

# Summary of Results from the 2015-2016 Cambridge Teen Health Survey (Grades 9-12)

**Submitted to:**

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

**Submitted by:**

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## BACKGROUND

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### REPORT FORMAT

In April of 2016, 1,566 Cambridge high school students (grades 9-12) took part in the 2015-2016 Cambridge Teen 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 thirteenth administration of the Teen Health Survey (the survey was also administered in 1992, 1994, 1996, 1998, 2000, 2002, 2004, 2006, 2008, 2010, 2012, and 2014). A similar survey of Cambridge middle school students has also been conducted biennially since 1997.

This report summarizes results from the Cambridge Teen Health Survey. It is designed to provide an overview of key survey data, focusing on four 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)?; (3) How have the data changed since the last administration of the survey?; and (4) How do results in Cambridge compare to those in Massachusetts as a whole? The summary presents an overview of findings grouped according to the following themes: Substance Use, Violence and Safety, Mental Health, Sexual Behavior, 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 2016 to all Cambridge public school students in grades 9 through 12. The number of respondents in each grade is as follows:

9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	Other/ Unknown	TOTAL
409	421	387	335	14	1,566

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 Teen 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, nor from students who have dropped out of school.

## **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 thirteenth administration of the Cambridge Teen 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.

Limited comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent administration of this survey occurred in the Spring of 2015.

## **WHO HAS THE PROBLEM?**

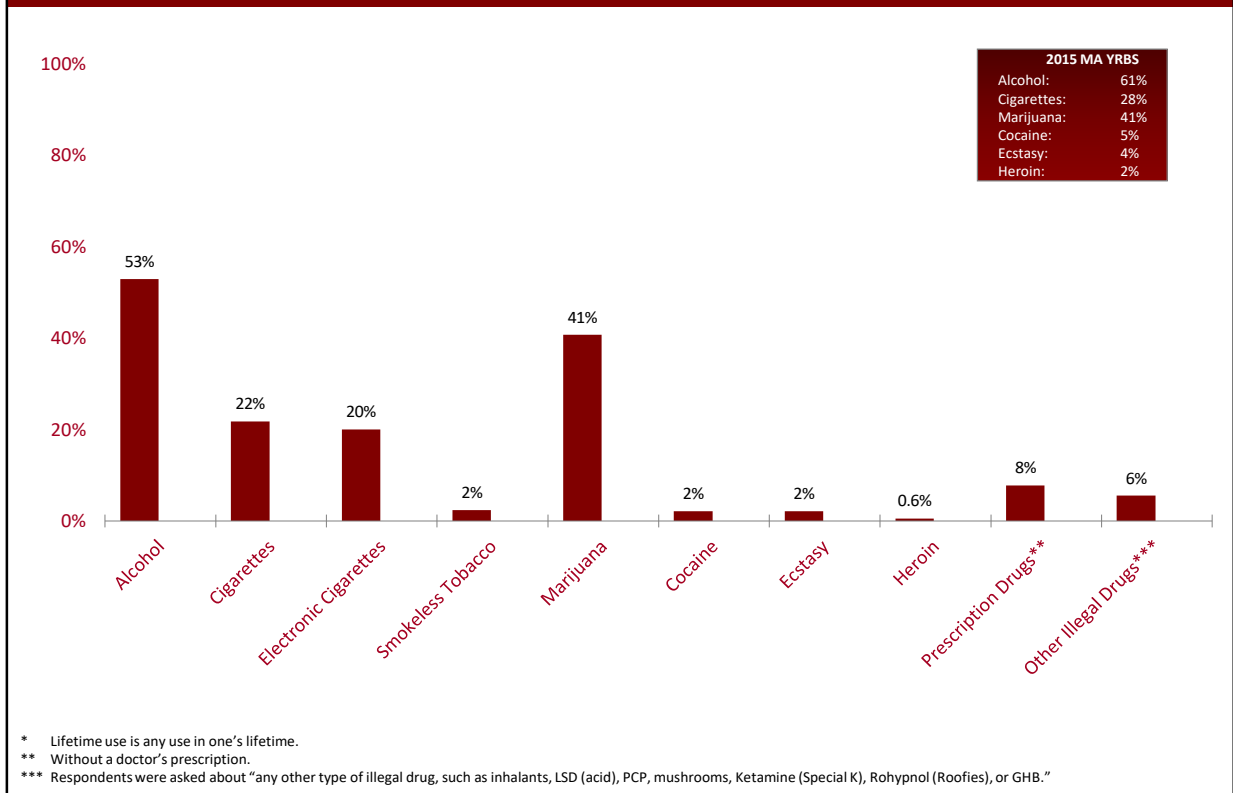
Although this survey was administered to high school students, this does not mean that the problems addressed are confined solely to youth. In fact, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this survey is designed primarily to assess risky behaviors and does not address the many 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 substance use and violence 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 High School Students (2016)

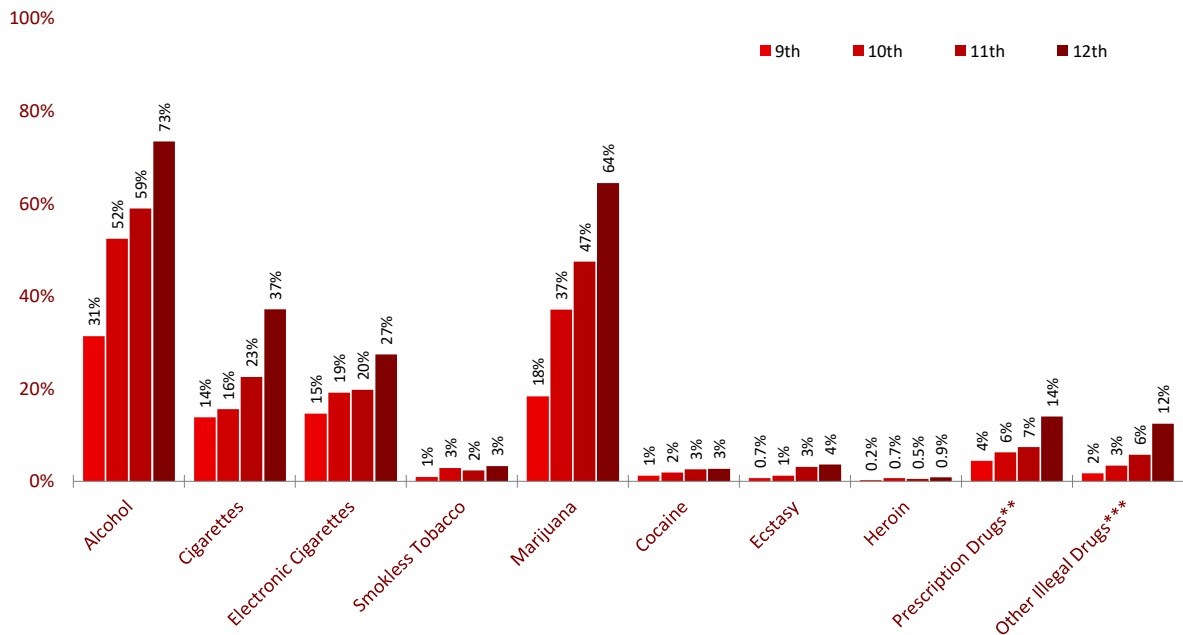


### SELECTED POINTS

- Lifetime substance use is any use during one's lifetime.
- The alcohol questions were preceded by the following statement, "This section is about the use of alcohol. Drinking alcohol 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 53% of Cambridge high school students in 2016 reporting using alcohol at least once in their lifetime. Forty-one percent (41%) reported ever using marijuana, 22% ever smoking cigarettes, 20% ever using electronic cigarettes, and 8% ever using prescription drugs without a prescription. Fewer respondents reported ever using smokeless tobacco, cocaine, ecstasy, heroin, or other illegal drugs.
- **Trends:** In general, lifetime use of all substances peaked in the mid to late 1990s and are currently at historic lows. There was a decrease from 2014 to 2016 in lifetime use of all substances except electronic cigarettes, prescription drugs without a prescription, and other illegal drugs.
- **Comparisons:** Lifetime use of all substances was lower in Cambridge than among Massachusetts high school students with the exception of lifetime marijuana use; which was identical at 41%. *MA data from the 2015 MA Youth Risk Behavior Survey*



## Lifetime\* Substance Use for Cambridge High School Students, by Grade (2016)



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

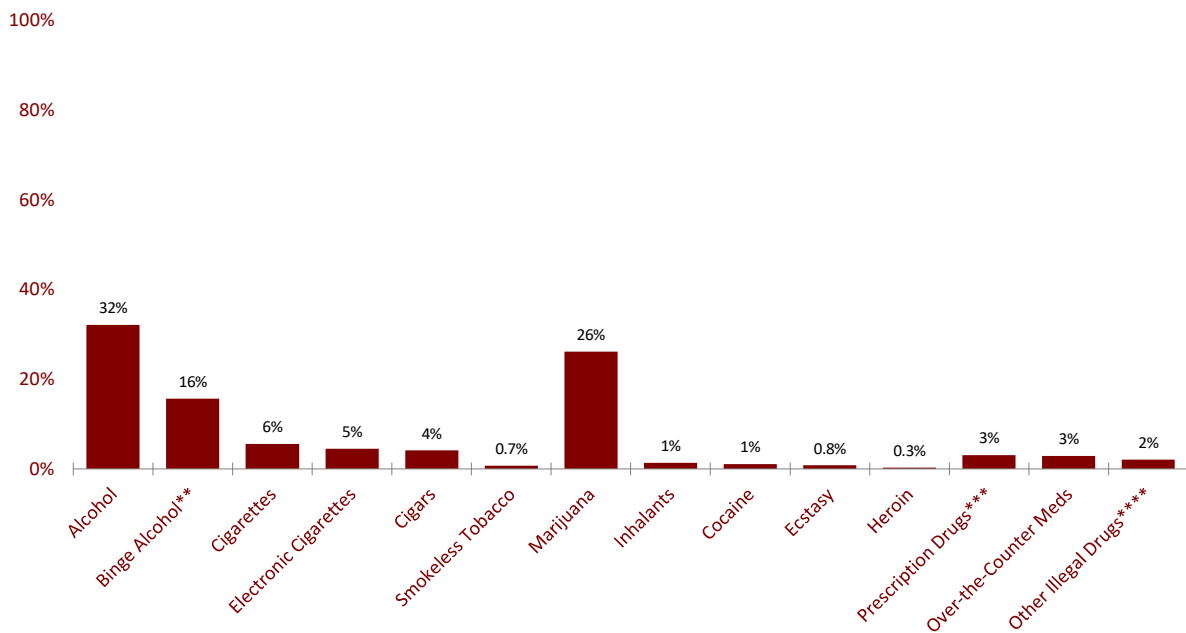
\*\* Without a doctor's prescription.

\*\*\* Respondents were asked about "any other type of illegal drug, such as inhalants, LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

### SELECTED POINTS

- Grade:** The percentage of Cambridge high school 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 31% in 9<sup>th</sup> grade to 73% in 12<sup>th</sup> grade.
- Across almost all substances, the most noticeable differences were between 9<sup>th</sup> and 10<sup>th</sup> grade and between 11<sup>th</sup> and 12<sup>th</sup> grade, with 10<sup>th</sup> and 11<sup>th</sup> graders more similar to one another than to their younger and older peers. For example, lifetime use of marijuana was 18% among 9<sup>th</sup> graders, 37% among 10<sup>th</sup> graders, 47% among 11<sup>th</sup> graders, and 64% among 12<sup>th</sup> graders.
- Gender (not shown):** Females were more likely than males to report lifetime use of alcohol (females: 56%; males: 50%) and marijuana (females: 43%; males: 39%). Males were more likely than females to report lifetime use of electronic cigarettes (22%; 18%), smokeless tobacco (4%; 1%), and other illegal drugs (8%; 4%). Lifetime use of cigarettes, cocaine, ecstasy, heroin, and prescription drugs without a prescription were either identical or similar across gender.

## Current\* Substance Use for Cambridge High School Students (2016)



\* 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."

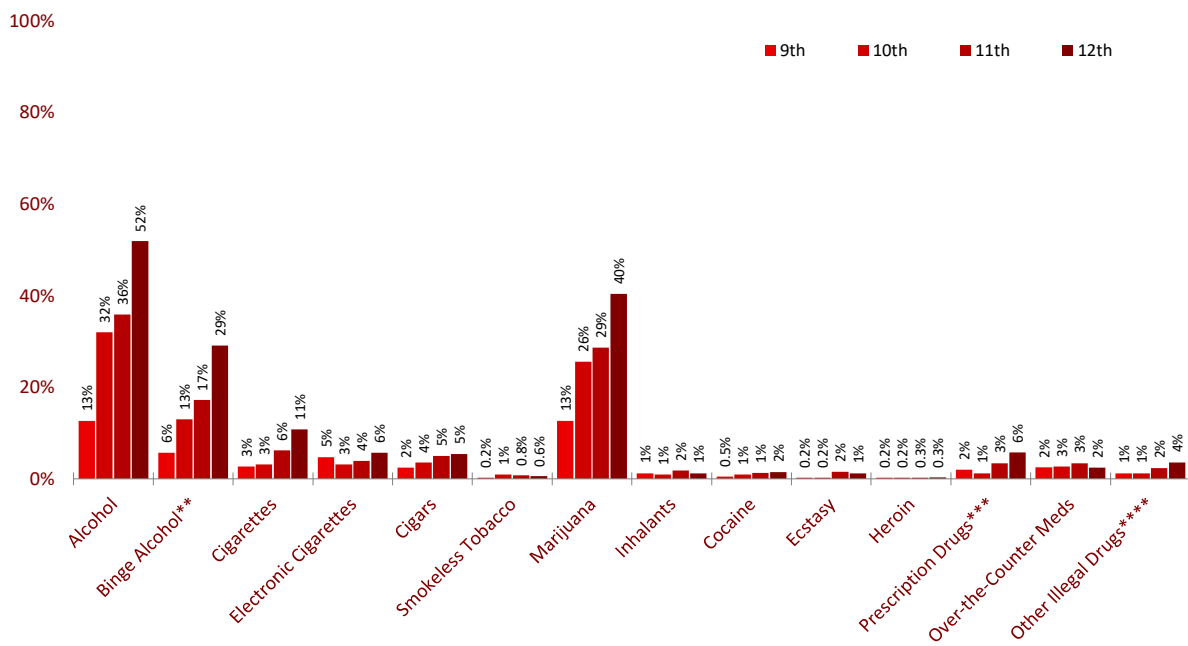
\*\*\* Without a doctor's prescription.

\*\*\*\* Respondents were asked about "any other type of illegal drug, such as inhalants, LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

### SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Binge alcohol use was defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."
- Alcohol is the substance of choice, with 32% of high school students reporting that they consumed alcohol in the 30 days prior to the survey.
- Sixteen percent (16%) of high school students reported binge drinking in the same 30-day time period. This means that roughly half (48%) of those high school students who drank in the past 30 days engaged in binge drinking.
- The high school rate of current marijuana use (26%) was much higher than the rate of current cigarette use (6%) and also much higher than that for any other illegal substance.

## Current\* Substance Use for Cambridge High School Students, by Grade (2016)



\* 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."

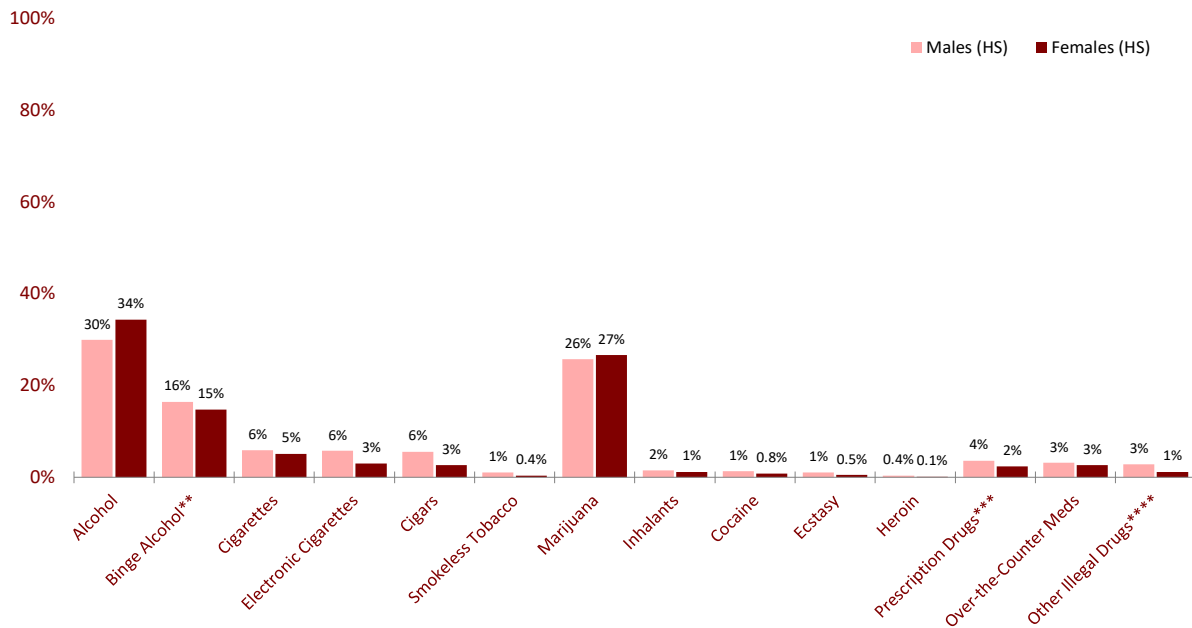
\*\*\* Without a doctor's prescription.

\*\*\*\* Respondents were asked about "any other type of illegal drug, such as inhalants, LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

### SELECTED POINTS

- The percentage of Cambridge high school students 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 13% in 9<sup>th</sup> grade to 52% in 12<sup>th</sup> grade.
- Across almost all substances, the most noticeable differences were between 9<sup>th</sup> and 10<sup>th</sup> grade and between 11<sup>th</sup> and 12<sup>th</sup> grade, with 10<sup>th</sup> and 11<sup>th</sup> graders more similar to one another than to their younger and older peers. For example, current use of alcohol was 13% among 9<sup>th</sup> graders, 32% among 10<sup>th</sup> graders, 36% among 11<sup>th</sup> graders, and 52% among 12<sup>th</sup> graders.

## Current\* Substance Use for Cambridge High School Students, by Gender (2016)



\* 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."

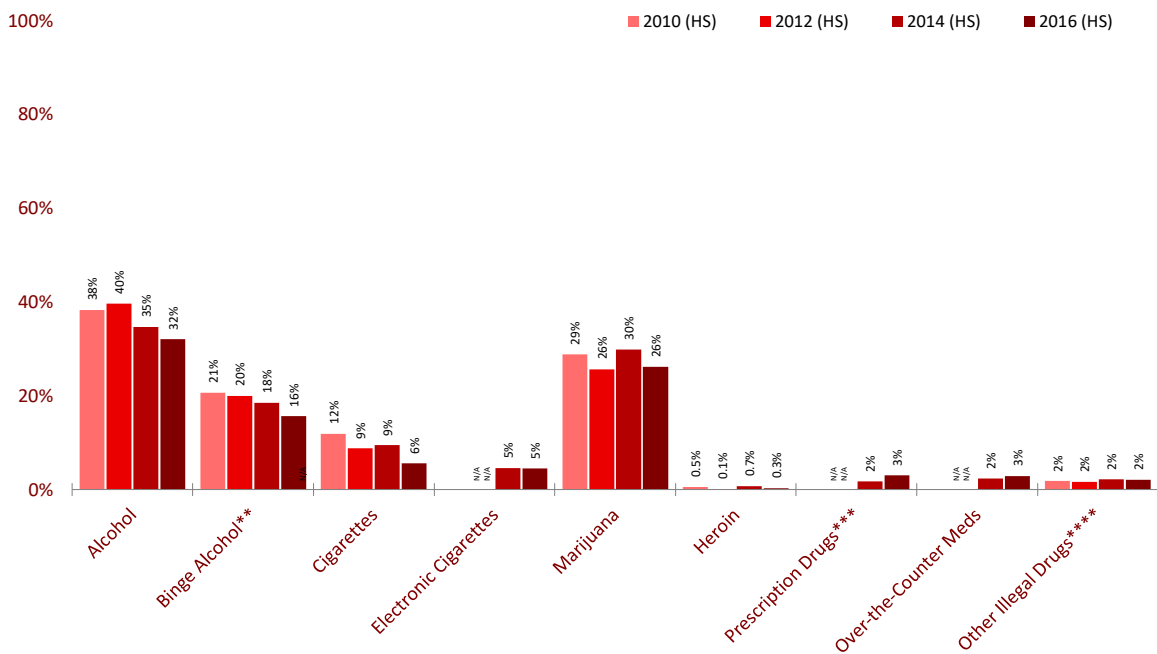
\*\*\* Without a doctor's prescription.

\*\*\*\* Respondents were asked about "any other type of illegal drug, such as inhalants, LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

### SELECTED POINTS

- Overall, Cambridge high school males and females were equally likely to report current substance use. Females reported slightly higher current use of alcohol (females: 34%; males: 30%). Males reported slightly higher current use of electronic cigarettes (6%; 3%), cigars (6%; 3%), prescription drugs without a prescription (4%; 2%), and other illegal drugs (3%; 1%).

## Recent Trends in Current\* Substance Use for Cambridge High School Students (2010-2016)



\* 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."

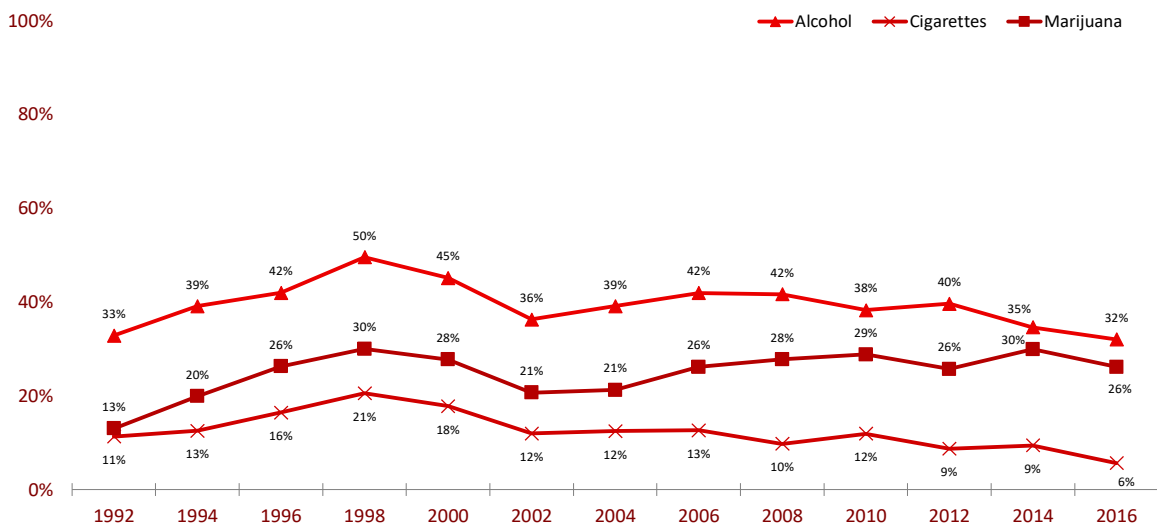
\*\*\* Without a doctor's prescription.

\*\*\*\* Respondents were asked about "any other type of illegal drug, such as inhalants, LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

### SELECTED POINTS

- Current alcohol use, current binge alcohol use, current use of cigarettes, current marijuana use, and current heroin use have each declined between 2010 and 2016.
- Following a small uptick in 2014, current use of marijuana declined in 2016 to levels not seen since 2012 (26%).
- Current alcohol use was at 33% in 1992, rose to a high of 50% in 1998, declined to 36% in 2002, rose back to 42% in 2006, and fell to 32% in 2016 (the lowest level observed).
- Binge alcohol use was at 18% in 1992, rose to a high of 28% in 2000, fell to 19% in 2004, rose to 24% in 2008, and has declined every year since 2008 to a historic low of 16% in 2016.
- Current cigarette use rose from 11% in 1992 to a high of 21% in 1998, and has gradually fallen to a historic low of 6% in 2016.
- Current use of marijuana rose from a historic low of 13% in 1992 to a high of 30% in 1998, fell to 21% by 2004, rose back to 29% in 2010, dipped slightly to 26% in 2012, rose to another high of 30% in 2014, and is currently at 26% in 2016.

## Long-Term Trends in Current\* Alcohol, Tobacco, and Marijuana Use Cambridge High School Students (1992-2016)

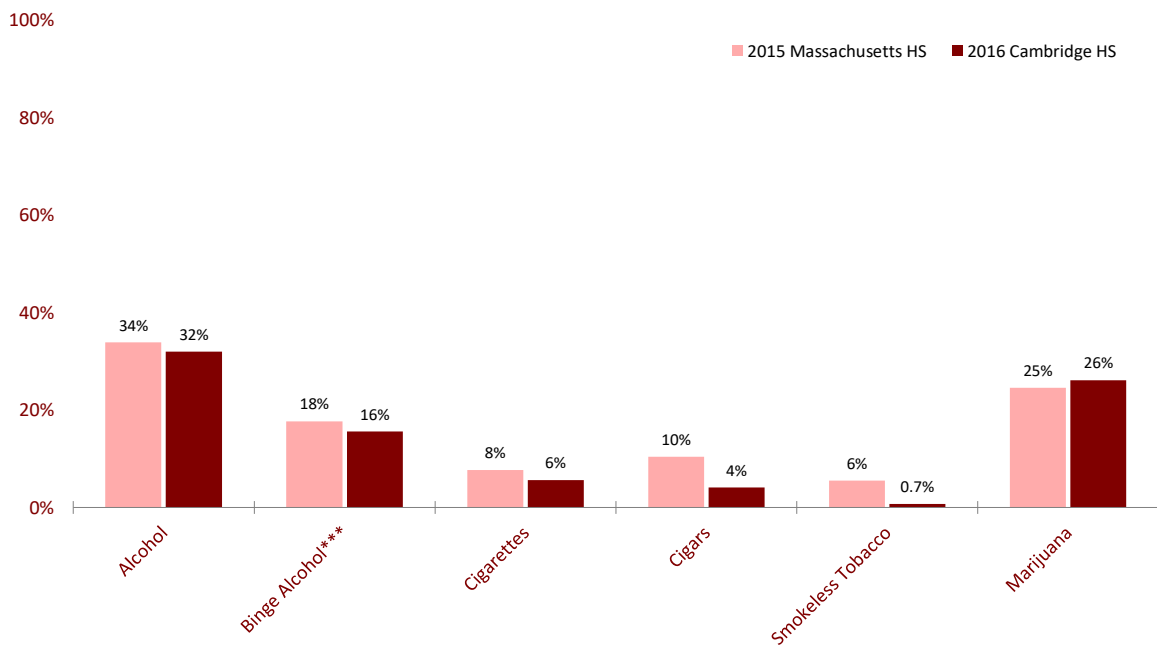


\* Current use is any use in the 30 days prior to the survey.

### SELECTED POINTS

- Long-term trends in current use of alcohol, marijuana, and cigarettes vary as described in the previous slide.
- Current alcohol use was at 33% in 1992, rose to a high of 50% in 1998, declined to 36% in 2002, rose back to 42% in 2006, and fell to 32% in 2016 (the lowest level observed).
- Current cigarette use rose from 11% in 1992 to a high of 21% in 1998, and has gradually fallen to a historic low of 6% in 2016.
- Current use of marijuana rose from a historic low of 13% in 1992 to a high of 30% in 1998, fell to 21% by 2004, rose back to 29% in 2010, dipped slightly to 26% in 2012, rose to another high of 30% in 2014, and declined to 26% in 2016.

## Current\* Substance Use for Massachusetts\*\* High School Students (2015) and Cambridge High School Students (2016)



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

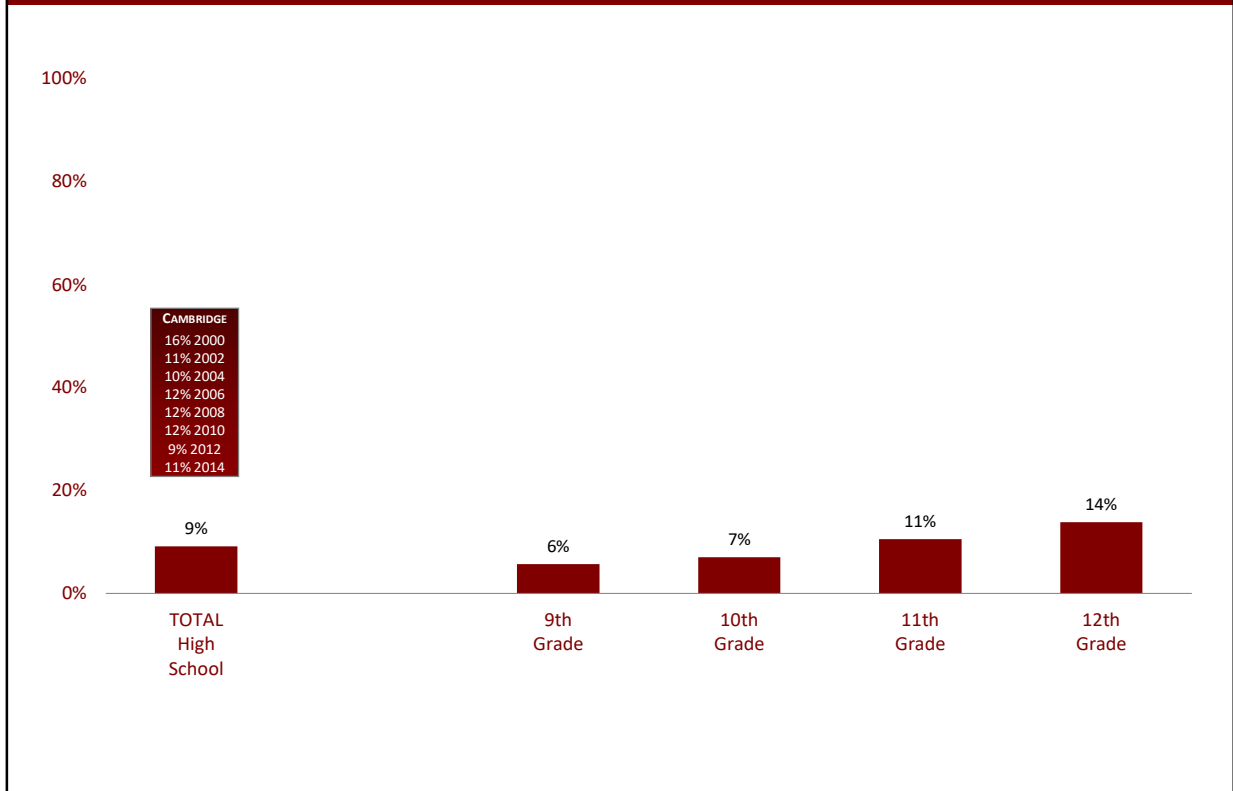
\*\* Massachusetts high school data are from the 2015 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2015. The Massachusetts survey does not ask about current use of illegal drugs other than marijuana.

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

### SELECTED POINTS

- Massachusetts high school data are from the 2015 Massachusetts Youth Risk Behavior Survey, which was administered during the Spring of the 2015 school year.
- Available comparative data reveal similar rates of current marijuana use (25% MA, 26% Cambridge) between Cambridge and the rest of the state and lower rates of use in Cambridge for all other substances.
- It is important to note that these surveys occurred a year apart, so differences may be due to the timing of the two surveys.

## Cambridge High School Students Who Attended Class Within 1 Hour of Using Alcohol, Marijuana, or Other Drugs (Past 30 Days), Total and by Grade (2016)

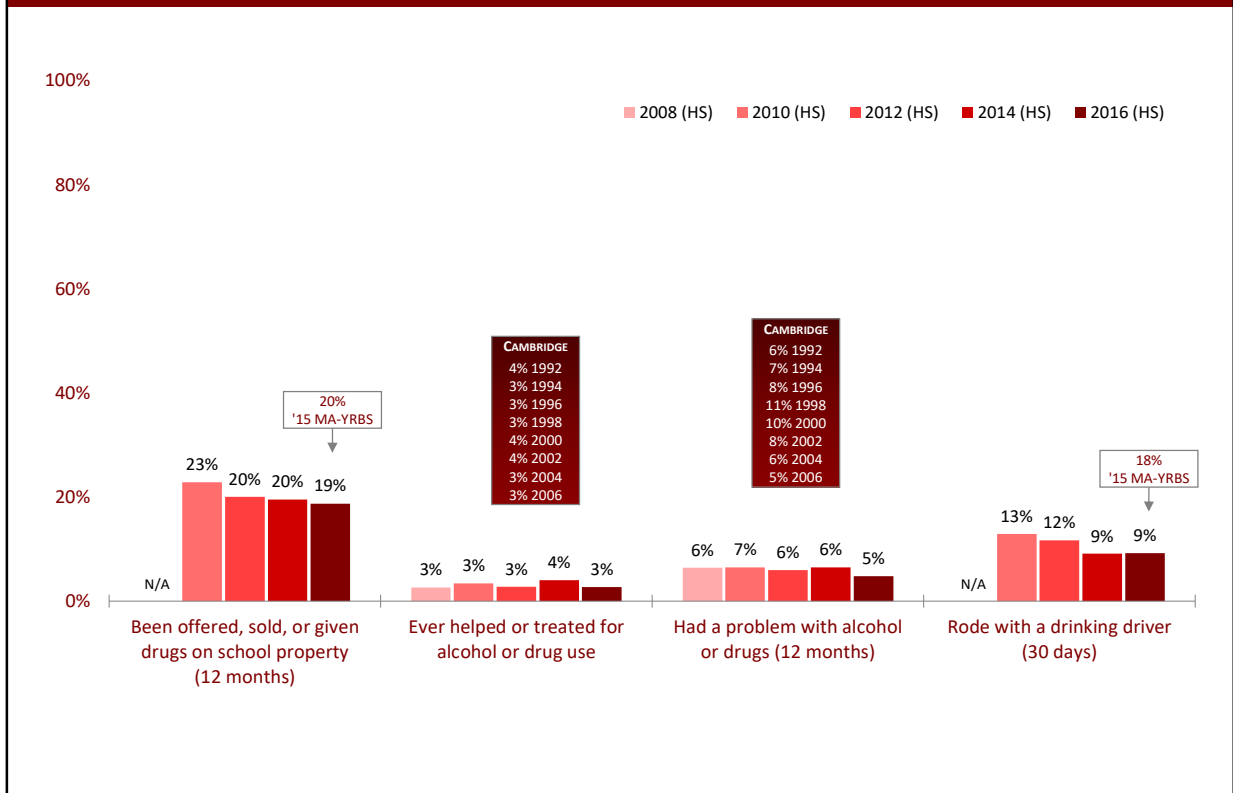


### SELECTED POINTS

- Nine percent (9%) of Cambridge high school students reported in 2016 that they attended class within one hour of using alcohol, marijuana, or other drugs at least once in the 30 days prior to the survey.
- **Trends:** The percentage of Cambridge high school students who reported attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days was highest in 2000 (16%) and lowest in 2012 and 2016 at 9%.
- **Gender:** Females (10%) were slightly more likely than males (8%) to report having attended class within one hour of using alcohol, marijuana, or other drugs in the past 30 days.
- **Grade:** As displayed in the chart, the percentage of 2016 Cambridge respondents who reported attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days was lowest in 9<sup>th</sup> grade (6%) and highest in 12<sup>th</sup> grade (14%).



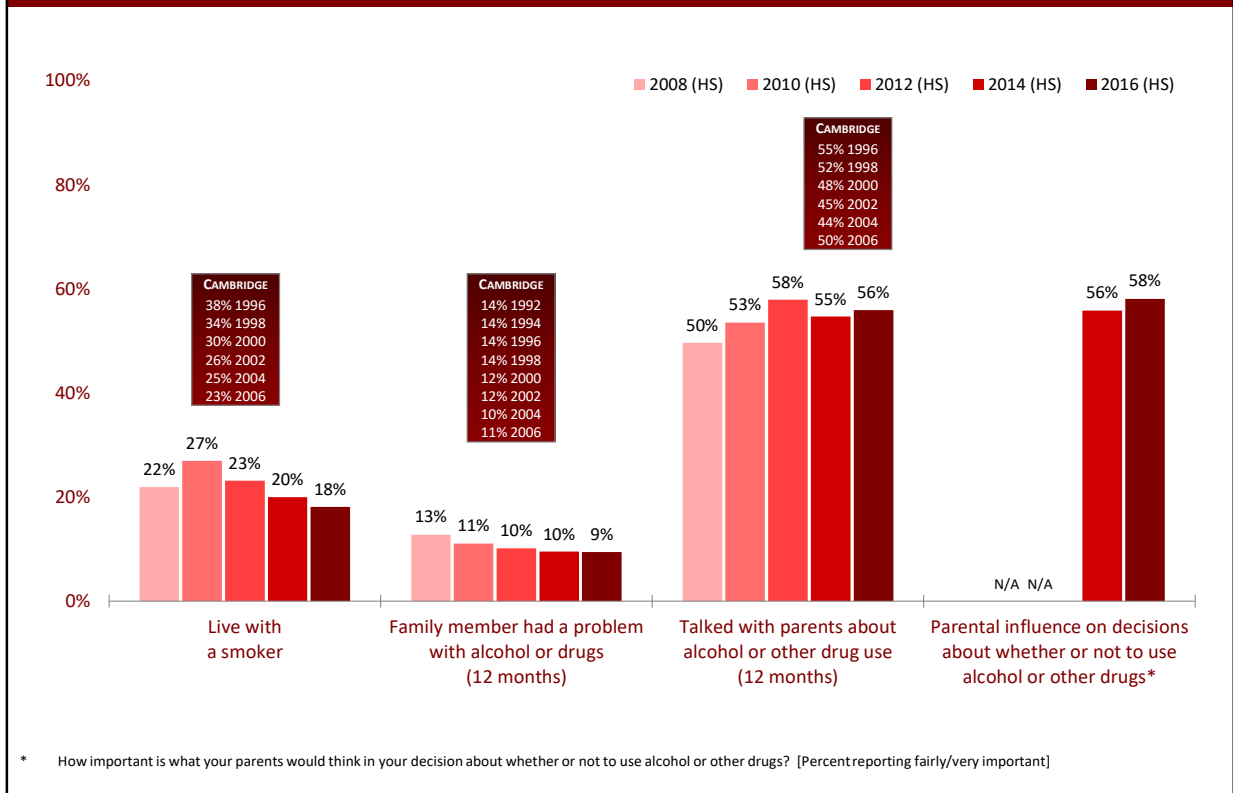
## Selected Alcohol and Other Drug-Related Issues Among Cambridge High School Students (2008-2016)



### SELECTED POINTS

- Nineteen percent (19%) of Cambridge high school students reported in 2016 that they had been offered, sold, or given an illegal drug on school property in the past 12 months, 3% had ever been helped or treated for alcohol or drug use, 5% had a problem with alcohol or drugs in the past 12 months, and 9% reported riding with a driver who had been drinking alcohol in the past 30 days.
- **Trends:** The percentage of students who reported that they had been offered, sold, or given an illegal drug on school property in the past 12 months declined between 2010 (23%) and 2016 (19%). Reports of riding with a drinking driver in the past 30 days remained at a low of 9% in 2016. Data on the other variables have been stable between 2008 and 2016.
- **Comparisons:** Cambridge high school students in 2016 were equally as likely as Massachusetts students in 2015 to report having been offered, sold, or given an illegal drug on school property in the past 12 months (19% Cambridge, 20% MA) and less likely to report riding with a drinking driver in the past 30 days (9% Cambridge, 18% MA).
- **Gender:** Females were more likely than males to report that they rode with someone who had been drinking alcohol in the past 30 days (females: 11%; males: 8%). There were no other notable differences by gender across these items.
- **Grade:** The occurrence of each of these drug-related issues tended to increase between 9<sup>th</sup> grade and 12<sup>th</sup> grade.

## Selected Alcohol and Other Drug Environmental Factors Among Cambridge High School Students (2008-2016)

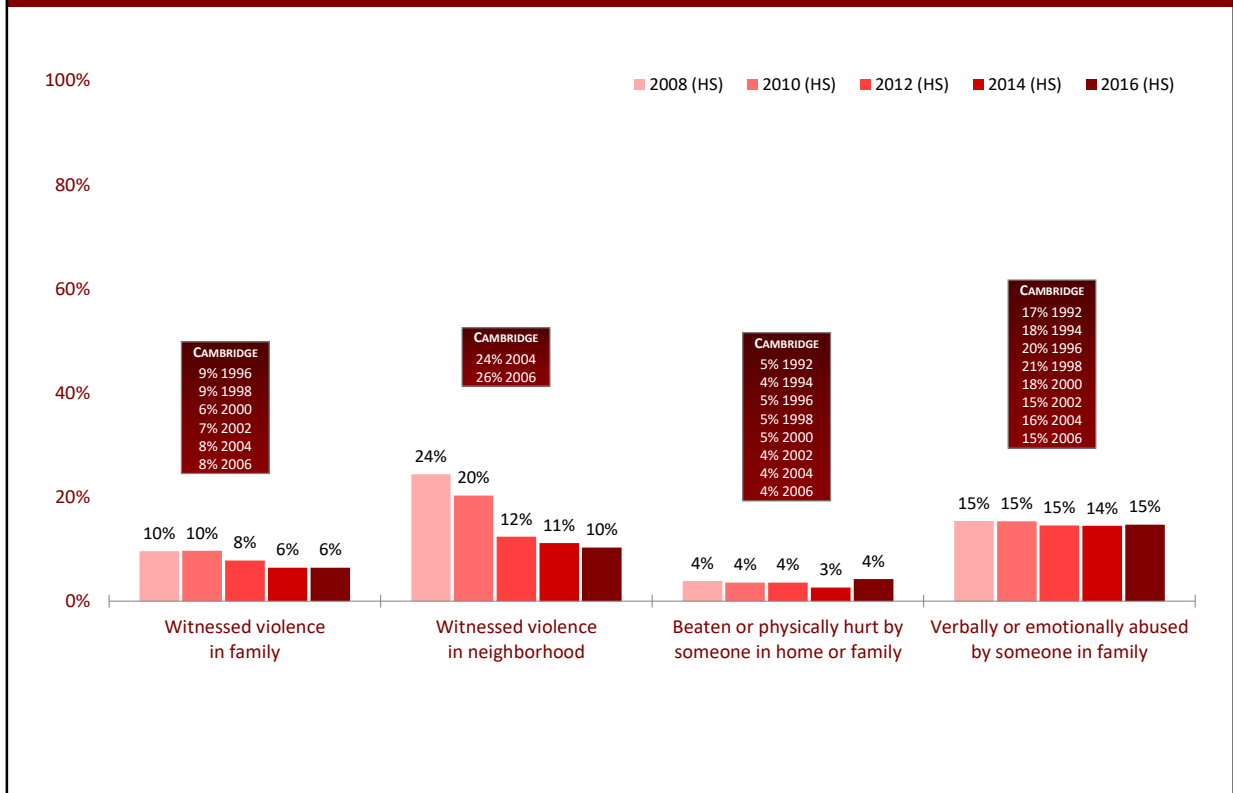


### SELECTED POINTS

- Eighteen percent (18%) of Cambridge high school students reported in 2016 that they live with a smoker, 9% had a family member who had a problem with alcohol or drugs in the past 12 months, 56% had talked with their parents about alcohol or other drug use in the past 12 months, and 58% indicated that their parents play a fairly/very important role in their decision about whether or not to use alcohol or other drugs.
- **Trends:** The percentage of students who report that they live with a smoker was at its lowest rate in 2016 (18%) as was reports of having a family member who had a problem with alcohol or drugs in the past 12 months (9%). The percentage of students who talked with their parents about alcohol or other drug use in the past 12 months declined between 1996 (55%) and 2004 (44%), rose between 2006 and 2012 (58%), retreated slightly to 55% in 2014, and was 56% in 2016.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely than males to report having a family member who had a problem with alcohol or drugs in the past 12 months (13% females; 6% males), to have talked with their parents about alcohol or other drug use in the past 12 months (58% females; 54% males), and to report that their parents play a fairly/very important role in their decision about whether or not to use alcohol or other drugs (60% females; 56% males).
- **Grade:** Parental influence over decisions about whether or not to use alcohol or other drugs declined with age/grade (67%, 63%, 55%, 44%).

# Violence and Safety

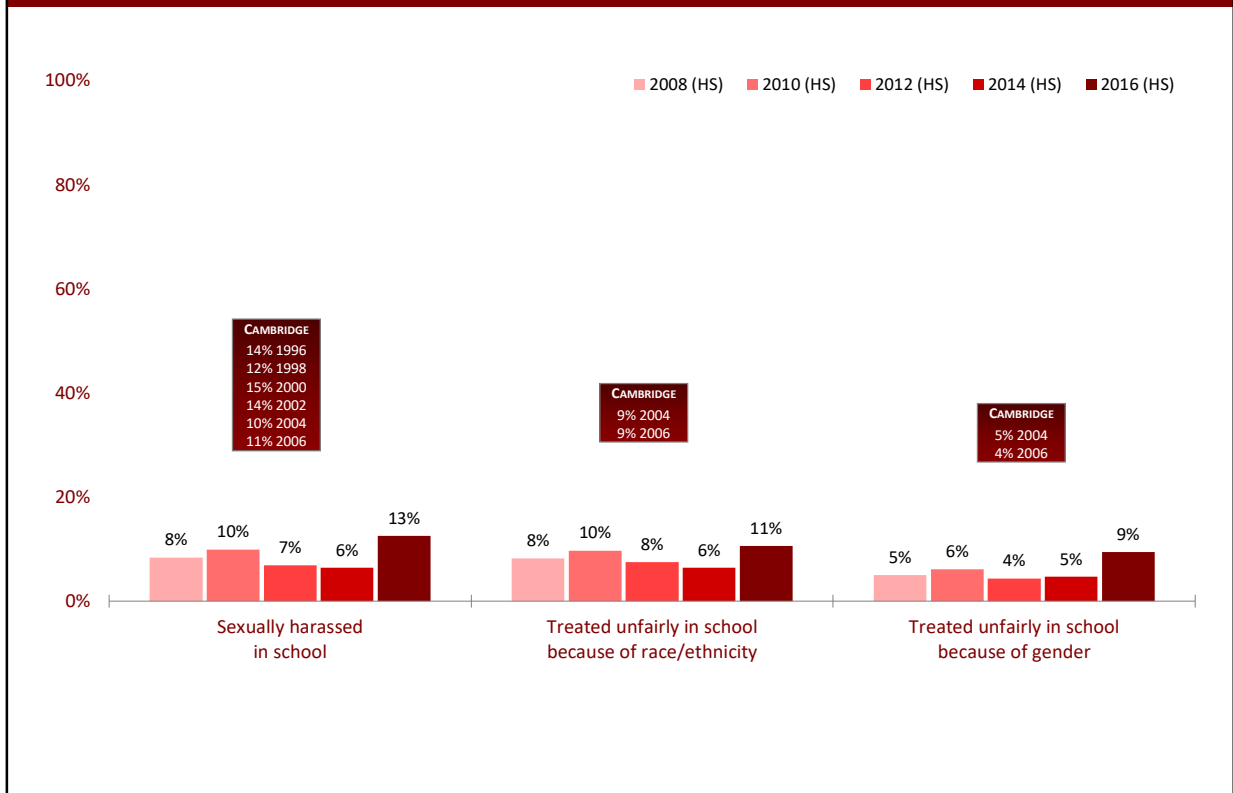
## Violence-Related Experiences in the Past 12 Months Among Cambridge High School Students (2008-2016)



### SELECTED POINTS

- Six percent (6%) of Cambridge high school students in 2016 reported that they witnessed violence in their family in the past 12 months, 10% witnessed violence in their neighborhood, 4% were beaten or physically hurt by someone in their family or home, and 15% received verbal or emotional abuse by someone in their family.
- **Trends:** Reports of witnessing violence in the family have been stable at between 6% and 10% over time. Witnessing violence in the neighborhood was down from a high of 26% in 2006 to a low of 10% in 2016. Reports of being beaten or physically hurt by someone in the family or at home have been stable over time at about 4%. Receiving verbal or emotional abuse from someone in the family was down from a high of 21% in 1998 to a low of 15% since about 2002.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males were more likely than females to report that they witnessed violence in their neighborhood in the past 12 months (males: 11%, females: 9%). Females were more likely than males to report being beaten or physically hurt by someone in their home or family (females: 6%, males: 3%) and verbally or emotionally abused by someone in their family (females: 21%, males: 9%).
- **Grade:** There were no consistent patterns for any of the items by age/grade.

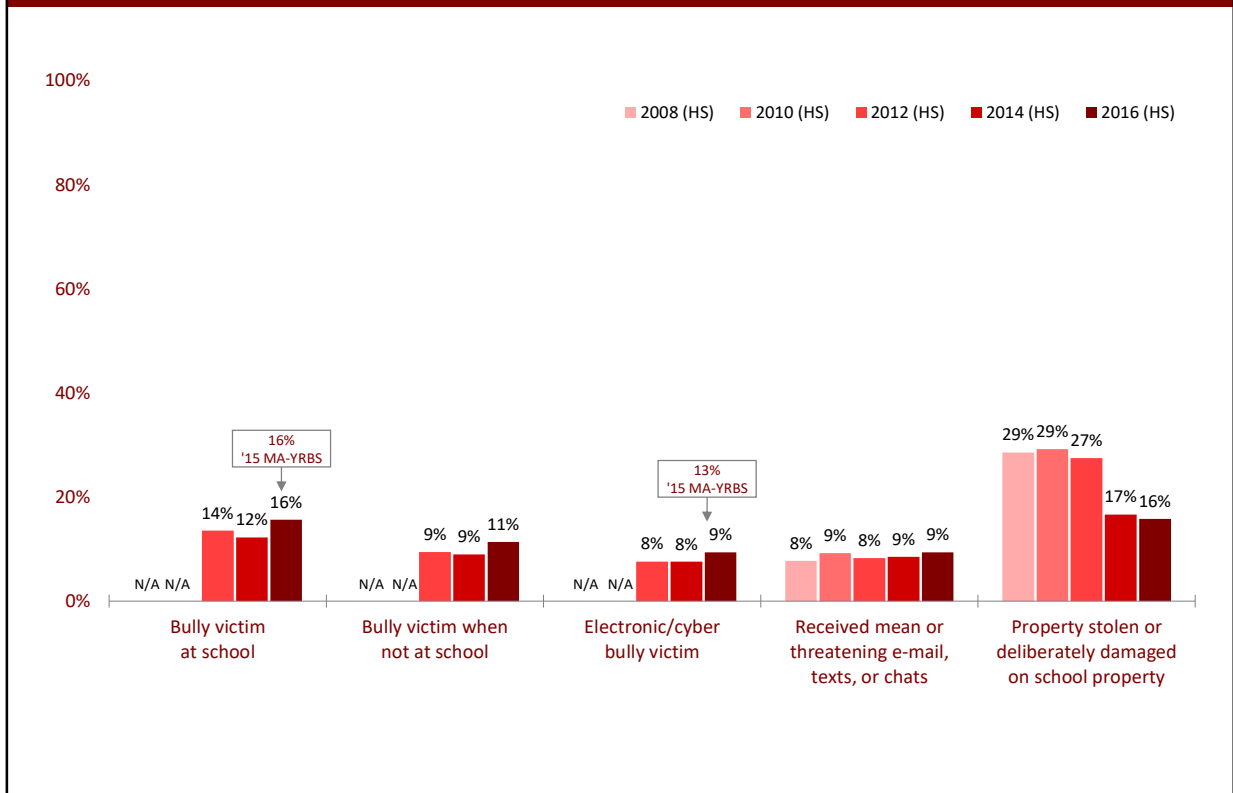
## Harassment/Being Treated Unfairly in School in the Past 12 Months Among Cambridge High School Students (2008-2016)



### SELECTED POINTS

- Thirteen percent (13%) of Cambridge high school students reported in 2016 that they were sexually harassed in school in the past 12 months, 11% felt they were treated unfairly in school because of their race/ethnicity, and 9% felt they were treated unfairly in school because of their gender.
- **Trends:** Reports of being sexually harassed in school in the past 12 months, being treated unfairly in school because of race/ethnicity, and being treated unfairly in school because of gender each nearly doubled between 2014 and 2016. These were the highest levels observed for reports of being treated unfairly in school because of race/ethnicity and gender.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely than males to report being sexually harassed in school (females: 21%, males: 4%), treated unfairly in school because of race/ethnicity (females: 14%, males: 7%), and being treated unfairly in school because of gender (females: 16%, males: 3%).
- **Grade:** Reports of being sexually harassed in school (10%, 14%, 11%, 16%) and being treated unfairly in school because of gender (7%, 9%, 10%, 13%) each increased between 9<sup>th</sup> grade and 12<sup>th</sup> grade.

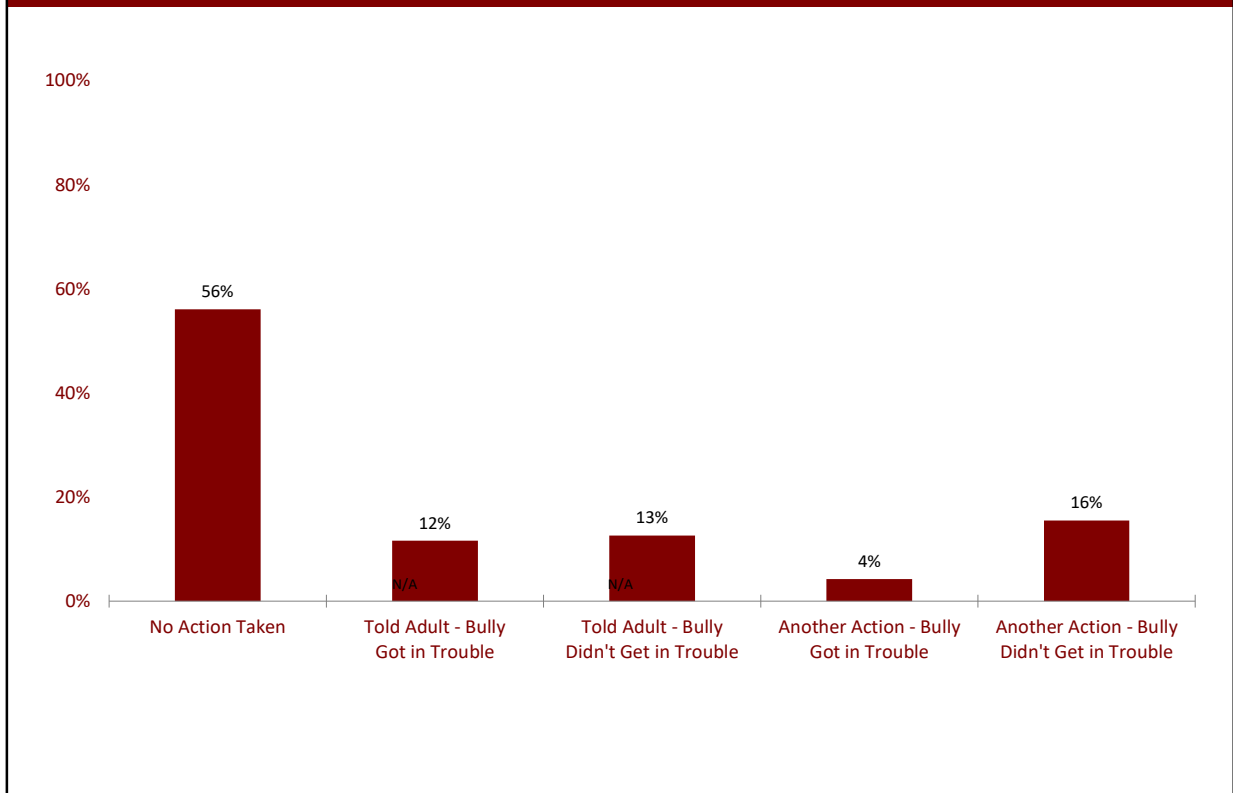
## Bullying and Victimization in the Past 12 Months Among Cambridge High School Students (2008-2016)



### SELECTED POINTS

- Being bullied includes, “being repeatedly teased, called names, threatened, hit, kicked, or excluded by another student or group of students.” Electronic/Cyber Bullying includes, “being bullied through e-mail, instant messaging, texting, social networking sites such as Facebook, Twitter, Instagram, or Snapchat.”
- Sixteen percent (16%) of Cambridge high school students in 2016 reported being bullied at school in the past 12 months, 11% were bullied when not at school, 9% were electronically bullied or cyber bullied, 9% received mean or threatening e-mail, text messages, or chats, and 16% had their property stolen or deliberately damaged on school property.
- **Trends:** Reports of being a victim of bullying at school and when not at school both increased between 2014 and 2016. There has been a sharp decline in reports of having property stolen or deliberately damaged on school property in the past 12 months.
- **Comparisons:** Cambridge high school students in 2016 were less likely than Massachusetts students in 2015 to report being cyber bullied (9% Cambridge, 13% MA). Reports of being bullied at school (16%) were identical in Cambridge and in the state.
- **Gender:** Females were almost two times as likely to report being bullied at school (19%; 12%), being bullied when not at school (14%; 8%), being cyber bullied (13%; 6%), and receiving mean or threatening e-mail, texts, or chats (11%; 7%).
- **Grade:** In general, reports of bullying and victimization decreased with age/grade.

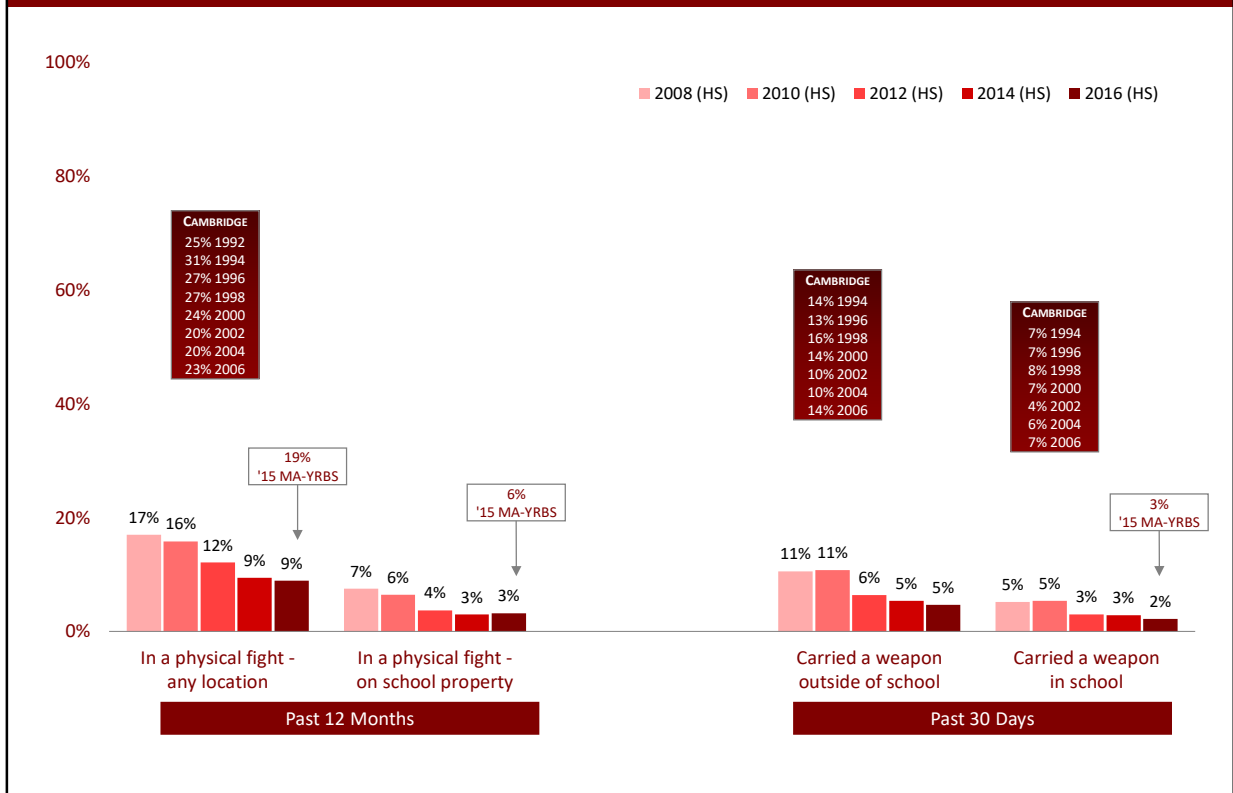
## Actions Taken by Students Who Were Bullied at School in the Past 12 Months (2016)



### SELECTED POINTS

- A total of 244 students in 2016 reported that they were bullied in school in the past 12 months. These students were asked to report what action they took, if any, the last time it happened. Overall, only 16% of respondents reported that the bully or bullies received consequences the last time the respondent was bullied at school in the past 12 months.
- **Trends:** This was the first year this question was added to the survey.
- **Comparisons:** Comparative data are not available for this question.
- **Gender:** Females were more likely than males to reports that they told a teacher, counselor, or another adult at school the last time they were bullied (females: 28%, males: 19%).
- **Grade:** Reports of taking action when bullied at school increased by age/grade (9<sup>th</sup>: 38%, 10<sup>th</sup>: 45%, 11<sup>th</sup>: 47%, 12<sup>th</sup>: 52%).

## Physical Fighting and Weapons Carrying Among Cambridge High School Students (2008-2016)



### SELECTED POINTS

- The data illustrate violence and safety-related experiences occurring in the past 12 months (in a physical fight) or in the past 30 days (carried a weapon), detailing experiences that occurred both at school and when NOT at school. All available comparative data are highlighted.
- **On and Off School Property:** Respondents reported that weapon carrying and fighting were more likely to have occurred when they were away from school than at school.
- **Trends:** Trend data reveal substantive declines over time in these issues among Cambridge youth, with levels remaining well below previously observed peaks.
- **Comparisons:** Rates of these issues were lower among 2016 Cambridge than 2015 Massachusetts youth.
- **Gender:** Males were more likely than females to report all behaviors related to weapons and fighting. See Appendix A for details.
- **Grade:** Reports of being in a physical fight declined by age/grade. There was no consistent pattern related to reports of weapon carrying by age/grade.



# Mental Health

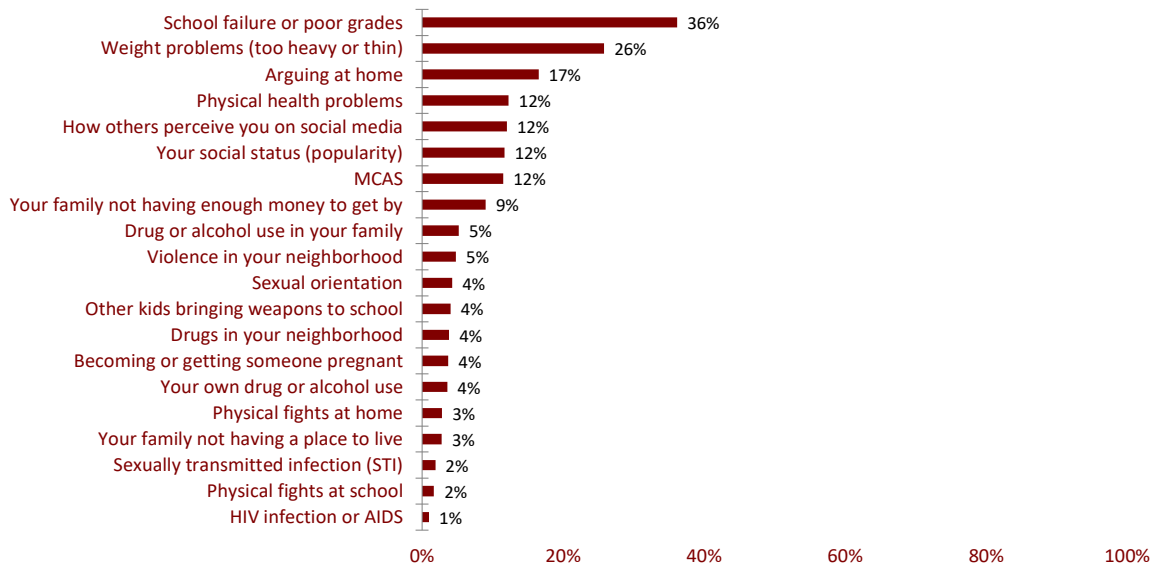
## Counseling and Medication in the Past 12 Months Among Cambridge High School Students (2008-2016)



### SELECTED POINTS

- Eleven percent (11%) of Cambridge high school students in 2016 reported that they met with a school counselor in the 12 months prior to the survey for a mental health/behavioral issue, 8% met with a Teen Health Center counselor, 19% met with a therapist with or without their family present, and 11% took medication for a mental health or behavioral issue.
- **Trends:** Reports of meeting with a Teen Health Center counselor peaked at 26% in 2006 and were at a low of 8% in 2016. The percentage of students who met with a therapist have been stable over time. Reports of taking medication for a mental health or behavioral issue rose from a low of 6% in 2002 to 10% in 2012 and was at a high of 11% in 2016.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely to report meeting with a Teen Health Center counselor (females: 12%, males: 4%) or with a therapist (females: 24%, males: 14%).
- **Grade:** There were no consistent effects by age/grade for any of these items.

## Percent of Cambridge High School Students Who Report Worrying\* About Various Issues in the Past 12 Months (2016)

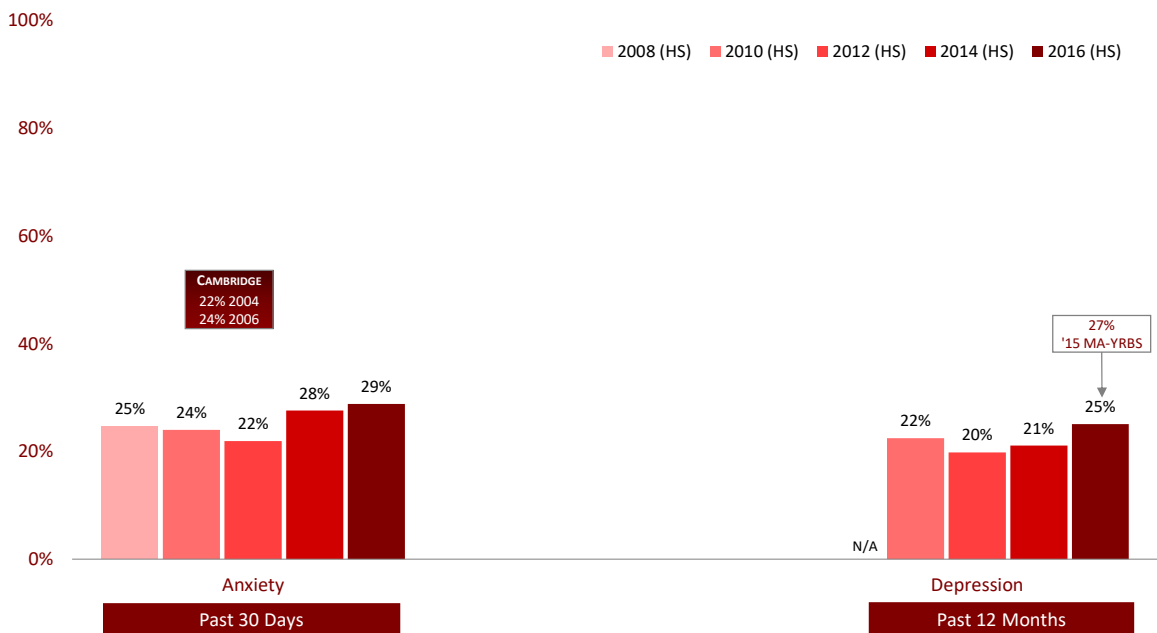


\* Chart displays students who reported worrying "fairly often" or "most of the time" about these issues on a 4-point scale.

### 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 high school students in 2016 reported worrying most frequently about school failure or poor grades (36%), weight problems (26%), arguing at home (17%), physical health problems (12%), how others perceive them on social media (12%), their social status/popularity (12%), and MCAS (12%).
- **Trends:** There were no large scale differences in these items between 2014 and 2016. The social media item and social status item were both added to the survey in 2016.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female respondents were more likely than males to report worrying about almost all of these items. The difference was largest for: weight problems (38% vs. 14%), school failure or poor grades (45% vs. 28%), and arguing at home (21% vs. 12%).
- **Grade:** Differences on the worrying items were both small and inconsistent across age/grade.

## Anxiety\* and Depression\*\* Among Cambridge High School Students (2008-2016)



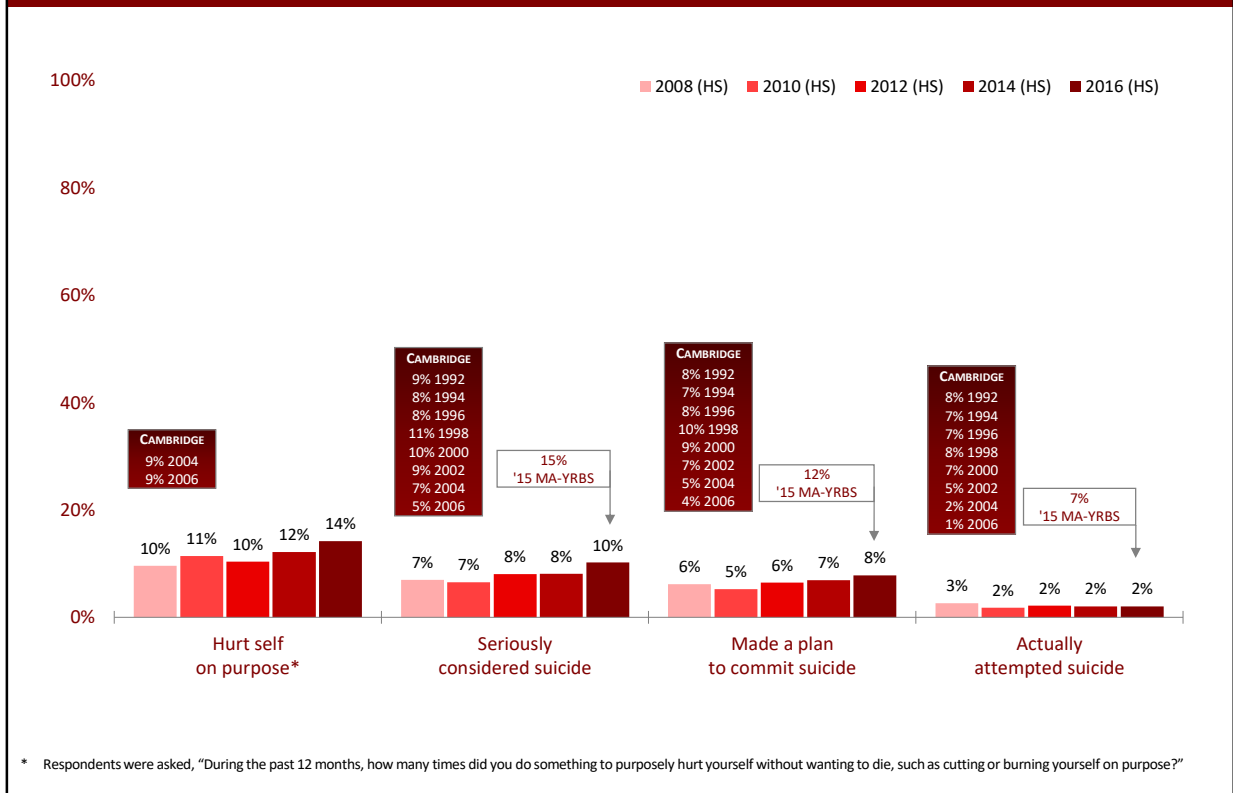
\* Item asks, "During the past 30 days, did you feel tense, nervous, or worried every day for two or more weeks in a row?"

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

### SELECTED POINTS

- The terms "anxiety" and "depression" as used here are **not** clinical diagnoses and should not be interpreted as such. They are crude self-report indicators only.
- In 2016, 29% of Cambridge high school students reported that they felt tense, nervous, or worried every day for two or more weeks in a row during the past 30 days and 25% reported that they felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities during the past 12 months.
- **Trends:** Both of these items have been increasing since the 2012 survey.
- **Comparisons:** Cambridge students in 2016 were slightly less likely than Massachusetts students in 2015 to report depression in the past 12 months (25% Cambridge; 27% MA).
- **Gender:** Females were much more likely than males to report anxiety (females: 38%; males: 19%) and depression (females: 34%; males: 16%).
- **Grade:** Both items tended to increase between 9<sup>th</sup> grade and 12<sup>th</sup> grade: anxiety (19%, 32%, 31%, 35%), depression (18%, 28%, 26%, 28%).

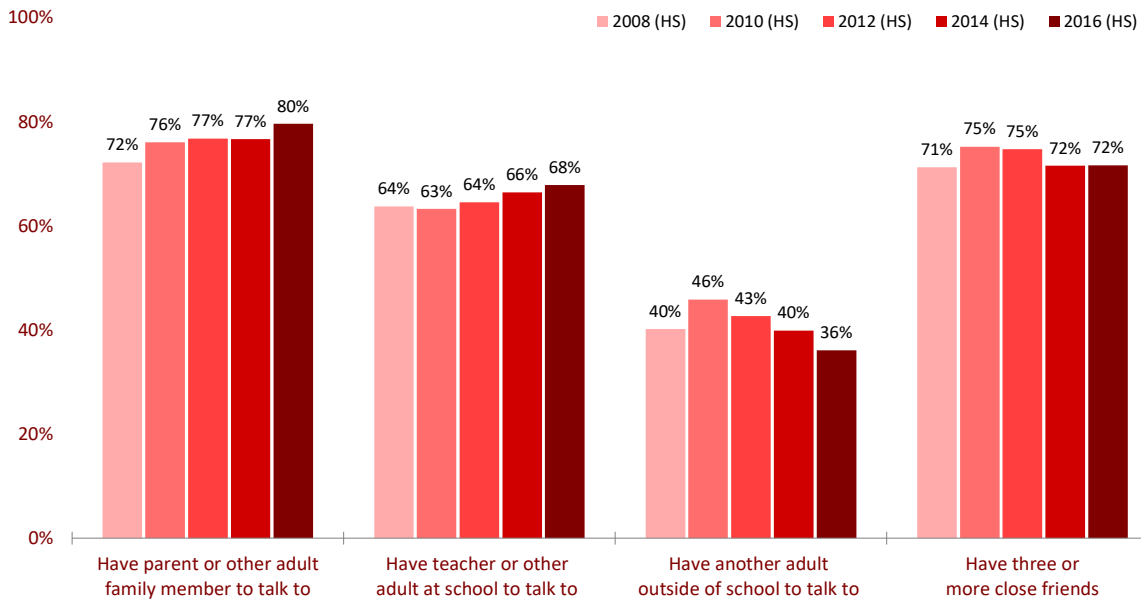
## Trends in Self-Harm and Suicide in the Past 12 Months Among Cambridge High School Students (2008-2016)



### SELECTED POINTS

- Fourteen percent (14%) of Cambridge high school students in 2016 reported hurting themselves on purpose in the past 12 months, 10% seriously considered suicide, 8% made a plan to commit suicide, and 2% actually attempted suicide.
- **Trends:** Reports of hurting oneself on purpose have been slowly increasing from a low of 9% in 2004 to a high of 14% in 2016. Reports of seriously considering suicide peaked in 1998 at 11% and were at 10% in 2016 following earlier declines. The percentage of students who reported that they made a plan to commit suicide peaked at 10% in 1998 and was at 8% in 2016. Reports of actually attempting suicide have dropped from a high of 8% in 1998 to 2% in 2016.
- **Comparisons:** These issues were less common among 2016 Cambridge high school students than 2015 Massachusetts students: seriously considered suicide (10% Cambridge, 15% MA), made a plan to commit suicide (8% Cambridge, 12% MA), attempted suicide (2% Cambridge, 7% MA). *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** Cambridge female respondents were more likely than males to report each of these mental health concerns: hurt self on purpose (21%, 8%), seriously considered suicide (15%, 5%), made a plan to commit suicide (11%, 5%), attempted suicide (3%, 1%).
- **Grade:** There were no consistent differences on these items by age/grade.

## Social Supports Among Cambridge High School Students\* (2008-2016)



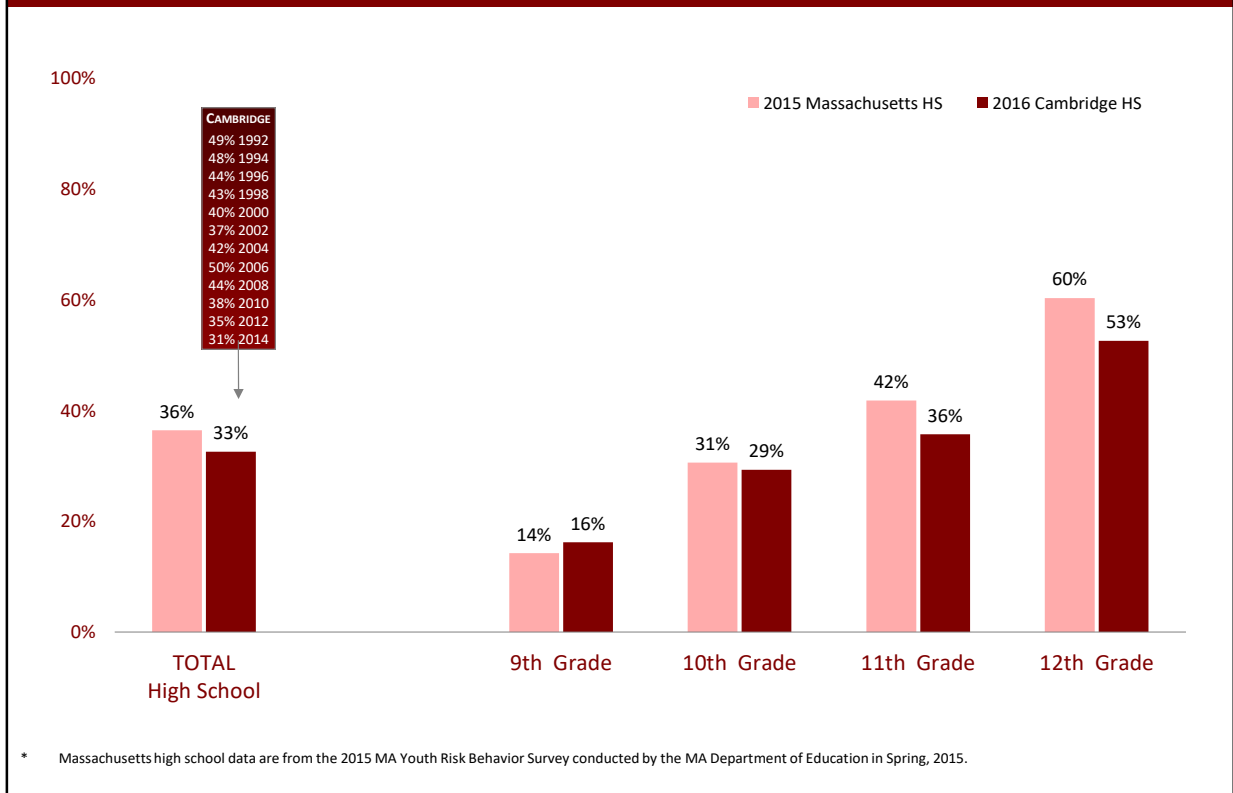
\* See the detailed tables for longer term trend data for each of these items.

### SELECTED POINTS

- Eighty percent (80%) of Cambridge high school students in 2016 reported having a parent or other adult family member to talk to about important issues, 68% had a teacher or other school adult to talk to, 36% had another adult outside of school (not a family member) to talk to, and 72% had three or more close friends.
- **Trends:** Reports of having a parent or other adult family member to talk to and a teacher or other adult at school to talk to have been slowly increasing. Reports of having another adult outside of school (not a family member) to talk to have been slowly decreasing.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males were more likely to report having three or more close friends (males: 75%, females: 68%).
- **Grade:** Reports of having a school adult to talk to about important issues increased with age/grade (9<sup>th</sup>: 54%, 10<sup>th</sup>: 67%, 11<sup>th</sup>: 74%, 12<sup>th</sup>: 79%).

# Sexual Health

## Massachusetts\* 2015 and Cambridge 2016 High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade

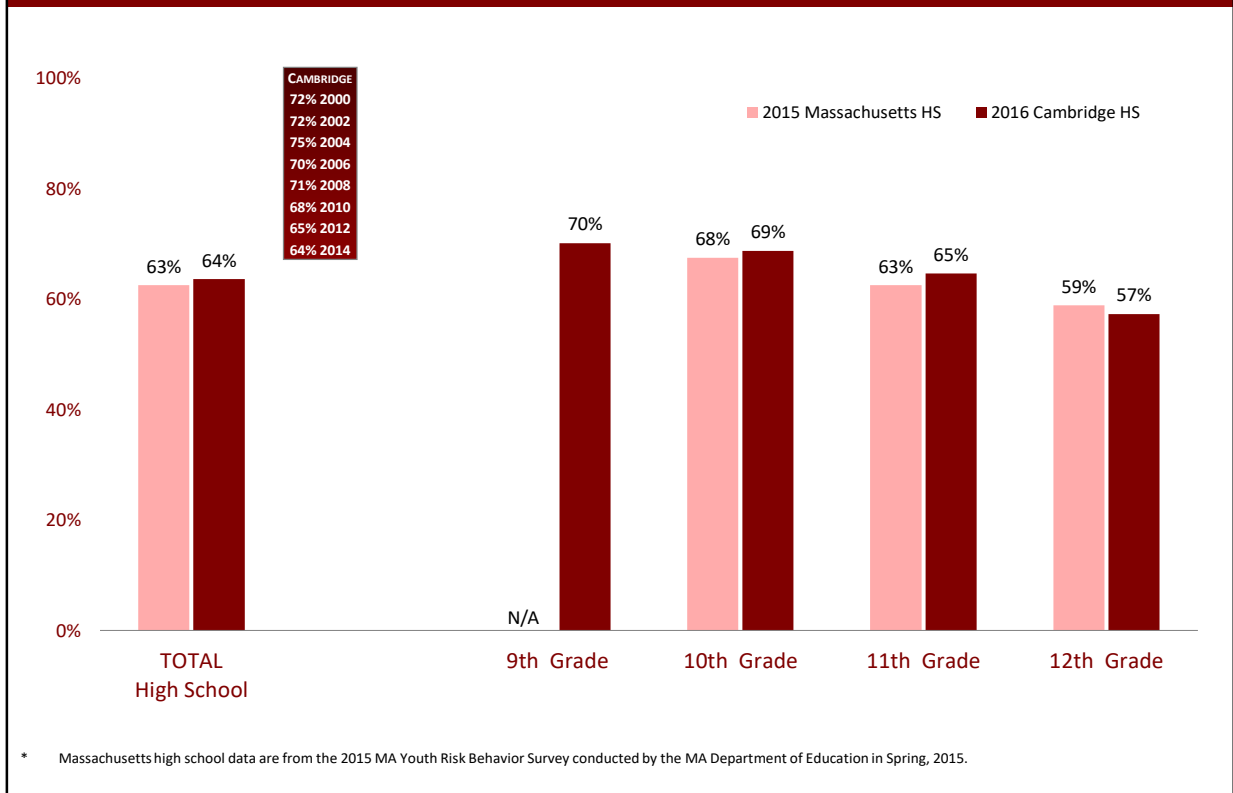


### SELECTED POINTS

- In 2016, 33% of Cambridge high school students reported ever having sexual intercourse – 16% of 9<sup>th</sup> graders, 29% of 10<sup>th</sup> graders, 36% of 11<sup>th</sup> graders, and 53% of 12<sup>th</sup> graders.
- **Trends:** The percentage of Cambridge high school students who reported ever having sexual intercourse decreased from a high of 50% in 2006 to a low of 31% in 2014 and was 33% in 2016.
- **Comparisons:** Comparative data show that 2016 Cambridge high school students were less likely than their 2015 Massachusetts peers to report ever having sexual intercourse (33% Cambridge, 36% MA). The two groups were similar in 9<sup>th</sup> and 10<sup>th</sup> grade but diverged in 11<sup>th</sup> and 12<sup>th</sup> grade. *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** Cambridge high school males were slightly more likely to report ever having sexual intercourse (34% males, 31% females).
- **Grade:** As displayed in the chart, the percentage of 2016 Cambridge students who reported ever having sexual intercourse increased from 16% in 9<sup>th</sup> grade to 53% in 12<sup>th</sup> grade.



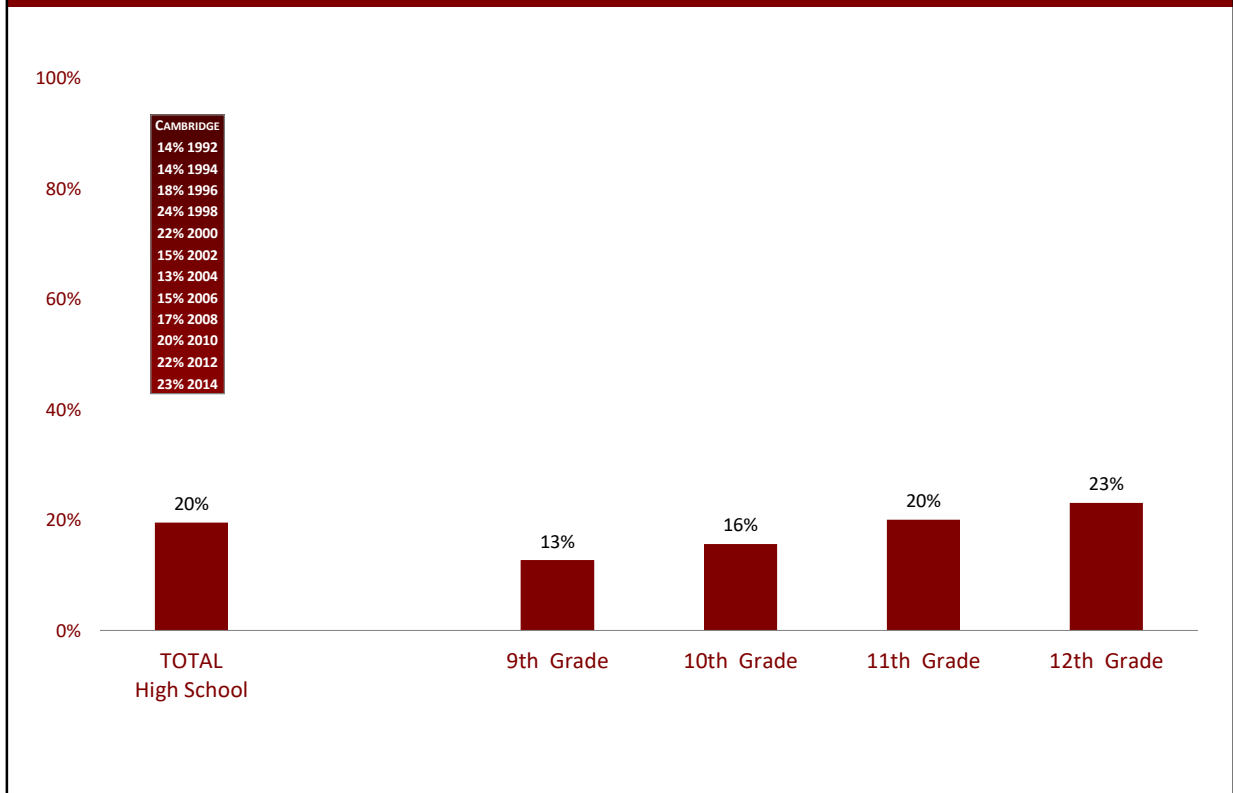
## Sexually Active Massachusetts 2015\* and Cambridge 2016 High School Students Who Used a Condom The Last Time They Had Intercourse, Total and by Grade



### SELECTED POINTS

- In 2016, 64% of sexually active Cambridge high school students reported that they or their partner used a condom the last time they had sexual intercourse – 70% of 9<sup>th</sup> graders, 69% of 10<sup>th</sup> graders, 65% of 11<sup>th</sup> graders, and 57% of 12<sup>th</sup> graders.
- **Trends:** The percentage of sexually active Cambridge high school students who reported that they or their partner used a condom the last time they had sexual intercourse declined from a high of 75% in 2004 to a low of 64% in 2016.
- **Comparisons:** Comparative data show that 2016 Cambridge high school students were equally as likely as their 2015 Massachusetts peers to report using a condom the last time they had sexual intercourse (64% Cambridge, 63% MA). As displayed in the chart, this comparison held across grades (9<sup>th</sup> grade Massachusetts data were not reported). *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** Male high school students were more likely than females to report that they or their partner used a condom they last time they had sexual intercourse (68% males, 59% females).
- **Grade:** Reported condom use among sexually active youth varied across grades, with declines between the 11<sup>th</sup> and 12<sup>th</sup> grades.

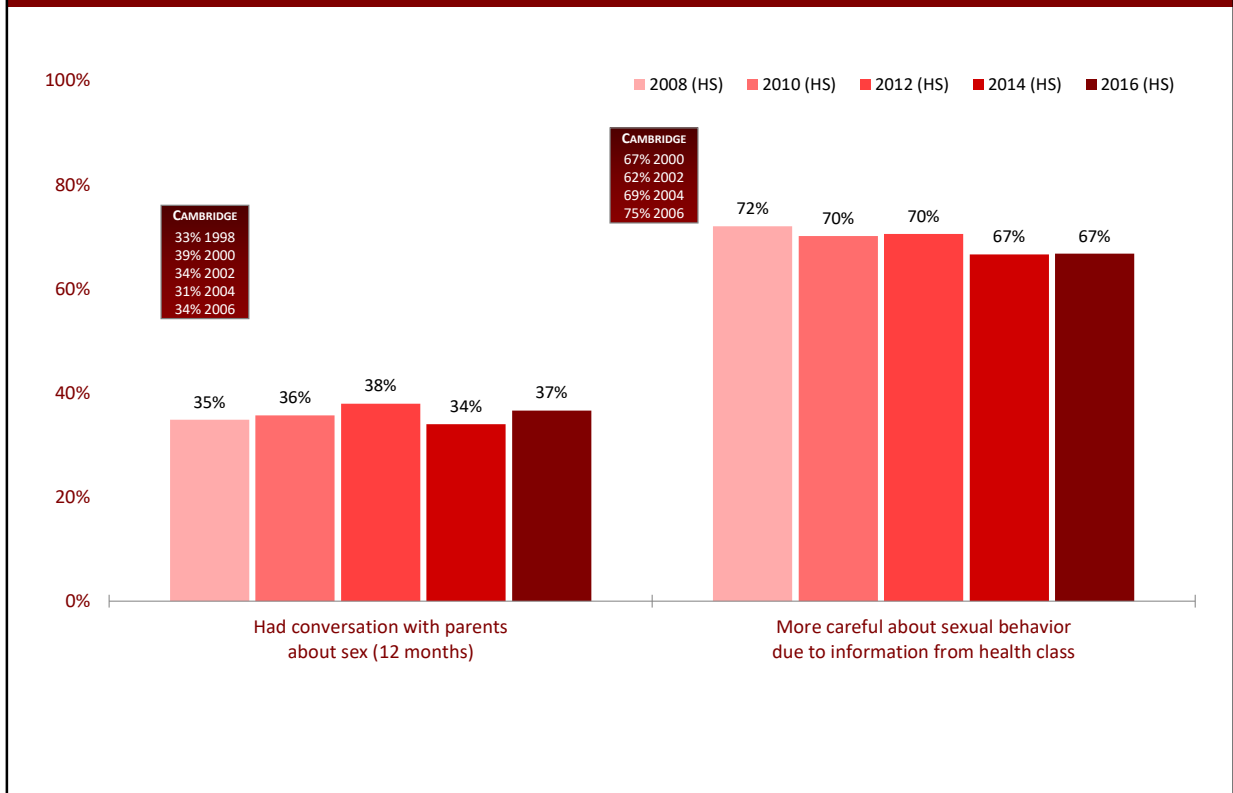
## Sexually Active Cambridge High School Students Who Used Alcohol or Drugs the Last Time They Had Intercourse, Total and by Grade (2016)



### SELECTED POINTS

- Twenty percent (20%) of sexually active Cambridge high school students in 2016 reported that they used alcohol or drugs before they had sexual intercourse the last time: 13% of 9<sup>th</sup> graders, 16% of 10<sup>th</sup> graders, 20% of 11<sup>th</sup> graders, and 23% of 12<sup>th</sup> graders.
- **Trends:** The percentage of sexually active Cambridge high school students who reported that they used alcohol or drugs before they had sexual intercourse the last time declined from a high of 24% in 1998 to a low of 13% in 2004, rose back to 23% in 2014, and was 20% in 2016.
- **Comparisons:** Comparative data are not available.
- **Gender:** Females were slightly more likely than males to report using alcohol or drugs before last intercourse among sexually active students (females: 22%, males: 16%).

## Communication and Information About Sex and Disease Among Cambridge High School Students (2008-2016)



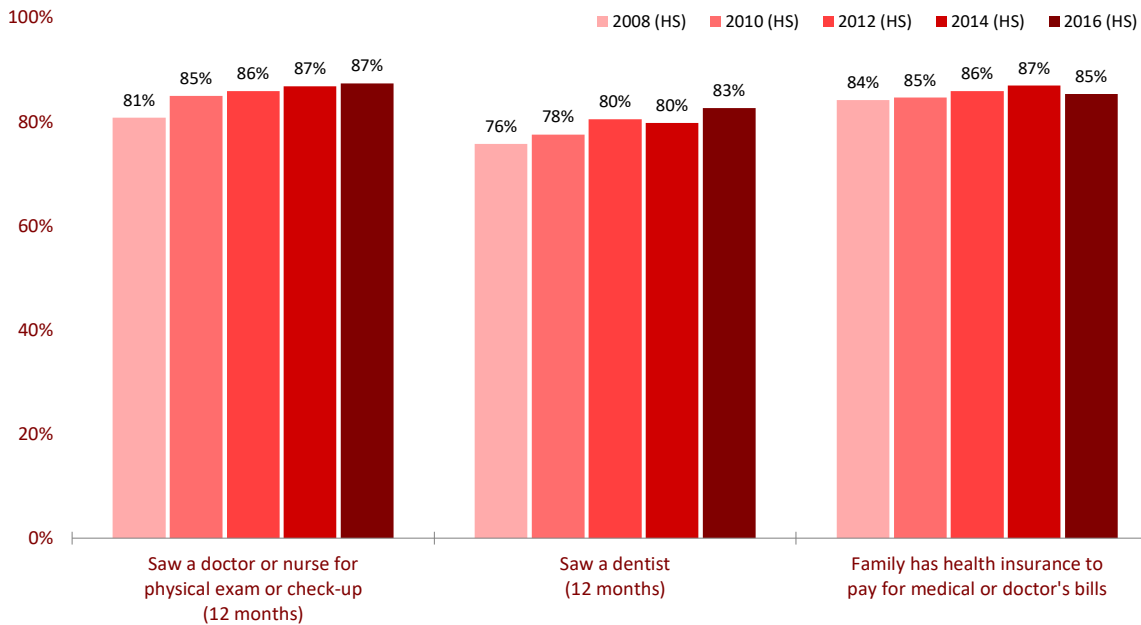
### SELECTED POINTS

- Thirty-seven percent (37%) of all Cambridge high school students in 2016 reported that they had a conversation about sex with their parents in the 12 months prior to the survey and 67% are more careful about their sexual behavior due to information received from health class.
- **Trends:** The percentage of students who reported that they had a conversation with their parents about sex in the last 12 months rose to a high of 39% in 2000, declined to a low of 31% in 2004, rose back to 38% in 2012, and was 37% in 2016. Reports of being more careful about sexual behavior due to information from health class declined from a high of 75% in 2006 to 67% in 2016.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely than males to report that they had a conversation with their parents about sex (females: 40%, males: 33%) and were more careful about sexual behavior due to information from health class (females: 70%, males: 64%).
- **Grade:** There were no consistent patterns by age/grade for these two items.

# Health and Healthcare

## Healthcare and Insurance\*

### Among Cambridge High School Students (2008-2016)

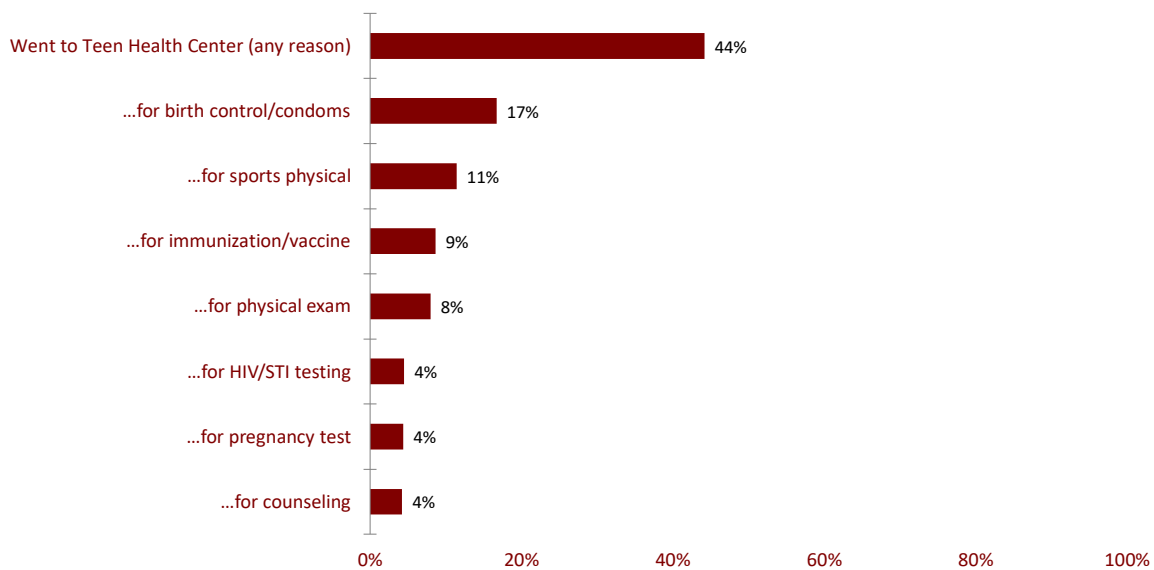


\* See the detailed tables for longer term trend data for each of these items.

#### SELECTED POINTS

- Eighty-seven percent (87%) of Cambridge high school students reported in 2016 that they saw a doctor or nurse for a physical exam or check-up in the last 12 months, 83% saw a dentist, and 85% report that their family has health insurance to pay for medical or doctors' bills.
- **Trends:** Reports of seeing a doctor or nurse for a physical exam or check-up in the last 12 months have increased steadily from a low of 60% in 1992 to a high of 87% in 2016. Similarly, reports of seeing a dentist in the last 12 months have increased steadily from a low of 65% in 1998 to a high of 83% in 2016. Reports of having health insurance have also increased from a low of 69% in 1994 to a high of 87% in 2014 and was 85% in 2016.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** There were no differences in these items by gender.
- **Grade:** There were no consistent differences in these items by age/grade.

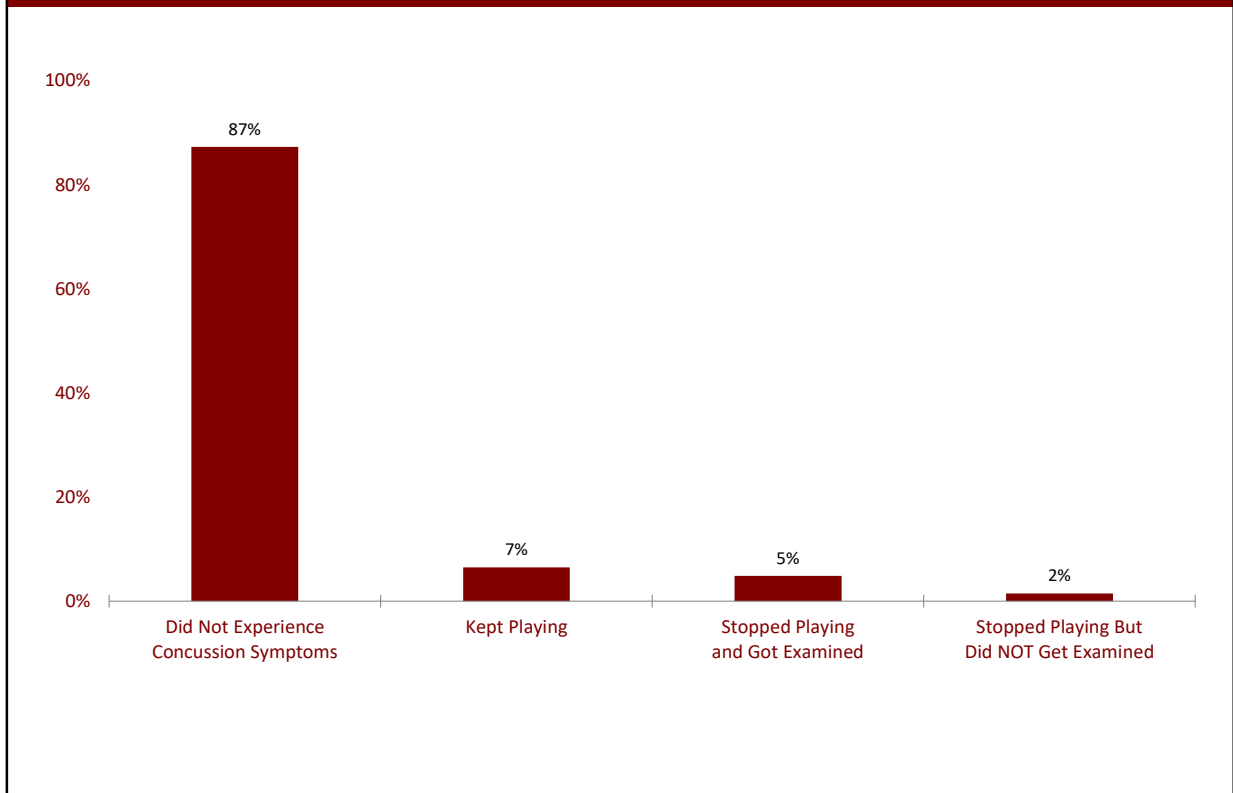
## Percent of All Cambridge High School Students Who Went to the Teen Health Center for Various Issues in the Past 12 Months (2016)



### SELECTED POINTS

- Forty-four percent (44%) of all Cambridge high school students report that they went to the Teen Health Center (for any reason) in the past 12 months.
- Seventeen percent (17%) of all Cambridge high school students went to the Teen Health Center for birth control/condoms, 11% for a sports physical, 9% for immunization/vaccine, and 8% for a physical exam.
- **Trends:** Complete trend data appear in the appendix at the end of this summary.
- **Gender:** Female respondents were more likely than males to report that they went to the Teen Health Center for any reason in the past 12 months (51% females, 37% males).
- **Grade:** Utilization of the Teen Health Center tended to increase with age/grade.

## Actions Taken by Student Athletes Who Experienced Symptoms of a Concussion in the Past 12 Months (2016)



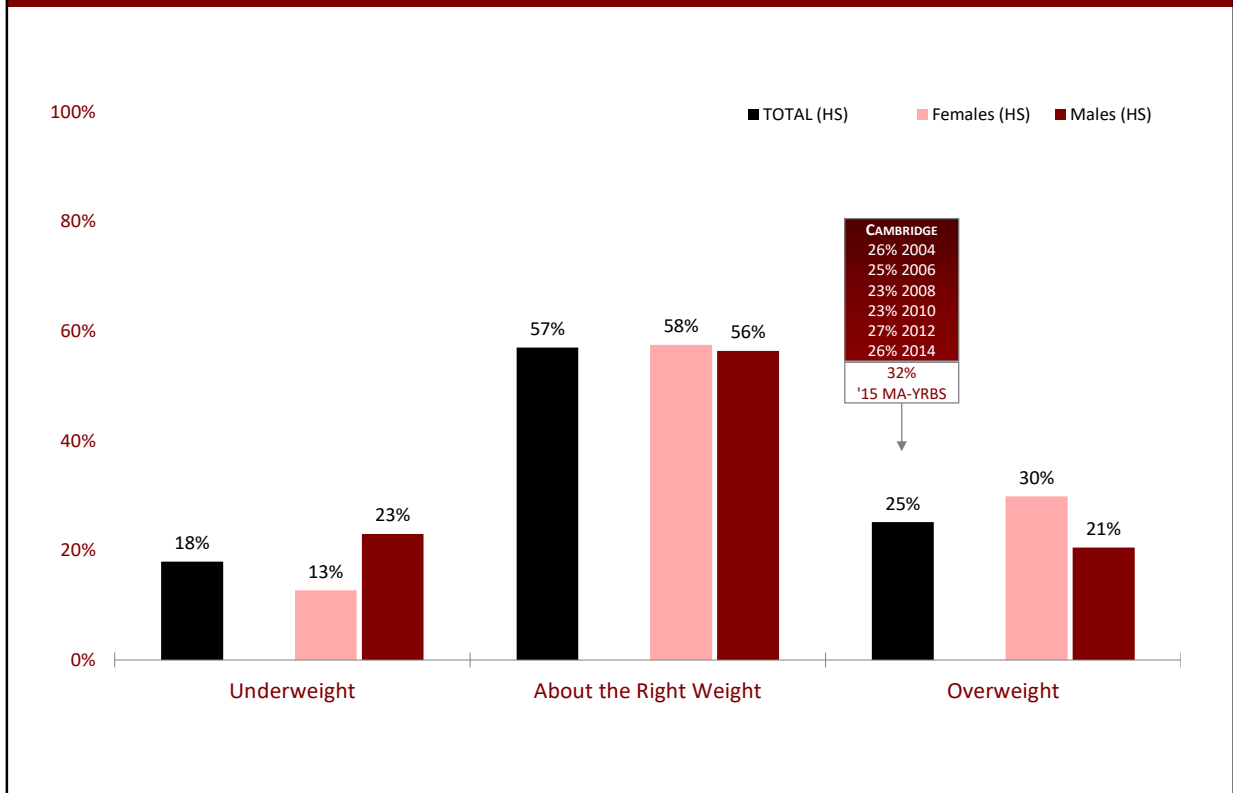
### SELECTED POINTS

- Thirteen percent (13%) of the 881 students who reported that they played on a sports team in the past 12 months reported that they “suffered a blow or jolt to their head while playing with a sports team (either during a game or during practice) which caused them to get knocked out, have memory problems, double or blurry vision, headaches, pressure in the head, or nausea or vomiting.”
- Among the 13% of student athletes who experienced these symptoms, 7% continued playing and 6% stopped playing. Most students who stopped playing (5%) reported that they got checked by a doctor, nurse, or healthcare provider.
- **Trends:** This was the first year this question was added to the survey.
- **Comparisons:** Comparative data are not available for this question.
- **Gender:** There were no differences by gender for this question.
- **Grade:** There were no differences by grade for this question.

# Weight and Physical Activity



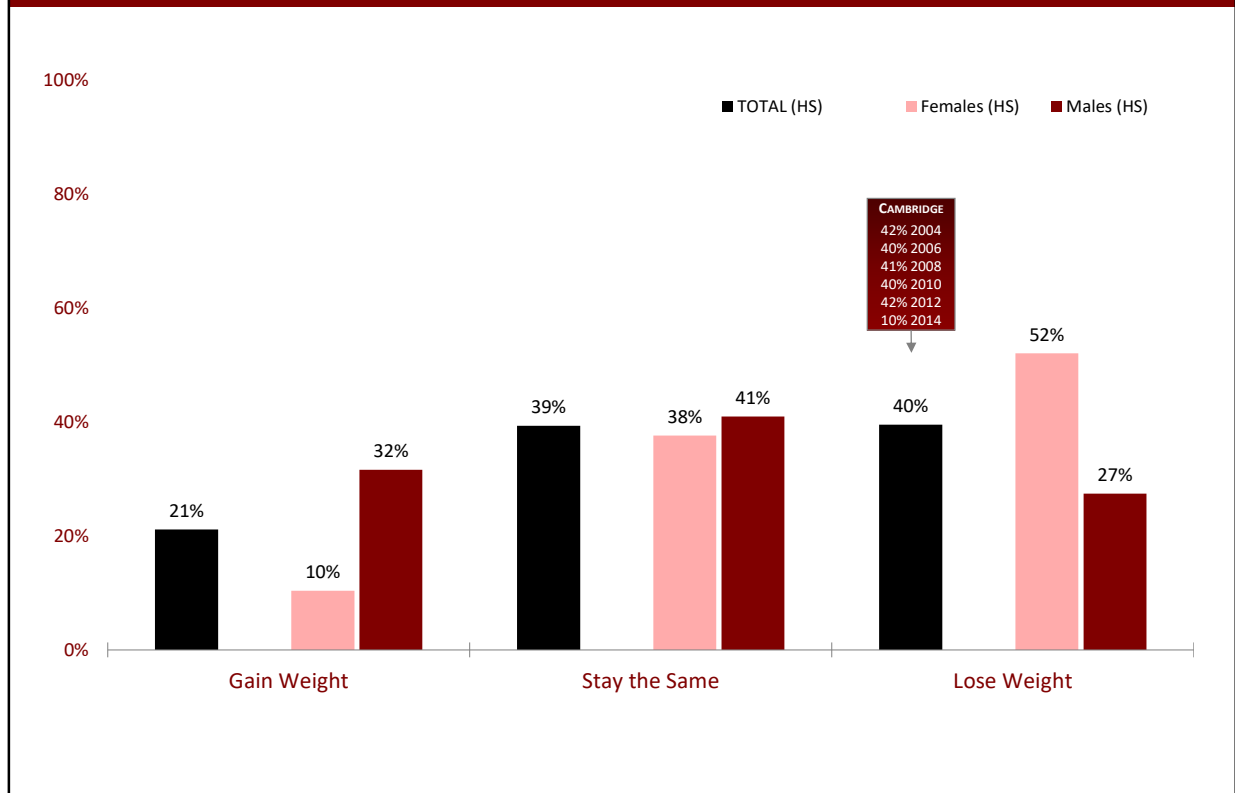
## Perception of Body Weight Among Cambridge High School Students, Total and by Gender (2016)



### SELECTED POINTS

- Eighteen percent (18%) of 2016 Cambridge high school students described themselves as *underweight*, 57% as *about the right weight*, and 25% as *overweight*.
- Thirteen percent (13%) of females and 23% of males described themselves as *underweight*, 58% of females and 56% of males as *about the right weight*, and 30% of females and 21% of males as *overweight*.
- **Trends:** Available high school trend data reveal little long-term change between 2004 and 2016 in the percent of Cambridge high school students who perceived themselves as *overweight*.
- **Comparisons:** Comparative data show that 2016 Cambridge high school students were less likely than their 2015 Massachusetts peers to describe themselves as *overweight* (25% Cambridge, 32% MA). MA data from the 2015 MA Youth Risk Behavior Survey
- **Gender:** As displayed in the chart, 2016 female Cambridge high school students were more likely than males to describe themselves as *overweight* (30% females, 21% males).
- **Grade:** There was little substantive variation with age/grade in the percentage of Cambridge high school students who considered themselves *overweight* (24%, 25%, 27%, 25%).

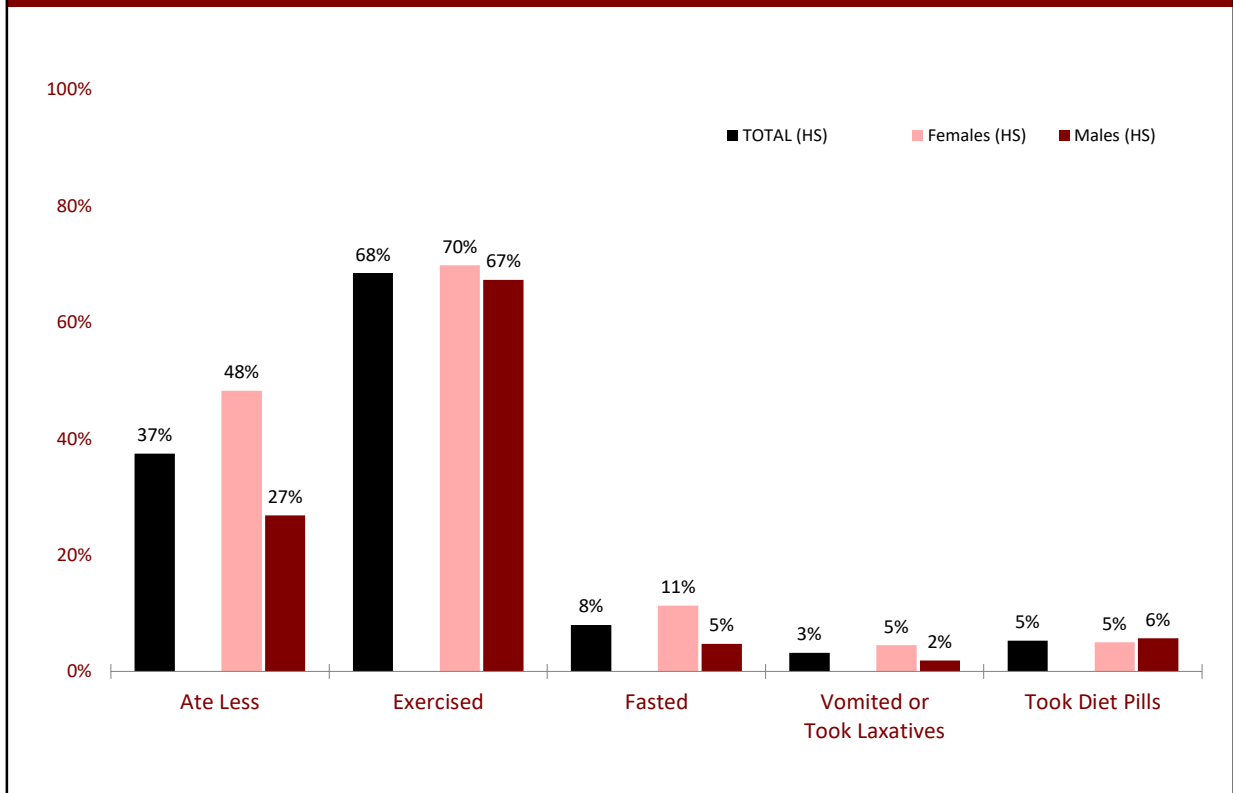
## Current Weight Control Goal Among Cambridge High School Students, Total and by Gender (2016)



### SELECTED POINTS

- Twenty-one percent (21%) of 2016 Cambridge high school students reported that they were trying to *gain weight*, 39% that they were trying to *stay the same weight*, and 40% that they were trying to *lose weight*.
- **Trends:** Available high school trend data reveal little substantive change since 2004 in the percentage of Cambridge high school students who reported that they were trying to *lose weight*.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students were much more likely to report trying to *lose weight* (52% females, 27% males) while males were much more likely to report trying to *gain weight* (10% females, 32% males).
- **Grade:** The percentage of 2016 Cambridge high school students who reported that they were currently trying to *lose weight* varied by age/grade (35%, 41%, 41%, 41%).

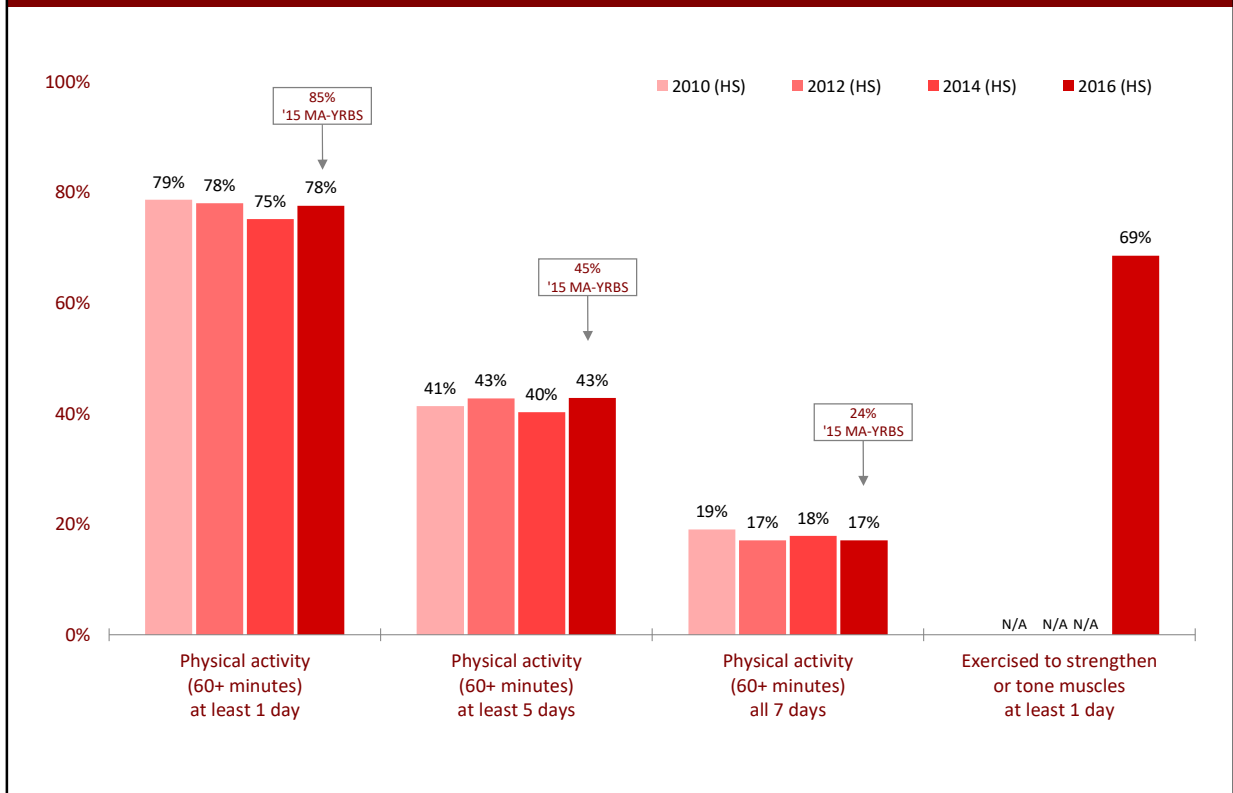
## Weight Loss/Maintenance Methods Used by Cambridge High School Students in the Past 30 Days, Total and by Gender (2016)



### SELECTED POINTS

- Thirty-seven percent (37%) of 2016 Cambridge high school students reported that they had *eaten less* in the 30 days prior to the survey in order to lose or maintain their weight. Sixty-eight percent (68%) had *exercised* to do so, 8% had *fasted*, 3% had *vomited or taken laxatives*, and 5% had *taken diet pills*.
- **Trends:** Available Cambridge high school trend data for 2008 to 2016 reveal little change in these items over time.
- **Comparisons:** Comparative data are not yet available for these questions.
- **Gender:** As displayed in the chart, female 2016 Cambridge high school students were more likely than males to report using these weight loss/maintenance methods.
- **Grade:** Differences by age/grade were inconsistent.

## Cambridge High School Students Who Reported Engaging in Physical Activity in the Past 7 Days (2010-2016)

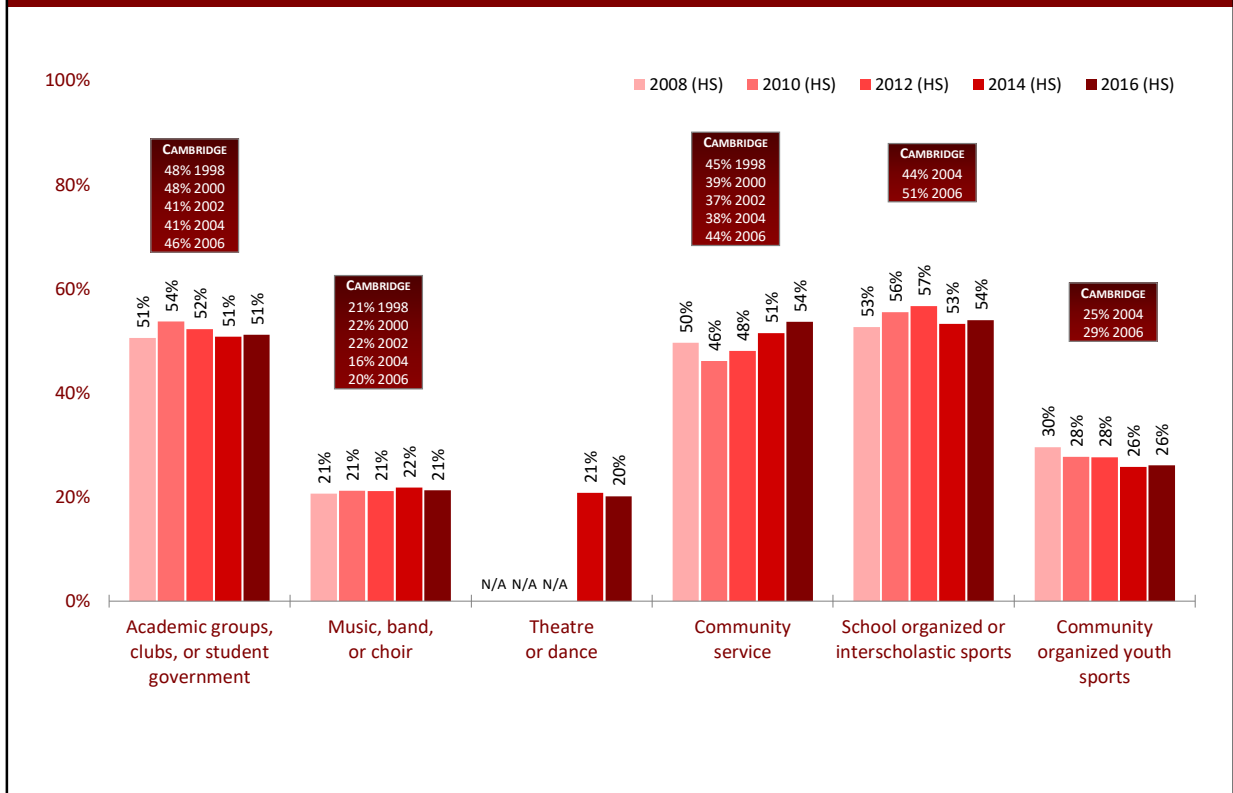


### SELECTED POINTS

- Seventy-eight (78%) of Cambridge high school students in 2016 reported that they participated in physical activity for a total of at least 60 minutes per day on at least one day in the last 7 days, 43% on at least five days, and 17% on all seven days. Sixty-nine percent (69%) reported that they exercised to strengthen or tone muscles on at least one day in the last 7 days.
- **Trends:** Reports of engaging in physical activity have been largely stable between 2010 and 2016. The muscle strengthening question was added to the survey in 2016.
- **Comparisons:** Cambridge students in 2016 were slightly less likely than their Massachusetts peers to report engaging in physical activity.
- **Gender:** Cambridge males were more likely than females to report engaging in physical activity and exercising to strengthen or tone muscles.
- **Grade:** There were few consistent differences by age/grade in these items.

# Habits and Activities

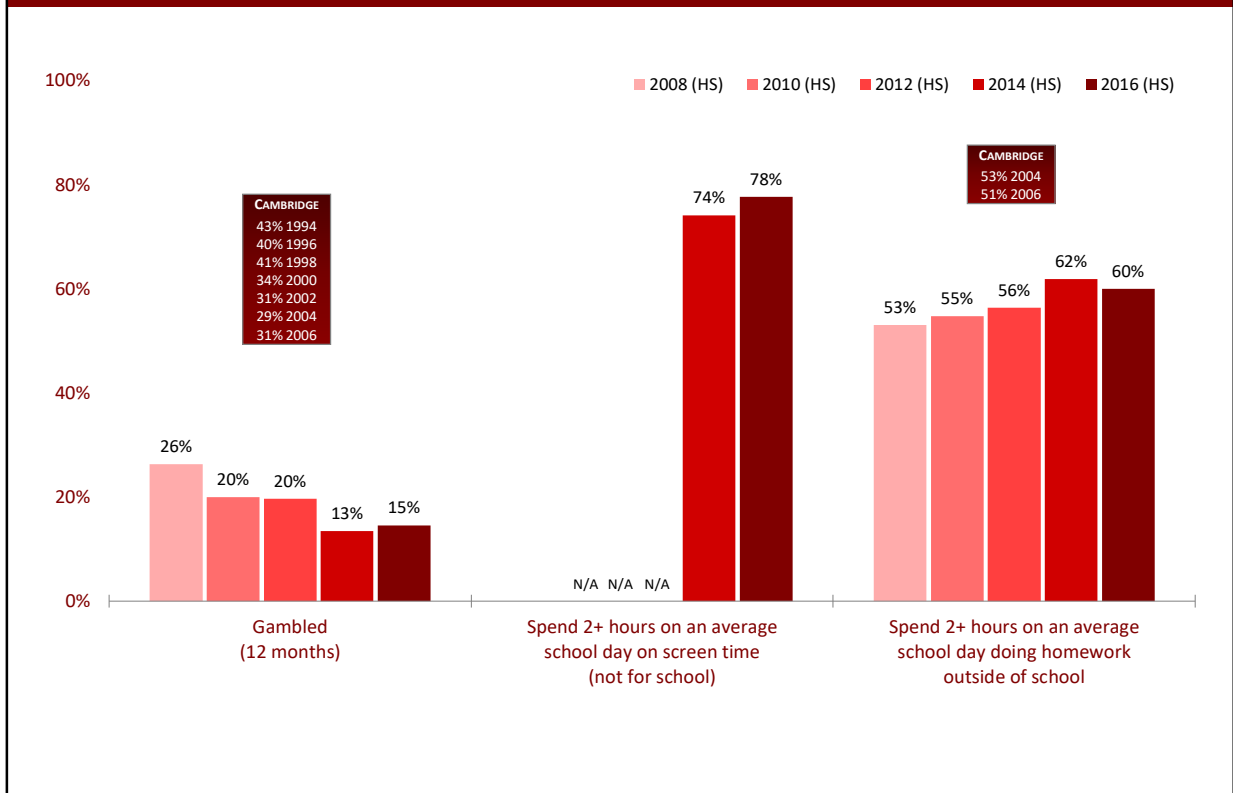
## School and Community Activity Participation During the School Year Among Cambridge High School Students (2008-2016)



### SELECTED POINTS

- Fifty-one percent (51%) of Cambridge high school students participated in academic groups, clubs, or student government during the 2015-2016 academic year, 21% participated in music, band, or choir, 20% in theatre or dance, 54% in community service in or out of school, 54% in school organized or interscholastic sports, and 26% in community organized youth sports.
- **Trends:** Participation in academic groups, clubs, or student government was up from a low of 41% in 2004 and was 51% in 2016. Participation in music, band, or choir has been stable over time with the exception of a dip in 2004. Community service participation was at a high of 54% in 2016. Participation in school organized or interscholastic sports was up from a low of 44% in 2004 and was 54% in 2016. Participation in community organized youth sports has been largely stable over time.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely than males to report that they participated in academic groups, clubs, or student government (females: 57%, males: 46%), theatre or dance (30% females, 10% males), and participated in community service (60% vs. 47%). Males were more likely than females to report that they participated in school organized or interscholastic sports (59% males, 50% females) and community organized youth sports (males: 33%, females: 19%).
- **Grade:** Participation in school organized or interscholastic sports (9<sup>th</sup>: 61%, 10<sup>th</sup>: 58%, 11<sup>th</sup>: 51%, 12<sup>th</sup>: 43%) and community organized youth sports (9<sup>th</sup>: 29%, 10<sup>th</sup>: 27%, 11<sup>th</sup>: 25%, 12<sup>th</sup>: 22%) both decreased by age/grade.

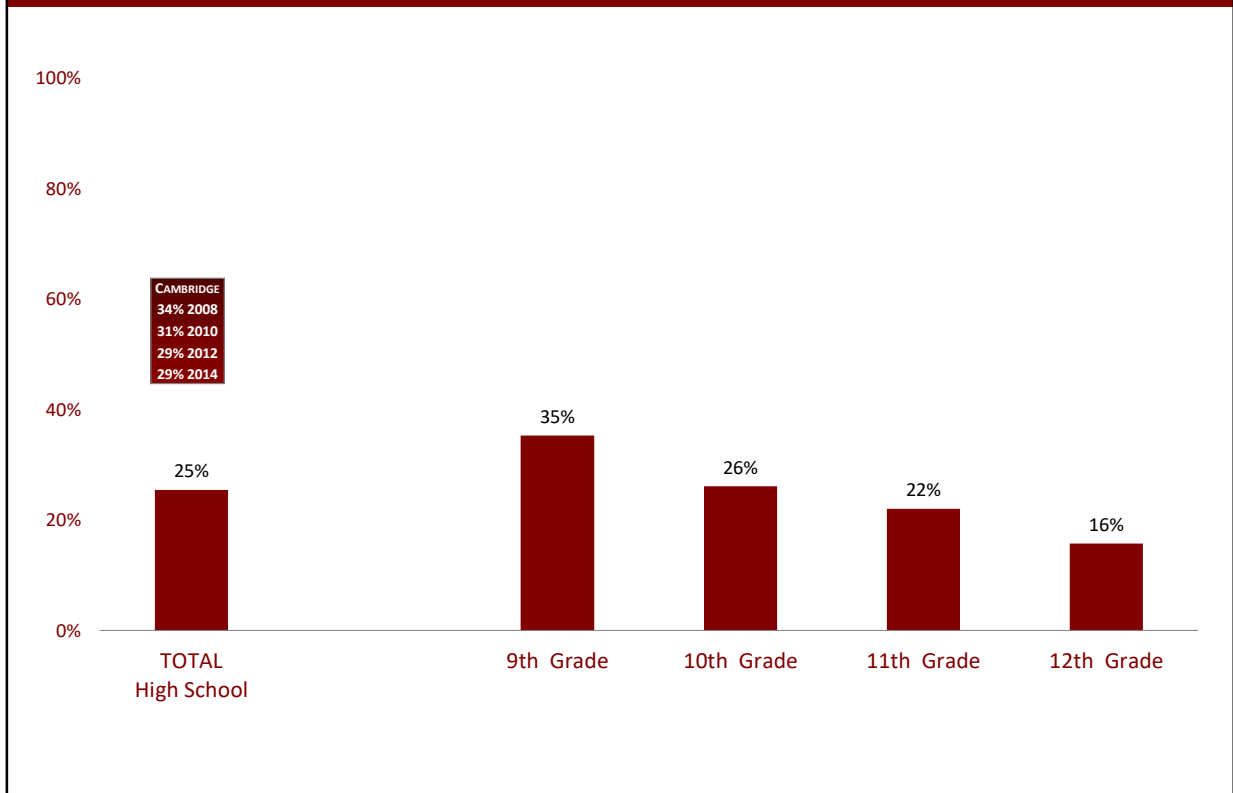
## Personal Habits Among Cambridge High School Students (2008-2016)



### SELECTED POINTS

- Fifteen percent (15%) of Cambridge high school students gambled in the 12 months prior to the survey, 78% spent 2 or more hours on an average school day on screen time (not for schoolwork or homework), and 60% spent 2 or more hours on an average school day studying or completing homework outside of school hours.
- **Trends:** Gambling in the past 12 months is down from a high of 43% in 1994 to a low of 13% in 2014 and was 15% in 2016. Reports of time spent on homework have been slowly increasing over time.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males were more likely than females to report that they gambled in the past 12 months (males: 23%, females: 6%). Females were more likely than males to report that they spend 2 or more hours on an average school day on screen time (80% females, 75% males) and studying or completing homework outside of school hours (females: 70%, males: 50%).
- **Grade:** Reports of gambling in the past 12 months increased from 9<sup>th</sup> grade to 12<sup>th</sup> grade (9<sup>th</sup>: 9%, 10<sup>th</sup>: 15%, 11<sup>th</sup>: 13%, 12<sup>th</sup>: 21%).

## Usually Get 8 or More Hours of Sleep on a Regular School Night Among Cambridge High School Students, Total and by Grade (2016)

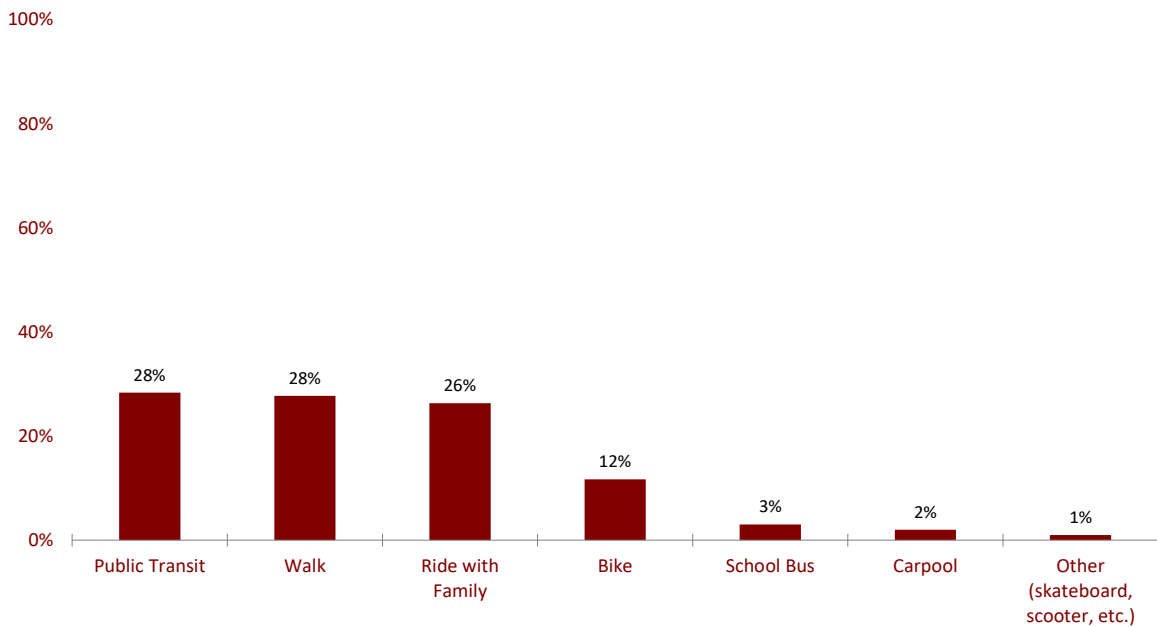


### SELECTED POINTS

- Twenty-five percent (25%) of Cambridge high school students report that they usually get 8 or more hours of sleep on a regular school night.
- **Trends:** There was a decrease between 2008 and 2016 in reports of getting 8 or more hours of sleep on a regular school night (2008: 34%, 2016: 25%).
- **Comparisons:** Comparative data are not available.
- **Gender:** Males were more likely than females to report that they get 8 or more hours of sleep on a regular school night (28% males, 23% females).
- **Grade:** Reports of getting 8 or more hours of sleep on a regular school night decreased with age/grade: 9<sup>th</sup> (35%), 10<sup>th</sup> (26%), 11<sup>th</sup> (22%), 12<sup>th</sup> (16%).



## Most Common Way Cambridge High School Students Travel to School (2016)



### SELECTED POINTS

- Students were asked to indicate the most common way they traveled to school in the past month. Twenty-eight percent (28%) reported that they use public transit (city bus, subway, other public transportation), 28% walk, 26% ride in a vehicle with only members of their family, 12% bike, 3% take the school bus, 2% ride in a vehicle with children from other families (carpool), and 1% use another method (e.g., skateboard, scooter, etc.).
- **Trends:** This was the first year this question was added to the survey.
- **Comparisons:** Comparative data are not available for this question.
- **Gender:** Males were more likely than females to report that they bike to school (males: 17%, females: 7%).
- **Grade:** There were no consistent differences in this item by age/grade.

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**Appendix A:**

**Selected Data Tables**

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## 2015-2016 CAMBRIDGE TEEN HEALTH SURVEY

### Alcohol, Tobacco, and Other Drug Use - High School

	TOTAL														MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2016 (1566)	2013 (2718)	2015 (3120)	Males (792)	Females (765)	9th (409)	10th (421)	11th (387)	12th (335)	
<b>LIFETIME (any use in lifetime)</b>																						
Alcohol	73.4%	76.0%	77.9%	82.3%	N/A	N/A	N/A	64.9%	62.0%	60.1%	61.8%	56.5%	52.9%	63.2%	61.3%	49.6%	56.4%	31.3%	52.4%	58.9%	73.4%	
Cigarettes	49.5%	47.3%	46.9%	53.1%	50.2%	40.0%	35.3%	33.6%	28.1%	31.6%	27.1%	28.7%	21.8%	31.6%	27.8%	21.5%	21.9%	13.8%	15.6%	22.5%	37.1%	
Electronic Cigarette (e-cigarette)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.2%	20.0%	N/A	N/A	22.1%	17.9%	14.6%	19.2%	19.7%	27.4%	
Smokeless Tobacco	N/A	11.8%	10.8%	11.0%	N/A	N/A	N/A	N/A	N/A	5.1%	3.8%	3.6%	2.4%	N/A	N/A	3.9%	0.9%	1.0%	2.9%	2.3%	3.3%	
Marijuana	26.1%	33.0%	43.6%	49.2%	N/A	N/A	N/A	40.7%	40.1%	40.4%	40.8%	45.6%	40.7%	41.3%	40.9%	38.6%	42.9%	18.4%	37.0%	47.4%	64.4%	
Cocaine	4.1%	3.2%	3.8%	4.0%	N/A	N/A	N/A	N/A	N/A	2.2%	1.9%	2.3%	2.1%	3.7%	4.5%	2.7%	1.6%	1.2%	1.9%	2.6%	2.7%	
Ecstasy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.1%	1.7%	2.9%	2.1%	4.7%	4.3%	3.1%	1.2%	0.7%	1.2%	3.1%	3.6%	
Heroin	2.5%	1.5%	3.1%	2.3%	N/A	N/A	N/A	N/A	N/A	0.6%	0.2%	0.8%	0.6%	N/A	1.7%	1.0%	0.1%	0.2%	0.7%	0.5%	0.9%	
Prescription Drug (without doctor's prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.7%	7.8%	N/A	N/A	7.9%	7.6%	4.4%	6.3%	7.4%	14.0%	
Pain Medication (w/o prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.3%	3.9%	N/A	N/A	3.5%	4.4%	2.2%	3.4%	4.2%	6.1%	
Anti-Anxiety or Depressant Medication (w/o prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.8%	3.3%	N/A	N/A	3.6%	2.8%	1.7%	2.7%	2.9%	6.1%	
Stimulants (w/o prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.4%	3.5%	N/A	N/A	4.4%	2.4%	0.5%	2.2%	3.5%	8.5%	
Other Medication (w/o prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	1.2%	N/A	N/A	1.2%	1.1%	1.0%	0.5%	1.3%	1.8%	
Other Illegal Drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.9%	3.9%	4.8%	5.6%	N/A	N/A	7.5%	3.6%	1.7%	3.4%	5.7%	12.4%	
<b>CURRENT (any use in past 30 days)</b>																						
Alcohol	32.8%	39.1%	41.9%	49.5%	45.1%	36.3%	39.1%	41.9%	41.6%	38.3%	39.6%	34.6%	32.0%	35.6%	33.9%	29.9%	34.3%	12.6%	32.0%	35.8%	51.8%	
Binge Alcohol	18.4%	20.8%	24.9%	26.8%	28.2%	19.8%	19.0%	21.3%	24.2%	20.6%	20.0%	18.5%	15.6%	18.9%	17.7%	16.4%	14.7%	5.7%	12.9%	17.2%	29.1%	
Cigarettes	11.3%	12.6%	16.4%	20.5%	17.8%	11.9%	12.4%	12.6%	9.8%	11.9%	8.7%	9.4%	5.6%	10.7%	7.7%	5.9%	5.1%	2.7%	3.1%	6.2%	10.8%	
Electronic Cigarette (e-cigarette)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.6%	4.5%	N/A	N/A	5.8%	3.0%	4.7%	3.1%	3.9%	5.7%	
Cigars, Cigarillos, or Little Cigars	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.2%	5.3%	4.1%	10.8%	10.4%	5.5%	2.6%	2.5%	3.6%	5.0%	5.5%	
Smokeless Tobacco	N/A	3.7%	3.6%	3.8%	N/A	N/A	N/A	N/A	N/A	2.6%	1.2%	1.7%	0.7%	4.8%	5.5%	1.0%	0.4%	0.2%	1.0%	0.8%	0.6%	
Marijuana	13.0%	19.9%	26.3%	30.0%	27.7%	20.7%	21.2%	26.1%	27.7%	28.8%	25.7%	29.9%	26.1%	24.8%	24.5%	25.7%	26.6%	12.6%	25.5%	28.6%	40.3%	
Inhalants	3.1%	1.9%	3.1%	3.4%	2.1%	1.6%	1.9%	1.5%	1.9%	2.2%	1.3%	1.9%	1.4%	N/A	N/A	1.5%	1.2%	1.2%	1.0%	1.8%	1.2%	
Cocaine	1.7%	1.2%	2.0%	1.6%	1.1%	1.3%	1.9%	2.4%	2.8%	1.3%	0.8%	1.1%	1.0%	N/A	N/A	1.3%	0.8%	0.5%	1.0%	1.3%	1.5%	
Ecstasy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	0.8%	1.6%	0.8%	N/A	N/A	1.0%	0.5%	0.2%	0.2%	1.6%	1.2%	
Heroin	1.6%	0.9%	1.9%	1.1%	0.7%	0.5%	0.7%	0.6%	1.6%	0.5%	0.1%	0.7%	0.3%	N/A	N/A	0.4%	0.1%	0.2%	0.2%	0.3%	0.3%	
Prescription Drug (without doctor's prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	3.1%	N/A	N/A	3.6%	2.4%	2.0%	1.2%	3.4%	5.8%	
Over-the-Counter Medication (to get high)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.3%	2.9%	N/A	N/A	3.1%	2.7%	2.5%	2.7%	3.4%	2.4%	
Other Illegal Drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.8%	1.6%	2.1%	2.1%	N/A	N/A	2.8%	1.2%	1.2%	1.2%	2.4%	3.6%	
<b>ALCOHOL AND OTHER DRUG-RELATED ISSUES</b>																						
Ever injected illegal drugs	2.8%	1.9%	2.4%	1.4%	1.8%	1.1%	1.0%	1.1%	1.2%	0.6%	0.3%	0.7%	0.8%	1.0%	N/A	1.2%	0.4%	0.5%	1.0%	0.8%	0.6%	
Drove after drinking (30 days)	3.7%	4.0%	3.6%	5.3%	3.6%	2.9%	3.2%	3.7%	3.4%	2.8%	1.7%	1.7%	1.6%	7.1%	9.4%	1.8%	1.2%	1.2%	0.7%	0.5%	3.9%	
Rode with drinking driver (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.9%	11.7%	9.1%	9.2%	18.3%	18.2%	7.7%	10.7%	7.5%	9.9%	7.1%	12.8%	
Live with a smoker	N/A	N/A	37.9%	33.5%	29.6%	25.6%	25.0%	23.4%	21.9%	26.9%	23.1%	20.0%	18.1%	N/A	N/A	18.0%	18.4%	18.9%	18.2%	18.4%	16.6%	
Talked with parents about alcohol or other drugs (12 months)	N/A	N/A	55.0%	52.4%	47.7%	44.6%	44.1%	49.7%	49.6%	53.5%	57.9%	54.6%	55.9%	N/A	N/A	53.8%	57.8%	51.0%	57.1%	55.9%	60.7%	
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	N/A	N/A	55.8%	58.1%	N/A	N/A	56.1%	60.0%	66.8%	63.3%	54.8%	44.4%	
Had a problem with alcohol or drugs (12 months)	6.4%	6.7%	8.3%	11.4%	10.2%	7.6%	5.6%	5.7%	6.4%	6.5%	5.9%	6.5%	4.8%	N/A	N/A	4.6%	5.0%	2.5%	5.6%	4.2%	7.3%	
Ever helped or treated for alcohol or drug use	4.2%	3.1%	3.1%	3.0%	3.5%	3.8%	2.5%	3.1%	2.6%	3.4%	2.8%	4.0%	2.7%	N/A	N/A	3.6%	1.8%	1.2%	3.1%	3.1%	3.6%	
Family member had a problem with alcohol or drugs (12 months)	14.4%	14.0%	13.5%	13.9%	12.2%	12.3%	10.1%	11.1%	12.8%	11.1%	10.1%	9.5%	9.5%	N/A	N/A	6.2%	12.8%	7.5%	10.9%	10.4%	9.1%	
Class within 1 hour of using alcohol, pot, or drugs (30 days)	N/A	N/A	N/A	N/A	15.5%	10.6%	9.7%	12.1%	11.6%	12.2%	8.9%	11.3%	9.1%	N/A	N/A	8.5%	9.7%	5.7%	7.1%	10.6%	13.8%	
Offered, sold, or given drugs on school property (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.8%	20.0%	19.5%	18.7%	23.0%	20.3%	19.5%	17.8%	13.4%	20.0%	17.5%	24.0%	

## 2015-2016 CAMBRIDGE TEEN HEALTH SURVEY

### Alcohol, Tobacco, and Other Drug Use Perceptions - High School

	TOTAL													MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2016 (1566)	2013 (2718)	2015 (3120)	Males (792)	Females (765)	9th (409)	10th (421)	11th (387)	12th (335)
<b>PERCEIVED EASE OF OBTAINING ALCOHOL (Sort of Easy/Very Easy)</b>																					
From a liquor store, bar, or restaurant	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	21.2%	19.4%	19.2%	16.1%	N/A	N/A	21.0%	10.9%	7.6%	13.5%	17.2%	27.8%
From home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.5%	48.1%	49.2%	52.0%	N/A	N/A	51.3%	52.8%	48.7%	49.1%	54.1%	58.2%
From an adult 21 years of age or older	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	57.2%	56.3%	49.0%	46.3%	N/A	N/A	44.4%	48.1%	27.0%	43.4%	53.3%	65.0%
From someone less than 21 years of age	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54.5%	50.1%	48.9%	51.7%	N/A	N/A	49.5%	53.8%	41.6%	54.8%	53.4%	58.3%
<b>PERCEPTION OF RISK OF HARM (Moderate Risk/Great Risk)</b>																					
Taking one or two drinks nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	68.4%	68.5%	58.8%	60.8%	58.4%	59.9%	N/A	N/A	56.4%	63.5%	63.4%	58.9%	58.6%	59.5%
Having five or more drinks once or twice each weekend	N/A	N/A	N/A	N/A	N/A	N/A	N/A	76.7%	73.1%	71.9%	75.2%	70.9%	73.4%	N/A	N/A	68.3%	78.8%	80.5%	74.8%	70.5%	66.9%
Smoking one or more packs of cigarettes per day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.9%	84.6%	85.1%	86.5%	83.2%	83.2%	N/A	N/A	79.4%	87.1%	86.6%	82.6%	81.3%	82.4%
Smoking marijuana regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	73.9%	70.2%	65.6%	62.9%	53.3%	55.0%	N/A	N/A	49.5%	60.4%	68.9%	57.3%	50.4%	40.4%
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	N/A	N/A	84.1%	85.8%	N/A	N/A	81.4%	90.2%	89.4%	84.4%	85.3%	83.9%
<b>PERCEIVED PARENTAL DISAPPROVAL OF ATOD USE (Wrong/Very Wrong)</b>																					
Drink beer, wine, or hard liquor regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72.2%	70.0%	70.4%	72.8%	69.1%	66.4%	N/A	N/A	62.3%	70.6%	81.7%	72.7%	62.9%	44.3%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	90.8%	90.1%	91.2%	93.7%	93.4%	93.2%	N/A	N/A	90.3%	96.0%	93.9%	94.6%	93.1%	90.4%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	86.1%	82.5%	80.3%	82.7%	78.9%	77.0%	N/A	N/A	73.7%	80.2%	84.6%	80.1%	73.9%	67.0%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	95.7%	93.9%	96.5%	97.0%	96.2%	95.1%	N/A	N/A	92.7%	97.5%	95.5%	96.5%	94.7%	93.2%
Use prescription drugs not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.5%	93.7%	N/A	N/A	91.4%	95.9%	93.2%	95.8%	93.9%	91.3%
<b>PERCEIVED CLOSE FRIEND DISAPPROVAL OF ATOD USE (Wrong/Very Wrong)</b>																					
Drink beer, wine, or hard liquor regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.7%	33.3%	33.4%	31.0%	32.5%	35.7%	N/A	N/A	33.4%	38.2%	59.5%	36.5%	27.8%	14.8%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.7%	67.1%	67.8%	71.2%	69.1%	75.4%	N/A	N/A	72.8%	77.9%	83.1%	82.2%	76.5%	56.2%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	48.5%	46.1%	41.2%	40.3%	34.0%	38.8%	N/A	N/A	35.9%	41.5%	59.0%	39.6%	31.0%	22.1%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	81.1%	76.9%	84.4%	84.9%	79.3%	77.1%	N/A	N/A	71.8%	82.4%	87.6%	80.0%	76.5%	61.7%
Use prescription drugs not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	80.1%	78.7%	N/A	N/A	74.5%	83.2%	87.1%	83.1%	78.0%	64.2%
<b>IMPORTANCE OF FACTORS INFLUENCING DECISION WHETHER TO USE MARIJUANA (Fairly/Very Important)</b>																					
What parents would think	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.1%	63.0%	52.1%	55.3%	N/A	N/A	54.7%	56.1%	70.9%	59.6%	52.3%	34.3%
What friends would think	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	40.9%	41.6%	35.5%	37.1%	N/A	N/A	36.3%	37.9%	53.5%	35.5%	33.0%	23.5%
Potential legal penalties	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	64.5%	66.0%	60.3%	63.4%	N/A	N/A	59.1%	67.6%	76.8%	64.1%	63.7%	45.5%
Potential school penalties	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	67.1%	66.9%	62.7%	64.1%	N/A	N/A	59.4%	68.9%	76.9%	65.9%	63.0%	47.0%
How it might affect health	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	68.7%	71.1%	65.4%	69.4%	N/A	N/A	66.8%	72.2%	79.7%	70.4%	68.5%	56.6%

## 2015-2016 CAMBRIDGE TEEN HEALTH SURVEY

### Violence and Safety - High School

	TOTAL														MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2016 (1566)	2013 (2718)	2015 (3120)	Males (792)	Females (765)	9th (409)	10th (421)	11th (387)	12th (335)	
<b>VIOLENCE-RELATED EXPERIENCES (past 12 months)</b>																						
Witnessed violence in family	N/A	N/A	8.6%	8.8%	6.1%	6.5%	7.5%	7.9%	9.6%	9.6%	7.9%	6.5%	6.5%	N/A	N/A	5.7%	7.2%	4.7%	9.2%	5.5%	6.6%	
Witnessed violence in neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	23.8%	26.4%	24.4%	20.3%	12.4%	11.1%	10.3%	N/A	N/A	11.2%	9.1%	11.1%	11.4%	8.9%	9.0%	
Beaten or physically hurt by someone in your family or home	5.4%	3.9%	5.0%	5.1%	4.5%	3.6%	3.9%	3.5%	3.9%	3.6%	3.6%	2.7%	4.3%	N/A	N/A	2.7%	5.9%	4.4%	5.7%	3.4%	3.3%	
Beaten or physically hurt (not by a family member or date)	4.5%	3.9%	4.9%	4.7%	3.7%	2.9%	2.7%	2.7%	3.6%	2.4%	2.0%	1.7%	2.2%	N/A	N/A	2.6%	1.7%	2.7%	1.9%	2.3%	1.2%	
Verbally or emotionally abused by someone in your family	16.5%	17.7%	19.9%	21.3%	18.2%	15.3%	15.5%	15.2%	15.4%	15.3%	14.6%	14.5%	14.7%	N/A	N/A	8.5%	21.3%	12.1%	16.0%	14.5%	17.1%	
Verbally or emotionally abused by person you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	6.0%	6.0%	6.8%	N/A	N/A	2.4%	11.0%	4.2%	8.1%	7.0%	7.8%	
Sexually harassed in school	N/A	N/A	14.4%	11.9%	14.9%	13.7%	10.4%	10.5%	8.3%	9.9%	6.9%	6.4%	12.6%	N/A	N/A	4.2%	21.2%	9.7%	14.1%	10.6%	16.2%	
Were a member of a gang	N/A	8.6%	7.0%	6.8%	4.5%	2.0%	4.3%	5.1%	3.9%	2.6%	1.5%	1.8%	1.2%	N/A	N/A	1.6%	0.7%	1.5%	1.0%	1.1%	0.9%	
<b>BULLYING, FIGHTING, &amp; THREATENING (past 12 months)</b>																						
Was bullied while at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.5%	12.2%	15.6%	16.6%	15.6%	11.9%	19.3%	20.1%	16.4%	13.5%	11.4%	
Was bullied when not at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.4%	9.0%	11.4%	N/A	N/A	8.5%	14.4%	11.8%	12.8%	7.5%	13.7%	
Was electronically bullied (cyber bullied)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.6%	7.6%	9.4%	13.8%	13.0%	5.6%	13.3%	10.5%	9.5%	8.5%	9.3%	
Received mean or threatening e-mail, texts, or chats	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.7%	9.2%	8.3%	8.5%	9.4%	N/A	N/A	7.3%	11.4%	9.4%	10.3%	7.5%	10.5%	
Mistreated by someone who thought you were not masculine/feminine enough	N/A	N/A	5.0%	6.1%	5.0%	3.7%	3.4%	4.6%	3.8%	5.1%	4.2%	4.2%	5.4%	N/A	N/A	5.1%	5.7%	5.2%	7.9%	3.1%	5.4%	
Treated unfairly in school because of race/ethnicity	N/A	N/A	N/A	N/A	N/A	N/A	9.1%	8.9%	8.2%	9.7%	7.5%	6.4%	10.6%	N/A	N/A	7.4%	13.8%	11.1%	9.1%	9.4%	13.3%	
Treated unfairly in school because of gender	N/A	N/A	N/A	N/A	N/A	N/A	4.6%	4.1%	5.0%	6.1%	4.4%	4.7%	9.4%	N/A	N/A	3.0%	16.1%	6.9%	8.9%	9.9%	13.0%	
Property stolen or deliberately damaged on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.6%	29.2%	27.5%	16.6%	15.8%	N/A	N/A	15.7%	15.6%	17.2%	19.5%	9.0%	16.5%	
In a physical fight - any location	24.6%	31.4%	27.2%	27.2%	23.9%	20.5%	20.4%	22.7%	17.0%	15.8%	12.1%	9.4%	8.9%	20.3%	19.2%	11.2%	6.7%	11.8%	9.1%	6.9%	7.4%	
In a physical fight - on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	6.4%	3.7%	3.0%	3.2%	4.6%	5.6%	3.5%	2.8%	4.1%	3.4%	2.4%	2.4%	
Threatened with a knife or gun - outside of school	N/A	10.0%	8.4%	8.9%	7.1%	4.8%	3.6%	4.6%	4.6%	5.2%	4.1%	3.1%	3.4%	N/A	N/A	4.5%	2.1%	3.2%	3.6%	2.6%	3.6%	
Threatened with a knife or gun - in school	N/A	3.1%	2.6%	3.4%	1.7%	1.2%	1.2%	0.6%	1.4%	1.1%	1.0%	1.3%	0.9%	N/A	N/A	0.9%	0.8%	1.0%	1.4%	0.5%	0.6%	
Stayed home from school due to fear for safety (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	8.2%	7.0%	9.6%	6.3%	5.0%	7.2%	9.5%	3.6%	4.8%	7.3%	11.7%	9.3%	9.1%	8.3%	11.1%	
<b>WEAPONS AND LAW INVOLVEMENT</b>																						
Carried weapon (gun, knife, club) - outside school (30 days)	N/A	14.1%	13.1%	15.9%	13.9%	9.5%	10.5%	13.6%	10.5%	10.8%	6.4%	5.4%	4.7%	N/A	N/A	6.3%	2.9%	4.5%	5.2%	4.8%	3.7%	
Carried a weapon (gun, knife, club) - in school (30 days)	N/A	6.8%	7.3%	7.9%	6.9%	4.4%	5.7%	6.9%	5.2%	5.4%	3.0%	2.8%	2.2%	3.1%	3.2%	2.8%	1.5%	1.8%	2.5%	1.8%	2.2%	
Arrested (12 months)	9.3%	7.7%	8.4%	7.8%	5.4%	4.1%	3.6%	4.4%	3.5%	2.1%	1.5%	0.8%	1.0%	N/A	N/A	1.1%	0.9%	0.8%	1.2%	1.6%	0.3%	
<b>INTERNET SAFETY</b>																						
Ever spoke on phone with adult stranger met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.1%	N/A	N/A	13.6%	12.6%	7.9%	12.7%	16.2%	16.5%	
Ever met in person with adult stranger met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	N/A	N/A	7.8%	7.1%	3.8%	7.6%	7.4%	11.5%	

## 2015-2016 CAMBRIDGE TEEN HEALTH SURVEY

### Mental Health - High School

	TOTAL														MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2016 (1566)	2013 (2718)	2015 (3120)	Males (792)	Females (765)	9th (409)	10th (421)	11th (387)	12th (335)	
<b>PERSONAL EXPERIENCES (past 12 months)</b>																						
Divorce or separation in family	13.9%	10.5%	10.1%	10.2%	11.1%	10.3%	8.2%	9.7%	9.8%	7.7%	8.6%	7.9%	7.4%	N/A	N/A	6.5%	8.4%	7.0%	6.8%	8.6%	7.3%	
Ran away from home	6.8%	6.1%	5.4%	4.8%	5.1%	4.3%	5.1%	3.6%	4.5%	5.7%	4.2%	2.6%	3.2%	N/A	N/A	2.3%	4.1%	3.0%	4.1%	2.3%	3.3%	
Family member or close friend died	26.3%	30.5%	33.2%	40.0%	35.3%	34.3%	35.3%	34.9%	42.9%	35.3%	41.5%	34.4%	34.8%	N/A	N/A	33.6%	36.1%	37.0%	36.8%	32.2%	31.6%	
<b>WORRYING "Fairly Often" or "Most of the Time" (past 12 months)</b>																						
Physical health problems	N/A	N/A	N/A	N/A	N/A	N/A	17.0%	18.3%	18.2%	17.7%	15.9%	15.3%	12.3%	N/A	N/A	8.5%	16.1%	10.6%	13.6%	12.0%	13.4%	
Weight problems (too heavy or thin)	N/A	N/A	N/A	N/A	N/A	N/A	25.6%	25.4%	23.7%	26.1%	26.2%	26.4%	25.8%	N/A	N/A	13.8%	38.1%	23.6%	26.7%	26.3%	27.5%	
Sexually transmitted infection (STI)	N/A	N/A	N/A	N/A	N/A	N/A	6.0%	6.2%	5.7%	4.9%	3.7%	3.0%	1.9%	N/A	N/A	1.7%	2.0%	1.5%	2.4%	1.0%	2.7%	
Becoming or getting someone pregnant	N/A	N/A	N/A	N/A	N/A	N/A	9.5%	11.1%	8.1%	7.6%	6.4%	6.2%	3.7%	N/A	N/A	2.6%	4.9%	1.5%	4.6%	2.9%	6.1%	
HIV infection or AIDS	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	5.8%	5.7%	3.0%	2.8%	2.0%	1.0%	N/A	N/A	1.4%	0.5%	1.0%	1.2%	0.5%	0.9%	
Sexual orientation	N/A	N/A	N/A	N/A	N/A	N/A	5.2%	4.1%	4.5%	4.5%	4.6%	4.7%	4.3%	N/A	N/A	3.3%	5.2%	3.0%	5.6%	4.5%	3.7%	
School failure or poor grades	N/A	N/A	N/A	N/A	N/A	N/A	40.6%	33.0%	34.6%	39.3%	35.7%	39.3%	36.2%	N/A	N/A	27.7%	45.0%	32.4%	42.9%	39.6%	28.7%	
MCAS	N/A	N/A	N/A	N/A	N/A	N/A	28.9%	24.5%	20.6%	25.3%	13.9%	13.6%	11.5%	N/A	N/A	7.7%	15.5%	11.4%	23.6%	7.6%	0.6%	
Your social status (popularity)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.7%	N/A	N/A	10.7%	12.8%	16.3%	10.7%	8.7%	11.2%	
How others perceive you on social media	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.0%	N/A	N/A	8.0%	16.1%	13.4%	13.1%	10.4%	11.2%	
Drug or alcohol use in your family	N/A	N/A	N/A	N/A	N/A	N/A	5.7%	6.9%	8.2%	6.8%	6.4%	4.8%	5.2%	N/A	N/A	3.5%	7.0%	3.3%	7.4%	4.2%	5.7%	
Your own drug or alcohol use	N/A	N/A	N/A	N/A	N/A	N/A	4.8%	6.3%	5.1%	5.1%	5.9%	5.5%	3.6%	N/A	N/A	3.6%	3.6%	1.5%	3.4%	4.2%	5.7%	
Arguing at home	N/A	N/A	N/A	N/A	N/A	N/A	20.3%	20.6%	19.4%	23.8%	20.5%	19.4%	16.5%	N/A	N/A	11.8%	21.4%	13.3%	19.8%	16.7%	16.3%	
Physical fights at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.7%	5.3%	5.0%	2.2%	2.9%	2.9%	N/A	N/A	1.9%	3.8%	2.3%	4.6%	1.8%	2.7%	
Drugs in your neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.8%	3.8%	N/A	N/A	3.2%	4.4%	4.1%	5.1%	2.3%	3.6%	
Violence in your neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	10.4%	12.2%	10.6%	8.8%	4.5%	4.0%	4.8%	N/A	N/A	3.9%	5.5%	4.3%	6.5%	3.4%	4.8%	
Physical fights at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.6%	6.1%	7.0%	3.4%	3.8%	1.7%	N/A	N/A	2.2%	1.1%	1.5%	2.4%	1.3%	1.5%	
Other kids bringing weapons to school	N/A	N/A	N/A	N/A	N/A	N/A	11.8%	5.1%	6.4%	4.7%	3.3%	5.1%	4.0%	N/A	N/A	4.1%	3.8%	3.8%	6.7%	2.1%	2.7%	
Your family not having enough money to get by	N/A	N/A	N/A	N/A	N/A	N/A	10.9%	13.1%	11.7%	13.5%	11.4%	11.2%	9.0%	N/A	N/A	5.7%	12.4%	8.3%	10.8%	6.8%	10.2%	
Your family not having a place to live	N/A	N/A	N/A	N/A	N/A	N/A	3.3%	3.8%	4.7%	3.9%	3.8%	3.6%	2.8%	N/A	N/A	2.7%	2.9%	2.3%	3.6%	2.1%	3.0%	
<b>DEPRESSION, SELF-HARM, &amp; SUICIDE (past 12 months)</b>																						
Tense, nervous, worried every day for 2 or more weeks in a row during past 30 days	N/A	N/A	N/A	N/A	N/A	N/A	22.0%	23.6%	24.6%	24.0%	21.9%	27.5%	28.8%	N/A	N/A	19.3%	38.5%	19.4%	31.6%	30.6%	35.1%	
Depressed	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.4%	19.8%	21.0%	25.0%	21.7%	27.4%	16.4%	33.9%	18.3%	28.3%	25.9%	28.1%	
Hurt self on purpose	N/A	N/A	N/A	N/A	N/A	N/A	8.6%	8.7%	9.6%	11.4%	10.4%	12.1%	14.2%	N/A	N/A	7.8%	20.8%	12.6%	16.0%	15.1%	12.3%	
Seriously considered suicide	8.9%	7.7%	8.1%	10.7%	9.6%	9.2%	6.7%	5.3%	7.0%	6.5%	8.0%	8.1%	10.2%	12.0%	14.9%	5.5%	15.2%	9.1%	12.9%	7.9%	10.7%	
Made a plan to attempt suicide	7.9%	7.2%	7.6%	10.3%	9.2%	6.9%	5.5%	4.0%	6.2%	5.3%	6.5%	6.9%	7.8%	11.0%	11.9%	5.1%	10.8%	7.4%	8.6%	6.8%	8.7%	
Attempted suicide	8.2%	6.6%	6.8%	7.7%	7.5%	5.3%	2.3%	1.3%	2.6%	1.8%	2.2%	2.1%	2.1%	5.5%	7.0%	1.1%	3.0%	0.7%	2.6%	2.3%	2.7%	
<b>COUNSELING AND MEDICATION (past 12 months)</b>																						
Met with school counselor for mental health/behavior issue	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.4%	11.0%	N/A	N/A	9.2%	12.8%	11.5%	10.3%	12.4%	9.8%	
Met with Teen Health Center counselor	N/A	N/A	N/A	N/A	N/A	N/A	24.1%	26.0%	25.7%	20.8%	18.7%	13.7%	9.6%	7.9%	N/A	N/A	4.3%	11.6%	4.6%	8.0%	9.5%	10.1%
Met with therapist without or without family present	N/A	N/A	N/A	N/A	N/A	15.5%	16.4%	14.9%	17.2%	16.4%	18.3%	18.6%	19.2%	N/A	N/A	14.1%	24.3%	14.8%	20.4%	19.4%	22.9%	
Took medication for mental health or behavioral issue	N/A	N/A	N/A	N/A	N/A	6.5%	7.9%	8.1%	8.3%	8.8%	9.6%	8.2%	11.2%	N/A	N/A	10.7%	11.7%	8.3%	11.4%	11.7%	14.0%	
<b>SOCIAL SUPPORTS</b>																						
Parent or other adult family member to talk to	N/A	N/A	N/A	N/A	N/A	N/A	71.0%	72.2%	72.1%	76.0%	76.7%	76.7%	79.6%	N/A	N/A	80.8%	78.4%	80.5%	77.4%	81.3%	79.5%	
Teacher or other adult at school to talk to	N/A	N/A	N/A	N/A	N/A	N/A	62.9%	60.3%	63.7%	63.2%	64.4%	66.4%	67.8%	N/A	N/A	66.6%	69.3%	54.3%	66.8%	73.6%	79.0%	
Adult outside of school to talk to	N/A	N/A	N/A	N/A	N/A	N/A	40.3%	41.5%	40.2%	45.8%	42.7%	39.9%	36.0%	N/A	N/A	35.0%	37.1%	32.3%	37.8%	34.4%	39.6%	
Have three or more close friends	72.9%	69.8%	72.1%	74.8%	75.9%	72.5%	68.1%	68.9%	71.2%	75.2%	74.7%	71.5%	71.6%	N/A	N/A	75.2%	68.1%	73.6%	75.2%	70.5%	65.9%	
Regularly participate in church, synagogue, mosque, or other faith community	N/A	N/A	N/A	N/A	35.1%	38.3%	38.4%	36.7%	33.8%	33.8%	29.1%	25.1%	27.9%	N/A	N/A	26.7%	29.1%	34.1%	29.8%	27.6%	18.0%	

## 2015-2016 CAMBRIDGE TEEN HEALTH SURVEY

### Health - High School

	TOTAL														MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2016 (1566)	2013 (2718)	2015 (3120)	Males (792)	Females (765)	9th (409)	10th (421)	11th (387)	12th (335)	
<b>SEXUAL BEHAVIOR</b>																						
Ever had sexual intercourse	49.4%	47.7%	43.7%	42.8%	39.6%	37.4%	42.3%	49.5%	44.2%	37.6%	34.9%	31.2%	32.6%	38.1%	36.4%	34.2%	30.5%	16.2%	29.3%	35.7%	52.6%	
Had conversation with parents about sex (12 months)	N/A	N/A	N/A	32.7%	38.7%	34.2%	30.5%	33.5%	34.8%	35.7%	38.0%	34.0%	36.6%	N/A	N/A	33.2%	40.4%	35.6%	37.3%	36.5%	38.6%	
Condom at last intercourse*	N/A	N/A	N/A	N/A	71.6%	72.2%	74.9%	70.0%	70.8%	68.0%	64.5%	63.9%	63.6%	57.6%	62.5%	68.0%	58.8%	70.1%	68.8%	64.7%	57.3%	
Alcohol/drugs at last intercourse*	13.5%	13.9%	17.9%	23.8%	22.1%	14.8%	12.8%	15.3%	16.7%	19.7%	21.7%	22.7%	19.5%	23.5%	21.8%	16.4%	22.3%	12.7%	15.6%	20.0%	23.1%	
Ever been/gotten someone pregnant	7.0%	6.8%	6.4%	6.5%	5.1%	3.7%	4.0%	4.9%	3.5%	3.4%	2.4%	1.7%	0.5%	N/A	N/A	0.5%	0.5%	0.2%	0.2%	0.8%	0.9%	
Ever forced/tricked to have sex	8.5%	7.6%	N/A	7.8%	N/A	N/A	5.1%	7.0%	5.8%	4.0%	4.6%	3.5%	3.3%	N/A	N/A	1.4%	5.3%	1.5%	3.4%	4.4%	4.2%	
Ever sexually abused	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.3%	10.3%	9.7%	8.7%	9.1%	11.1%	N/A	N/A	3.2%	19.0%	9.2%	10.4%	10.9%	14.5%	
More careful about sexual behavior due to health class	N/A	N/A	N/A	N/A	67.0%	62.3%	68.6%	74.6%	72.0%	70.1%	70.5%	66.5%	66.7%	N/A	N/A	63.6%	70.2%	63.3%	73.0%	68.8%	61.1%	
Ever tested for HIV	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.8%	11.0%	10.4%	11.0%	9.9%	9.4%	11.4%	4.9%	6.7%	11.5%	20.4%	
Ever tested for other STIs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.1%	11.2%	12.8%	N/A	N/A	10.4%	15.1%	5.0%	9.8%	13.3%	25.7%	
Ever told by doctor/nurse you have HIV or any other STI	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	1.9%	1.0%	N/A	N/A	0.8%	1.3%	0.5%	0.2%	0.3%	3.6%	
*Of those who ever had sex.																						
<b>HEALTHCARE</b>																						
Saw a doctor or nurse (12 months)	59.8%	65.0%	70.4%	79.5%	79.8%	78.1%	81.0%	81.6%	80.7%	84.9%	85.8%	86.8%	87.3%	N/A	N/A	86.3%	88.4%	85.6%	87.9%	90.4%	85.5%	
Saw a dentist (12 months)	N/A	N/A	N/A	65.4%	69.9%	68.4%	68.9%	73.7%	75.7%	77.5%	80.4%	79.7%	82.6%	N/A	N/A	82.9%	82.3%	79.8%	84.5%	87.0%	78.4%	
Family has health insurance	72.7%	68.6%	68.9%	77.3%	81.7%	82.0%	79.8%	84.2%	84.2%	84.6%	85.8%	86.9%	85.3%	N/A	N/A	81.4%	89.3%	84.3%	83.8%	86.8%	88.0%	
Went to Teen Health Center in the past 12 months	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	47.4%	50.2%	44.2%	N/A	N/A	37.2%	51.3%	32.9%	48.0%	44.7%	53.3%	
Went to Teen Hlth Ctr for birth control/condoms (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.5%	18.6%	16.7%	N/A	N/A	12.9%	20.4%	7.0%	18.4%	16.5%	27.0%	
Went to Teen Hlth Ctr for HIV/STI testing (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.8%	5.6%	4.5%	N/A	N/A	1.5%	7.4%	1.6%	2.3%	4.1%	11.4%	
Went to Teen Hlth Ctr for physical exam (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.2%	10.9%	8.0%	N/A	N/A	8.8%	7.3%	7.8%	7.5%	8.3%	8.3%	
Went to Teen Hlth Ctr for counseling (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.0%	5.8%	4.2%	N/A	N/A	1.8%	6.6%	3.1%	3.6%	4.4%	5.9%	
Went to Teen Hlth Ctr for immunization/vaccine (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.6%	10.4%	8.6%	N/A	N/A	7.8%	9.5%	7.6%	6.7%	11.0%	9.6%	
Went to Teen Hlth Ctr for sports physical (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.1%	11.4%	N/A	N/A	N/A	14.7%	8.3%	13.4%	11.9%	10.1%	9.9%	
Went to Teen Hlth Ctr for pregnancy test (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.1%	4.4%	N/A	N/A	N/A	0.6%	8.1%	1.8%	2.9%	5.4%	8.3%	
<b>WEIGHT</b>																						
Describe self as slightly/very overweight	N/A	N/A	N/A	N/A	N/A	N/A	26.2%	25.4%	23.1%	23.2%	26.7%	25.5%	25.1%	29.4%	31.5%	20.5%	29.8%	23.8%	24.9%	26.6%	25.1%	
Trying to lose weight	38.7%	37.7%	N/A	N/A	N/A	N/A	41.7%	40.3%	40.9%	40.4%	41.9%	39.8%	39.5%	44.5%	46.0%	27.4%	52.0%	35.5%	40.9%	41.2%	41.0%	
<b>WEIGHT LOSS OR MAINTENANCE ACTIVITIES (past 30 days)</b>																						
Exercised to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	66.6%	65.3%	69.5%	65.8%	71.6%	69.9%	68.0%	68.4%	N/A	N/A	67.2%	69.7%	69.6%	72.4%	66.1%	64.1%	
Diet pills/powders/liquids to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	4.1%	3.2%	3.1%	2.9%	5.2%	4.1%	4.4%	5.3%	3%	N/A	5.7%	5.0%	3.2%	5.3%	6.2%	6.7%	
Ate less food, fewer calories, or foods low in fat to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	29.8%	31.9%	38.3%	38.6%	36.4%	37.5%	36.8%	37.4%	N/A	N/A	26.8%	48.2%	31.3%	40.3%	40.9%	38.1%	
Went without eating for 24 hours or more (fasting) to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	5.9%	6.1%	6.1%	6.0%	8.0%	10%	N/A	4.7%	11.3%	7.4%	9.9%	7.3%	7.3%	
Vomited or took laxatives to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	3.2%	3.2%	3.2%	4%	N/A	1.9%	4.5%	2.9%	3.5%	3.2%	3.2%	

## 2015-2016 CAMBRIDGE TEEN HEALTH SURVEY

### Physical Activity and Nutrition - High School

	TOTAL													MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2016 (1566)	2013 (2718)	2015 (3120)	Males (792)	Females (765)	9th (409)	10th (421)	11th (387)	12th (335)
<b>PHYSICAL ACTIVITY (past 7 days)</b>																					
Participated in physical activity for at least 60 minutes at least one day in the past 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	78.7%	78.0%	75.2%	77.6%	86.8%	84.9%	82.6%	72.6%	79.1%	80.7%	74.9%	74.7%
Participated in physical activity for at least 60 minutes on 5 or more days in the past 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	41.3%	42.7%	40.3%	42.8%	44.3%	45.2%	51.3%	34.1%	42.6%	48.0%	40.3%	38.0%
Participated in physical activity for at least 60 minutes on all 7 days in the past 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	19.0%	17.1%	17.9%	17.1%	23.0%	24.1%	23.6%	10.4%	17.8%	20.4%	12.8%	15.5%
Exercised to strengthen or tone muscles at least one day in the past 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	68.6%	N/A	N/A	72.8%	64.3%	72.9%	69.0%	67.4%	63.3%
Taught in school how to follow a personal fitness plan	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.6%	N/A	N/A	63.4%	60.1%	62.9%	65.2%	57.8%	59.4%
<b>NUTRITION (ate or drank yesterday)</b>																					
Ate fruit	N/A	N/A	N/A	62.3%	65.2%	59.8%	60.9%	65.3%	72.7%	74.6%	75.7%	77.1%	80.1%	N/A	N/A	79.1%	81.1%	80.5%	79.8%	79.9%	79.7%
Drank 100% fruit juice	N/A	N/A	N/A	N/A	N/A	N/A	63.4%	63.8%	66.8%	67.0%	58.3%	54.7%	48.0%	N/A	N/A	54.9%	40.9%	47.6%	50.0%	46.8%	46.7%
Ate green salad or raw vegetables	N/A	N/A	N/A	52.3%	53.3%	50.0%	47.9%	54.5%	58.2%	59.9%	61.3%	62.3%	63.1%	N/A	N/A	63.7%	62.6%	63.1%	66.7%	61.3%	60.8%
Ate cooked vegetables	N/A	N/A	N/A	51.9%	49.6%	47.5%	45.9%	50.7%	59.6%	60.1%	61.0%	62.3%	63.2%	N/A	N/A	62.1%	64.3%	60.1%	62.1%	65.2%	65.5%
Drank regular soda (not diet)	N/A	N/A	N/A	N/A	N/A	N/A	57.1%	54.0%	49.1%	53.9%	45.2%	41.7%	33.6%	N/A	N/A	38.9%	28.3%	35.3%	37.7%	30.2%	30.3%
Drank sweetened drinks	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54.6%	46.6%	N/A	N/A	50.4%	42.9%	50.7%	46.1%	42.9%	47.2%
Drank caffeine	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.3%	47.3%	N/A	N/A	43.8%	50.9%	44.1%	45.7%	47.1%	53.6%
Drank energy drinks	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.0%	11.1%	N/A	N/A	14.3%	8.1%	13.0%	10.6%	9.3%	11.0%
Drank plain (not flavored) bottled water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	67.7%	49.8%	61.6%	N/A	N/A	59.4%	63.6%	66.9%	62.4%	58.9%	56.3%
Drank tap water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.0%	76.4%	76.3%	N/A	N/A	78.4%	74.4%	74.9%	80.0%	76.7%	73.0%
<b>OTHER NUTRITION</b>																					
Eat breakfast 6-7 days a week	40.7%	36.8%	38.9%	34.9%	34.3%	31.0%	33.5%	38.3%	37.8%	39.4%	42.7%	42.8%	45.5%	N/A	N/A	50.1%	40.7%	50.1%	43.6%	46.7%	40.9%
Hungry in the past 12 months because there was not enough money at home to buy food	5.7%	6.3%	7.0%	9.5%	8.3%	8.0%	8.7%	9.2%	10.1%	10.6%	9.0%	8.5%	9.0%	N/A	N/A	8.6%	9.5%	7.1%	11.7%	9.0%	7.8%
Taught in school how to eat healthy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.5%	N/A	N/A	71.0%	68.4%	73.6%	74.5%	65.3%	63.1%



## 2015-2016 CAMBRIDGE TEEN HEALTH SURVEY

### Habits and Activities - High School

	TOTAL													MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2016 (1566)	2013 (2718)	2015 (3120)	Males (792)	Females (765)	9th (409)	10th (421)	11th (387)	12th (335)
<b>SCHOLASTIC ISSUES</b>																					
Received mostly A's or B's in school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	74.1%	77.4%	80.7%	83.3%	N/A	N/A	78.5%	88.1%	83.9%	82.2%	84.9%	82.3%
Had one or more failing grades on a report card (12 months)	42.6%	40.2%	43.9%	43.5%	38.0%	32.0%	36.4%	24.0%	24.9%	27.5%	22.3%	21.9%	19.7%	N/A	N/A	21.2%	18.1%	18.2%	23.6%	17.9%	18.7%
Skipped or cut school (last 4 weeks)	26.5%	28.6%	28.2%	31.4%	25.2%	29.1%	24.6%	25.3%	20.7%	26.7%	20.7%	22.4%	23.5%	N/A	N/A	20.7%	26.3%	13.1%	22.9%	20.1%	41.2%
Suspended from school (during current school year)	8.8%	12.5%	12.5%	15.3%	13.3%	8.7%	12.2%	13.0%	11.5%	9.5%	7.8%	5.7%	3.8%	N/A	N/A	4.2%	3.2%	2.8%	4.9%	3.4%	3.4%
<b>SLEEP</b>																					
Usually get 8 or more hours of sleep on a regular school night	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.2%	30.9%	29.2%	28.6%	25.4%	N/A	N/A	27.9%	22.8%	35.3%	26.1%	22.0%	15.7%
<b>PERSONAL HABITS</b>																					
Gambled (12 months)	N/A	43.2%	39.8%	40.5%	33.9%	30.9%	29.0%	31.3%	26.3%	20.0%	19.7%	13.5%	14.5%	N/A	N/A	23.3%	5.6%	9.3%	15.3%	13.2%	20.7%
Spend 2 or more hours on an average school day on screen time (not for schoolwork or homework)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	74.1%	77.6%	N/A	N/A	75.2%	80.0%	77.5%	77.6%	74.0%	81.5%
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	53.4%	51.5%	53.1%	54.7%	56.3%	61.9%	60.0%	N/A	N/A	50.3%	69.7%	55.9%	64.0%	70.8%	47.8%
<b>LEISURE/FAMILY ACTIVITIES (past 7 days)</b>																					
Read (not required for school)	N/A	N/A	69.4%	72.5%	68.7%	70.1%	68.6%	70.4%	64.9%	65.1%	64.4%	66.4%	67.8%	N/A	N/A	65.6%	70.0%	61.6%	70.9%	68.1%	70.2%
Worked for money	N/A	N/A	53.0%	61.7%	58.5%	52.3%	47.6%	52.6%	50.2%	43.2%	41.8%	41.5%	43.3%	N/A	N/A	41.1%	45.7%	33.2%	38.6%	48.3%	55.9%
Took care of family responsibilities or chores	N/A	N/A	N/A	N/A	N/A	N/A	79.5%	84.3%	81.6%	82.5%	83.9%	80.8%	83.6%	N/A	N/A	79.8%	87.6%	82.2%	84.1%	84.4%	83.2%
Participated in after-school, youth, church, or teen center programs	N/A	N/A	N/A	N/A	N/A	N/A	46.5%	48.8%	49.1%	47.5%	46.6%	45.0%	47.8%	N/A	N/A	48.4%	47.1%	48.2%	51.5%	48.5%	40.8%
Did hobbies on own time	N/A	N/A	N/A	N/A	86.4%	81.4%	77.9%	84.8%	81.5%	88.0%	85.8%	87.0%	88.6%	N/A	N/A	89.4%	88.0%	87.8%	89.5%	89.4%	87.1%
<b>SCHOOL AND COMMUNITY ACTIVITIES (During 2015-2016 School Year)</b>																					
Academic groups, clubs, or student government	N/A	N/A	N/A	47.8%	47.6%	41.4%	41.0%	45.5%	50.5%	53.7%	52.3%	50.8%	51.1%	N/A	N/A	45.8%	56.8%	45.8%	49.5%	56.0%	54.7%
Music, band, or choir	N/A	N/A	N/A	21.3%	21.5%	22.4%	16.0%	19.5%	20.7%	21.2%	21.1%	21.8%	21.3%	N/A	N/A	19.1%	23.4%	26.2%	20.9%	19.9%	17.5%
Theatre or dance	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.8%	20.1%	N/A	N/A	10.3%	29.7%	20.9%	23.7%	19.5%	15.4%
Community service, in or out of school	N/A	N/A	N/A	44.7%	38.7%	36.5%	38.2%	43.5%	49.6%	46.1%	48.1%	51.5%	53.6%	N/A	N/A	47.1%	60.4%	43.5%	51.9%	61.2%	59.6%
School organized or interscholastic sports	N/A	N/A	N/A	N/A	N/A	N/A	44.4%	50.9%	52.7%	55.5%	56.7%	53.3%	54.0%	N/A	N/A	58.6%	49.5%	61.4%	58.0%	51.3%	43.0%
Community organized youth sports	N/A	N/A	N/A	N/A	N/A	N/A	25.0%	29.2%	29.6%	27.7%	27.6%	25.8%	26.1%	N/A	N/A	33.1%	19.2%	29.3%	27.0%	24.8%	21.9%
<b>HOME COMPUTER ACCESS</b>																					
Have Internet access at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	93.2%	91.7%	N/A	N/A	90.5%	92.9%	92.1%	90.4%	92.3%	91.6%