, 7th: 41%, 8th: 45%); was offered, bought, or received illegal drug on school property (3%, 5%, 6%); had problem with AOD (1%, 2%, 3%), and family member had a problem with AOD (8%, 8%, 10%).

Violence and Safety



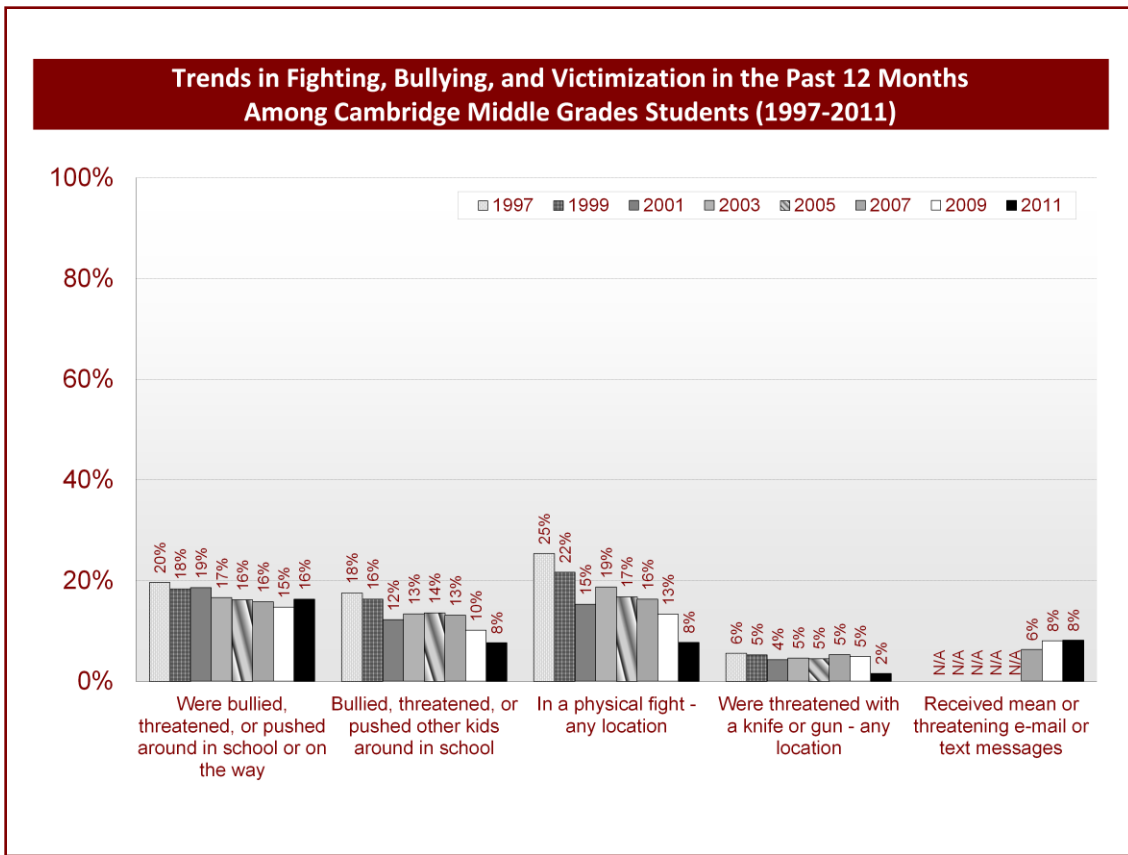
SELECTED POINTS

- These data illustrate violence-related experiences that respondents reported happened to them at least once in the 12 months prior to the survey.
- **Trends:** Trend data reveal similar reports between 1997 and 2011 in violence-related experiences among Cambridge youth. There has been a downward trend over time in the percent of students who report that they witnessed violence in their neighborhood from a high of 21% in 2005 to a low of 15% in 2011.
- **Gender:** In 2011, Cambridge males (18%) were much more likely than females (11%) to report witnessing violence in their neighborhood and slightly more likely to report having been beaten or physically hurt by someone not a family member (males: 4%, females: 2%). The other items were more similar across gender.
- **Grade:** There were no discernible patterns by age/grade for these items: witnessed violence in family (6th: 6%, 7th: 7%, 8th: 8%), witnessed violence in neighborhood (12%, 18%, 14%), beaten or physically hurt by someone in your family or home (5%, 5%, 5%), beaten or physically hurt by someone not a family member (3%, 4%, 2%).



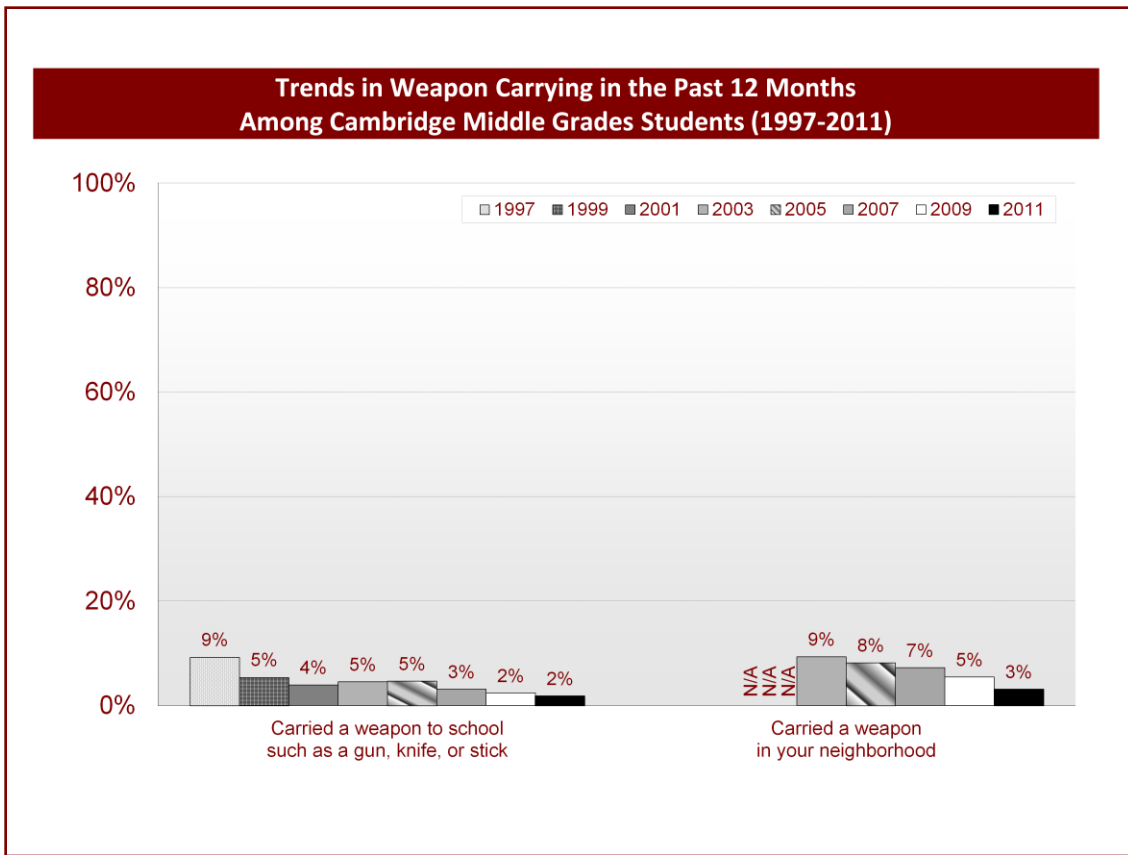
SELECTED POINTS

- These data illustrate violence-related experiences that respondents reported happened to them in school at least once in the 12 months prior to the survey.
- **Trends:** Trend data reveal decreases between 2007 and 2009 in reports of being treated unfairly in school because of race or ethnicity (2007: 10% vs. 2009: 6%) and being treated unfairly in school because of gender (2007: 9% vs. 2009: 5%). The data for these two items were stable between 2009 and 2011.
- **Gender:** In 2011, Cambridge females (12%) were more likely than males (8%) to report receiving rude sexual comments in school. The other items were more similar across gender.
- **Grade:** There were no consistent patterns to any of these items by age/grade: received rude sexual comments in school (6th: 9%, 7th: 10th, 8th: 11%), treated unfairly in school because of race or ethnicity (8%, 5%, 8%), treated unfairly in school because of gender (2%, 7%, 5%).



SELECTED POINTS

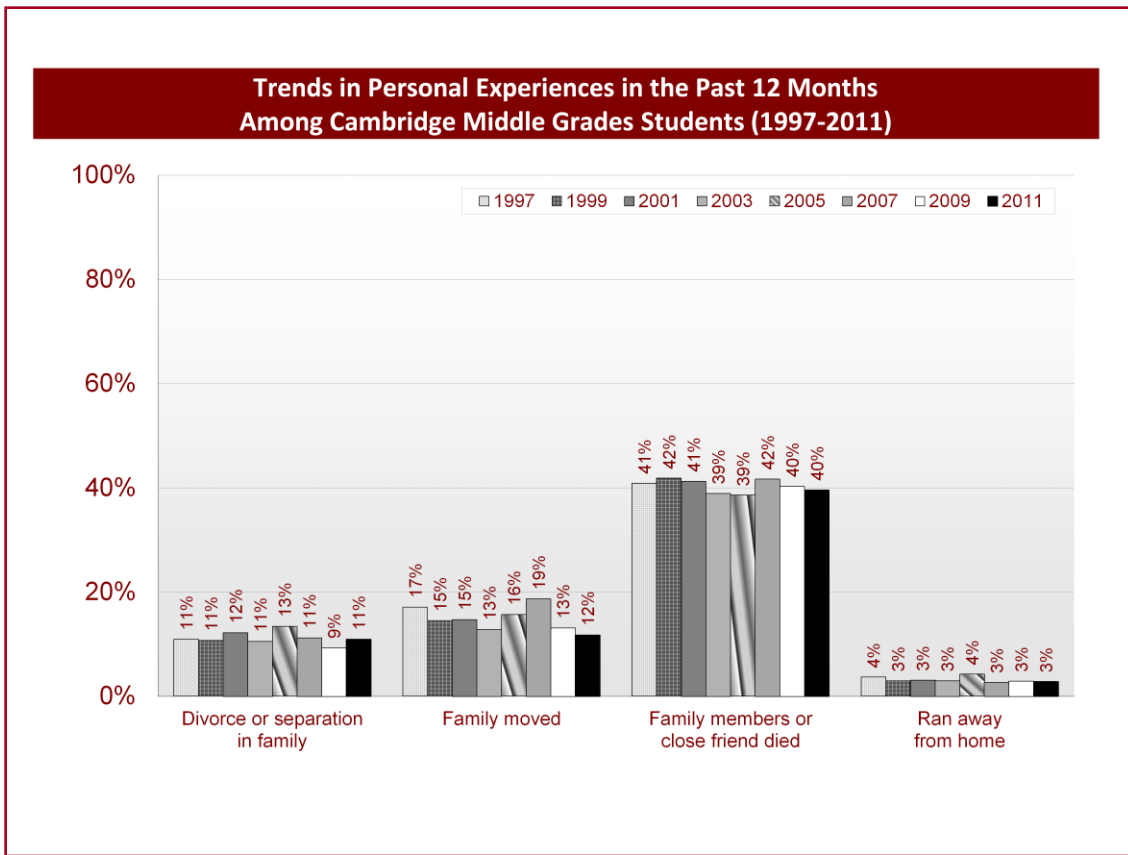
- In 2011, 16% of Cambridge middle grades students reported being bullied or threatened in school or on the way to school, 8% bullied other students in school, 8% were in a physical fight in any location, 2% were threatened with a knife or gun (in any location), and 8% received mean or threatening e-mail, text messages, or chats during the past 12 months.
- **Trends:** Between 2009 and 2011 there was a decrease in reports of bullying, threatening, or pushing other kids around in school (10% to 8%), being in a physical fight (13% to 8%), and being threatened with a knife or gun (5% to 2%). Reports of being bullied and receiving mean or threatening e-mail or text messages were stable.
- **Gender:** In 2011, Cambridge males were more likely than females to report being in a physical fight (12% males vs. 4% females). Females were more likely to report that they received mean or threatening e-mail, text messages, or chats (12% females vs. 4% males).
- **Grade:** There were decreases with age/grade in the percent of students who reported that they were bullied (6th: 20%, 7th: 18%, 8th: 11%) and in reports of bullying other students (9%, 9%, 5%). There was little variation by age/grade in any of the other items.



SELECTED POINTS

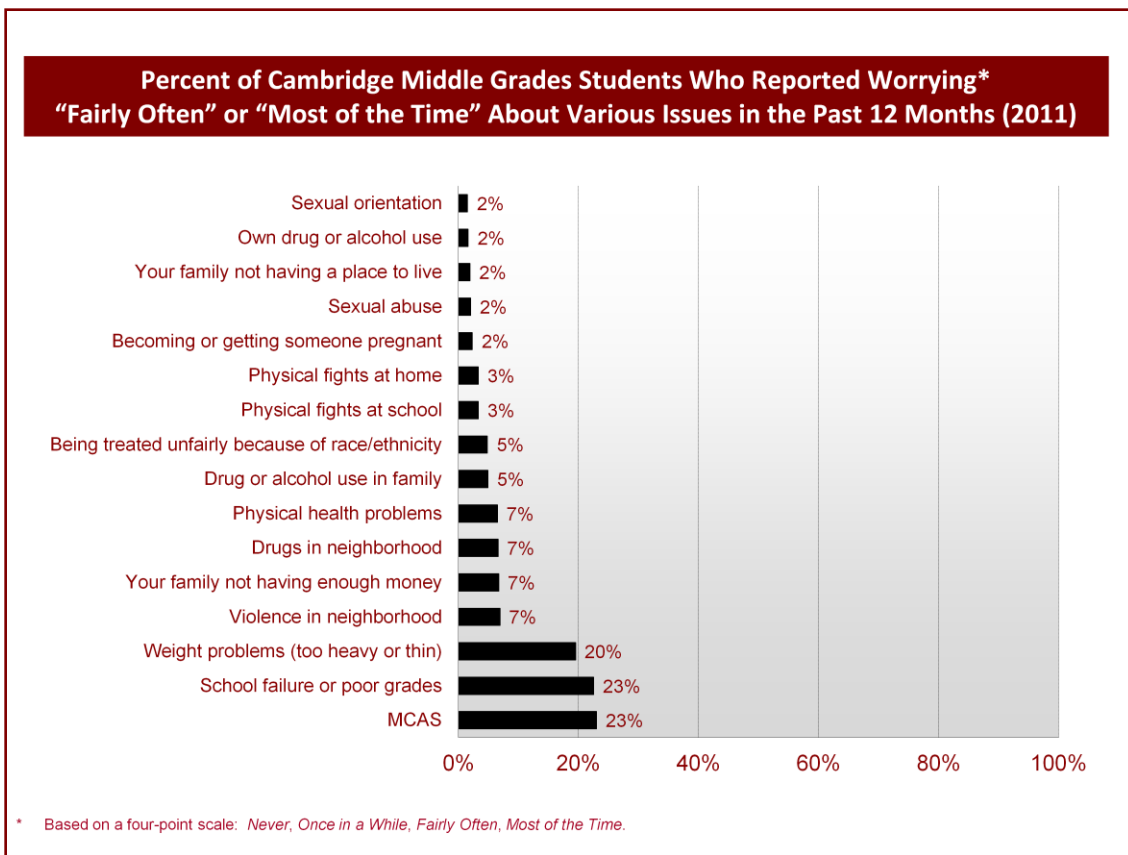
- Students reports of carrying weapons to school (2%) and out of school (3%) were both low in 2011.
- **Trends:** The long-term trend shows decreases in weapon carrying both in school (1997: 9% vs. 2011: 2%) and out of school (2003: 9% vs. 2009: 3%).
- **Gender:** In 2011, Cambridge males were more likely than females to report carrying weapons in their neighborhood (5% males vs. 1% females). Males (2%) and females (2%) were equally likely to report carrying weapons to school.
- **Grade:** In 2011, reports of weapon carrying both to school (2%, 1%, 3%), and in their neighborhood (2%, 3%, 4%) increased slightly with age/grade.

Mental Health



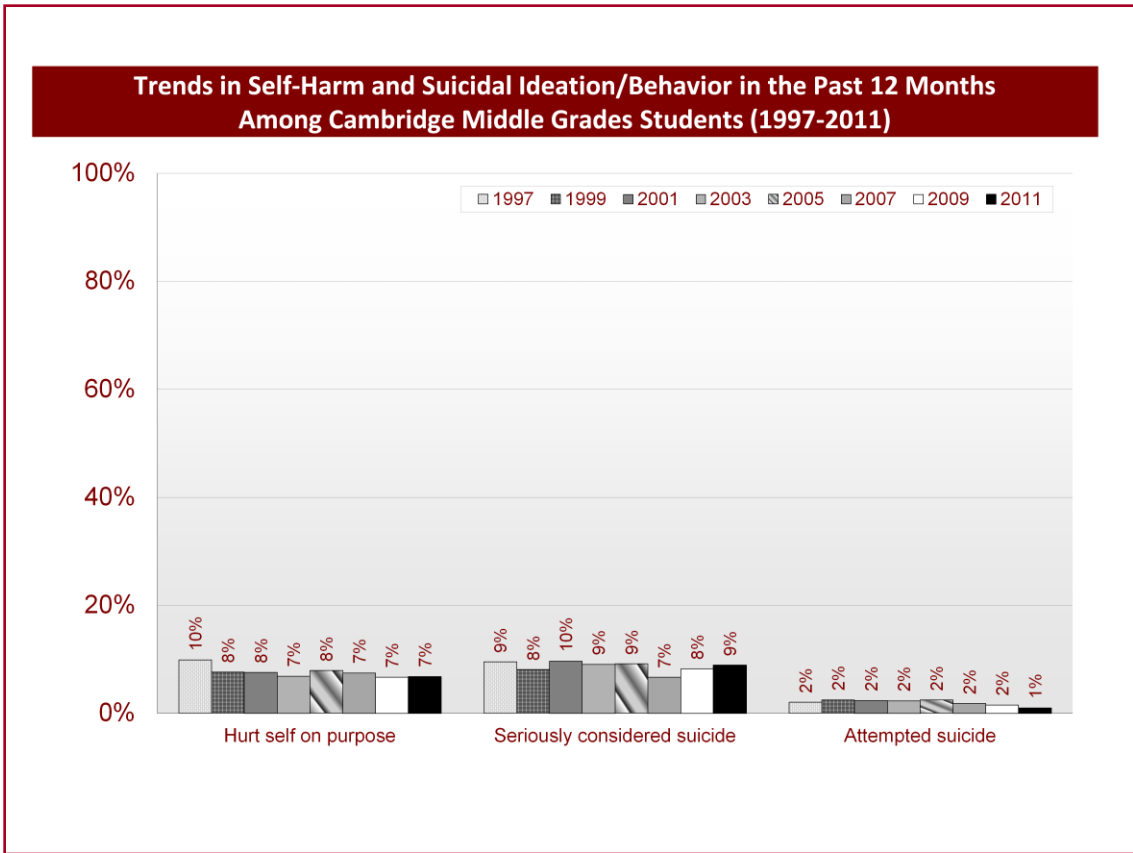
SELECTED POINTS

- These data illustrate personal experiences that Cambridge middle grades reported happened to them in the past 12 months. For example, 40% of students in 2011 reported dealing with the death of someone close to them in the prior year, while 12% reported that their family had moved in that time.
- **Trends:** Trend data reveal little change in any of these items between 2009 and 2011.
- **Gender:** Males (12%) were more likely than females (9%) to report that there was a divorce or separation in their family in the past 12 months.
- **Grade:** There were no consistent effects by age/grade for any of these items with the exception of reports of running away from home (2%, 2%, 5%) which increased slightly with age/grade.



SELECTED POINTS

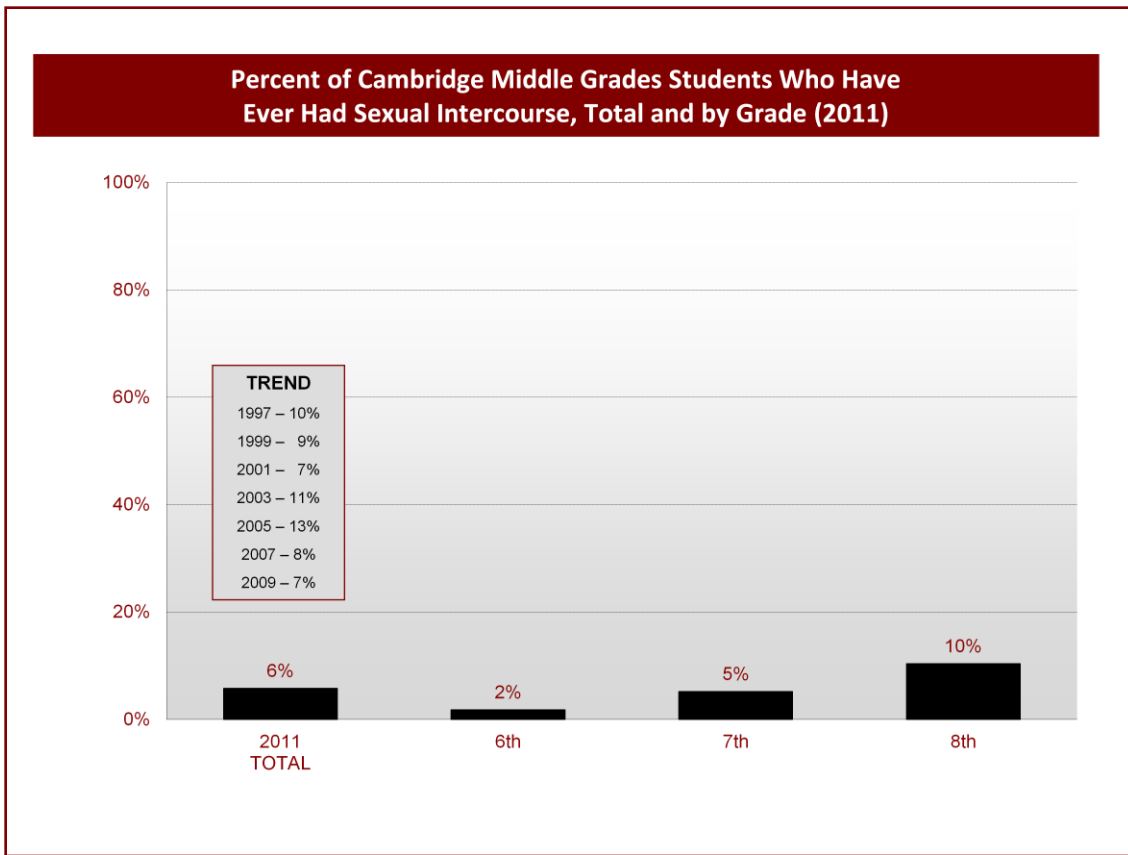
- Students were asked to report how much they worried about various issues in the past 12 months using a four-point scale: *Never, Once in a While, Fairly Often, Most of the Time.* The chart above shows the percentage of students who reported worrying about these issues “fairly often” or “most of the time.”
- Cambridge middle grades students in 2011 reported worrying the most about MCAS (23%), school failure or poor grades (23%), and weight problems (20%).
- **Trends:** Overall, there has been little movement in these items since they were introduced in 2005. The only item that has shown substantive change has been the worrying about MCAS item, which has decreased every survey year from 2005 to 2011 (36%, 32%, 28%, 23%).
- **Gender:** Female respondents in 2011 were more likely to report worrying about weight problems (27% females vs. 12% males), school failure or poor grades (25% females vs. 19% males), and MCAS (25% females vs. 21% males).
- **Grade:** Differences on the worrying items were both small and inconsistent across age/grade.



SELECTED POINTS

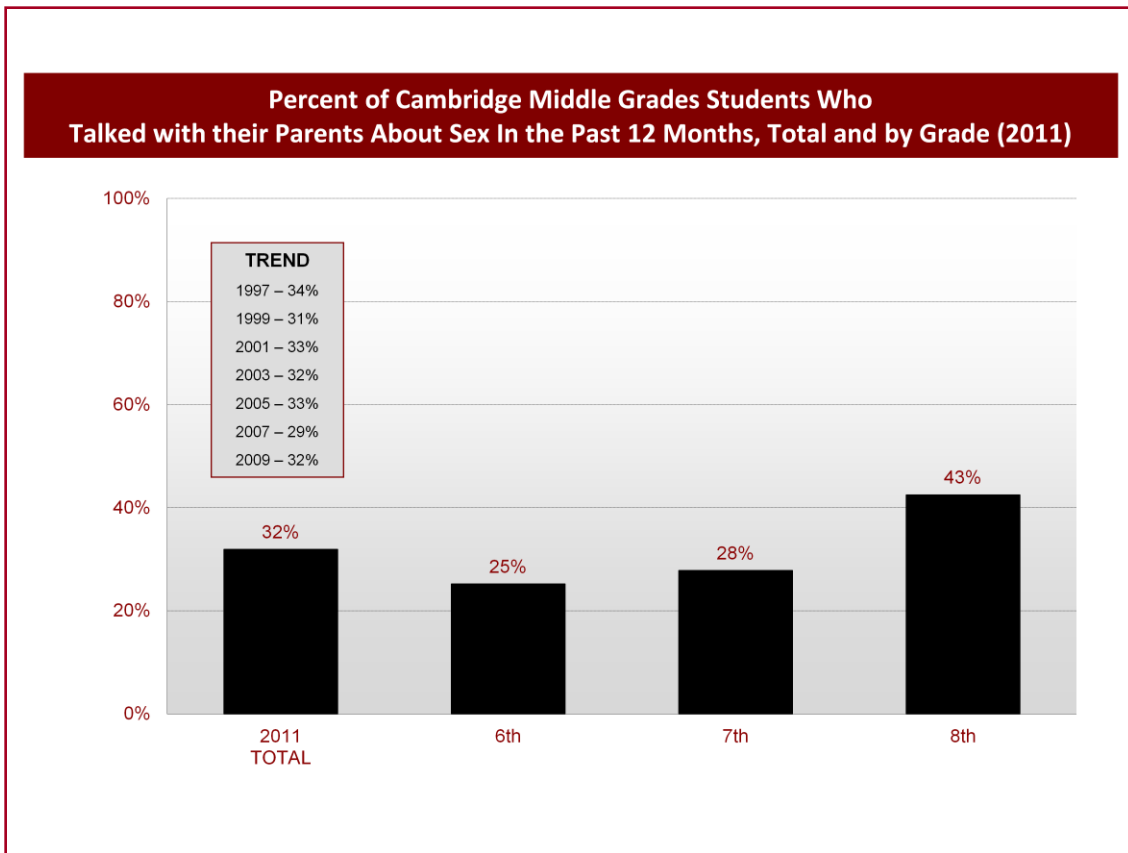
- Seven percent (7%) of Cambridge middle grades students in 2011 reported *hurting themselves on purpose* in the past 12 months, 9% reported *seriously considering* suicide, and 1% *attempted suicide*.
- **Trends:** The long-term trend has been stable for these items over time.
- **Gender:** Cambridge middle grades female students were more likely than their male counterparts to have reported each of these issues in 2011: *hurting themselves on purpose* (9% females, 4% males), *seriously considered suicide* (12%, 6%), *attempted suicide* (2%, 0.4%).
- **Grade:** Differences by age/grade were small and inconsistent for these items.

Sexual Behavior



SELECTED POINTS

- Six percent (6%) of all Cambridge middle grades students reported ever having sexual intercourse in 2011: 2% of 6th graders, 5% of 7th graders, and 10% of 8th graders.
- **Trends:** The percentage of Cambridge middle grades students who reported ever having sexual intercourse decreased from 1997 to 2001, increased from 2001 to 2005, and fell between 2005 and 2011. The 2011 data (6%) constitute the lowest percentage on record.
- **Gender:** In 2011, a larger percentage of Cambridge middle grades males (8%) than females (4%) reported ever having sexual intercourse.
- **Grade:** The percentage of 2011 Cambridge students who reported ever having sexual intercourse increased with age/grade (2% in 6th grade to 10% in 8th grade).

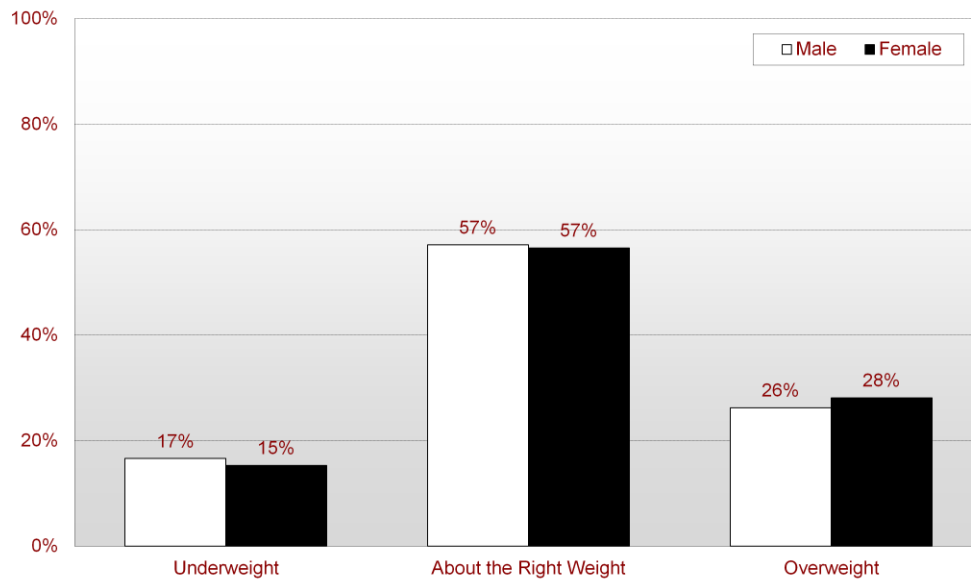


SELECTED POINTS

- Thirty-two percent (32%) of all Cambridge middle grades students in 2011 reported that they talked with their parents about sex during the 12 months prior to the survey.
- **Trends:** The long-term trend in the percent of Cambridge middle grades students who report talking with their parents about sex during the past 12 months was fairly consistent from 1997 to 2011. There was no change between 2009 and 2011.
- **Gender:** In 2011, female and male middle grades students were equally likely to report having talked with their parents about sex (33% females vs. 31% males).
- **Grade:** The percentage of Cambridge middle grades students in 2011 who reported that they talked with their parents about sex during the 12 months prior to the survey increased from 25% in 6th grade to 43% in 8th grade.

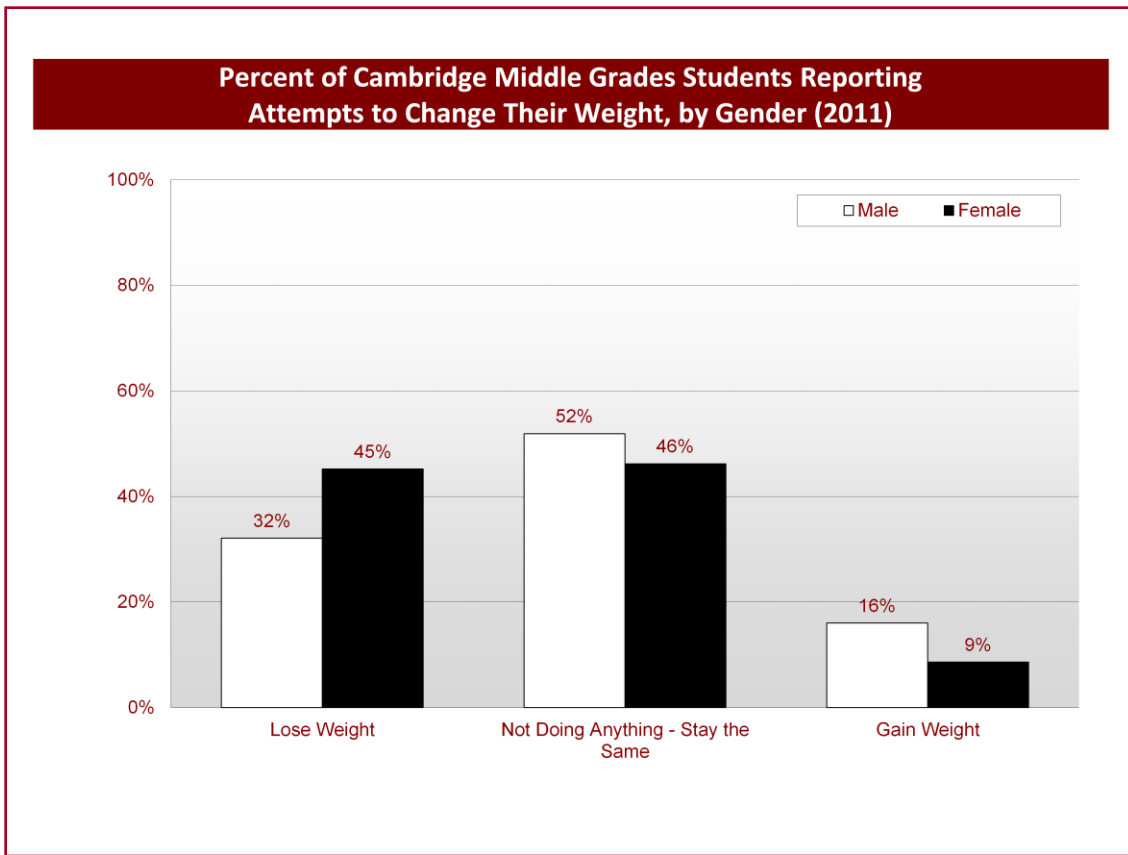
Weight Perception and Control

Perception of Body Weight by Cambridge Middle Grades Students, by Gender (2011)



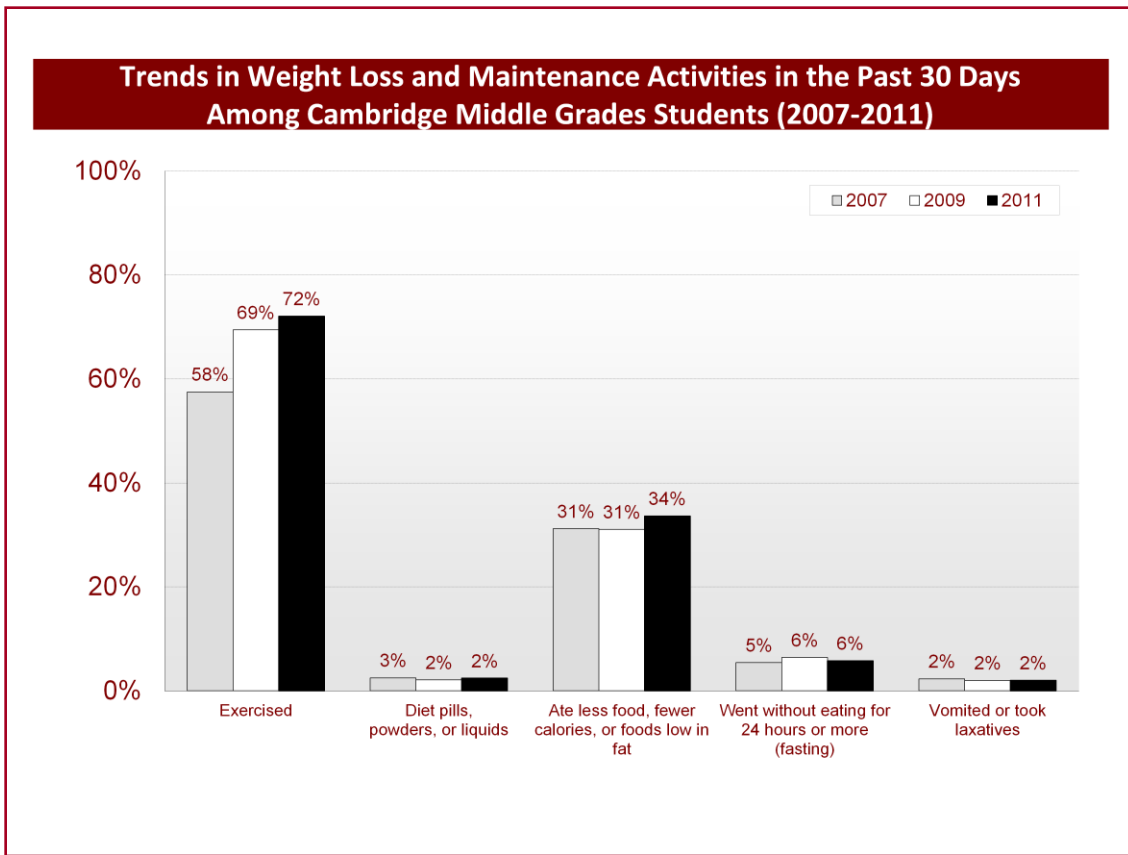
SELECTED POINTS

- Fifteen percent (15%) of Cambridge middle grades females in 2011 described themselves as *underweight* compared to 17% of males; 57% of both females and males described themselves as being *about the right weight*, and 28% of females described themselves as being *overweight* compared to 26% of males.
- **Trends:** There has been very little change over time in perceptions of weight.
- **Grade:** There was no consistent pattern by age/grade for this item.



SELECTED POINTS

- In 2011, Cambridge middle grades females were much more likely than males to report that they were trying to *lose weight* (45% females, 32% males) and males were far more likely than females to report that they were trying to *gain weight* (16% males, 9% females).
- **Trends:** Between 2009 and 2011, female respondents were slightly more likely to report that they were trying to *lose weight* (2009 – 42%, 2011 – 45%) and slightly less likely to report that they were not doing anything to change their weight – stay the same weight (2009 – 50%, 2011 – 46%). Responses among males were similar between 2009 and 2011.
- **Grade:** There were no consistent differences in this item by age/grade.

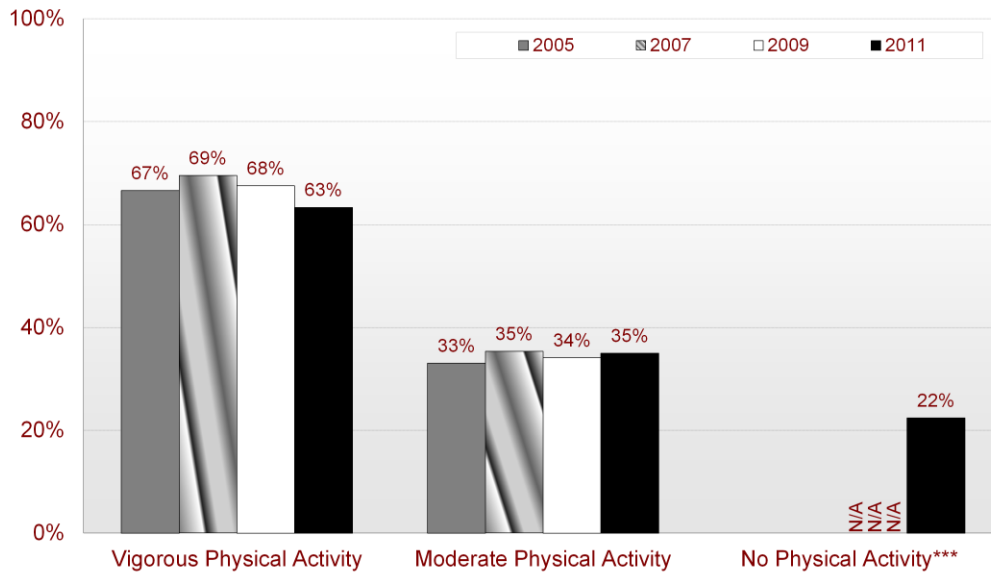


SELECTED POINTS

- Students were asked to indicate whether or not they engaged in five different methods to help them lose or maintain their weight.
- In 2011, the largest percentage of respondents reported that they either *exercised* (72%), or *ate less food, fewer calories, or foods low in fat* (34%) to lose/maintain weight.
- **Trends:** There was an increase from 2009 to 2011 in the percent of students who reported that they exercised to lose/maintain weight (2009 – 69%, 2011 – 72%) and ate less food, fewer calories, or foods low in fat to lose/maintain weight (2009 – 31%, 2011 – 34%).
- **Gender:** Females were more likely than males to report that they *ate less food, fewer calories, or foods low in fat* (40% females, 26% males).
- **Grade:** Reports of *exercising* to lose/maintain weight (69%, 73%, 74%) increased slightly with age/grade.

Physical Activity

Trend for Cambridge Middle Grades Students Who Reported Engaging in Vigorous* and Moderate Physical Activity in the Past 7 Days (2005-2011)**

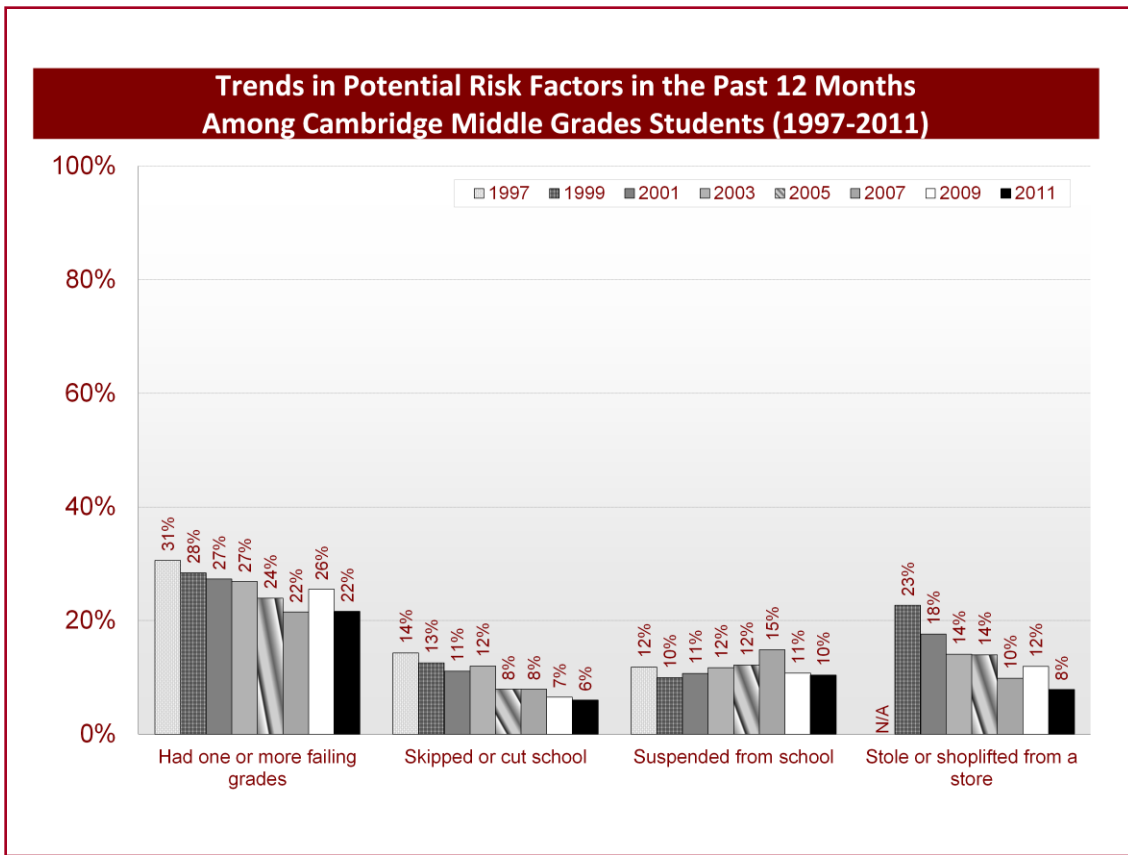


* Vigorous physical activity was defined as exercising or participating in sports for at least 20 minutes that made you sweat and breathe hard on at least 3 of the past 7 days.
 ** Moderate physical activity was defined as participating in other physical activity for at least 30 minutes on at least 5 of the past 7 days.
 *** No physical activity was defined as not participating in at least 60 minutes of physical activity on any of the past 7 days.

SELECTED POINTS

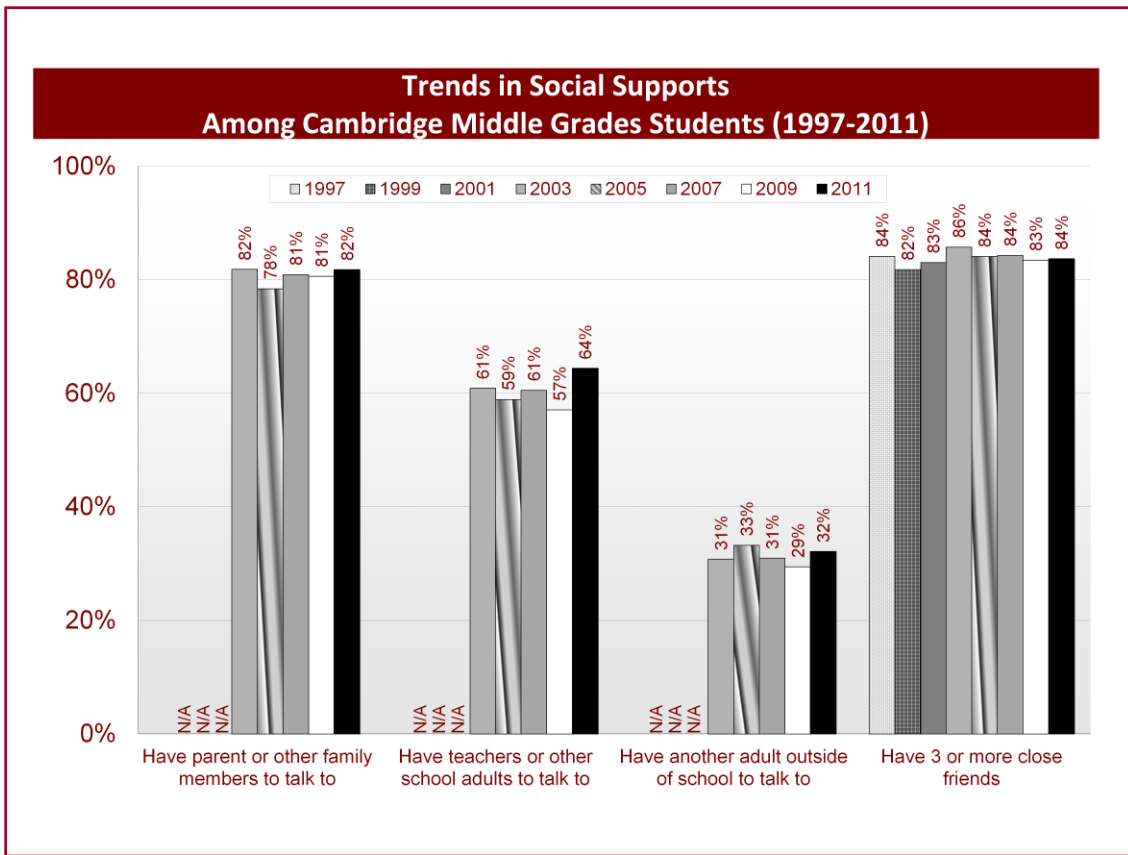
- Vigorous physical activity is defined as exercising or participating in sports for at least 20 minutes that made you sweat and breathe hard on at least 3 of the past 7 days. Moderate physical activity is defined as participating in other physical activity for at least 30 minutes on at least 5 of the past 7 days. No physical activity is defined as not participating in at least 60 minutes of physical activity on any of the past 7 days.
- In 2011, sixty-three percent (63%) of Cambridge middle grades students reported participating in vigorous physical activity at least 3 times in the past 7 days, 35% reported participating in moderate physical activity at least 5 times in the past 7 days, and 22% reported not participating in any physical activity in the past 7 days.
- Trends: There has been a slight decrease in reports of participating in vigorous physical activity between 2007 and 2011 (69%, 68%, 63%).
- Gender: In 2011, Cambridge males were more likely than females to report engaging in both vigorous activity (71% males, 56% females), and moderate activity (40% males, 31% females). Females (26%) were more likely than males (18%) to report not participating in any physical activity in the past 7 days.
- Grade: There were no consistent differences or patterns among these items by age/grade.

Risk and Resiliency



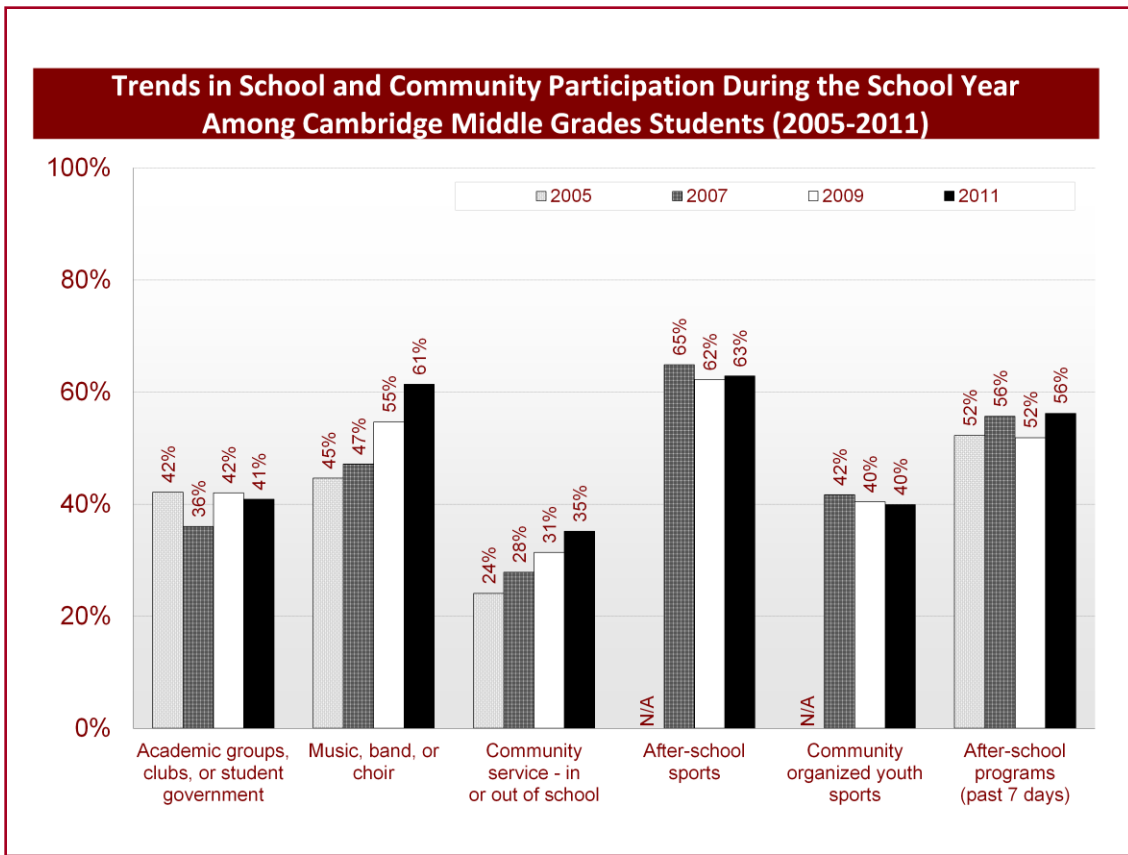
SELECTED POINTS

- In addition to health-related behaviors, the middle grades survey also includes a small set of items assessing potential risk and resiliency factors.
- **Trends:** There have been decreases over time in the percent of students who report that they skipped or cut school in the past 12 months (1997: 14%; 2011: 6%), stole or shoplifted from a store in the past 12 months (1999: 23%; 2011: 8%), and had one or more failing grades (1997: 31%; 2011: 22%). Reports of being suspended from school in the past 12 months have been stable over time.
- **Gender:** In 2011, males were more likely than females to report that they had been suspended from school (14% males vs. 8% females).
- **Grade:** Occurrence of each of these potential risk factors varied by age/grade with no consistent pattern.



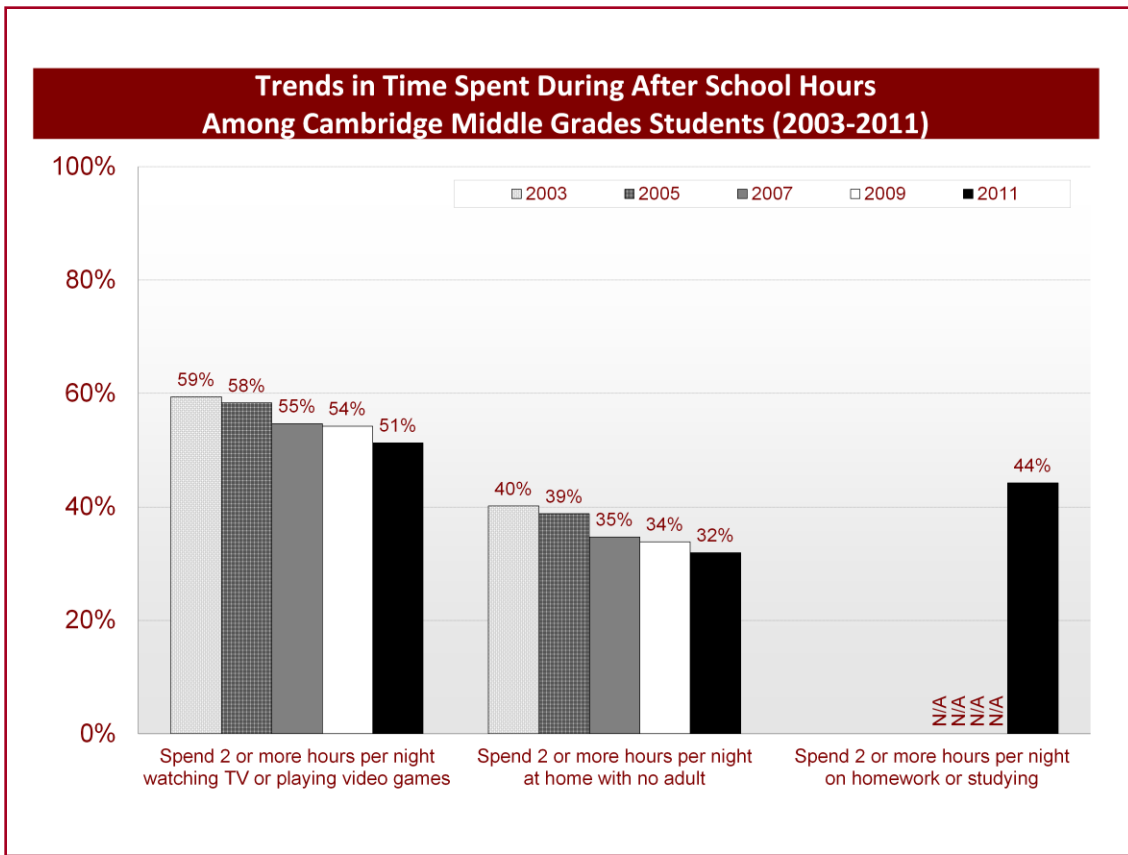
SELECTED POINTS

- In 2011, 82% of Cambridge middle grades students reported that they had a parent or other family member to talk to about important issues, 64% had a teacher or other school adult to talk to about a problem, 32% had another adult outside of school to talk to about important issues, and 84% reported that they had three or more close friends.
- **Trends:** There was an increase between 2009 and 2011 in the percentage of students who report that they have teachers or other school adults to talk to (57% to 64%).
- **Gender:** In 2011, female students were slightly more likely than males to report having each of these four types of social support.
- **Grade:** There were small decreases by age/grade in the percentage of students who reported that they had a parent or other adult family member to talk to about important issues (85%, 82%, 78%). There was a small increase by age/grade in the percentage of students who reported that they had another adult outside of school to talk to about important issues (28%, 32%, 36%).



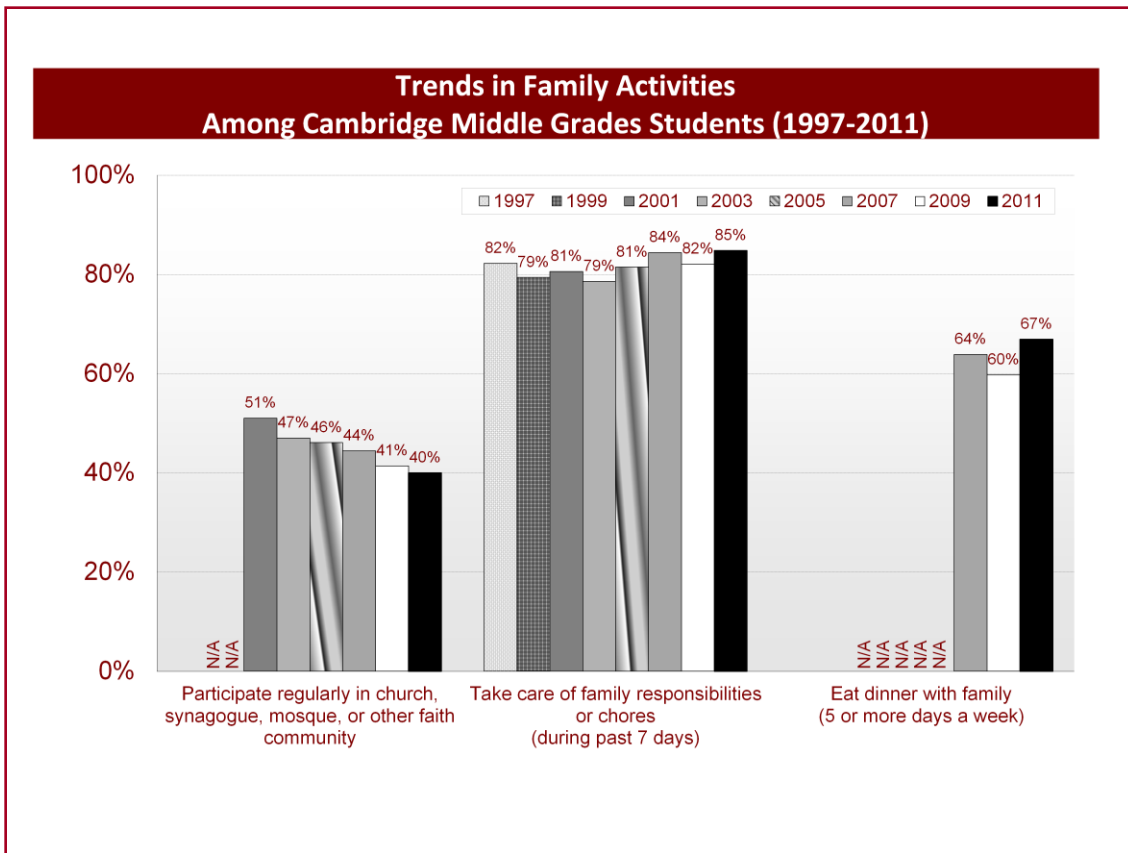
SELECTED POINTS

- These data illustrate Cambridge middle grades students who reported engaging in various school and community activities during the academic year.
- **Trends:** Between 2005 and 2011 there were increases in the percent of students who reported participating in band, music, or choir (45%, 47%, 55%, 61%) and community service (24%, 28%, 31%, 35%).
- **Gender:** In 2011, female students were more likely than males to report participating in academic groups (43% females vs. 38% males), music, band, or choir (66% females vs. 57% males), and community service (38% females vs. 32% males). Males were more likely than females to report participating in community organized youth sports (49% males vs. 31% females).
- **Grade:** There were increases with age/grade for the percentage of students who reported participating in community service (27%, 36%, 43%).



SELECTED POINTS

- These data illustrate time spent during after school hours among Cambridge middle grades students during an average school night.
- **Trends:** Between 2003 and 2011, slightly fewer students reported spending 2 or more hours per night watching TV or playing video games or spending 2 or more hours per night at home with no adult present.
- **Gender:** There were no substantive differences in these items by gender.
- **Grade:** In 2011, there were increases in age/grade in the percentage of students that reported spending 2 or more hours per night watching TV or playing video games (42%, 54%, 57%), being at home with no adult present for 2 or more hours per night (24%, 34%, 38%), and spending 2 or more hours per night on homework or studying outside of school (36%, 48%, 49%).



SELECTED POINTS

- These data illustrate family activities among Cambridge middle grades students.
- **Trends:** There has been a decrease over time in the percent of Cambridge middle grades students who report participating regularly in church, synagogue, mosque, or other faith community (2001: 51%; 2011: 40%). Reports of taking care of family responsibilities or chores in the past 7 days have been stable. There was a small decrease between 2007 and 2009 in reports of eating dinner with family members 5 or more days a week, which increased in 2011 (64%, 60%, 67%).
- **Gender:** Males (71%) were more likely than females (63%) to report eating dinner with their family 5 or more days a week.
- **Grade:** In 2011, there were decreases by age/grade in the percentage of students who reported eating dinner with family members 5 or more days a week (72%, 67%, 62%).

Appendix A:

Selected Data Tables

2010-2011 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Alcohol, Tobacco, and Other Drug Use - Middle School

	TOTAL								GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	Males (515)	Females (538)	6th (352)	7th (351)	8th (353)
LIFETIME (any use in lifetime)													
Alcohol (other than a few sips)	N/A	N/A	N/A	N/A	N/A	22.0%	21.1%	20.3%	20.9%	19.5%	13.1%	20.8%	26.7%
Cigarettes - ever tried even one or two puffs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.5%	10.7%	10.2%	5.2%	11.6%	14.6%
Cigarettes - ever smoked a whole cigarette	N/A	N/A	N/A	N/A	N/A	6.7%	6.0%	6.0%	6.3%	5.6%	2.0%	4.9%	11.2%
Marijuana	N/A	N/A	N/A	N/A	N/A	4.8%	4.7%	6.2%	6.0%	6.4%	1.4%	7.2%	10.0%
Oxycontin ¹	N/A	N/A	N/A	N/A	N/A	0.4%	0.1%	0.3%	0.2%	0.4%	0.0%	0.9%	0.0%
Other Illegal Drugs ²	N/A	N/A	N/A	N/A	N/A	1.3%	0.7%	1.2%	1.9%	0.6%	0.3%	1.8%	1.5%
CURRENT (any use in past 30 days)													
Alcohol (other than a few sips)	25.2%	19.2%	17.0%	17.9%	18.6%	9.7%	8.2%	4.3%	3.8%	4.8%	1.2%	2.9%	8.8%
Binge Alcohol ³	9.2%	5.6%	5.6%	6.6%	6.6%	3.4%	3.3%	1.4%	1.2%	1.5%	0.3%	0.3%	3.5%
Cigarettes	8.3%	4.9%	3.4%	3.9%	3.8%	1.4%	1.9%	1.9%	1.9%	1.9%	0.6%	0.6%	4.6%
Marijuana	8.5%	5.6%	5.9%	6.7%	6.5%	3.1%	2.4%	3.2%	3.0%	3.4%	0.9%	1.7%	7.0%
Inhalants	5.0%	4.1%	3.3%	4.7%	5.8%	2.3%	2.3%	3.1%	2.3%	4.0%	2.1%	3.3%	4.0%
Oxycontin	N/A	N/A	N/A	N/A	1.1%	0.4%	0.0%	0.1%	0.0%	0.2%	0.0%	0.3%	0.0%
Other Illegal Drugs ²	2.1%	0.6%	1.6%	2.3%	1.9%	0.9%	0.3%	0.3%	0.2%	0.4%	0.0%	0.3%	0.6%
ALCOHOL-RELATED RIDING (past 30 days)													
Rode with drinking driver	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	4.4%	5.3%	5.0%	4.4%	5.2%
TALKED WITH PARENTS ABOUT SUBSTANCE USE (past 12 months)													
Talked with parents about alcohol or other drug use in the past 12 months	52.8%	57.5%	57.2%	50.8%	49.0%	45.6%	42.5%	40.3%	40.2%	40.5%	35.0%	41.4%	44.6%
ILLEGAL DRUG AVAILABILITY (past 12 months)													
Was offered, bought, or received an illegal drug on school property	N/A	N/A	N/A	6.6%	4.9%	3.6%	3.9%	4.7%	5.8%	3.8%	3.2%	4.8%	6.3%
ALCOHOL OR DRUG USE PROBLEMS (past 12 months)													
Had a problem with alcohol or drugs in the past 12 months	4.4%	3.2%	2.7%	3.4%	2.8%	2.5%	1.9%	1.7%	1.4%	1.9%	0.9%	1.8%	2.6%
A family member had a problem with alcohol or drugs in the past 12 months	11.6%	9.9%	9.5%	9.8%	10.4%	10.5%	9.7%	8.7%	7.2%	10.0%	8.2%	7.8%	10.0%

¹ Respondents were asked about use of Oxycontin without a doctor's prescription.

² Respondents were asked about other drugs such as, "cocaine, crack, LSD, speed, heroin, or downers."

³ Respondents were asked if they had "5 or more drinks of alcohol in a row."

2010-2011 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Violence and Safety - Middle School

	TOTAL								GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	Males (515)	Females (538)	6th (352)	7th (351)	8th (353)
VIOLENCE-RELATED EXPERIENCES (past 12 months)													
Witnessed violence in family	10.1%	6.3%	7.5%	6.5%	8.6%	8.3%	7.8%	6.7%	6.6%	6.6%	5.6%	6.7%	7.7%
Witnessed violence in neighborhood	N/A	N/A	N/A	19.9%	21.1%	18.0%	17.0%	14.7%	18.3%	11.3%	12.1%	17.8%	14.3%
Received rude sexual comments in school	N/A	N/A	N/A	N/A	N/A	11.1%	10.6%	9.9%	7.6%	11.8%	8.8%	10.3%	10.7%
Treated unfairly in school because of race or ethnicity	N/A	N/A	N/A	8.2%	8.8%	10.0%	6.1%	6.8%	7.8%	5.7%	7.9%	4.7%	7.8%
Treated unfairly in school because of gender	N/A	N/A	N/A	7.0%	6.1%	8.6%	5.1%	4.8%	3.6%	5.9%	2.4%	7.1%	4.9%
Beaten or physically hurt by someone in your family or home	6.4%	4.5%	6.2%	5.3%	4.9%	4.2%	4.3%	4.7%	4.4%	4.9%	4.7%	4.9%	4.6%
Beaten or physically hurt by someone not a family member	4.8%	3.1%	4.1%	2.8%	4.0%	3.6%	3.3%	2.8%	4.0%	1.7%	2.9%	3.8%	1.7%
BULLYING, FIGHTING, & THREATENING (past 12 months)													
Were bullied, threatened, or pushed around in school or on the way	19.7%	18.4%	18.6%	16.6%	16.2%	15.8%	14.7%	16.3%	16.2%	16.3%	20.3%	17.5%	11.2%
Bullied, threatened, or pushed other kids around in school	17.6%	16.4%	12.2%	13.4%	13.6%	13.1%	10.1%	7.6%	8.6%	6.6%	8.7%	9.3%	4.6%
In a physical fight - any location	25.4%	21.7%	15.3%	18.7%	16.8%	16.3%	13.3%	7.7%	11.9%	3.8%	7.6%	9.1%	6.4%
Were threatened with a knife or gun - any location	5.6%	5.3%	4.3%	4.6%	4.5%	5.3%	4.9%	1.5%	2.0%	1.1%	1.7%	1.5%	1.4%
Received mean or threatening e-mail or text messages	N/A	N/A	N/A	N/A	N/A	6.3%	8.0%	8.1%	4.2%	11.6%	7.7%	8.8%	7.8%
WEAPONS CARRYING (past 12 months)													
Carried a weapon to school such as a gun, knife, or stick	9.3%	5.4%	3.9%	4.5%	4.7%	3.1%	2.4%	1.8%	2.0%	1.5%	1.8%	1.2%	2.6%
Carried a weapon in your neighborhood	N/A	N/A	N/A	9.4%	8.2%	7.2%	5.5%	3.1%	5.0%	1.3%	2.3%	2.9%	4.0%

2010-2011 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Mental Health - Middle School

	TOTAL								GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	Males (515)	Females (538)	6th (352)	7th (351)	8th (353)
PERSONAL EXPERIENCES (past 12 months)													
Divorce or separation in family	11.0%	10.7%	12.2%	10.6%	13.4%	11.2%	9.3%	10.9%	12.4%	9.4%	11.7%	12.8%	8.3%
Family moved	17.1%	14.5%	14.8%	12.8%	15.7%	18.7%	13.1%	11.8%	11.5%	11.7%	9.9%	14.3%	11.1%
Family members or close friend died	40.9%	41.9%	41.3%	39.0%	38.6%	41.7%	40.3%	39.6%	39.3%	39.6%	38.9%	38.4%	41.5%
Ran away from home	3.7%	3.0%	3.1%	3.0%	4.2%	2.7%	2.9%	2.8%	2.0%	3.4%	1.8%	2.1%	4.6%
WORRYING (past 12 months)¹													
Physical health problems	N/A	N/A	N/A	N/A	9.0%	9.7%	8.7%	6.5%	4.8%	7.8%	6.2%	5.3%	8.0%
Weight problems (too heavy or thin)	N/A	N/A	N/A	N/A	19.2%	17.8%	20.5%	19.5%	12.1%	26.5%	18.3%	16.9%	23.1%
Sexual abuse	N/A	N/A	N/A	N/A	2.8%	3.2%	1.8%	2.0%	1.8%	2.3%	2.4%	0.3%	3.4%
Becoming or getting someone pregnant	N/A	N/A	N/A	N/A	2.8%	3.5%	2.4%	2.3%	2.8%	1.9%	1.5%	1.7%	3.7%
School failure or poor grades	N/A	N/A	N/A	N/A	20.3%	21.2%	24.8%	22.5%	19.4%	25.2%	19.5%	26.2%	21.7%
Drug or alcohol use in family	N/A	N/A	N/A	N/A	4.5%	5.5%	5.3%	4.9%	4.4%	5.5%	3.2%	3.8%	7.7%
Own drug or alcohol use	N/A	N/A	N/A	N/A	2.6%	3.1%	1.5%	1.6%	1.0%	2.3%	0.3%	1.5%	3.2%
Physical fights at home	N/A	N/A	N/A	N/A	3.7%	4.7%	4.2%	3.3%	3.4%	3.0%	2.9%	3.5%	3.4%
Physical fights at school	N/A	N/A	N/A	N/A	5.9%	5.9%	4.5%	3.3%	4.2%	2.5%	3.8%	3.6%	2.6%
Being treated unfairly because of race/ethnicity	N/A	N/A	N/A	N/A	8.2%	9.1%	4.8%	4.8%	5.6%	4.0%	4.1%	4.1%	6.3%
Sexual orientation	N/A	N/A	N/A	N/A	3.6%	3.7%	2.6%	1.5%	1.0%	1.9%	1.5%	0.3%	2.6%
Drugs in neighborhood	N/A	N/A	N/A	N/A	8.8%	7.5%	8.7%	6.6%	7.0%	6.1%	5.8%	6.4%	7.4%
Violence in neighborhood	N/A	N/A	N/A	N/A	10.4%	11.7%	10.5%	6.9%	7.4%	6.3%	7.1%	6.2%	7.5%
MCAS	N/A	N/A	N/A	N/A	35.7%	32.3%	27.7%	23.0%	20.6%	25.1%	22.4%	24.8%	21.9%
Your family not having enough money	N/A	N/A	N/A	N/A	N/A	6.7%	9.3%	6.7%	5.6%	7.6%	6.2%	7.0%	6.9%
Your family not having a place to live	N/A	N/A	N/A	N/A	N/A	3.7%	3.4%	1.9%	2.8%	0.9%	1.2%	2.3%	2.3%
DEPRESSION, SELF-HARM, & SUICIDE (past 12 months)													
Depressed ²	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.1%	17.3%	22.8%	18.1%	21.0%	21.3%
Hurt self on purpose (past 12 months)	9.8%	7.6%	7.6%	6.9%	7.9%	7.4%	6.7%	6.8%	4.0%	9.3%	6.7%	8.2%	5.5%
Seriously considered suicide (past 12 months)	9.5%	8.1%	9.7%	9.0%	9.1%	6.6%	8.2%	8.9%	5.8%	11.6%	7.6%	9.5%	9.5%
Attempted suicide (past 12 months)	2.0%	2.5%	2.3%	2.3%	2.4%	1.8%	1.5%	1.0%	0.4%	1.5%	0.6%	1.2%	1.2%

¹ Percentages based on respondents who indicated that they worries about this issue "Fairly Often" or "Most of the Time."

² Depression was defined in the survey as, "feeling so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities."

2010-2011 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Scholastic Issues and Social Supports - Middle School

	TOTAL								GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(1056)	(515)	(538)	(352)	(351)	(353)
SCHOLASTIC ISSUES (past 12 months)													
Had one or more failing grades	30.6%	28.4%	27.3%	26.9%	24.0%	21.5%	25.5%	21.6%	24.3%	19.2%	17.2%	26.2%	21.4%
Skipped or cut school	14.3%	12.6%	11.1%	12.0%	7.9%	7.9%	6.5%	6.0%	5.4%	6.4%	6.2%	5.0%	6.9%
Suspended from school	11.9%	10.0%	10.7%	11.7%	12.2%	14.9%	10.7%	10.4%	13.5%	7.5%	7.3%	15.7%	8.1%
Receive mostly A's, B's, and C's	N/A	N/A	N/A	N/A	86.2%	89.3%	88.9%	86.9%	83.1%	90.6%	82.7%	87.0%	90.9%
SCHOOL ACTIVITY PARTICIPATION (During 2010-2011 School Year)													
Participated in academic groups, clubs, or student government	N/A	N/A	N/A	N/A	42.2%	36.0%	42.0%	40.9%	38.0%	43.4%	41.2%	38.7%	42.7%
Participated in music, band, or choir	N/A	N/A	N/A	N/A	44.7%	47.2%	54.7%	61.4%	56.6%	65.8%	72.2%	54.6%	57.3%
SOCIAL SUPPORTS													
Have a parent or other adult family member to talk to about important issues	N/A	N/A	N/A	81.9%	78.5%	80.9%	80.6%	81.8%	80.0%	83.6%	85.1%	81.9%	78.2%
Have a teacher or other adult school staff member to talk to about a problem	N/A	N/A	N/A	60.9%	58.9%	60.5%	57.1%	64.4%	64.0%	65.0%	70.9%	57.4%	64.8%
Have another adult outside of school to talk to about important issues	N/A	N/A	N/A	30.8%	33.2%	30.9%	29.4%	32.1%	29.7%	34.2%	28.0%	32.2%	36.1%
Have 3 or more close friends	84.2%	81.9%	83.0%	85.8%	84.1%	84.3%	83.4%	83.7%	81.3%	86.2%	85.2%	83.1%	82.7%

2010-2011 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Health - Middle School

	TOTAL								GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	Males (515)	Females (538)	6th (352)	7th (351)	8th (353)
SEXUAL BEHAVIOR													
Ever had sexual intercourse	9.7%	8.9%	7.4%	11.1%	12.5%	8.2%	6.8%	5.8%	8.0%	3.8%	1.8%	5.2%	10.4%
Talked with parents about sex (past 12 months)	34.3%	30.6%	32.6%	31.8%	33.4%	28.5%	32.2%	31.9%	31.2%	32.5%	25.2%	27.8%	42.5%
Were touched, pinched, grabbed, or patted in a sexual way against your will in school (past 12 months)	N/A	N/A	N/A	N/A	N/A	8.2%	8.2%	8.2%	4.2%	12.0%	5.6%	8.6%	10.4%
Were forced, tricked, or pressured to have sex that you did not want (past 12 months)	N/A	N/A	N/A	N/A	2.1%	1.9%	1.6%	1.4%	1.4%	1.5%	1.5%	0.6%	2.3%
Forced, tricked, or pressured someone into having sex with you (past 12 months)	2.1%	2.0%	1.7%	2.0%	1.6%	1.3%	0.2%	0.5%	0.8%	0.2%	0.0%	0.9%	0.6%
Were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend (past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.3%	0.8%	1.7%	0.9%	0.3%	2.6%
WEIGHT													
Describe self as slightly/very overweight	N/A	N/A	N/A	27.0%	27.2%	26.5%	27.8%	27.2%	26.2%	28.1%	26.9%	28.9%	25.8%
Trying to lose weight	N/A	N/A	N/A	N/A	42.0%	42.4%	37.4%	38.8%	32.1%	45.2%	37.8%	41.9%	36.8%
WEIGHT LOSS OR MAINTENANCE ACTIVITIES (past 30 days)													
Exercised to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	57.5%	69.5%	72.1%	72.8%	71.5%	68.8%	73.1%	74.3%
Diet pills/powders/liquids to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.5%	2.1%	2.4%	3.0%	1.6%	2.1%	1.2%	3.9%
Ate less food, fewer calories, or foods low in fat to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	31.2%	31.1%	33.6%	26.2%	40.4%	31.0%	34.8%	35.1%
Went without eating for 24 hours or more (fasting) to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	5.4%	6.4%	5.8%	4.5%	6.8%	5.2%	5.8%	6.3%
Vomited or took laxatives to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.3%	2.0%	2.0%	2.3%	1.8%	2.1%	1.5%	2.4%
PHYSICAL ACTIVITY (past 7 days)													
Vigorous Physical Activity - exercised or participated in sports for at least 20 minutes that made you sweat and breathe hard (3 or more days a week)	N/A	N/A	N/A	N/A	66.6%	69.5%	67.5%	63.3%	71.3%	56.1%	68.6%	59.6%	61.7%
Moderate Physical Activity - participated in other physical activity for at least 30 minutes (5 or more days a week)	N/A	N/A	N/A	N/A	33.1%	35.3%	34.1%	35.0%	39.6%	30.8%	33.2%	34.2%	37.5%
Did not participate in at least 60 minutes of physical activity on any of the past 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.4%	18.1%	26.4%	20.9%	24.0%	22.3%
NUTRITION (ate or drank yesterday)													
Ate fruit	N/A	N/A	N/A	72.2%	71.1%	79.5%	80.9%	82.8%	84.3%	81.4%	82.5%	80.6%	85.3%
Drank 100% fruit juice	N/A	N/A	N/A	71.6%	68.7%	71.2%	69.0%	68.4%	72.5%	64.6%	66.8%	67.6%	70.7%
Ate green salad or raw vegetables	N/A	N/A	N/A	51.6%	50.0%	54.9%	54.7%	59.7%	58.6%	60.4%	62.6%	57.9%	58.5%
Ate cooked vegetables	N/A	N/A	N/A	47.7%	52.5%	55.0%	56.9%	60.5%	59.7%	61.2%	60.8%	59.9%	60.8%
Drank regular soda (not diet)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.5%	43.9%	31.9%	33.2%	40.9%	38.5%
Drank sweetened drinks	N/A	N/A	N/A	62.4%	60.6%	56.8%	57.9%	52.7%	56.7%	49.0%	47.6%	57.2%	53.2%
OTHER NUTRITION													
Eat breakfast 6-7 days a week	51.7%	50.2%	50.6%	50.3%	51.9%	55.8%	52.3%	54.3%	59.6%	49.6%	59.5%	51.2%	52.3%
Hungry in the past 12 months because there was not enough money at home to buy food	4.5%	5.1%	4.6%	4.3%	5.3%	5.3%	4.9%	4.2%	4.6%	3.6%	2.9%	3.7%	5.8%

2010-2011 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Additional Potential Risk and Protective Factors - Middle School

	TOTAL								GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	Males (515)	Females (538)	6th (352)	7th (351)	8th (353)
FAITH COMMUNITY PARTICIPATION													
Participate regularly in church, synagogue, mosque, or other faith community	N/A	N/A	51.1%	47.0%	46.1%	44.4%	41.4%	40.0%	41.1%	38.8%	42.9%	38.8%	38.4%
THEFT (past 12 months)													
Stole or shoplifted from a store	N/A	22.7%	17.6%	14.1%	14.0%	9.9%	11.9%	7.9%	9.0%	6.6%	4.1%	7.6%	11.8%
AFTER SCHOOL HOURS													
Watch TV, videos, or video games 2 or more hours on an average school day	N/A	N/A	N/A	59.4%	58.3%	54.7%	54.2%	51.3%	53.9%	48.7%	42.2%	54.4%	57.2%
Spend 2 or more hours at home with no adult on an average school day	N/A	N/A	N/A	40.1%	38.8%	34.7%	33.8%	31.9%	32.0%	31.6%	23.6%	34.1%	38.1%
Spend 2 or more hours doing homework or studying on an average school day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	44.3%	43.5%	45.0%	36.3%	47.6%	49.1%
AFTER SCHOOL AND COMMUNITY ACTIVITIES (During 2010-2011 School Year)													
Participated in community services, in or out of school	N/A	N/A	N/A	N/A	24.1%	27.9%	31.4%	35.2%	32.2%	37.5%	27.3%	35.5%	42.8%
Participated in after-school sports	N/A	N/A	N/A	N/A	N/A	64.9%	62.3%	62.9%	65.6%	60.3%	60.1%	59.6%	69.0%
Participated in community organized youth sports	N/A	N/A	N/A	N/A	N/A	41.7%	40.4%	39.9%	49.3%	31.0%	43.9%	35.8%	40.0%
Participated in after school programs, youth programs, teen centers (past 7 days)	N/A	N/A	N/A	N/A	52.2%	55.7%	51.9%	56.2%	56.1%	56.3%	57.8%	53.3%	57.6%
LEISURE ACTIVITIES (past 7 days)													
Read (not required for school)	73.5%	68.0%	69.0%	69.2%	72.1%	74.0%	79.5%	79.1%	75.9%	82.0%	86.1%	75.8%	75.4%
Doing hobbies on your own time	N/A	N/A	81.0%	80.2%	81.0%	83.8%	83.5%	83.5%	83.0%	84.2%	85.5%	80.0%	84.9%
FAMILY ACTIVITIES (past 7 days)													
Take care of family responsibilities or chores	82.2%	79.4%	80.6%	78.6%	81.5%	84.4%	82.1%	84.8%	82.1%	87.4%	83.9%	84.5%	86.0%
Eat dinner with family (5 or more days a week)	N/A	N/A	N/A	N/A	N/A	63.9%	59.8%	66.9%	70.9%	63.2%	71.6%	67.2%	61.9%