

Summary of Results from the 2014-2015 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

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BACKGROUND

REPORT FORMAT

In April of 2015, a total of 1,007 Cambridge middle grades students (grades 6-8) took part in the 2014-2015 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 tenth administration of the Middle Grades Health Survey (the survey was also administered in 1997, 1999, 2001, 2003, 2005, 2007, 2009, 2011, and 2013). A similar survey of Cambridge high school students has also been conducted biennially since 1992 – the most recent one was conducted in 2014.

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 Health, Health and Healthcare, Weight Perception and Control, Physical Activity and Nutrition, and Habits and Activities. 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, and the Cambridge Public Health Department 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 2015 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
324	362	321	1,007

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 health, 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 tenth 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?

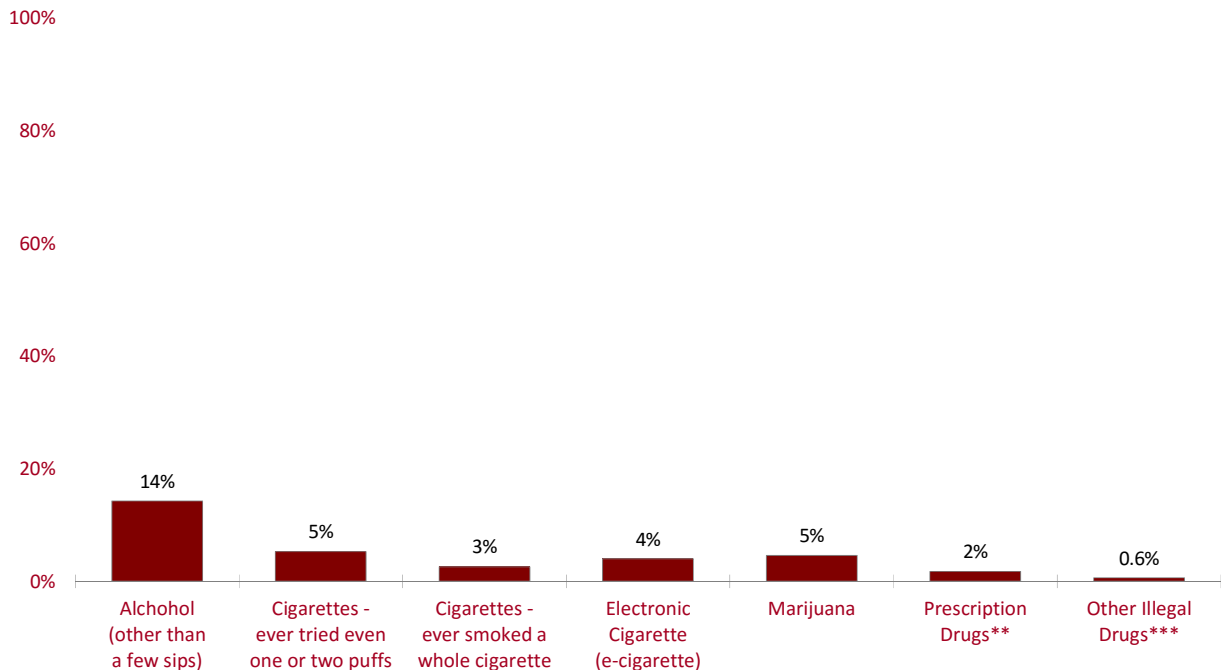
Although this survey was administered to middle grades students, this does not mean that the problems addressed are confined solely to youth. In fact, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this 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

Lifetime* Substance Use for Cambridge Middle Grades Students (2015)



* Lifetime use is any use in one's lifetime.

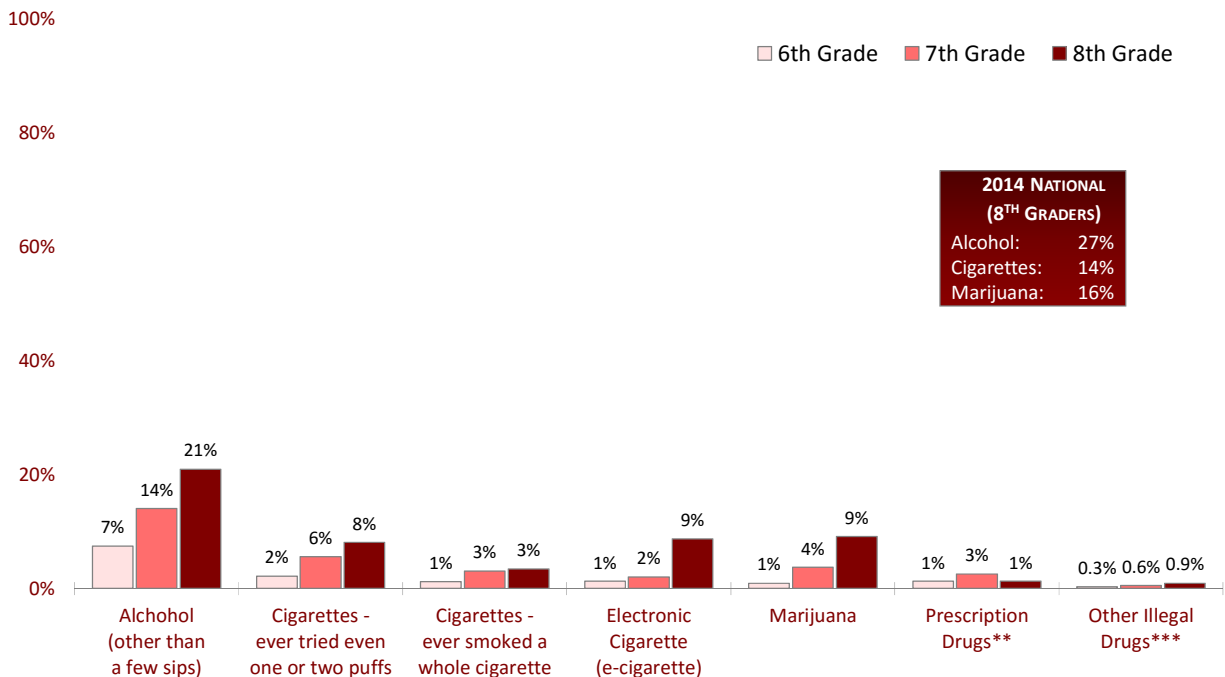
** Without a doctor's prescription.

*** Respondents were asked about "use of other drugs to get high, like cocaine, crack, LSD, speed, heroin, or downers."

SELECTED POINTS

- Lifetime substance use is any use during one's lifetime.
- The alcohol questions were preceded by the following statement, "The next questions are 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 14% of Cambridge middle grades students in 2015 reporting that they had consumed alcohol in their lifetime. Five percent (5%) reported that they ever tried cigarette smoking, even one or two puffs. Three percent (3%) reported ever smoking a whole cigarette, 4% ever using an electronic cigarette, 5% ever using marijuana, and 2% ever using prescription drugs without a doctor's prescription. Less than one percent (0.6%) reported ever using other drugs like cocaine, crack, LSD, speed, heroin, or downers to get high.
- **Trends:** Lifetime use of alcohol, cigarettes, marijuana, and other illegal drugs each decreased between 2013 and 2015. For example, lifetime use of alcohol decreased from 20% in 2013 to 14% in 2015. The electronic cigarette question and prescription drug question were first added to the survey in 2015.

Lifetime* Substance Use for Cambridge Middle Grades Students, by Grade (2015)



* Lifetime use is any use in one's lifetime.

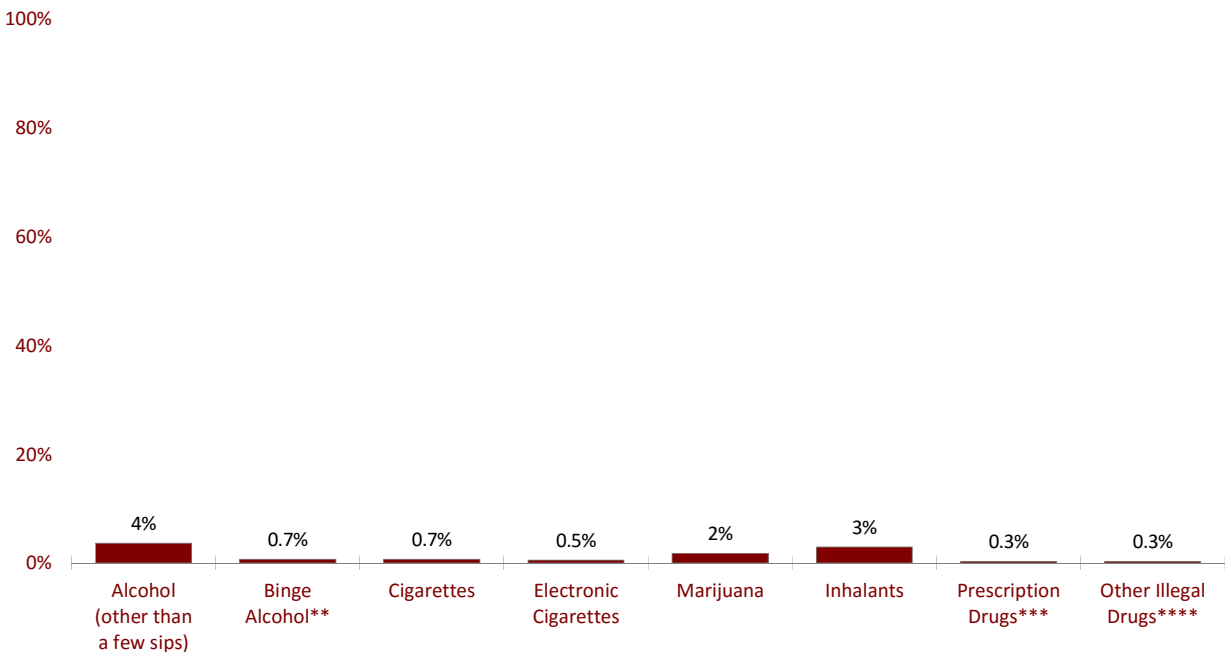
** Without a doctor's prescription.

*** Respondents were asked about "use of other drugs to get high, like cocaine, crack, LSD, speed, heroin, or downers."

SELECTED POINTS

- Grade:** The percentage of Cambridge middle grades students who reported ever using each of these substances tended to increase with age/grade. For example, the percentage of students who reported ever using alcohol increased from 7% in 6th grade to 21% in 8th grade.
- Gender (not shown):** Males were slightly more likely than females to report lifetime use of alcohol (15% males; 13% females) and electronic cigarettes (6% males; 3% females). Lifetime use of the other substances was similar by gender.
- 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 lifetime use of alcohol (21% Cambridge 8th graders; 27% National), cigarettes (3% Cambridge 8th graders; 14% National), and marijuana (9% Cambridge 8th graders; 16% National).

Current* Substance Use for Cambridge Middle Grades Students (2015)



* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

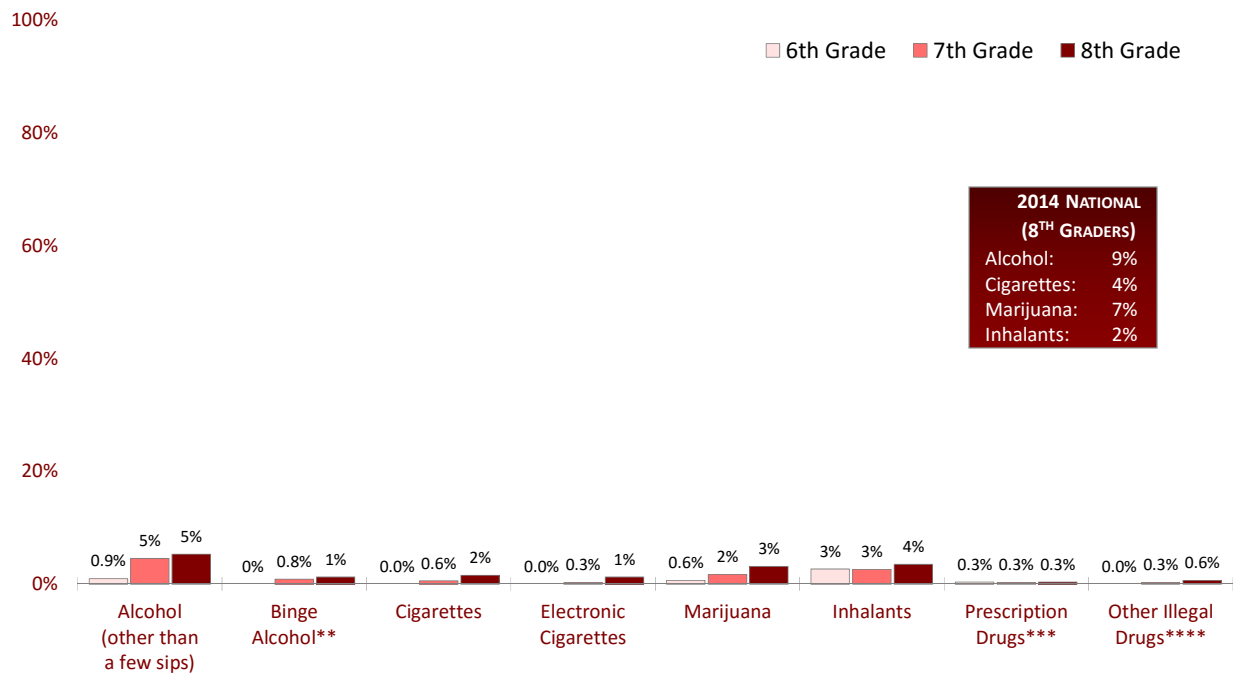
*** Without a doctor's prescription.

**** Respondents were asked about "use of other drugs to get high, like cocaine, crack, LSD, speed, heroin, or downers."

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.
- Less than one percent of all respondents (0.7%) 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, 19% reported binge drinking.
- Current use of alcohol was followed by current use of inhalants (3%) and marijuana (2%). Fewer than 1% of respondents reported current use of cigarettes (0.7%), electronic cigarettes (0.5%), prescription drugs without a prescription (0.3%), and other illegal drugs (0.3%).

Current* Substance Use for Cambridge Middle Grades Students, by Grade (2015)



* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

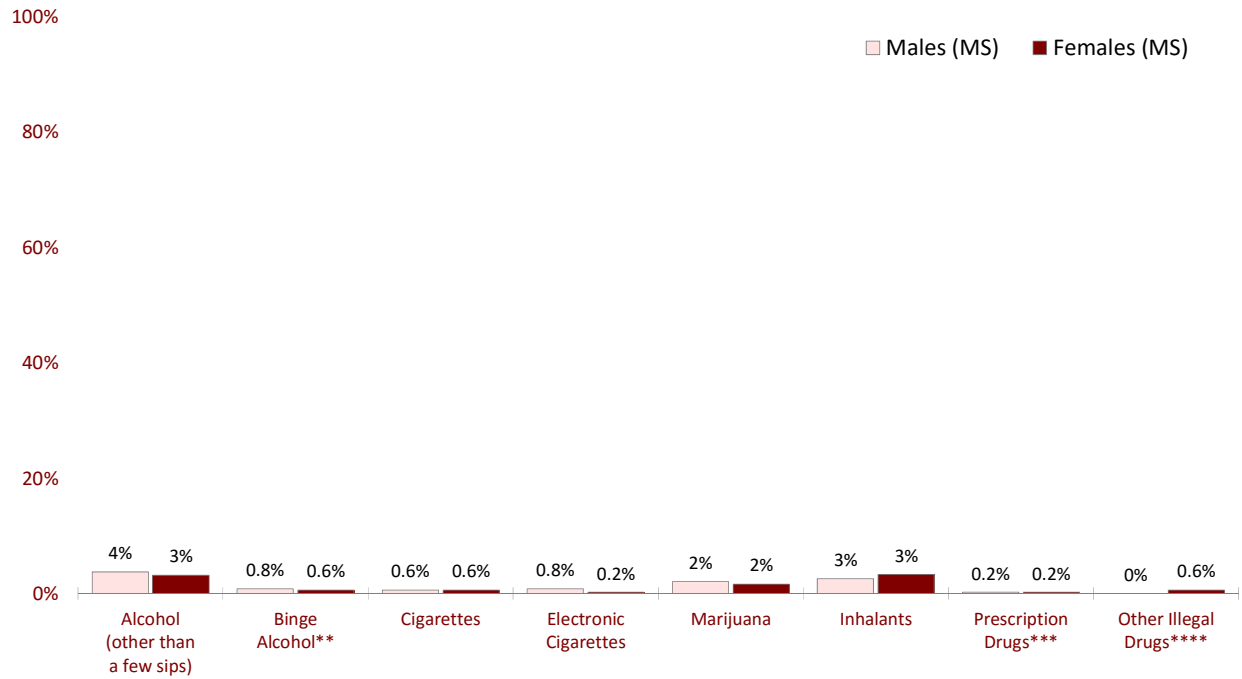
*** Without a doctor's prescription.

**** Respondents were asked about "use of other drugs to get high, like cocaine, crack, LSD, speed, heroin, or downers."

SELECTED POINTS

- The percentage of Cambridge middle grades youth who reported current use of each of these substances tended to increase with age/grade. For example, the percentage of students who reported current alcohol use increased from 0.9% in 6th grade to 5% 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 current use of alcohol (5% Cambridge 8th graders; 9% National 8th graders), cigarettes (2% Cambridge 8th graders; 4% National 8th graders), and marijuana (3% Cambridge 8th graders; 7% National 8th graders). Cambridge 8th graders were more likely than National 8th graders to report current use of inhalants (4% Cambridge vs. 2% National).

Current* Substance Use for Cambridge Middle Grades Students, by Gender (2015)



* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

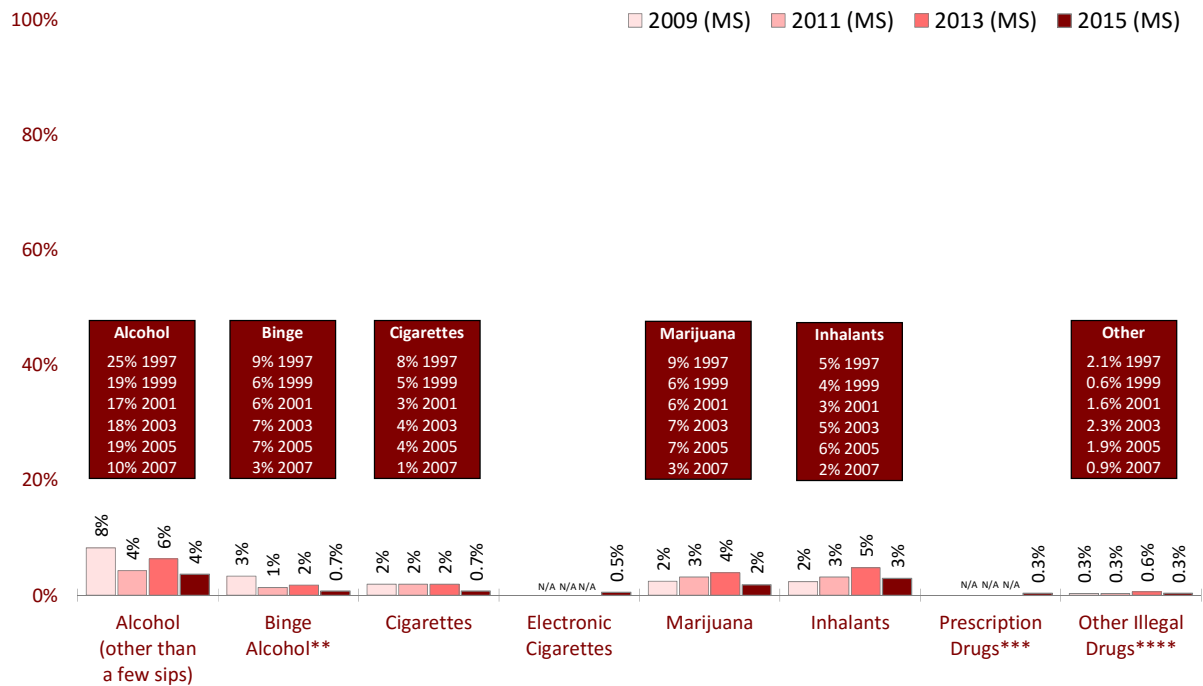
*** Without a doctor's prescription.

**** Respondents were asked about "use of other drugs to get high, like cocaine, crack, LSD, speed, heroin, or downers."

SELECTED POINTS

- Cambridge middle grades males and females reported similar levels of use of most substances.
- Current use of electronic cigarettes (0.8% males; 0.2% females) and other illegal drugs (0.0% males; 0.6% females) were the only items that showed minor variation by gender.

Trends in Current* Substance Use for Cambridge Middle Grades Students (2009-2015)



* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

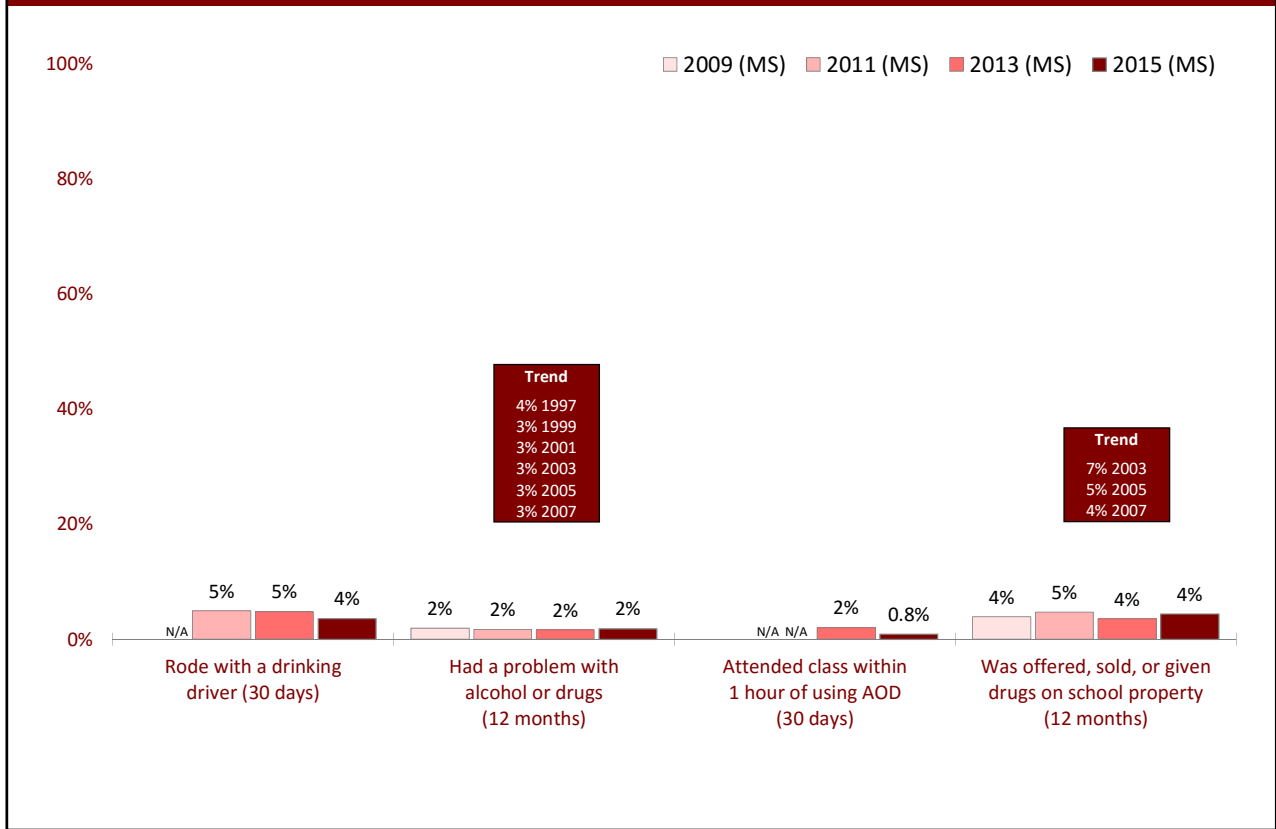
*** Without a doctor's prescription.

**** Respondents were asked about "use of other drugs to get high, like cocaine, crack, LSD, speed, heroin, or downers."

SELECTED POINTS

- The short-term trend for current substance use in Cambridge showed little change between 2009 and 2013 and declined for all substances in 2015.
- Current alcohol use was highest during 1997 (25%) and lowest during 2015 (3.6%).
- Binge alcohol use was highest during 1997 (9%) and lowest during 2015 (0.7%).
- Current cigarette use was highest during 1997 (8%) and lowest during 2015 (0.7%).
- Current marijuana use was highest during 1997 (8%) and lowest during 2015 (1.8%).
- Current use of inhalants was highest during 2005 (6%) and lowest in 2007 and 2009 (2.3%). The 2015 level of current inhalant use was 2.9%.
- Current use of other illegal drugs was highest during 2003 (2.3%) and lowest in 2009, 2011, and 2015 (0.3%).

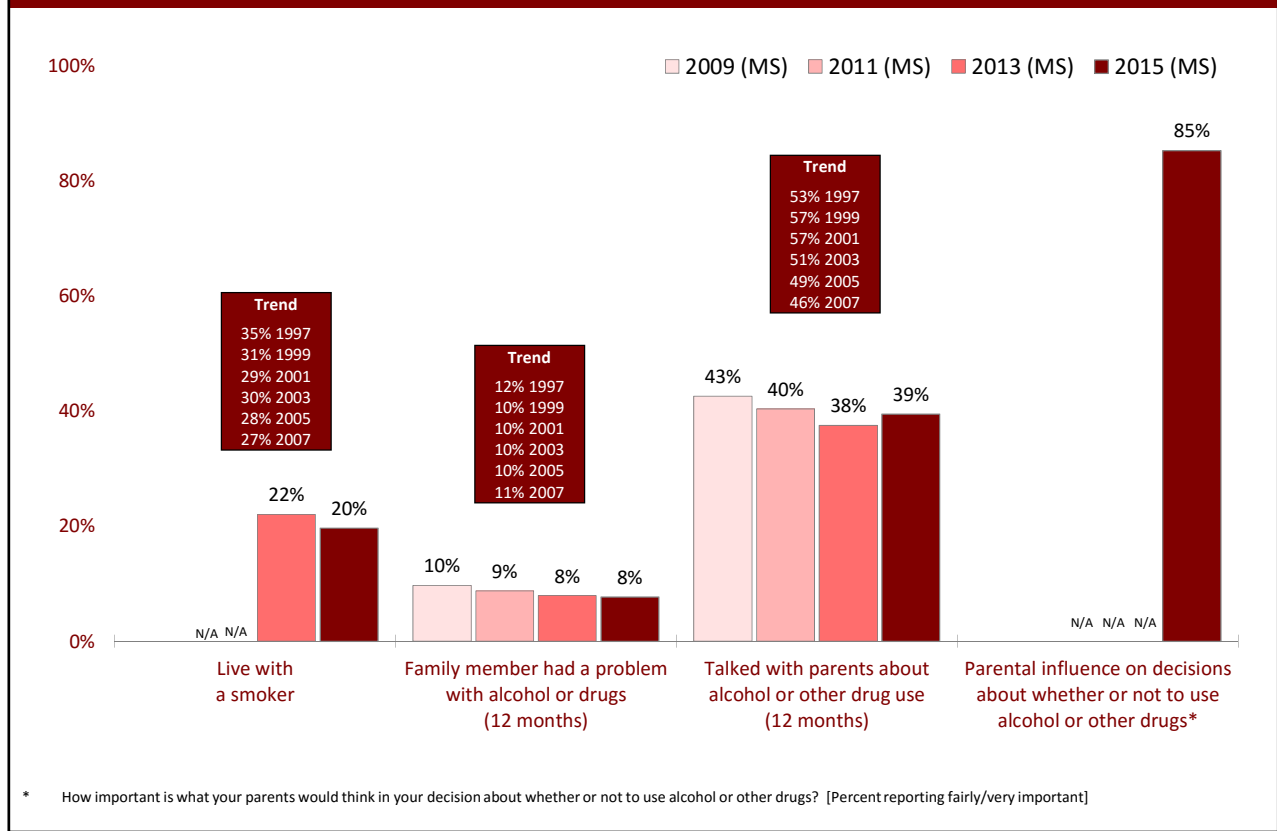
Alcohol and Other Drug-Related Issues Among Cambridge Middle Grades Students (2009-2015)



SELECTED POINTS

- Four percent (4%) of Cambridge middle grades students reported in 2015 that they rode with a driver in the past 30 days who had been drinking, 2% had a problem with alcohol or other drugs in the past 12 months, 0.8% attended class during the past 30 days within 1 hour of using alcohol, pot, or other drugs, and 4% were offered, sold, or given drugs in the past 12 months while on school property.
- **Trends:** The percentage of student who report that they had a problem during the past 12 months with alcohol or drugs and the percentage who were offered, sold, or given drugs during the past 12 months on school property have both declined over time. These four items were largely stable between 2013 and 2015.
- **Gender:** Females were more likely than males to report that they rode with a driver during the past 30 days who had been drinking (5% females; 2% males). Males were more likely than females to report that they were offered, sold, or given drugs on school property in the past 12 months (6% males; 3% females).
- **Grade:** Each of these four items increased with the age/grade of the respondent.

Selected Alcohol and Other Drug Environmental Factors Among Cambridge Middle Grades Students (2009-2015)

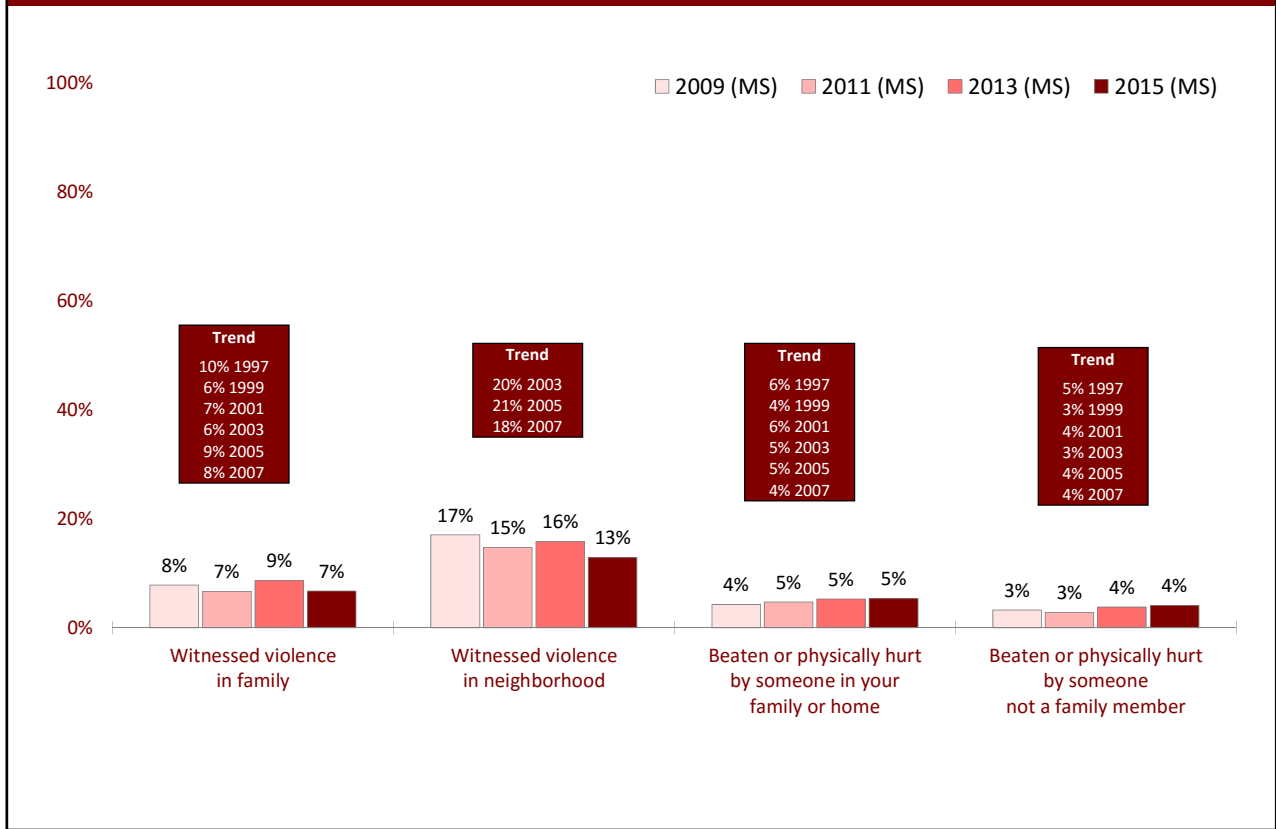


SELECTED POINTS

- Twenty percent (20%) of Cambridge middle grades students reported in 2015 that they live with a smoker, 8% had a family member who had a problem with alcohol or other drugs during the past 12 months, 39% talked with their parents during the past 12 months about alcohol or other drugs, and 85% indicated that their parents play a fairly/very important role in their decision about whether or not to use alcohol or other drugs.
- **Trends:** There has been a steady decline since 1997 in the percentage of students who report that they live with a smoker and the percentage who report that they have a family member who had a problem with alcohol or other drugs during the past 12 months. Reports of talking with parents during the past 12 months about alcohol or other drugs has been decreasing since 2001 – although it has been fairly level between 2011 and 2015.
- **Gender:** Females were slightly more likely than males to report that they live with a smoker (21% females; 19% males), have a family member who had a problem with AOD in the past 12 months (9% females; 6% males), talked with their parents/guardians in the past 12 months about alcohol or other drug use (43% females; 36% males), and to report that their parents play a fairly/very important role in their decision about whether or not to use AOD (87% females; 84% males).
- **Grade:** Reports of living with a smoker (19%, 18%, 22%), having a family member who had a problem with alcohol or drugs in the past 12 months (5%, 7%, 10%), and talking with their parents/guardians in the past 12 months about alcohol or other drug use (32%, 41%, 46%) each increased with age/grade. Parental influence over decisions about whether or not to use alcohol or other drugs declined with age/grade (88%, 86%, 82%).

Violence and Safety

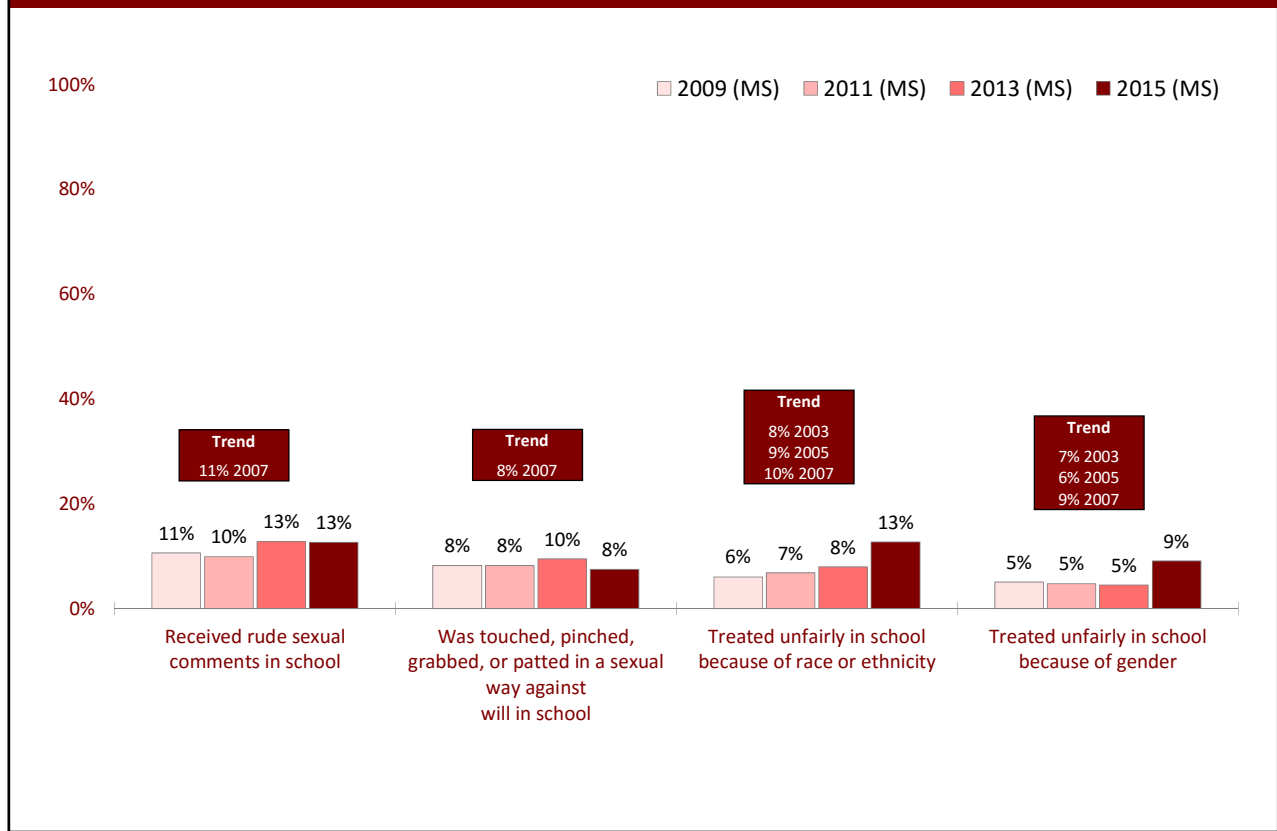
Violence-Related Experiences in the Past 12 Months Among Cambridge Middle Grades Students (2009-2015)



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.
- Seven percent (7%) of Cambridge middle grades students reported in 2015 that they witnessed violence in their family, 13% witnessed violence in their neighborhood, 5% were beaten or physically hurt by someone in their family or home, and 4% were beaten or physically hurt by someone not a family member.
- **Trends:** Trend data reveal similar reports between 1997 and 2015 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 13% in 2015.
- **Gender:** Males and females were similar in their reports of violence-related experiences.
- **Grade:** The only item that varied by age/grade was witnessing violence in the neighborhood (6th: 10%; 7th: 14%, 8th: 14%).

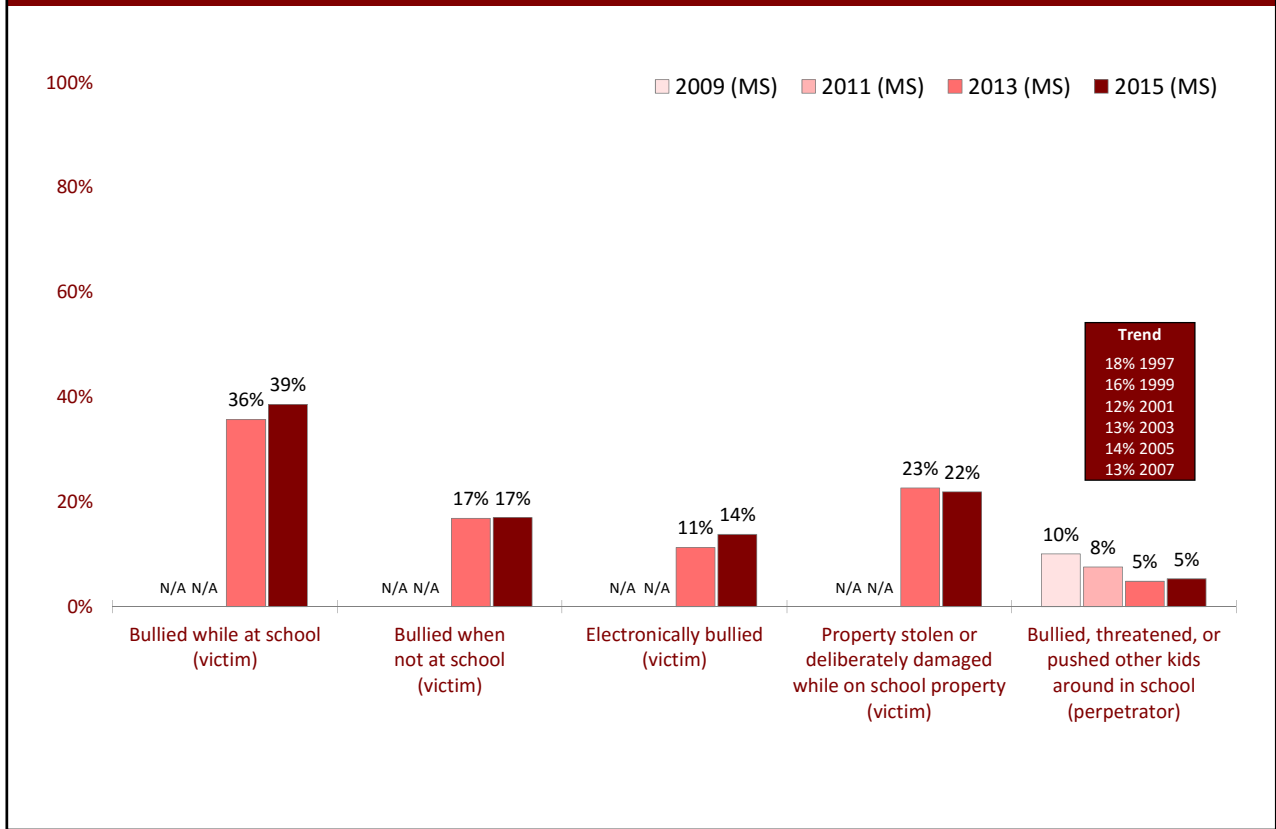
Violence-Related Experiences IN SCHOOL in the Past 12 Months Among Cambridge Middle Grades Students (2009-2015)



SELECTED POINTS

- These data illustrate violence-related experiences that respondents report happened to them in school at least once in the 12 months prior to the survey.
- Thirteen percent (13%) of Cambridge middle grades students reported in 2015 that they received rude sexual comments in school, 8% were touched, pinched, grabbed, or patted in a sexual way against their will in school, 13% feel they were treated unfairly in school because of their race or ethnicity, and 9% feel they were treated unfairly in school because of their gender.
- **Trends:** There was an increase between 2013 and 2015 in the percentage of Cambridge middle grades students who feel that they were treated unfairly in school because of their race or ethnicity (2013: 8%; 2015: 13%) and who feel that they were treated unfairly in school because of their gender (2013: 5%; 2015: 9%).
- **Gender:** In 2015, Cambridge females were more likely than males to report that they received rude sexual comments in school (18% females; 7% males); were touched, pinched, grabbed, or patted in a sexual way against their will in school (10% females; 5% males); and who feel they were treated unfairly in school because of their gender (15% females; 3% males).
- **Grade:** Reports of being touched, pinched, or grabbed in a sexual way against their will in school (6th: 4%; 7th: 8%; 8th: 11%) and feeling that they were treated unfairly in school because of their race or ethnicity (6th: 10%; 7th: 12%; 8th: 16%) both increased with age/grade.

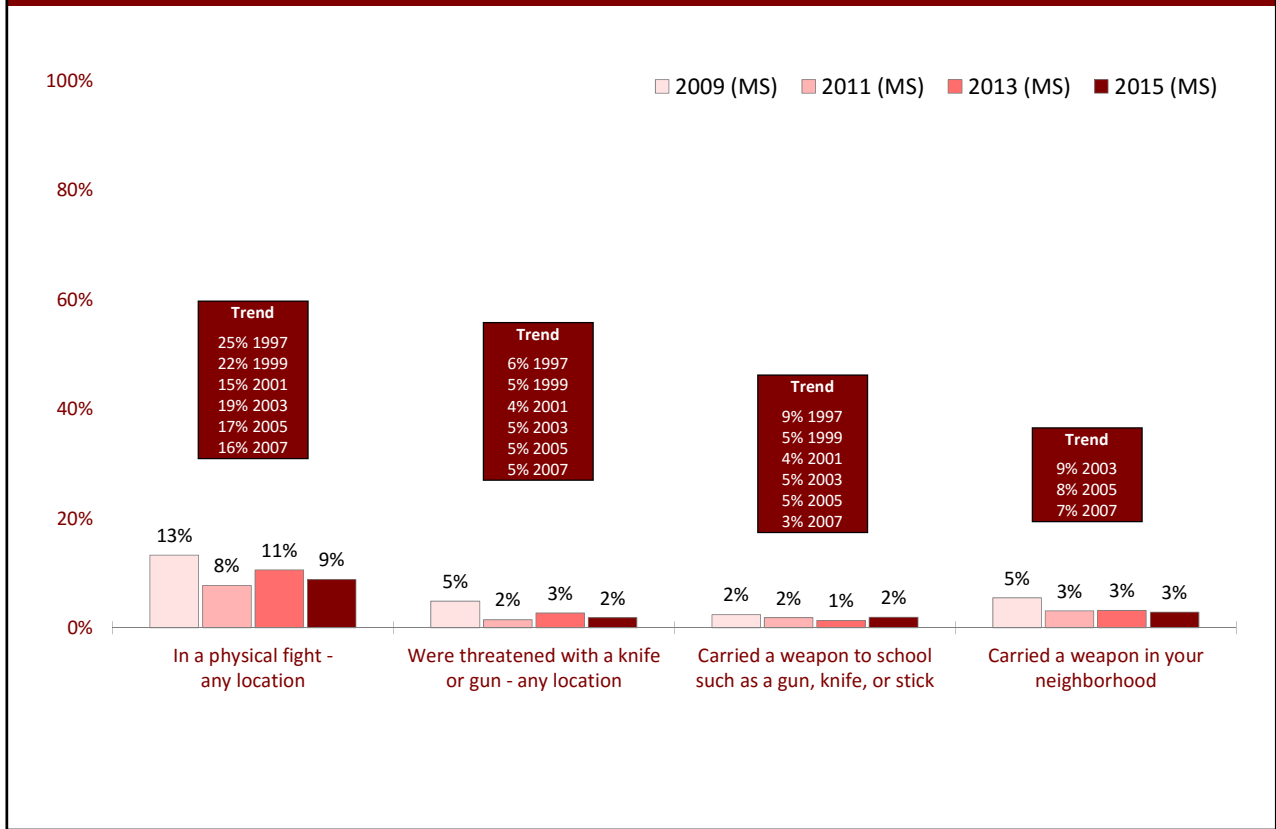
Bullying and Victimization in the Past 12 Months Among Cambridge Middle Grades Students (2009-2015)



SELECTED POINTS

- These data illustrate bullying and victimization in the past 12 months among Cambridge middle grades students. *Bullying* was defined in the survey as, “being repeatedly teased, called names, threatened, hit, kicked, or excluded by another student or group of students.” *Electronic bullying* was defined as, “being bullied through email, instant messaging, social networking sites such as Facebook, Twitter, Kik or Vine, or texting.”
- Thirty-nine percent (39%) of Cambridge middle grades students reported in 2015 that they were bullied while at school, 17% were bullied when not at school, 14% were electronically bullied (cyber bullied), and 22% had their property stolen or damaged while on school property. Five percent (5%) of Cambridge middle grades students reported in 2015 that they bullied, threatened, or pushed *other* kids around in school.
- **Trends:** There was a small increase from 2013 to 2015 in reports of being bullied while at school (2013: 36%; 2015: 39%) and being electronically bullied (2013: 11%; 2015: 14%).
- **Gender:** Females were more likely than males to report that they were victims of bullying in school (45% females; 32% males), outside of school (22% vs. 12%), and victims of cyber bullying (21% vs. 6%). Males were more likely to report having had their property stolen or damaged while on school property (25% males; 19% females).
- **Grade:** There were no consistent differences by age/grade for these items.

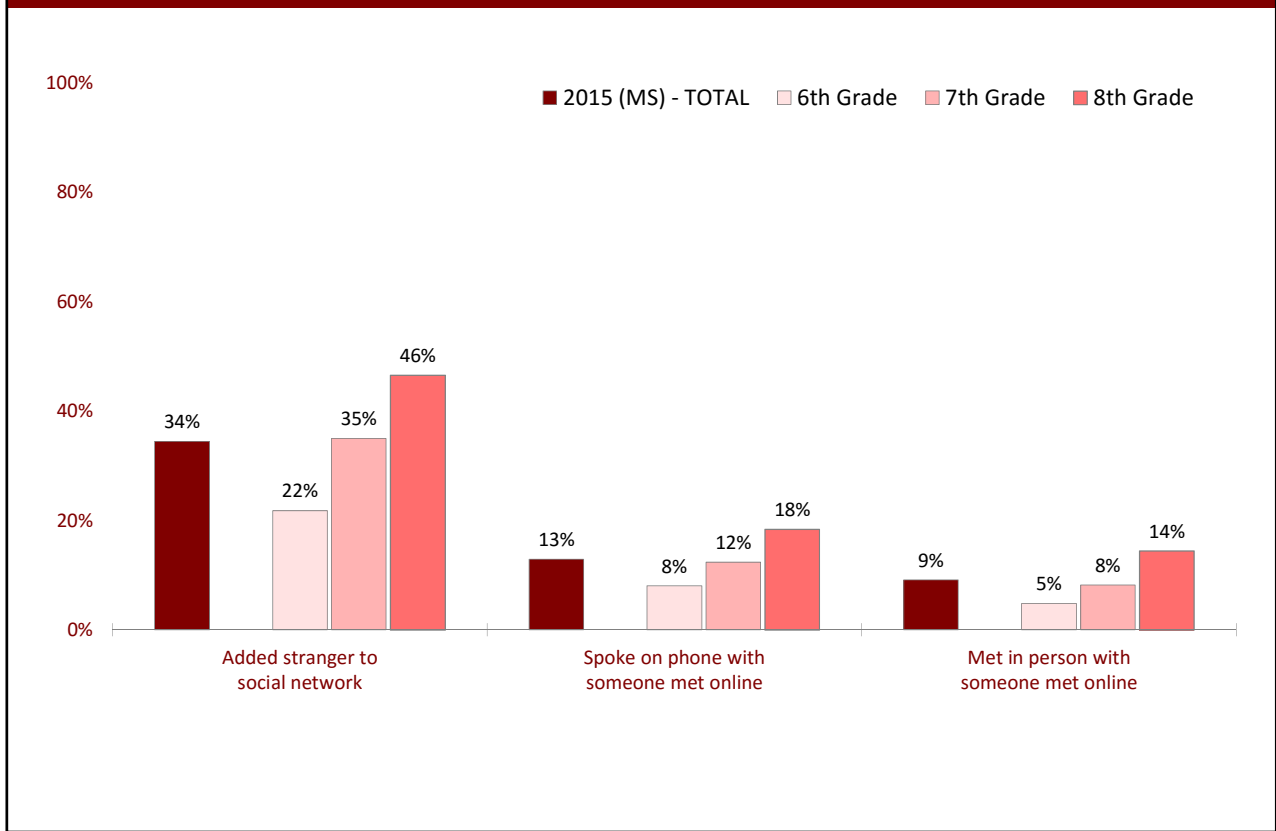
Fighting and Weapons Carrying in the Past 12 Months Among Cambridge Middle Grades Students (2009-2015)



SELECTED POINTS

- These data illustrate fighting and weapon carrying in the past 12 months among Cambridge middle grades students.
- Nine percent (9%) of Cambridge middle grades students reported in 2015 that they were in a physical fight (any location) during the past 12 months, 2% were threatened with a knife or gun (any location), 2% carried a weapon to school, and 3% carried a weapon in their neighborhood.
- **Trends:** There has been a decrease in all of these items between 1997 and 2015. The 2013 and 2015 data points were similar to one another.
- **Gender:** In 2015, Cambridge males were more likely than females to report all of these behaviors. For example, 14% of males reported physical fighting in the past 12 months compared to 4% of females.
- **Grade:** In general, the occurrence of each of these behaviors tended to increase with age/grade. For example, reports of carrying a weapon in their neighborhood increased from 0.6% in 6th grade to 4% in 8th grade.

Internet Safety Indicators Among Cambridge Middle Grades Students (2015), Total and by Grade

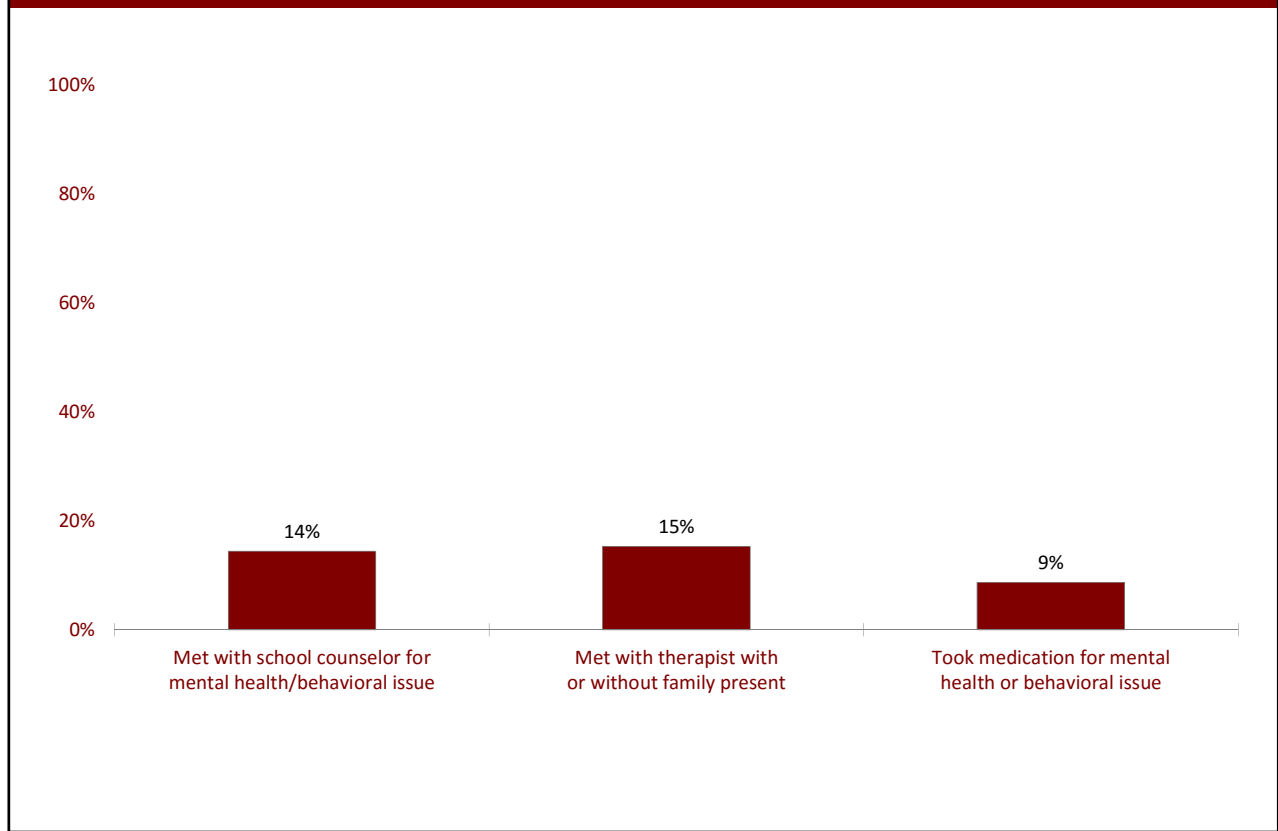


SELECTED POINTS

- Thirty-four percent (34%) of Cambridge middle grades students in 2015 reported that they ever added a stranger to a social network friends list (e.g., Facebook), 13% reported talking on the phone with someone they met online, and 9% reported that they met in person with someone they met online only.
- **Trends:** These items were first added to the survey in 2015.
- **Gender:** Differences by gender in these three items were small and inconsistent.
- **Grade:** As shown in the chart, each of these behaviors increased with the age/grade of the respondent. For example, 22% of 6th graders report that they ever added a stranger to a social network friends list compared to 46% of 8th graders.

Mental Health

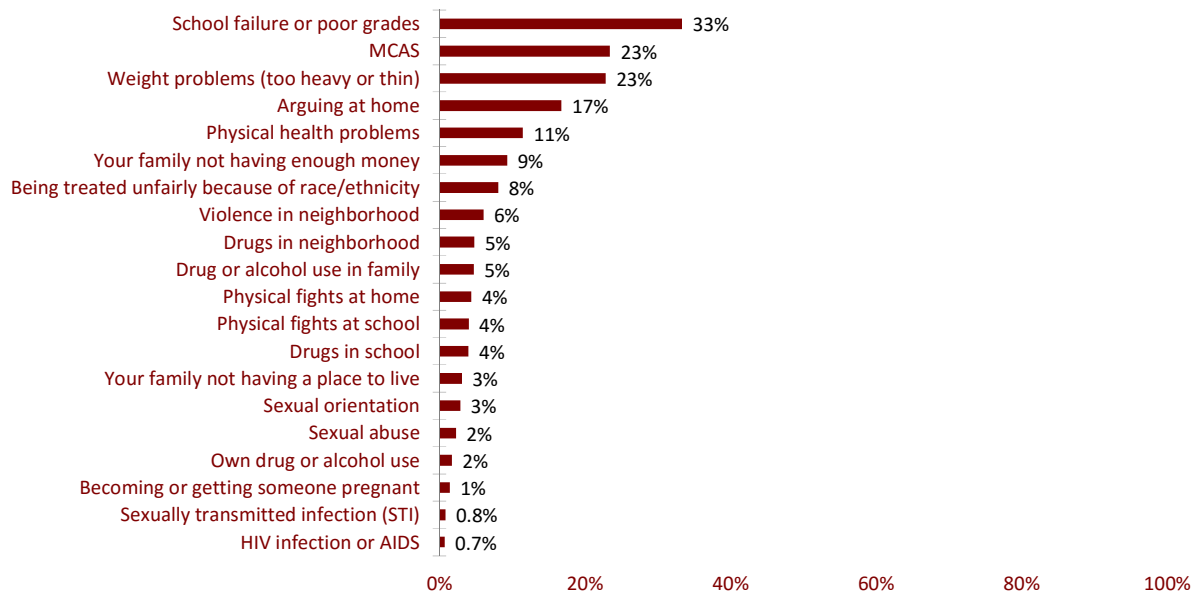
Counseling and Medication in the Past 12 Months Among Cambridge Middle Grades Students (2015)



SELECTED POINTS

- Fourteen percent (14%) of Cambridge middle grades students in 2015 reported that they met with a school counselor in the 12 months prior to the survey for a mental health/behavioral issue, 15% met with a therapist with or without their family present, and 9% took medication for a mental health or behavioral issue.
- **Trends:** These items were added to the survey for the first time in 2015.
- **Gender:** Males were slightly more likely than females to report that they took medication in the past 12 months for a mental health or behavioral issue (males: 10%; females: 7%).
- **Grade:** There were no consistent effects by age/grade for any of these items.

Percent of Cambridge Middle Grades Students Who Report Worrying* About Various Issues in the Past 12 Months (2015)

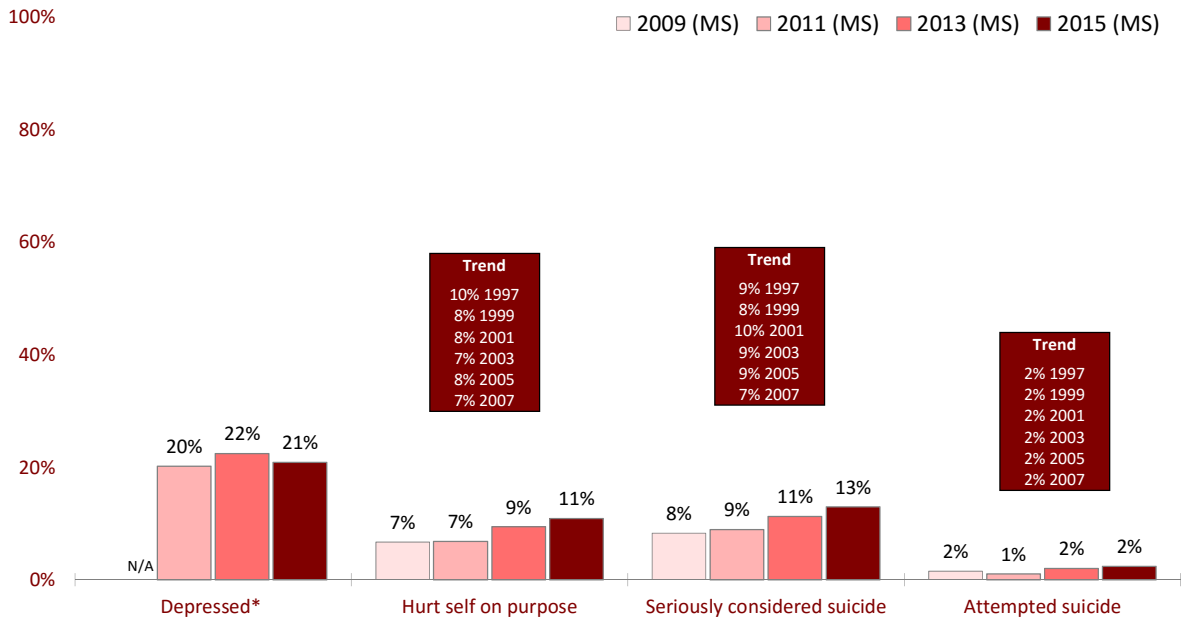


* Chart displays students who reported worrying "fairly often" or "most of the time" about these issues on a 4-point scale.

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 2015 reported worrying the most about school failure or poor grades (33%), MCAS (23%), weight problems (23%), arguing at home (17%), physical health problems (11%), and their family not having enough money to get by (9%).
- **Trends:** There were no large scale differences in these items between 2013 and 2015. The only exceptions were increases for worrying about school failure or poor grades (2013: 29%; 2015: 33%) and being treated unfairly because of race or ethnicity (2013: 5%; 2015: 8%).
- **Gender:** Female respondents were more likely than males to report worrying about almost all of these items. The difference was largest for: weight problems (females: 31%; males: 15%), MCAS (27% vs. 20%), physical health problems (15% vs. 9%), and arguing at home (19% vs. 14%).
- **Grade:** Differences on the worrying items were both small and inconsistent across age/grade. The only exceptions were increases for worrying about weight problems (18%, 21%, 30%) and worrying about physical health problems (8%, 11%, 16%). Both of these items increased with the age/grade of the respondent.

Trends in Self-Harm and Suicide in the Past 12 Months Among Cambridge Middle Grades Students (2009-2015)

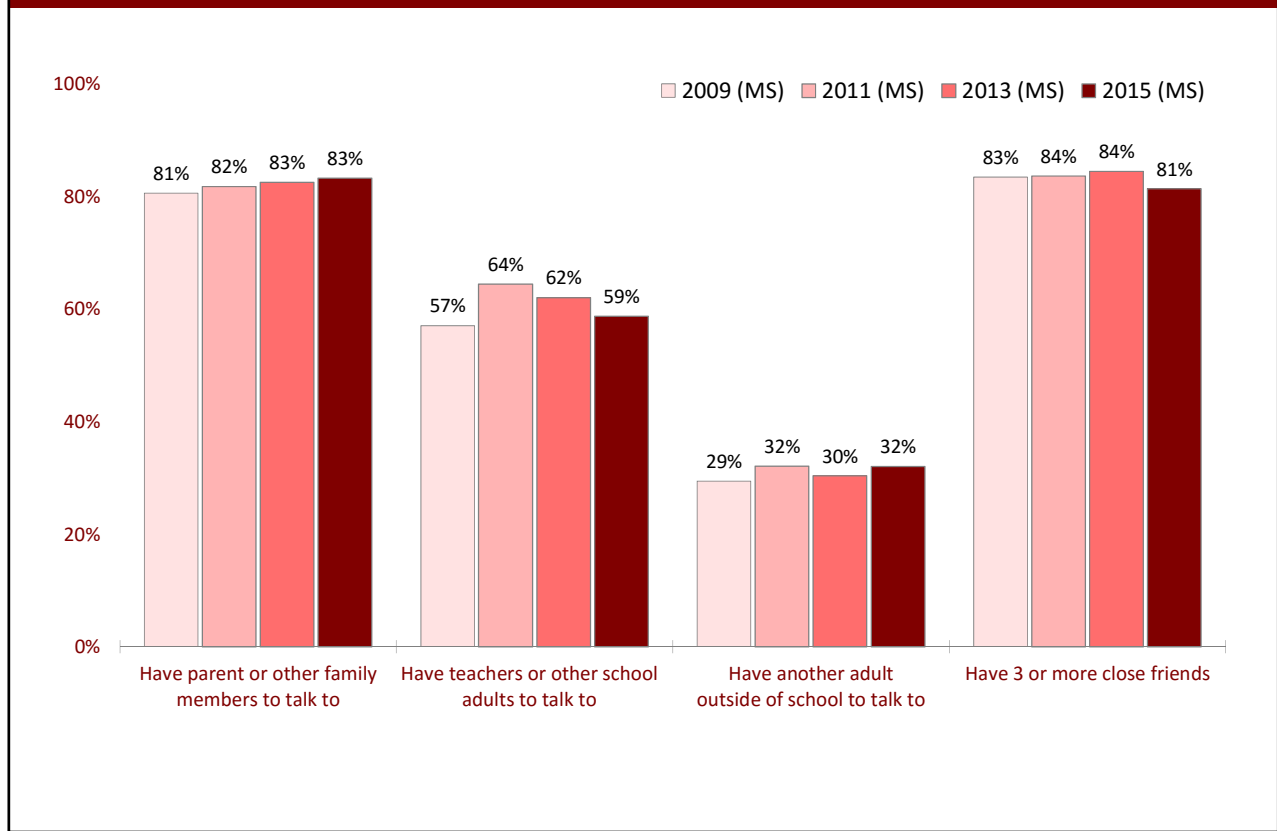


* Respondents were asked, "During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?"

SELECTED POINTS

- Twenty-one percent (21%) of Cambridge middle grades students in 2015 reported that they were depressed in the past 12 months (defined as feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities), 11% reported hurting themselves on purpose, 13% seriously considered suicide, and 2% actually attempted suicide.
- **Trends:** There has been a small increase between 2007 (7%) and 2015 (11%) in the percentage of students who reported that they hurt themselves on purpose and in the percentage of those who seriously considered suicide during the past 12 months (2007: 7%; 2015: 13%).
- **Gender:** Cambridge middle grades females were more likely than their male counterparts to report each of these issues in 2015: *depression* (29% females; 12% males), *hurting themselves on purpose* (15% females; 6% males); *seriously considered suicide* (19%; 6%), *attempted suicide* (3.5%; 1.1%).
- **Grade:** There were no consistent differences on these items by age/grade.

Social Supports Among Cambridge Middle Grades Students (2009-2015)

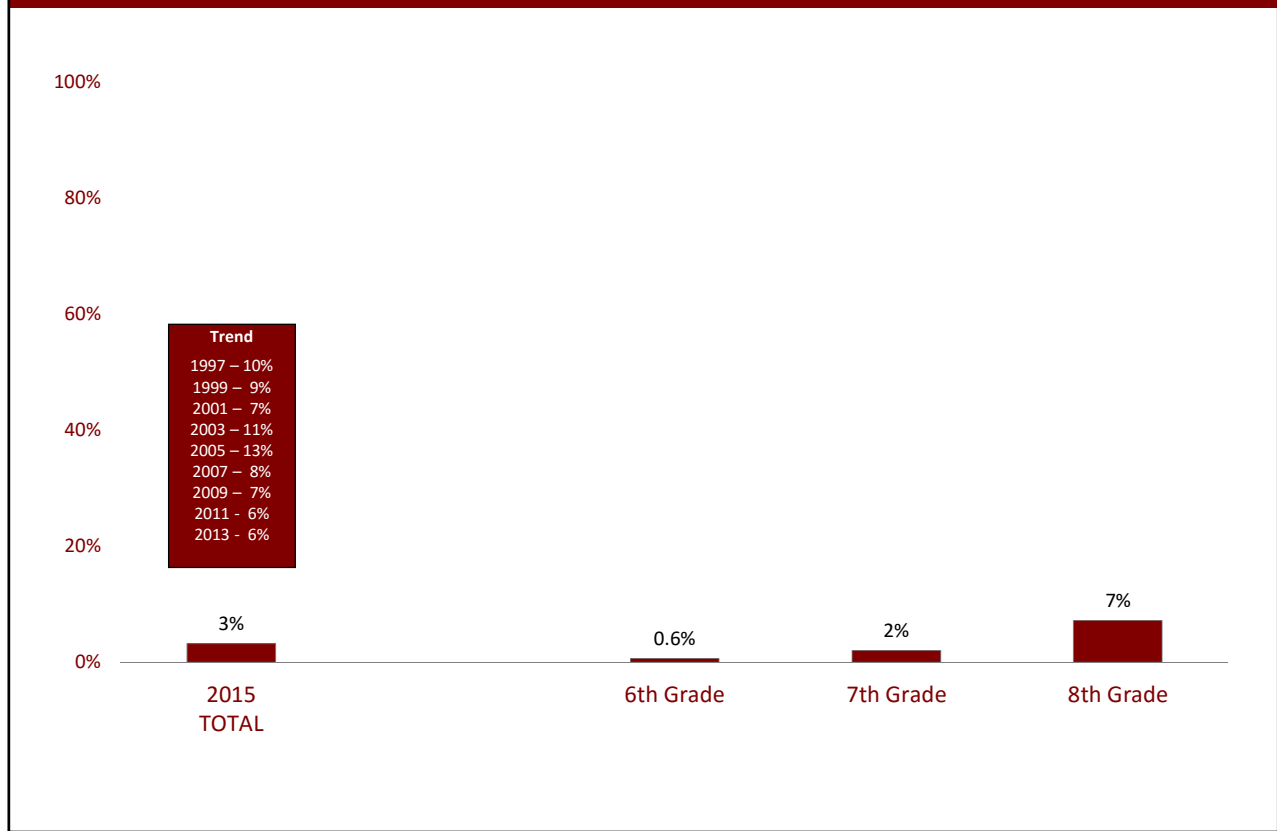


SELECTED POINTS

- In 2015, a total of 83% of Cambridge middle grades students reported that they had a parent or other family member to talk to about important issues, 59% 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 81% reported that they had three or more close friends.
- **Trends:** There has been little change in these items over time: *have parent or other family members to talk to* (2003: 82%, 2005: 79%, 2007: 81%, 2009: 81%, 2011: 82%, 2013: 83%, 2015: 83%), *have teachers or other school adults to talk to* (2003: 61%, 2005: 59%, 2007: 61%, 2009: 57%, 2011: 64%, 2013: 62%, 2015: 59%), *have another adult outside of school to talk to* (2003: 31%, 2005: 33%, 2007: 31%, 2009: 29%, 2011: 32%, 2013: 30%; 2015: 32%), *have 3 or more close friends* (1997: 84%, 1999: 82%, 2001: 83%, 2003: 86%, 2005: 84%, 2007: 84%, 2009: 83%, 2011: 84%, 2013: 85%, 2015: 81%). Reports of having teachers or other school adults to talk to has declined slightly each survey year since 2011.
- **Gender:** In 2015, male students were more likely than males to report having a teacher or other school adult to talk to (males: 61%; females: 57%) and females were more likely than males to report having another adult outside of school to talk to (females: 34%; males: 30%). The other items did not vary by gender.
- **Grade:** There were 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%, 84%, 81%) and have three or more close friends (84%, 82%, 77%). There was an increase by age/grade in the percentage of students who reported that they had teachers or other school adults to talk to (53%, 61%, 63%) and another adult outside of school to talk to about important issues (26%, 31%, 39%).

Sexual Health

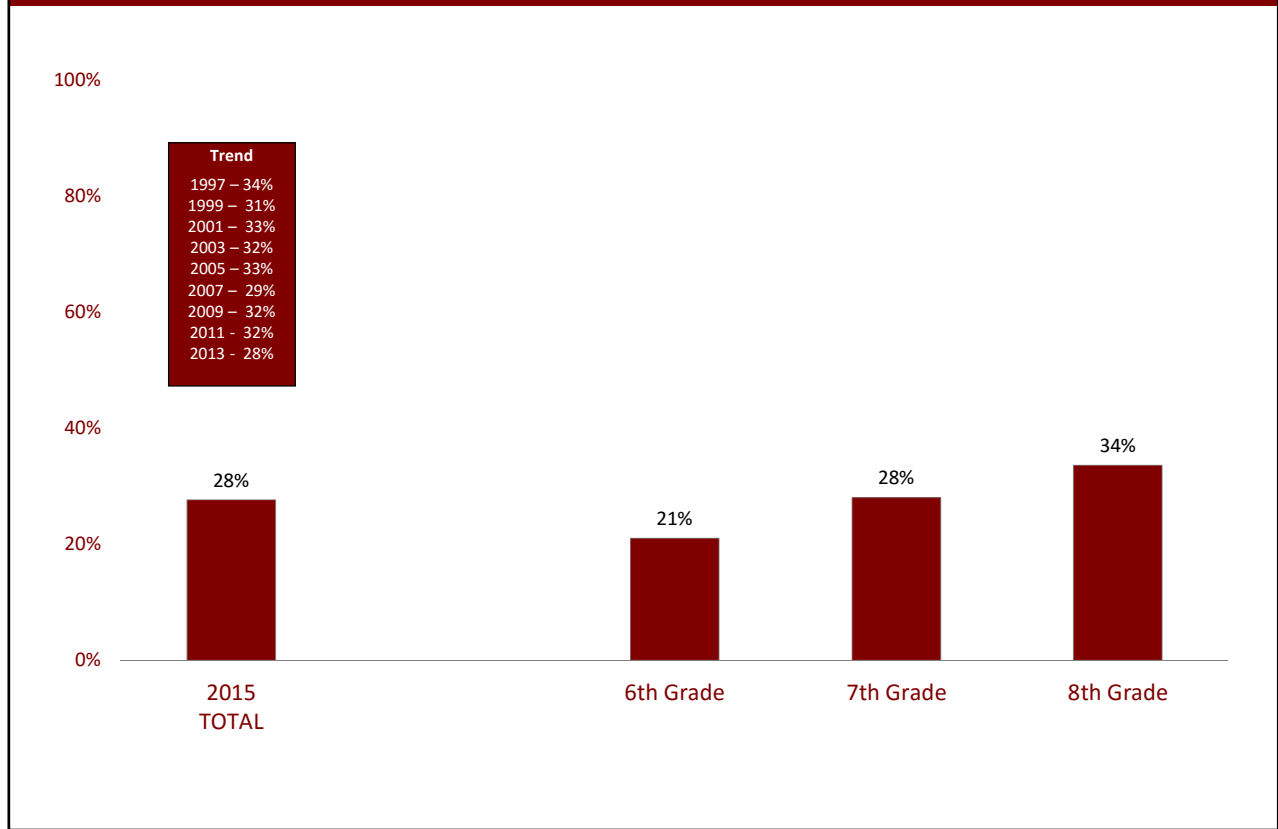
Percent of Cambridge Middle Grades Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2015)



SELECTED POINTS

- Three percent (3%) of all Cambridge middle grades students reported ever having sexual intercourse in 2015: 0.6% of 6th graders, 2% of 7th graders, and 7% 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 2015. The 2015 data (3%) constitute the lowest percentage on record.
- **Gender:** In 2015, a larger percentage of Cambridge middle grades males (4%) than females (2%) reported ever having sexual intercourse.
- **Grade:** As displayed in the chart, the percentage of 2015 Cambridge middle grades students who reported ever having sexual intercourse increased from 0.6% in 6th grade to 7% in 8th grade.

Percent of Cambridge Middle Grades Students Who Talked with their Parents About Sex in the Past 12 Months, Total and by Grade (2015)

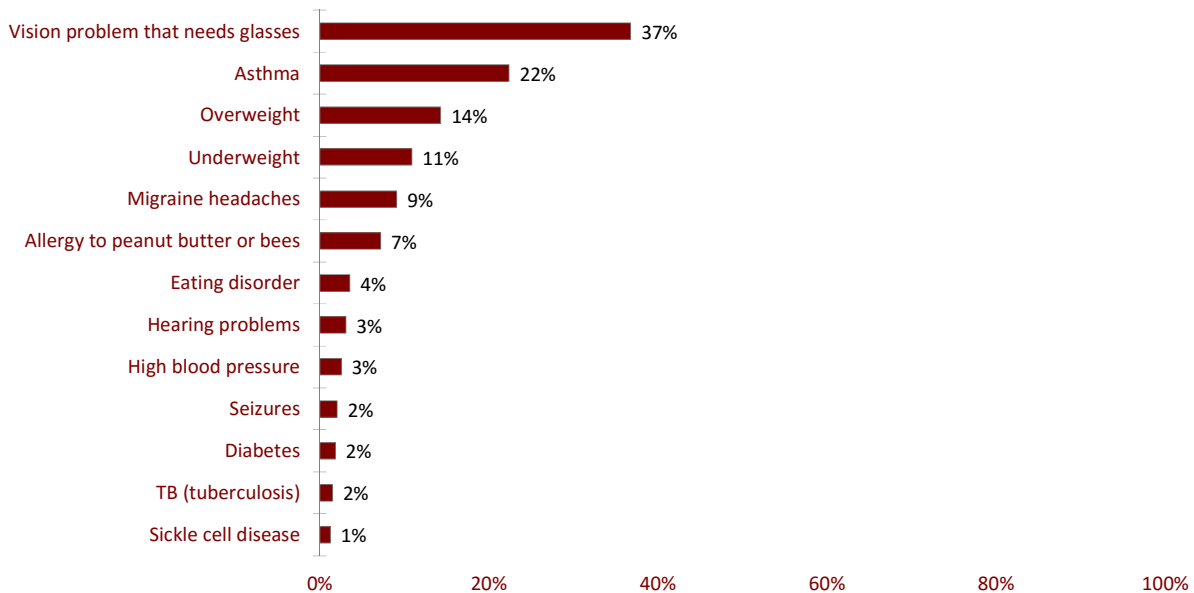


SELECTED POINTS

- Twenty-eight percent (28%) of all Cambridge middle grades students in 2015 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. The figures in 2013 and 2015 are slightly below the long-term average.
- **Gender:** In 2015, female middle grades students were more likely than male students to report having talked with their parents about sex (31% females; 24% males).
- **Grade:** As displayed in the chart, the percentage of 2015 Cambridge middle grades students who reported that they talked with their parents about sex during the 12 months prior to the survey increased from 21% in 6th grade to 34% in 8th grade.

Health and Healthcare

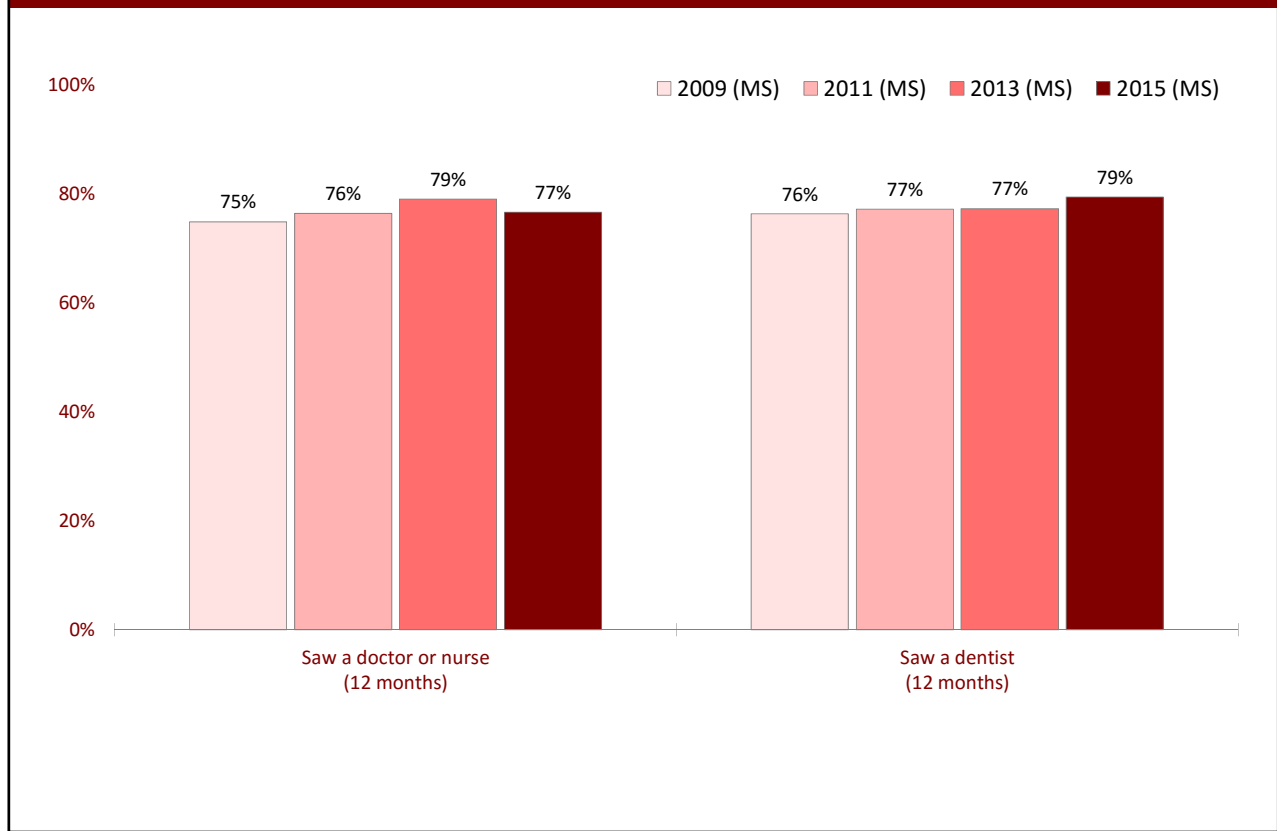
Percent of Cambridge Middle Grades Students Who Report They Have Ever Been Told They Have the Following Health Issues (2015)



SELECTED POINTS

- Thirty-seven percent (37%) of Cambridge middle grades students in 2015 report that they have ever been told by a doctor, nurse, or their parent that they have a vision problem that requires glasses, 22% ever had asthma, 14% have ever been told they were overweight, 11% have been told they were underweight, 9% ever had migraine headaches, and 7% ever had an allergy to peanut butter or bees. None of the other health issues was identified by more than 5% of students.
- **Trends:** Complete trend data appear in the appendix at the end of this summary. There were no large differences on any of these items between 1997 and 2015.
- **Gender:** Female respondents were more likely than males to report ever being told that they have vision problems (females: 41%, males: 32%).
- **Grade:** There were no consistent differences by age/grade for any of these issues.

Healthcare Among Cambridge Middle Grades Students (2009-2015)

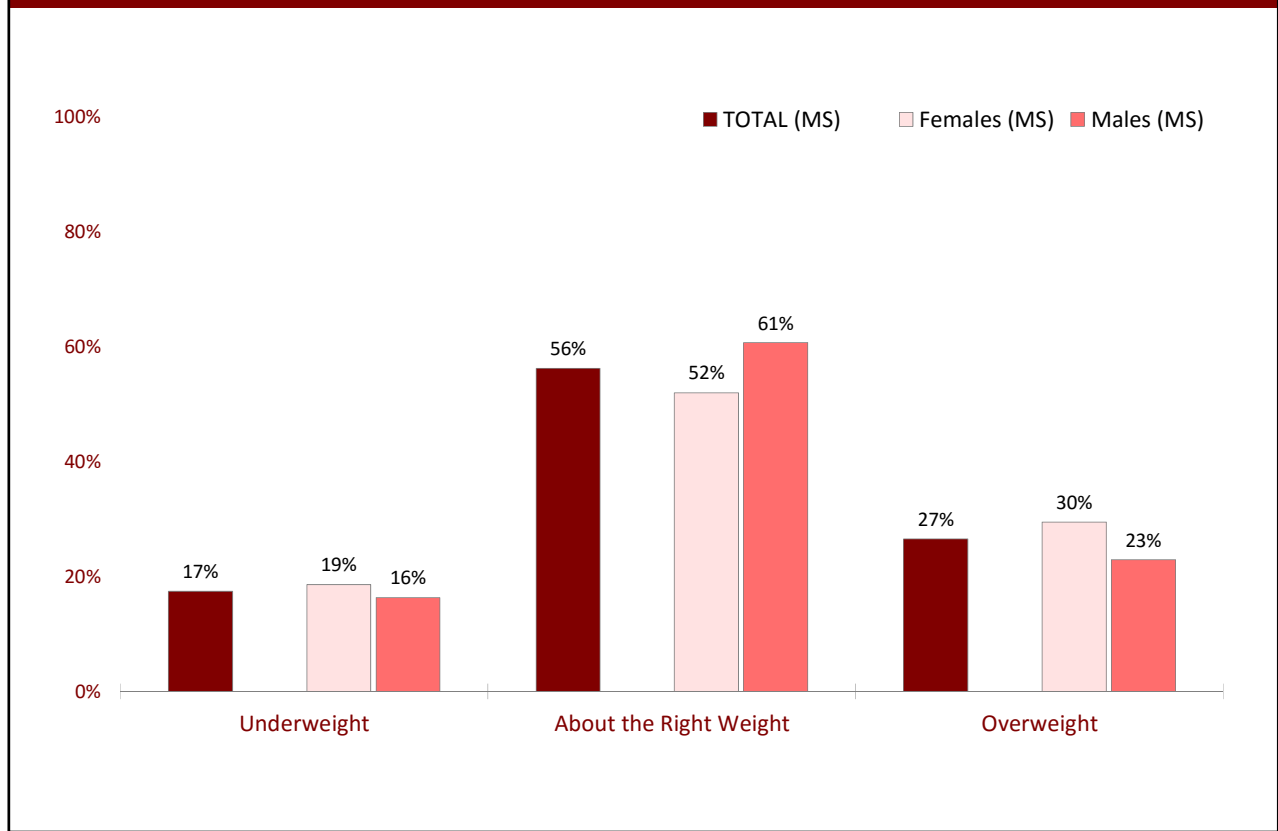


SELECTED POINTS

- Seventy-seven percent (77%) of Cambridge middle grades students reported in 2015 that they saw a doctor or nurse for a physical exam or check-up in the last 12 months and 79% saw a dentist.
- **Trends:** Reports of seeing a doctor or nurse for a physical exam or check-up in the last 12 months increased steadily from a low of 62% in 2001 to a high of 79% in 2013. The rate in 2015 was 77%. Similarly, reports of seeing a dentist in the last 12 months increased steadily from a low of 69% in 2001 to a high of 79% in 2015.
- **Gender:** There were no large scale differences in these items by gender.
- **Grade:** Reports of seeing a doctor or nurse (69%, 76%, 84%) and seeing a dentist (76%, 79%, 84%) both increased with age/grade.

Weight Perception and Control

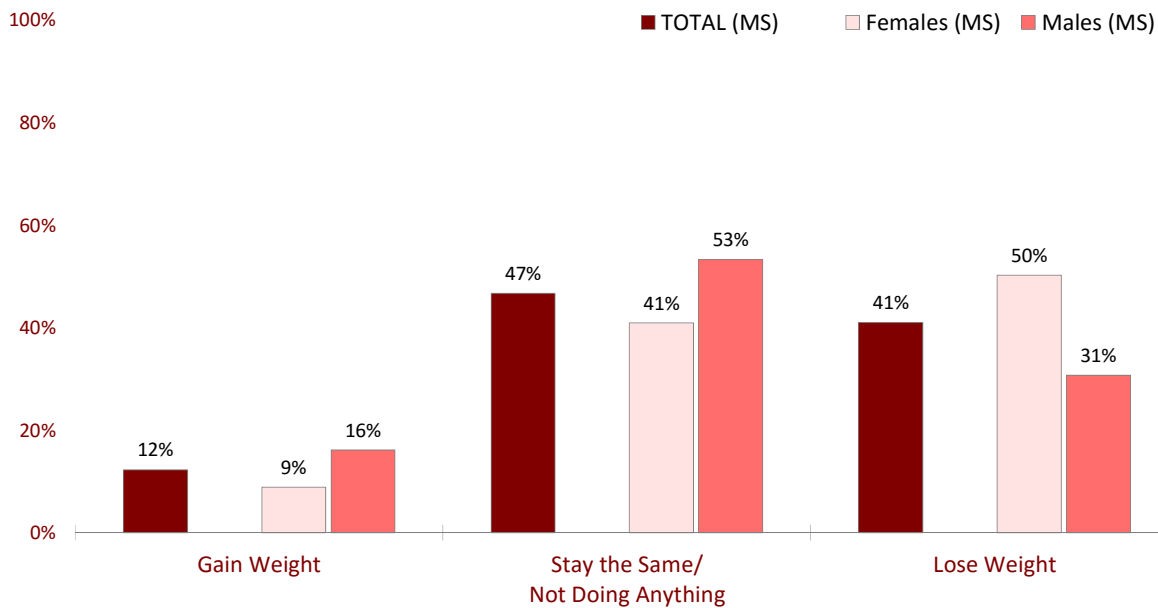
Perception of Body Weight Among Cambridge Middle Grades Students, Total and by Gender (2015)



SELECTED POINTS

- Seventeen percent (17%) of 2015 Cambridge middle grades students described themselves as *underweight*, 56% as *about the right weight*, and 27% as *overweight*.
- Nineteen percent (19%) of females and 16% of males described themselves as *underweight*, 52% of females and 61% of males as *about the right weight*, and 30% of females and 23% of males as *overweight*.
- **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.

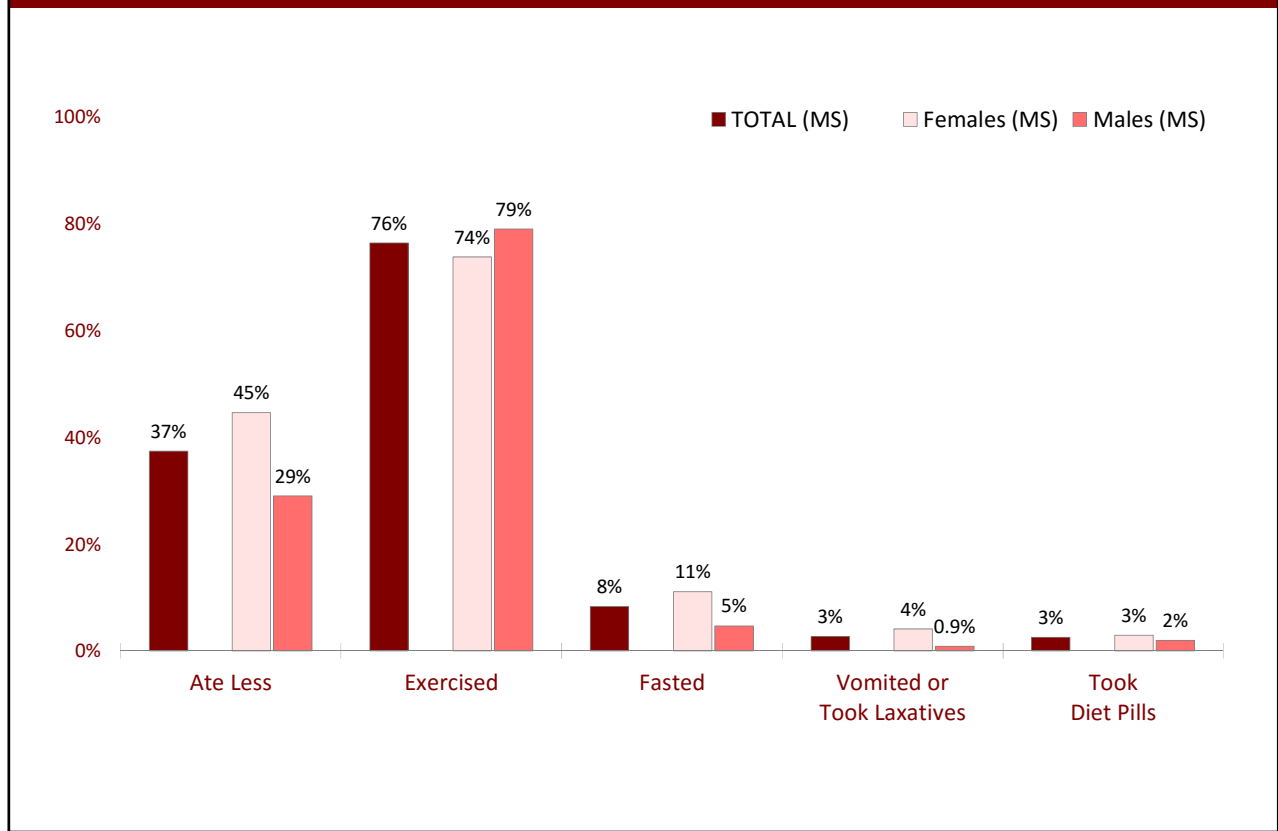
Current Weight Control Goal Among Cambridge Middle Grades Students, Total and by Gender (2015)



SELECTED POINTS

- Twelve percent (12%) of 2015 Cambridge middle grades students reported that they were trying to *gain weight*, 47% that they were trying to *stay the same weight* or were *not trying to do anything about their weight*, and 41% that they were trying to *lose weight*.
- **Trends:** Overall, there has been very little change over time in reports of attempting to change weight. There was an increase between 2013 and 2015 in the percentage of female middle grades students reporting that they were trying to *lose weight* (2013: 45%, 2015: 50%).
- **Grade:** There was no consistent pattern by age/grade for this item.

Weight Loss/Maintenance Methods Used by Cambridge Middle Grades Students in the Past 30 Days, Total and by Gender (2015)

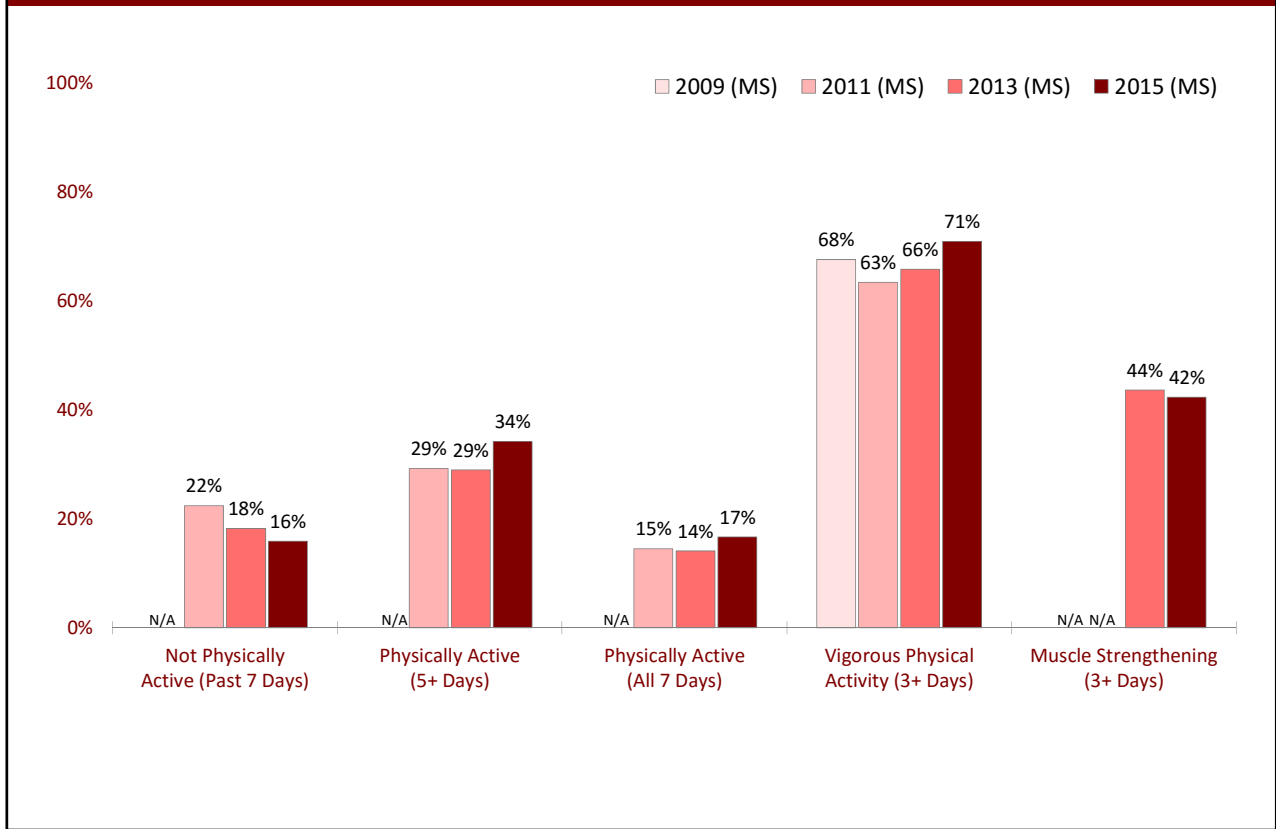


SELECTED POINTS

- Thirty-seven percent (37%) of 2015 Cambridge middle grades students reported that they had *eaten less food, fewer calories, or foods low in fat* in the 30 days prior to the survey in order to lose or maintain their weight. Seventy-six percent (76%) had *exercised* to do so, 8% had *gone without eating for 24 hours or more (fasted)*, 3% had *vomited or taken laxatives*, and 3% had *taken diet pills, powders, or liquids*.
- **Trends:** There have been gradual increases between 2007 and 2015 in reports of *exercising* (58%, 70%, 72%, 73%, 76%), *eating less food, fewer calories, or foods low in fat* (31%, 31%, 34%, 37%, 37%), and *fasting* (5%, 6%, 6%, 8%, 8%) to lose/maintain weight.
- **Grade:** In general, each of these weight loss and maintenance activities increased with age/grade.

Physical Activity and Nutrition

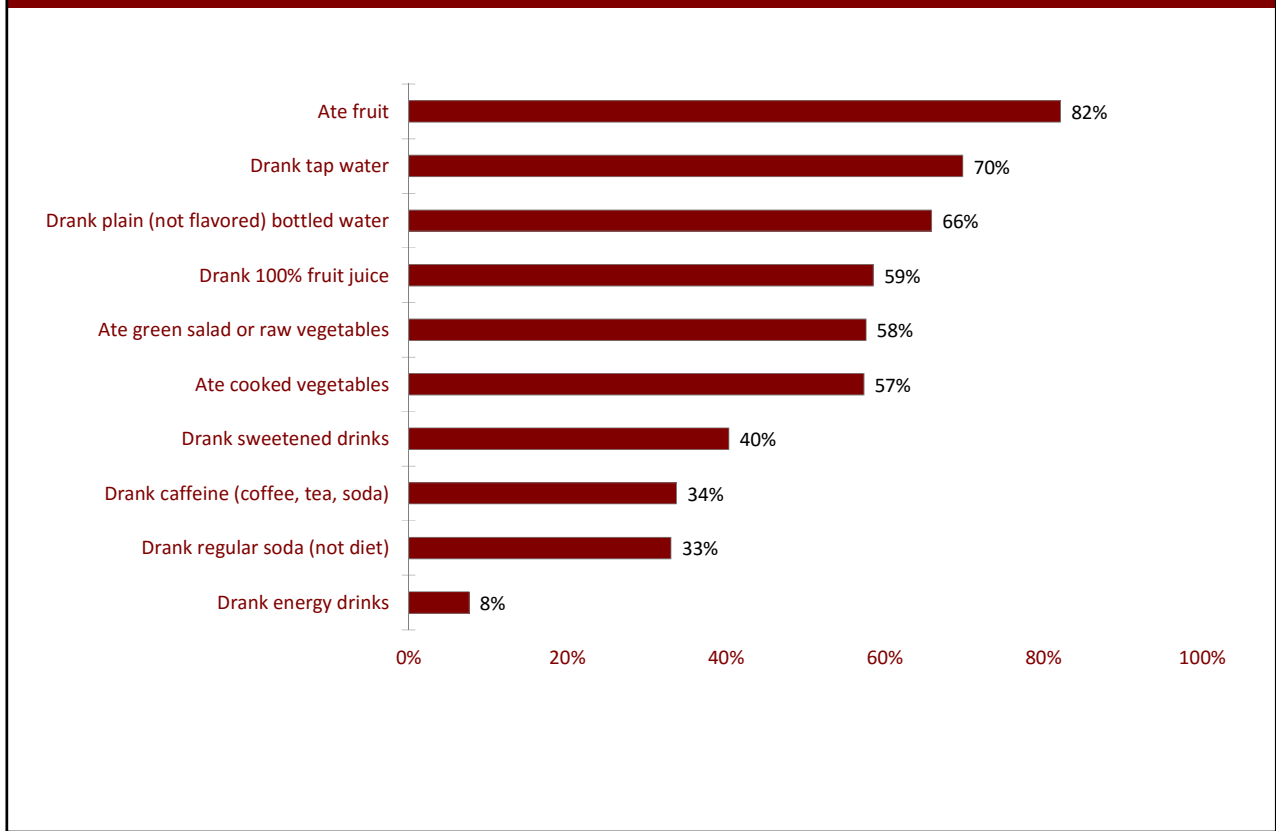
Physical Activity in the Past 7 Days Among Cambridge Middle Grades Students (2009-2015)



SELECTED POINTS

- Physical activity* is defined as any kind of physical activity that increased your heart rate and made you breathe hard some of the time for at least 60 minutes per day. *Vigorous physical activity* is defined as exercising or participating in sports for at least 20 minutes that made you sweat and breathe hard. *Muscle strengthening* is defined as exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting.
- In 2015, sixteen percent (16%) of Cambridge middle grades students reported that they did not participate in physical activity for at least 60 minutes on any of the past 7 days, 34% participated in physical activity for 60 minutes per day on 5 or more of the past 7 days, and 17% participated in physical activity for at least 60 minutes per day on all 7 of the past 7 days. Seventy-one percent (71%) of students in 2015 engaged in vigorous physical activity on 3 or more of the past 7 days and 42% engaged in muscle strengthening on 3 or more of the past 7 days.
- Trends:** In general, reports of engaging in physical activity increased between 2013 and 2015.
- Gender:** In 2015, Cambridge males were much more likely than females to report engaging in all forms of physical activity.
- Grade:** Reports of engaging in physical activity tended to increase with age/grade.

Foods and Beverages Consumed Yesterday Among Cambridge Middle Grades Students (2015)

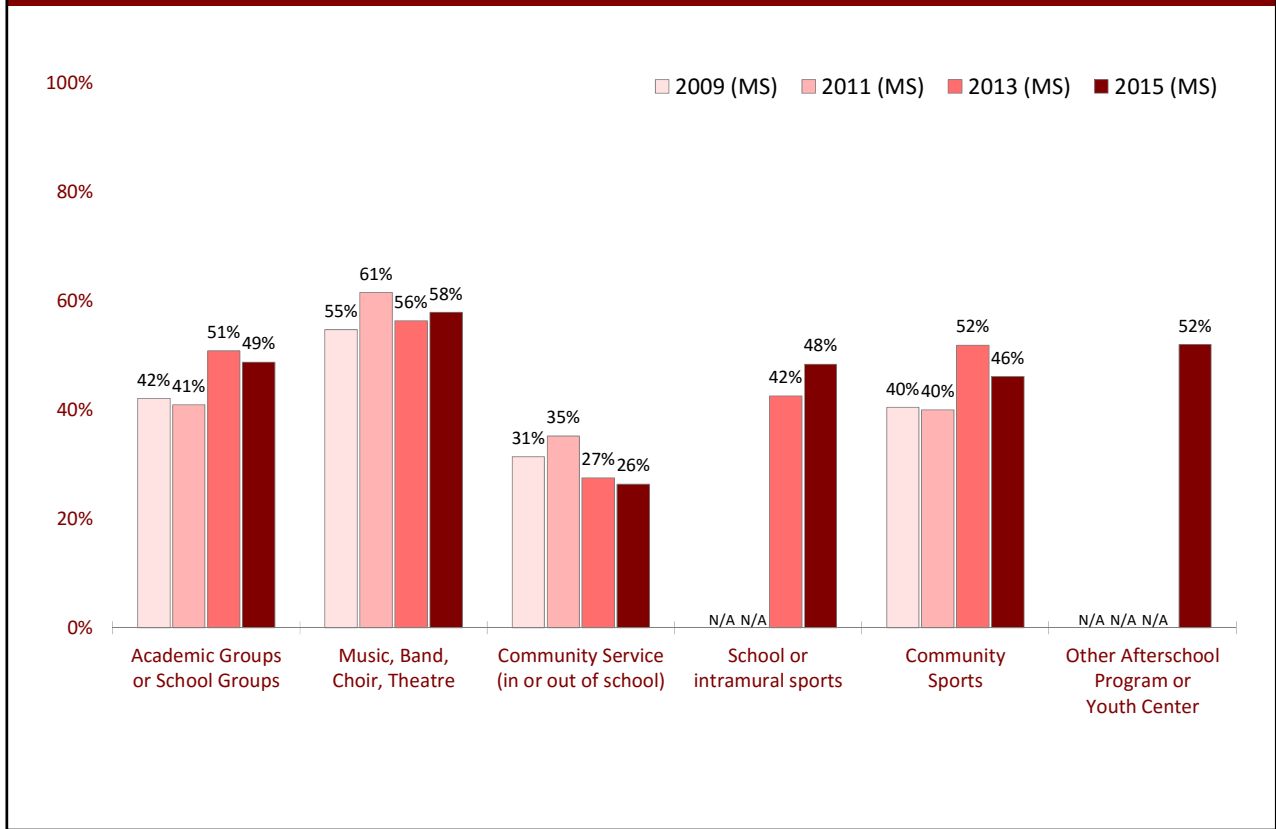


SELECTED POINTS

- Eighty-two percent (82%) of Cambridge middle grades students in 2015 reported that they ate fruit at least one time the day prior to the survey, 70% drank tap water, 66% drank plain (not flavored) bottled water, 59% drank 100% fruit juice, 58% ate green salad or raw vegetables, 57% ate cooked vegetables, 40% drank sweetened drinks like punch, Kool-Aid, iced tea, sports drinks, or other fruit-flavored drinks, 34% drank caffeine, 33% drank regular (not diet) soda, and 8% drank energy drinks.
- **Trends:** Reports of drinking sweetened drinks was down from a high of 62% in 2003 to a low of 40% in 2015. Reports of eating cooked vegetables was up from a low of 48% in 2003 to a high of 60% in 2013 – and was 57% in 2015. Reports of eating fruit yesterday have increased over time while reports of drinking 100% fruit juice have declined.
- **Gender:** Males were more likely than females to report that they drank 100% fruit juice yesterday (64% males; 54% females) and drank soda yesterday (38% males; 29% females).
- **Grade:** There were no consistent differences based on age/grade for these items.

Habits and Activities

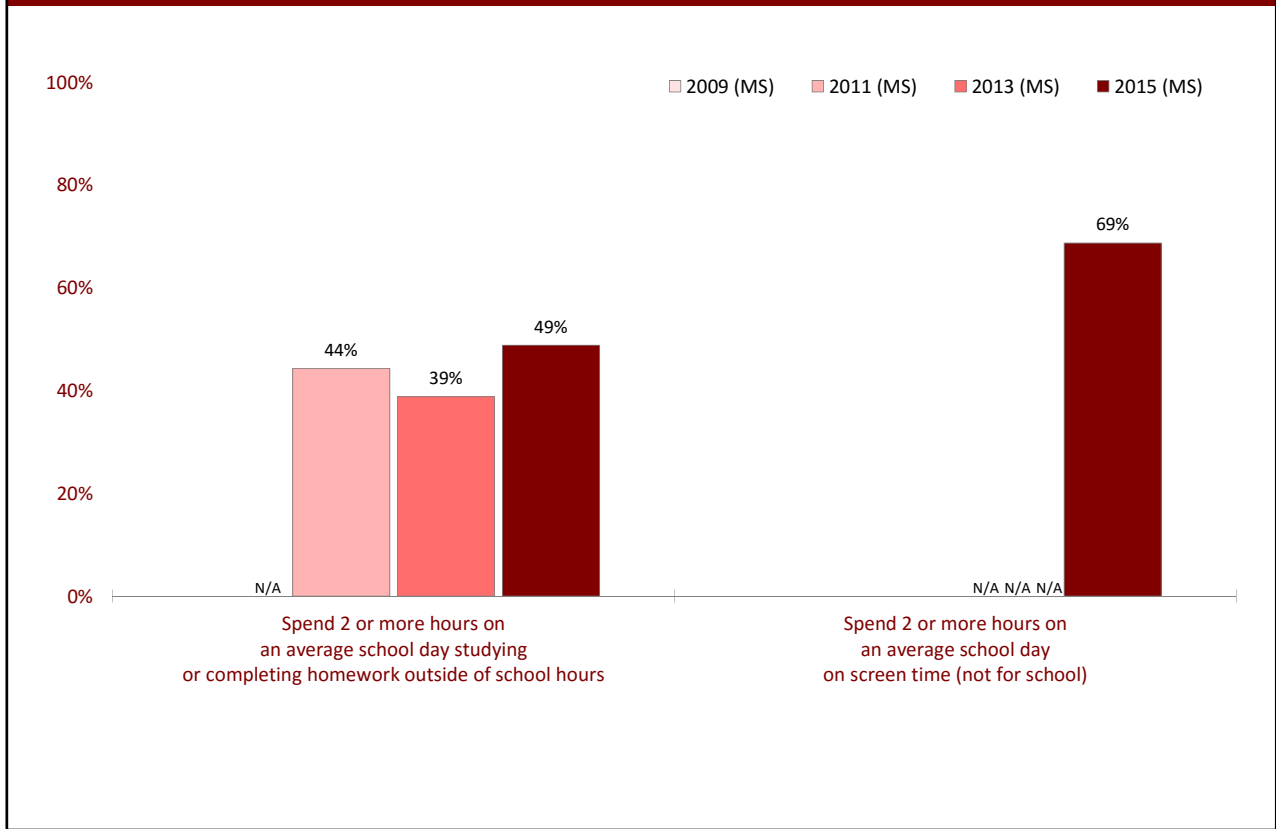
School and Community Participation During the School Year Among Cambridge Middle Grades Students (2009-2015)



SELECTED POINTS

- These data illustrate Cambridge middle grades students who reported engaging in various school and community activities during the academic year.
- **Trends:** Between 2013 and 2015 there was an increase in reports of participating in school or intramural sports (42% to 48%). There was a decrease between 2013 and 2015 in reports of participating in community sports (52% to 46%).
- **Gender:** In 2015, female students were more likely than males to report participating in music, band, choir, or theatre (64% females vs. 51% males). Males were more likely than females to report participating in school organized or intramural sports (57% males vs. 40% females) and community organized youth sports (55% males vs. 37% females).
- **Grade:** Participation in music, band, choir, or theatre (65%, 56%, 52%) decreased with age/grade. There were increases with age/grade for the percentage of students who reported participating in community service (22%, 23%, 34%).

Time Spent During After School Hours Among Cambridge Middle Grades Students (2009-2015)



SELECTED POINTS

- These data illustrate time spent during after school hours among Cambridge middle grades students during an average school night.
- **Trends:** Between 2013 and 2015, there was an increase in the percentage of students who reported spending 2 or more hours per night studying or completing homework outside of school hours (39% to 49%).
- **Gender:** Female students were more likely than males to report spending two or more hours on an average school day studying or completing homework outside of school hours (53% females; 45% males) and spending two or more hours on screen time not for school (70% females; 67% males).
- **Grade:** Each of these behaviors increased with age/grade of the respondent – studying (46%, 47%, 54%); screen time (64%, 66%, 77%).

Appendix A:

Selected Data Tables

2014-2015 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)	2013 (1010)	2015 (1007)	Males (488)	Females (505)	6th (324)	7th (362)	8th (321)
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%	19.9%	14.3%	15.3%	12.9%	7.5%	14.1%	21.0%
Cigarettes - ever tried even one or two puffs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.5%	6.2%	5.3%	5.6%	4.8%	2.2%	5.6%	8.1%
Cigarettes - ever smoked a whole cigarette	N/A	N/A	N/A	N/A	N/A	6.7%	6.0%	6.0%	3.3%	2.6%	2.3%	2.6%	1.2%	3.1%	3.4%
Electronic Cigarette (e-cigarette)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.0%	5.5%	2.6%	1.3%	2.0%	8.7%
Marijuana	N/A	N/A	N/A	N/A	N/A	4.8%	4.7%	6.2%	6.1%	4.6%	5.3%	4.1%	1.0%	3.7%	9.1%
Prescription Drug (without a doctor's prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	1.1%	1.8%	1.3%	2.6%	1.3%
Other Illegal Drugs (e.g., cocaine, crack, LSD, speed, heroin, downers)	N/A	N/A	N/A	N/A	N/A	1.3%	0.7%	1.2%	1.4%	0.6%	0.0%	1.2%	0.3%	0.6%	0.9%
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%	6.3%	3.6%	3.8%	3.2%	0.9%	4.5%	5.3%
Binge Alcohol (5 or more drinks in a row)	9.2%	5.6%	5.6%	6.6%	6.6%	3.4%	3.3%	1.4%	1.8%	0.7%	0.8%	0.6%	0.0%	0.8%	1.2%
Cigarettes	8.3%	4.9%	3.4%	3.9%	3.8%	1.4%	1.9%	1.9%	1.9%	0.7%	0.6%	0.6%	0.0%	0.6%	1.6%
Electronic Cigarette (e-cigarette)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.5%	0.8%	0.2%	0.0%	0.3%	1.2%
Marijuana	8.5%	5.6%	5.9%	6.7%	6.5%	3.1%	2.4%	3.2%	3.9%	1.8%	2.1%	1.6%	0.6%	1.7%	3.1%
Inhalants	5.0%	4.1%	3.3%	4.7%	5.8%	2.3%	2.3%	3.1%	4.8%	2.9%	2.6%	3.3%	2.6%	2.6%	3.5%
Prescription Drug (without a doctor's prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.3%	0.2%	0.2%	0.3%	0.3%	0.3%
Over-the-Counter Medication (to try to get high)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	0.2%	1.2%	1.0%	0.3%	1.0%
Other Illegal Drugs (e.g., cocaine, crack, LSD, speed, heroin, downers)	2.1%	0.6%	1.6%	2.3%	1.9%	0.9%	0.3%	0.3%	0.6%	0.3%	0.0%	0.6%	0.0%	0.3%	0.6%
ALCOHOL AND OTHER DRUG-RELATED ISSUES															
Rode with a drinking driver (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	4.8%	3.6%	1.9%	5.1%	2.8%	3.7%	4.1%
Live with a smoker	34.9%	31.0%	29.4%	30.1%	28.4%	26.8%	N/A	N/A	22.0%	19.6%	18.5%	20.6%	19.4%	17.7%	22.0%
Talked with parents/guardians about alcohol or other drugs (12 months)	52.8%	57.5%	57.2%	50.8%	49.0%	45.6%	42.5%	40.3%	37.5%	39.4%	35.9%	42.8%	31.8%	40.6%	45.6%
Influence of parents on decisions about whether or not to use alcohol or other drugs (fairly/very important)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	85.2%	83.8%	87.2%	87.7%	85.6%	82.2%
Had a problem with alcohol or drugs (12 months)	4.4%	3.2%	2.7%	3.4%	2.8%	2.5%	1.9%	1.7%	1.6%	1.8%	1.7%	1.8%	0.6%	2.0%	2.8%
Family member had a problem with alcohol or drugs (12 months)	11.6%	9.9%	9.5%	9.8%	10.4%	10.5%	9.7%	8.7%	7.9%	7.7%	6.3%	8.6%	5.1%	7.4%	10.4%
Attended class within 1 hour of using alcohol, pot, or drugs (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.0%	0.9%	0.8%	0.0%	0.9%	1.6%
Offered, sold, or given drugs on school property (12 months)	N/A	N/A	N/A	6.6%	4.9%	3.6%	3.9%	4.7%	3.5%	4.3%	5.6%	3.3%	0.6%	5.7%	6.6%

2014-2015 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Alcohol, Tobacco, and Other Drug Use Perceptions - Middle School

	TOTAL										GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	Males (488)	Females (505)	6th (324)	7th (362)	8th (321)
PERCEIVED EASE OF OBTAINING ALCOHOL (Sort of Easy/Very Easy)															
From a liquor store, bar, or restaurant	N/A	N/A	N/A	N/A	N/A	N/A	7.0%	7.4%	12.4%	9.9%	11.6%	8.2%	9.8%	11.5%	8.1%
From home	N/A	N/A	N/A	N/A	N/A	N/A	37.2%	35.7%	34.4%	34.9%	31.8%	37.6%	24.8%	38.1%	40.9%
From an adult 21 years of age or older	N/A	N/A	N/A	N/A	N/A	N/A	17.1%	17.6%	18.0%	18.8%	18.9%	18.5%	13.7%	19.0%	23.1%
From someone less than 21 years of age	N/A	N/A	N/A	N/A	N/A	N/A	27.3%	26.5%	26.9%	22.8%	20.5%	24.5%	17.5%	23.7%	26.7%
PERCEPTION OF RISK OF HARM (Moderate Risk/Great Risk)															
Taking one or two drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	61.7%	64.0%	65.8%	46.6%	51.2%	51.6%	51.5%	45.2%	51.8%	56.2%
Having five or more drinks of alcohol once or twice each weekend	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72.6%	72.9%	72.5%	73.5%	67.1%	72.1%	79.4%
Smoking one or more packs of cigarettes per day	N/A	N/A	N/A	N/A	N/A	78.3%	81.5%	80.7%	83.9%	85.6%	85.0%	86.3%	80.5%	87.2%	88.8%
Smoking marijuana regularly	N/A	N/A	N/A	N/A	N/A	79.6%	80.8%	79.5%	77.2%	80.1%	77.6%	82.8%	81.0%	82.8%	76.3%
Using prescription drugs not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.2%	86.7%	88.1%	84.8%	88.7%	88.1%
PERCEIVED PARENTAL DISAPPROVAL OF ATOD USE (Wrong/Very Wrong)															
Drink beer, wine, or hard liquor regularly	N/A	N/A	N/A	N/A	N/A	89.6%	93.0%	93.8%	90.8%	93.6%	92.4%	94.9%	93.9%	93.4%	93.6%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	93.6%	95.8%	96.3%	95.1%	96.6%	95.9%	97.1%	96.8%	95.8%	97.1%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	93.9%	95.7%	95.9%	94.3%	96.6%	95.7%	97.3%	97.1%	95.2%	97.5%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	94.8%	96.6%	96.3%	95.9%	97.2%	96.5%	97.7%	97.1%	96.4%	98.1%
Use prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	96.0%	95.5%	96.5%	95.5%	95.5%	97.1%
PERCEIVED CLOSE FRIEND DISAPPROVAL OF ATOD USE (Wrong/Very Wrong)															
Drink beer, wine, or hard liquor regularly	N/A	N/A	N/A	N/A	N/A	74.6%	81.9%	80.6%	80.2%	85.6%	83.2%	88.0%	90.6%	85.1%	81.1%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	83.4%	88.8%	87.8%	88.8%	91.9%	91.3%	92.8%	94.1%	89.9%	92.0%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	84.0%	88.4%	85.6%	83.2%	86.8%	82.6%	91.1%	93.5%	86.6%	80.4%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	88.2%	92.6%	93.0%	93.1%	94.6%	92.8%	96.5%	95.1%	93.7%	95.2%
Use prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	91.3%	89.8%	93.4%	92.5%	90.2%	91.3%

2014-2015 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)	2013 (1010)	2015 (1007)	Males (488)	Females (505)	6th (324)	7th (362)	8th (321)
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%	8.7%	6.7%	5.5%	8.1%	4.5%	8.2%	7.3%
Witnessed violence in neighborhood	N/A	N/A	N/A	19.9%	21.1%	18.0%	17.0%	14.7%	15.8%	12.9%	13.8%	11.9%	10.3%	13.8%	14.3%
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%	5.3%	5.3%	5.1%	5.5%	5.5%	5.9%	4.5%
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%	3.8%	4.1%	4.0%	4.1%	4.8%	4.0%	3.5%
Received rude sexual comments in school	N/A	N/A	N/A	N/A	N/A	11.1%	10.6%	9.9%	12.8%	12.7%	6.8%	17.7%	11.3%	13.6%	12.9%
Was touched, pinched, grabbed, or patted in a sexual way against will in school (past 12 months)	N/A	N/A	N/A	N/A	N/A	8.2%	8.2%	8.2%	9.5%	7.5%	4.9%	10.0%	3.9%	8.0%	10.5%
BULLYING, FIGHTING, & THREATENING (past 12 months)															
Was bullied while at school (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	35.7%	38.6%	31.8%	44.5%	41.8%	37.6%	36.4%
Was bullied when not at school (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.8%	17.0%	11.7%	21.5%	16.1%	18.0%	16.6%
Was electronically bullied / cyber bullied (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.3%	13.8%	5.7%	21.3%	12.9%	12.1%	16.5%
Bullied, threatened, or pushed other kids around in school (perpetrator)	17.6%	16.4%	12.2%	13.4%	13.6%	13.1%	10.1%	7.6%	4.8%	5.3%	6.3%	4.2%	5.1%	5.1%	5.6%
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%	8.0%	12.7%	13.0%	12.1%	10.0%	12.0%	16.1%
Treated unfairly in school because of gender	N/A	N/A	N/A	7.0%	6.1%	8.6%	5.1%	4.8%	4.5%	9.1%	2.6%	14.7%	6.2%	10.5%	10.4%
Property stolen or deliberately damaged while on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.6%	21.9%	24.6%	19.1%	20.9%	22.3%	22.4%
In a physical fight - any location	25.4%	21.7%	15.3%	18.7%	16.8%	16.3%	13.3%	7.7%	10.6%	8.8%	13.5%	4.4%	8.9%	7.6%	10.0%
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%	2.7%	1.8%	1.9%	1.8%	1.3%	2.0%	2.2%
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%	1.3%	1.9%	2.5%	1.4%	0.6%	2.5%	2.5%
Carried a weapon in your neighborhood	N/A	N/A	N/A	9.4%	8.2%	7.2%	5.5%	3.1%	3.2%	2.8%	3.6%	1.8%	0.6%	3.7%	4.1%
INTERNET SAFETY															
Ever added a stranger to a Social Networking friends list	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.4%	32.3%	36.3%	21.8%	35.0%	46.5%
Ever spoke on the phone to someone met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.9%	13.7%	11.2%	8.0%	12.3%	18.3%
Ever met in person with someone met only online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.1%	9.8%	8.1%	4.8%	8.2%	14.4%

2014-2015 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)	2013 (1010)	2015 (1007)	Males (488)	Females (505)	6th (324)	7th (362)	8th (321)
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%	10.0%	9.8%	10.8%	9.0%	10.8%	9.5%	9.2%
Family moved	17.1%	14.5%	14.8%	12.8%	15.7%	18.7%	13.1%	11.8%	13.4%	13.3%	13.4%	13.4%	15.2%	11.7%	13.2%
Ran away from home	3.7%	3.0%	3.1%	3.0%	4.2%	2.7%	2.9%	2.8%	3.9%	2.0%	1.5%	2.4%	1.9%	2.8%	1.3%
Family members or close friend died	40.9%	41.9%	41.3%	39.0%	38.6%	41.7%	40.3%	39.6%	41.0%	39.4%	36.1%	42.5%	37.2%	40.5%	40.3%
WORRYING "Fairly Often" or "Most of the Time" (past 12 months)															
Physical health problems	N/A	N/A	N/A	N/A	9.0%	9.7%	8.7%	6.5%	8.6%	11.5%	8.5%	14.7%	8.1%	10.9%	15.5%
Weight problems (too heavy or thin)	N/A	N/A	N/A	N/A	19.2%	17.8%	20.5%	19.5%	21.8%	22.8%	14.5%	30.6%	18.1%	21.0%	29.6%
Sexually transmitted infection (STI)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	0.2%	1.2%	0.3%	0.6%	1.6%
Sexual abuse	N/A	N/A	N/A	N/A	2.8%	3.2%	1.8%	2.1%	2.0%	2.3%	0.6%	3.7%	1.3%	2.6%	2.9%
Becoming or getting someone pregnant	N/A	N/A	N/A	N/A	2.8%	3.5%	2.4%	2.4%	2.9%	1.4%	1.1%	1.4%	0.3%	1.4%	2.5%
HIV infection or AIDS	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	0.6%	0.6%	0.6%	0.6%	0.9%
School failure or poor grades	N/A	N/A	N/A	N/A	20.3%	21.2%	24.8%	22.5%	29.3%	33.3%	30.4%	35.9%	31.5%	31.9%	36.7%
MCAS	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	23.4%	19.9%	26.7%	22.0%	25.8%	22.2%
Drug or alcohol use in family	N/A	N/A	N/A	N/A	4.5%	5.5%	5.3%	4.9%	6.1%	4.7%	4.1%	5.1%	4.5%	5.7%	3.8%
Own drug or alcohol use	N/A	N/A	N/A	N/A	2.6%	3.1%	1.5%	1.6%	2.0%	1.7%	1.3%	2.0%	0.0%	2.3%	2.8%
Arguing at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.3%	16.8%	13.5%	19.3%	16.6%	19.1%	14.2%
Physical fights at home	N/A	N/A	N/A	N/A	3.7%	4.7%	4.2%	3.3%	3.0%	4.4%	3.6%	5.1%	4.5%	6.0%	2.5%
Physical fights at school	N/A	N/A	N/A	N/A	5.9%	5.9%	4.5%	3.3%	4.5%	4.0%	3.9%	4.0%	4.9%	4.6%	2.5%
Being treated unfairly because of race/ethnicity	N/A	N/A	N/A	N/A	8.2%	9.1%	4.8%	4.8%	4.5%	8.1%	7.0%	9.1%	7.7%	9.1%	7.3%
Sexual orientation	N/A	N/A	N/A	N/A	3.6%	3.7%	2.6%	1.5%	2.5%	2.9%	0.6%	4.9%	2.3%	3.7%	2.5%
Drugs in neighborhood	N/A	N/A	N/A	N/A	8.8%	7.5%	8.7%	6.6%	7.5%	4.8%	4.2%	5.3%	3.6%	5.9%	4.7%
Drugs in school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.0%	4.4%	3.4%	3.5%	4.3%	4.1%
Violence in neighborhood	N/A	N/A	N/A	N/A	10.4%	11.7%	10.5%	6.9%	7.3%	6.0%	5.7%	6.1%	7.1%	6.0%	5.0%
Your family not having enough money	N/A	N/A	N/A	N/A	N/A	6.7%	9.3%	6.7%	6.6%	9.3%	7.8%	10.1%	8.1%	9.3%	10.4%
Your family not having a place to live	N/A	N/A	N/A	N/A	N/A	3.7%	3.4%	1.9%	2.5%	3.1%	3.0%	3.0%	4.3%	3.4%	1.6%
DEPRESSION, SELF-HARM, & SUICIDE (past 12 months)															
Depressed	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.1%	22.4%	20.9%	12.3%	28.6%	19.6%	19.4%	23.7%
Hurt self on purpose	9.8%	7.6%	7.6%	6.9%	7.9%	7.4%	6.7%	6.8%	9.4%	10.9%	6.0%	14.9%	8.7%	12.0%	11.8%
Seriously considered suicide	9.5%	8.1%	9.7%	9.0%	9.1%	6.6%	8.2%	8.9%	11.2%	12.9%	6.2%	19.1%	10.7%	13.1%	14.9%
Attempted suicide	2.0%	2.5%	2.3%	2.3%	2.4%	1.8%	1.5%	1.0%	2.0%	2.4%	1.1%	3.5%	2.3%	1.4%	3.5%
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%	82.5%	83.3%	84.4%	82.6%	84.7%	84.1%	80.9%
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%	62.0%	58.7%	61.4%	56.5%	52.5%	60.8%	62.5%
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%	30.4%	32.0%	29.9%	33.9%	26.4%	31.2%	38.5%
Have 3 or more close friends	84.2%	81.9%	83.0%	85.8%	84.1%	84.3%	83.4%	83.7%	84.5%	81.4%	82.0%	81.1%	84.4%	82.4%	77.1%
Feel comfortable using the Police Officer at their school or afterschool program as a resource or to get help if they have a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	50.5%	55.1%	46.5%	51.9%	45.2%	55.0%
Have a "good" or "excellent" relationship with the Police Officer at their school or afterschool program - [Of those who have a relationship with the Police	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	59.8%	61.6%	56.4%	67.1%	57.9%	54.8%
COUNSELING AND MEDICATION (past 12 months)															
Met with a school counselor for mental health/behavioral issue	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.4%	13.3%	14.9%	11.4%	17.2%	14.1%
Met with therapist with or without family present	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.3%	15.5%	14.8%	14.1%	15.1%	16.6%
Took medication for a mental health or behavioral issue	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.7%	10.3%	6.9%	9.4%	8.6%	8.1%

2014-2015 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)	2013 (1010)	2015 (1007)	Males (488)	Females (505)	6th (324)	7th (362)	8th (321)
SEXUAL BEHAVIOR															
Ever had sexual intercourse	9.7%	8.9%	7.4%	11.1%	12.5%	8.2%	6.8%	5.8%	5.9%	3.2%	4.4%	2.0%	0.6%	2.0%	7.2%
Had conversation with parents about sex (past 12 months)	34.3%	30.6%	32.6%	31.8%	33.4%	28.5%	32.2%	31.9%	28.2%	27.6%	24.3%	30.6%	21.0%	28.0%	33.6%
Were forced, tricked, or pressured to have unwanted sex (past 12 months)	N/A	N/A	N/A	N/A	2.1%	1.9%	1.6%	1.4%	1.0%	1.0%	0.4%	1.4%	0.6%	1.1%	1.3%
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%	0.6%	0.6%	0.6%	0.4%	0.6%	0.6%	0.6%
Were hit, slapped, or physically hurt 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%	1.4%	1.3%	1.6%	1.0%	2.0%	1.3%
HEALTH ISSUES (ever been told that you have these health problems)															
Asthma	21.0%	18.6%	18.5%	19.0%	21.3%	24.5%	25.5%	21.8%	25.7%	22.4%	24.1%	20.9%	21.9%	23.2%	22.0%
Allergy to peanut butter or bees	3.6%	3.8%	2.6%	3.5%	4.3%	4.4%	4.2%	5.7%	7.0%	7.2%	7.7%	6.6%	7.3%	8.3%	5.9%
Diabetes	0.9%	1.0%	1.1%	1.2%	1.1%	1.2%	1.5%	1.3%	2.0%	1.9%	1.7%	2.0%	1.1%	2.6%	1.8%
Seizures	1.8%	1.8%	1.4%	1.9%	1.3%	1.9%	1.5%	1.8%	2.5%	2.1%	2.2%	2.0%	1.1%	2.6%	2.4%
Sickle cell disease	1.0%	0.8%	0.8%	1.5%	0.6%	1.0%	1.3%	1.4%	0.9%	1.3%	1.7%	0.9%	0.7%	1.6%	1.4%
High blood pressure	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.1%	2.5%	3.2%	2.0%	2.2%	3.6%	1.7%
TB (tuberculosis)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.9%	1.5%	2.0%	1.1%	1.1%	1.6%	1.8%
Migraine headaches	8.3%	8.5%	11.6%	9.8%	10.1%	10.4%	9.5%	9.1%	9.3%	9.1%	7.1%	10.8%	7.7%	11.7%	7.7%
Eating disorder	4.0%	3.1%	2.3%	3.1%	3.7%	2.9%	2.4%	2.6%	3.4%	3.6%	3.6%	3.5%	2.9%	3.2%	4.5%
Hearing problems	4.8%	3.6%	3.6%	3.6%	4.1%	5.5%	3.9%	4.3%	5.0%	3.1%	5.3%	1.1%	2.9%	2.9%	3.5%
Overweight	N/A	N/A	12.6%	14.9%	14.6%	15.1%	17.6%	17.2%	14.2%	14.3%	16.4%	12.5%	12.8%	14.3%	15.7%
Underweight	N/A	N/A	6.7%	5.4%	5.9%	7.5%	7.2%	8.9%	10.1%	10.9%	9.0%	12.7%	8.6%	8.4%	15.7%
Vision problem that needs glasses	N/A	N/A	N/A	N/A	N/A	37.1%	41.2%	38.0%	37.6%	36.8%	32.2%	41.3%	34.1%	34.3%	42.0%
HEALTHCARE															
Saw a doctor or nurse (12 months)	63.7%	63.4%	62.0%	62.6%	63.3%	68.0%	74.8%	76.3%	78.9%	76.6%	74.7%	78.6%	69.0%	76.4%	84.3%
Saw a dentist (12 months)	70.6%	70.6%	69.4%	70.0%	70.6%	74.0%	76.2%	77.1%	77.2%	79.3%	80.7%	78.1%	76.1%	78.5%	83.5%
WEIGHT															
Describe self as slightly/very overweight	N/A	N/A	N/A	27.0%	27.2%	26.5%	27.8%	27.2%	24.9%	26.4%	23.0%	29.5%	25.2%	24.7%	29.5%
Trying to lose weight	N/A	N/A	N/A	N/A	42.0%	42.4%	37.4%	38.8%	37.6%	41.0%	30.7%	50.2%	40.1%	39.9%	43.0%
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%	73.0%	76.4%	79.0%	73.8%	73.7%	77.2%	78.3%
Diet pills/powders/liquids to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.5%	2.1%	2.4%	3.4%	2.5%	2.0%	2.9%	1.0%	3.0%	3.5%
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%	36.5%	37.4%	29.0%	44.6%	34.0%	39.3%	38.8%
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%	7.6%	8.3%	4.7%	11.1%	8.6%	7.0%	9.3%
Vomited or took laxatives to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.3%	2.0%	2.0%	2.2%	2.7%	0.9%	4.1%	2.0%	2.4%	3.5%

2014-2015 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Physical Activity and Nutrition - Middle School

	TOTAL										GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	Males (488)	Females (505)	6th (324)	7th (362)	8th (321)
PHYSICAL ACTIVITY (past 7 days)															
Did not participate in at least 60 Minutes of physical activity on any day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.4%	18.2%	15.9%	11.5%	20.1%	16.4%	15.9%	15.5%
Physically active at least 60 minutes per day on 5 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.2%	29.0%	34.2%	43.4%	25.3%	31.4%	32.6%	38.5%
Physically active at least 60 minutes per day on all 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.5%	14.1%	16.6%	25.4%	8.7%	14.0%	17.4%	18.4%
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%	65.7%	70.8%	80.7%	61.2%	68.5%	70.8%	73.0%
Participated in muscle strengthening activities on 3 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43.6%	42.2%	53.8%	31.4%	36.7%	42.9%	47.1%
NUTRITION (ate or drank yesterday)															
Ate fruit	N/A	N/A	N/A	72.2%	71.1%	79.5%	80.9%	82.8%	81.3%	82.2%	84.4%	79.8%	83.0%	86.1%	77.2%
Drank 100% fruit juice	N/A	N/A	N/A	71.6%	68.7%	71.2%	69.0%	68.4%	63.0%	58.6%	64.4%	53.7%	59.9%	62.9%	52.7%
Ate green salad or raw vegetables	N/A	N/A	N/A	51.6%	50.0%	54.9%	54.7%	59.7%	56.6%	57.7%	57.9%	57.6%	61.5%	59.9%	51.4%
Ate cooked vegetables	N/A	N/A	N/A	47.7%	52.5%	55.0%	56.9%	60.5%	59.9%	57.4%	57.0%	57.5%	59.3%	60.8%	51.8%
Drank regular soda (not diet)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.5%	36.2%	33.1%	37.7%	28.6%	31.5%	33.3%	34.4%
Drank sweetened drinks	N/A	N/A	N/A	62.4%	60.6%	56.8%	57.9%	52.7%	46.6%	40.4%	42.6%	38.1%	38.7%	41.8%	40.5%
Drank caffeine (coffee, tea, soda)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	33.8%	32.6%	34.8%	27.5%	35.8%	37.8%
Drank energy drinks (Amp, Red Bull, Full Throttle)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.6%	10.0%	5.3%	6.5%	7.5%	8.9%
Drank plain (not flavored) water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.4%	65.9%	68.4%	63.9%	73.2%	61.2%	63.5%
Drank tap water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.9%	69.9%	70.6%	69.0%	70.1%	72.4%	66.9%
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%	54.8%	57.2%	66.9%	48.5%	63.2%	59.9%	48.2%
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%	5.6%	6.1%	6.8%	5.2%	4.7%	5.8%	7.9%

2014-2015 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Habits and Activities - Middle School

	TOTAL										GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	Males (488)	Females (505)	6th (324)	7th (362)	8th (321)
SCHOLASTIC ISSUES															
Received mostly A's or B's in school (12 months)	N/A	N/A	N/A	N/A	73.5%	73.8%	71.7%	73.1%	73.0%	73.4%	69.0%	77.9%	74.8%	74.6%	70.8%
Had one or more failing grades on a report card (12 months)	30.6%	28.4%	27.3%	26.9%	24.0%	21.5%	25.5%	21.6%	25.4%	26.6%	30.4%	22.9%	25.1%	25.9%	28.8%
Skipped or cut school	14.3%	12.6%	11.1%	12.0%	7.9%	7.9%	6.5%	6.0%	6.0%	5.4%	4.6%	6.0%	2.9%	4.8%	8.7%
Suspended from school	11.9%	10.0%	10.7%	11.7%	12.2%	14.9%	10.7%	10.4%	8.6%	7.7%	9.9%	5.6%	7.3%	8.2%	7.5%
AFTER SCHOOL HOURS															
Spend 2 or more hours on an average school day studying or completing homework outside of school hours	N/A	N/A	N/A	N/A	N/A	N/A	N/A	44.3%	38.8%	48.8%	44.5%	53.1%	45.5%	46.8%	54.2%
Spend 2 or more hours on an average school day on screen time that is not for schoolwork or homework	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	68.7%	67.1%	70.0%	63.8%	65.7%	76.8%
LEISURE/FAMILY 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%	77.8%	73.8%	74.3%	73.3%	79.6%	72.6%	69.2%
Took care of family responsibilities or chores	82.2%	79.4%	80.6%	78.6%	81.5%	84.4%	82.1%	84.8%	82.5%	85.6%	84.9%	86.2%	80.5%	86.8%	89.4%
Participated in after-school, youth, church, or teen center programs	N/A	N/A	N/A	N/A	52.2%	55.7%	51.9%	56.2%	59.8%	53.1%	55.1%	50.7%	55.8%	48.4%	55.5%
Engaged in enjoyable activities/interests during own time	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	93.4%	92.6%	94.0%	93.2%	94.4%	92.6%
Ate 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%	64.9%	67.8%	72.2%	63.6%	73.4%	72.3%	57.0%
SCHOOL AND COMMUNITY ACTIVITIES (During 2014-2015 School Year)															
Participated in academic groups, tutoring, clubs, or student government at	N/A	N/A	N/A	N/A	42.2%	36.0%	42.0%	40.9%	50.8%	48.7%	48.1%	49.1%	47.7%	47.7%	50.8%
Participated in music, band, choir, or theatre	N/A	N/A	N/A	N/A	44.7%	47.2%	54.7%	61.4%	56.3%	57.8%	50.8%	64.0%	65.4%	55.7%	52.4%
Participated in community service, in or out of school	N/A	N/A	N/A	N/A	24.1%	27.9%	31.4%	35.2%	27.5%	26.3%	23.2%	28.8%	21.6%	23.3%	34.3%
Participated in school organized or intramural sports	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.5%	48.3%	56.9%	40.0%	52.6%	42.9%	50.0%
Participated in community organized youth sports	N/A	N/A	N/A	N/A	N/A	41.7%	40.4%	39.9%	51.8%	46.1%	55.4%	37.2%	47.9%	45.7%	44.7%
Participated in some other afterschool program or youth center	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.9%	54.1%	50.0%	50.6%	50.7%	54.5%
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%	40.9%	40.9%	39.8%	41.9%	42.5%	41.9%	38.2%
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%	6.4%	7.3%	8.8%	5.6%	1.6%	9.8%	10.0%
INTERNET/PHONE ACCESS															
Family can send email or access Internet from home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.0%	94.2%	94.1%	91.0%	97.4%	93.3%
Has own cell phone or smartphone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	84.0%	80.5%	87.1%	77.2%	85.1%	89.4%
Has Internet access on cell phone or smartphone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	71.8%	68.5%	74.6%	64.4%	70.5%	80.8%