

Massachusetts Youth Health Survey



Sponsored by:

Massachusetts Department of Public Health
and

Massachusetts Department of Elementary and
Secondary Education

Conducted by:

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Before you begin, there are a few important things you need to know.

- Your answers are completely **anonymous**. There are no markings anywhere on the questionnaire that allows you to be identified. Please do not place your name or any other personal information on the questionnaire. Your answers will be combined with other answers for statistical analysis.
- The purpose of the survey is to gather information from school students in Massachusetts about health topics such as the use of tobacco, alcohol and drugs, in and out of school activities, diet and exercise and coping with stress. This information will be used to better understand the concerns and health practices of current students.
- It is important that you answer each question as honestly and accurately as you can.
- If there is any question that you would prefer not to answer, please just skip that question and go on to the next question.
- Your participation is, of course voluntary. If you find the survey upsetting, you may stop answering the questions.
- Answer each question by filling in the circles like this: Incorrect marks: \bigcirc \ominus Correct mark: \bullet
You must use a number 2 pencil.
- Arrows (\rightarrow) will direct you to answer follow-up questions or to skip over certain questions.
- When you are finished with the survey, simply place it in the box located at the front of the class.
- Your participation is greatly appreciated, as this is one of the only ways for students like yourself to anonymously report on health issues that may concern you.

Thank you for your time and cooperation

BACKGROUND INFORMATION

1. In what grade are you?

- 6th grade
- 7th grade
- 8th grade
- Other/Ungraded


2. How old are you?

- 11 years old or younger
- 12 years old
- 13 years old
- 14 years old
- 15 years old
- 16 years old
- 17 years old
- 18 years old or older


3. What is your sex?

- Female
- Male

4. How tall are you without your shoes on?

<p>Write your height in the shaded blank boxes. Fill in the matching circles below each number.</p> 	<u>HEIGHT</u>	
	FEET	INCH
		0
		1
		2
	3	3
	4	4
	5	5
	6	6
	7	7
		8
		9
	10	
	11	

5. How much do you weigh without your shoes on?

<p>Write your weight in the shaded blank boxes. Fill in the matching circles below each number.</p> 	<u>WEIGHT IN POUNDS</u>		
	0	0	0
	1	1	1
	2	2	2
	3	3	3
		4	4
		5	5
		6	6
		7	7
		8	8
		9	9

6. Are you Hispanic or Latino?

- Yes
- No

7. What is your race?

(Select one or more responses)

- American Indian or Alaskan Native
- Asian
- Black or African American
- Native Hawaiian or Other Pacific Islander
- White

8. During the past 12 months, how would you describe your grades in school?

- Mostly A's
- Mostly B's
- Mostly C's
- Mostly D's
- Mostly F's
- None of these grades
- Not sure

9. In the past 30 days, how often did you miss school?

- Never
- Once or twice
- Three to five times
- Six to ten times
- More than ten times

10. Are you eligible to receive free or reduced price lunches at your school?

- Yes
- No
- Don't Know/Not sure

LIFESTYLE QUESTIONS

11. Thinking about the last 7 days, how many hours did you spend watching television? (Do **NOT** include videos, DVDs, PlayStation or Nintendo.)

	NONE	LESS THAN 2 HOURS	AT LEAST 2 BUT LESS THAN 3	AT LEAST 3 BUT LESS THAN 5	5 OR MORE HOURS
a. Last Friday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Last Saturday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Last Sunday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. On average Monday through Thursday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat or breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

- 0 Days
- 1 Day
- 2 Days
- 3 Days
- 4 Days
- 5 Days
- 6 Days
- 7 Days

13. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

- 0 Days
- 1 Day
- 2 Days
- 3 Days
- 4 Days
- 5 Days
- 6 Days
- 7 Days

14. Now think about the last 5 days you were at school. On how many days did you walk, bike, rollerblade or ride a skateboard to get to school or get home from school?

- 0 Days
- 1 Day
- 2 Days
- 3 Days
- 4 Days
- 5 Days

15. Yesterday, how many times did you eat vegetables?

DEFINITION:

Count all cooked and uncooked vegetables; salads; and boiled, baked and mashed potatoes.

Do **NOT** count: French fries, potato chips, or lettuce that is on a sandwich or sub.

- I did not eat vegetables yesterday
- 1 time
- 2 times
- 3 or more times

16. Yesterday, how many times did you eat fruit or drink 100% fruit juice?

- I did not eat fruit or drink 100% fruit juice yesterday
- 1 time
- 2 times
- 3 or more times

17. Yesterday, how many cans or glasses of non-diet soda did you drink?

DEFINITION:

A non-diet soda is a soda with sugar in it, such as Coke[®], Pepsi[®], Sprite[®], ginger ale, or root beer.

Count a 20-ounce bottle as 2 glasses.

- I did not drink any non-diet soda yesterday
- 1 can or glass
- 2 cans or glasses
- 3 or more cans or glasses

18. **Yesterday**, how many cans or glasses of flavored drinks did you have?

DEFINITION:

Flavored drinks include punch, sports drinks, sweetened ice tea, and other fruit-flavored drinks like Kool Aid[®] and Hawaiian Punch[®].

Do **NOT** count 100% fruit juice.

Count a 20-ounce bottle as 2 glasses.

- I did not drink any flavored drinks yesterday
- 1 can or glass
- 2 cans or glasses
- 3 or more cans or glasses

19. **In the past 12 months**, have you ever worked at a job for pay for someone other than your parent or guardian, **NOT** including babysitting or yard work?

- Yes
- No **If NO, go to Question 22**

20. **In the past 12 months**, while you were working for pay, were you ever injured on the job badly enough that you needed to go to a nurse, doctor, or hospital?

- Yes
- No

21. Which best describes the place you most recently worked at? (If you work in more than one place, choose the place you **work the most hours**.)

- Restaurant (such as fast food, pizza places, coffee shops, ice cream shops)
- Grocery store or Supermarket
- Other retail store (places where things are sold such as clothing stores, gas stations, pharmacies, pet stores)
- Health care facility (such as nursing homes, hospitals, clinics, doctors' offices)
- Recreation or entertainment place (such as golf courses, camps, sports, amusement parks, movie theaters)
- Construction site
- Landscaping company
- Other (describe that place: _____)

QUESTIONS ABOUT HOW YOU FEEL

22. **During the past 12 months**, have you felt you needed to talk to **someone other than your family** about how you were feeling, how things were going in your life, or problems you might have had?

- Yes
- No **If NO, go to Question 24**

23. **During the past 12 months**, did you talk to **any of the following people** about things like that?

	YES	No
a. School psychologist or school counselor	<input type="radio"/>	<input type="radio"/>
b. School nurse	<input type="radio"/>	<input type="radio"/>
c. Psychologist, therapist, or counselor (not in school)	<input type="radio"/>	<input type="radio"/>
d. Caseworker or case manager	<input type="radio"/>	<input type="radio"/>
e. Youth worker	<input type="radio"/>	<input type="radio"/>
f. Priest, minister, rabbi, or other religious leader	<input type="radio"/>	<input type="radio"/>

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

- Yes
- No

25. **During the past 12 months**, did you ever seriously consider attempting suicide?

- Yes
- No

26. **During the past 12 months**, how many times did you actually attempt suicide?

- 0 times **If 0 times, Go to Question 28**
- 1 time
- 2 to 3 times
- 4 to 5 times
- 6 or more times

27. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

- Yes
- No
- I did not attempt suicide

28. During the past 12 months, how many times did you hurt or injure yourself on purpose without wanting to die? (For example, by cutting, burning, or bruising yourself on purpose.)

- 0 times
- 1 or 2 times
- 3 to 5 times
- 6 to 9 times
- 10 to 19 times
- 20 or more times

PERSONAL SAFETY

29. During the past 12 months, did you suffer a blow or jolt to your head while playing with a sports team (either during a game or during practice) which caused you to get “knocked out”, have memory problems, double or blurry vision, headaches or “pressure” in the head, or nausea or vomiting?

- Yes
- No
- I did not play on a sports team during the past 12 months

30. How often do you wear a seatbelt when riding in a car driven by someone else?

- Never
- Rarely
- Sometimes
- Most of the time
- Always

31. Did any of the following happen to you in the past 12 months?

	Yes	No
a. You were physically hurt by someone in your family	<input type="radio"/>	<input type="radio"/>
b. You witnessed violence in your family	<input type="radio"/>	<input type="radio"/>

32.

During the past 12 months, how many times have you been bullied at school? (Being bullied includes being repeatedly teased, threatened, hit, kicked, or excluded by another student or group of students.)

- 0 times
- 1 time
- 2 to 3 times
- 4 to 5 times
- 6 or 7 times
- 8 to 9 times
- 10 to 11 times
- 12 or more times

33. Did you do any of the following in the past 12 months?

	Yes	No
a. Bully or push someone around	<input type="radio"/>	<input type="radio"/>
b. Initiate or start a physical fight with someone	<input type="radio"/>	<input type="radio"/>

34. Have you ever been hurt physically by a date or someone you were going out with? (Include being hurt by being shoved, slapped, hit, or kicked.)

- I have never been on a date or gone out with anyone
- Yes, I have been hurt physically by a date or someone I was going out with
- No, I have **not** been hurt physically by a date or someone I was going out with

QUESTIONS ABOUT YOUR FAMILY AND PEERS

35. How would your parent(s) react if they found out you regularly drank alcohol. Would they be:

- Extremely Upset
- Fairly Upset
- A Little Upset
- Not Upset at All

36. Do you think most people your age do the following?

	YES	No
a. Drink alcohol	<input type="radio"/>	<input type="radio"/>
b. Smoke cigarettes	<input type="radio"/>	<input type="radio"/>
c. Smoke marijuana	<input type="radio"/>	<input type="radio"/>
d. Use other illegal drugs	<input type="radio"/>	<input type="radio"/>
e. Bully, threaten, or push around other kids	<input type="radio"/>	<input type="radio"/>

QUESTIONS ABOUT ALCOHOL

The next 7 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, hard lemonade, hard 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.

37. During your life, on how many days have you had at least one drink of alcohol?

- 0 days
- 1 or 2 days
- 3 to 9 days
- 10 to 19 days
- 20 to 39 days
- 40 to 99 days
- 100 or more days

38. How old were you when you had your first drink of alcohol other than a few sips?

- I have never had a drink of alcohol other than a few sips **If you have NEVER had alcohol, go to Question 43**
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

39. During the past 30 days, on how many days did you have at least one drink of alcohol?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

40. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

- 0 days
- 1 day
- 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 or more days

41. There are many different ways to get beer, wine coolers, wine, or liquor. Which of the following are how you get alcohol?

	YES	No
a. I buy it from a supermarket or a convenience store	<input type="radio"/>	<input type="radio"/>
b. I buy it from a liquor store or package store	<input type="radio"/>	<input type="radio"/>
c. I buy it from bars or clubs or restaurants	<input type="radio"/>	<input type="radio"/>
d. I have someone else buy it for me	<input type="radio"/>	<input type="radio"/>
e. I get it through my friends	<input type="radio"/>	<input type="radio"/>
f. I get it at home	<input type="radio"/>	<input type="radio"/>
g. I get it at parties	<input type="radio"/>	<input type="radio"/>

42. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

43. How much do you think people risk harming themselves (physically or in other ways) if they have five or more drinks in a row?

- No risk
- Slight risk
- Moderate risk
- Great risk

DRUG QUESTIONS

The next 3 questions ask about marijuana use. Marijuana also is called grass, pot, weed or reefer. It includes blunts and cigars filled with marijuana.

44. How old were you when you tried marijuana for the first time?

- I have never tried marijuana **If NEVER tried marijuana, go to Question 47**
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

45. In the past 30 days, have you used marijuana?

- Yes
- No

46. In the past 12 months did you ever drive a car or other vehicle when you had been smoking marijuana?

- I do not drive
- Yes
- No

47. *The next 2 questions ask about using inhalants. This includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high.*

47a. How old were you when you first used inhalants?

- I have never used inhalants **If NEVER used inhalants, go to Question 49**
- 9 or younger
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18 or older

48. In the past 30 days, have you used inhalants?

- Yes
- No

49. In your lifetime, have you used heroin (also called smack, junk, or China White)?

- Yes
- No **If NO, go to Question 51**

50. During the past 30 days, have you used heroin (also called smack, junk, or China White)?

- Yes
- No

51. During your life, have you used cocaine?

- Yes
- No **If NO, go to Question 53**

52. In the past 30 days, have you used cocaine?

- Yes
- No

53. In your lifetime, have you ever used crack?

- Yes
- No If NO, go to Question 55

54. In the past 30 days, have you used crack?

- Yes
- No

55. In your lifetime, have you ever taken amphetamines or methamphetamines (such as speed, uppers, dexies, bennies, crystal, crank, or ice)?

- Yes
- No If NO, go to Question 57

56. In the past 30 days, have you taken amphetamines or methamphetamines (such as speed, uppers, dexies, bennies, crystal, crank, or ice)?

- Yes
- No

57. In your lifetime, have you ever used ecstasy (MDMA, also called "E" or "X")?

- Yes
- No If NO, go to Question 59

58. In the past 30 days, have you used ecstasy (MDMA, also called "E" or "X")?

- Yes
- No

59. In your lifetime, have you ever taken over-the-counter medication to get high?

- Yes
- No If NO, go to Question 61

60. In the past 30 days, have you taken over-the-counter medication to get high?

- Yes
- No

61. In your lifetime, have you ever taken drugs from prescriptions that weren't your own?

- Yes
- No If NO, go to Question 63

62. In the past 30 days, have you taken drugs from prescriptions that weren't your own?

- Yes
- No

63. In your lifetime, have you ever taken any of the following without a prescription?

	YES	No
a. Narcotics (such as methadone, opium, morphine, and codeine)	<input type="radio"/>	<input type="radio"/>
b. Ritalin	<input type="radio"/>	<input type="radio"/>
c. OxyContin	<input type="radio"/>	<input type="radio"/>
d. Steroids (body building hormones)	<input type="radio"/>	<input type="radio"/>

64. In the past 30 days, have you ever taken any of the following without a prescription?

	YES	No
a. Narcotics (such as methadone, opium, morphine, and codeine)	<input type="radio"/>	<input type="radio"/>
b. Ritalin	<input type="radio"/>	<input type="radio"/>
c. OxyContin	<input type="radio"/>	<input type="radio"/>
d. Steroids (body building hormones)	<input type="radio"/>	<input type="radio"/>

65. How easy or difficult would it be for you to get each of the following?

	VERY EASY	FAIRLY EASY	FAIRLY DIFFICULT	VERY DIFFICULT	IMPOSSIBLE	DON'T KNOW
a. Beer, wine, or other alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Marijuana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

66. How much do you think people risk harming themselves if they occasionally use:

	NO RISK	SLIGHT RISK	MODERATE RISK	GREAT RISK
a. Marijuana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Steroids (body building hormones)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Ritalin (from a prescription that is not your own)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. OxyContin (from a prescription that is not your own)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Any other prescription drugs (from a prescription that is not your own)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Inhalants (sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Heroin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

QUESTIONS ABOUT TOBACCO

67. Have you ever tried cigarette smoking, even one or two puffs?

- Yes
- No

68. About how many cigarettes have you smoked in your entire life?

- None If NONE, Go to Question 73
- 1 or more puffs but never a whole cigarette
- 1 cigarette
- 2 to 5 cigarettes
- 6 to 15 cigarettes (about ½ pack total)
- 16 to 25 cigarettes (about 1 pack total)
- 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
- 100 or more cigarettes (5 or more packs)

69. How old were you when you smoked a whole cigarette for the first time?

- I have never smoked a whole cigarette
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

70. During the past 30 days, on how many days did you smoke cigarettes?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

71. **During the past 12 months, did you ever try to quit smoking cigarettes?**

- I did not smoke during the past 12 months
- Yes
- No

72. **During the past 30 days, how did you usually get your own cigarettes? (CHOOSE ONLY ONE ANSWER)**

- I did not smoke cigarettes during the past 30 days
- I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- I bought them from a vending machine
- I gave someone else money to buy them for me
- I borrowed (or bummed) them from someone else
- A person 18 years old or older gave them to me
- I took them from a store or family member
- I got them some other way

73. **Do you think that you will try a cigarette soon?**

- I have already tried smoking cigarettes
- Yes
- No

74. **Do you think that you will smoke a cigarette at any time during the next year?**

- Definitely yes
- Probably yes
- Probably not
- Definitely not

75. **If one of your best friends offered you a cigarette, would you smoke it?**

- Definitely yes
- Probably yes
- Probably not
- Definitely not

76. **Does anyone who lives with you now smoke cigarettes?**

- Yes
- No

77. **Do you think that the smoke from other people's cigarettes is harmful to you?**

- Definitely yes
- Probably yes
- Probably not
- Definitely not

78. **During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?**

- 0 days
- 1 or 2 days
- 3 or 4 days
- 5 or 6 days
- 7 days

79. **During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?**

- 0 days
- 1 or 2 days
- 3 or 4 days
- 5 or 6 days
- 7 days

80. **Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?**

- Yes
- No

81. **Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits or Copenhagen?**

- Yes
- No

QUESTIONS ABOUT ADVERTISING

82. In the past 30 days, have you seen or heard any ads or promotions for alcohol on TV, the Internet, the radio, or in newspapers or magazines?
- Yes
 - No
83. In the past 30 days, have you seen or heard any anti-alcohol and/or anti-drug messages on TV, the Internet, the radio, or in newspapers or magazines?
- Yes
 - No
84. In the past 30 days, have you seen or heard any anti-smoking messages on TV, the Internet, on the radio, or in newspapers or magazines?
- Yes
 - No

HEALTH QUESTIONS

85. Would you say that in general your health is:
- Excellent
 - Very good
 - Good
 - Fair
 - Poor

DEFINITION: "LONG -TERM" REFERS TO DIFFICULTIES THAT HAVE LASTED OR ARE EXPECTED TO LAST **6 MONTHS OR MORE**.

86. Do you have any physical disabilities or long-term health problems?
- No
 - Yes
 - Not Sure
87. Do you have any long-term emotional problems or learning disabilities?
- No
 - Yes
 - Not Sure

88. Have you ever been told by a doctor, nurse or other health care professional that you have asthma?
- Yes
 - No **If NO, Go to Question 90**
 - Not Sure **If NOT SURE, Go to Question 90**
89. During the past 12 months, how many days did you stay out of school because of your asthma?
- None
 - 1 or 2 days
 - 3 or 4 days
 - 5 or 10 days
 - More than 10 days
 - Not sure
90. Have you ever been told by a doctor, nurse or other health care professional that you have diabetes?
- Yes
 - No **If NO, Go to Question 92**
 - Not sure **If NOT SURE, Go to Question 92**
91. Are you now taking any medication for your diabetes?
- Yes, I'm taking insulin
 - Yes, I'm taking diabetes pills
 - Yes, I'm taking both insulin and diabetes pills
 - No
92. How would you describe your weight?
- Very underweight
 - Slightly underweight
 - About the right weight
 - Slightly overweight
 - Very overweight

93. **During the past 30 days, have you done any of the following things at least once to lose or maintain your weight?**

	YES	No
a. Increase your intake of fruits and vegetables	<input type="radio"/>	<input type="radio"/>
b. Reduce the number of calories you eat	<input type="radio"/>	<input type="radio"/>
c. Cut out between meal snacking	<input type="radio"/>	<input type="radio"/>
d. Decrease your fat intake	<input type="radio"/>	<input type="radio"/>
e. Exercise	<input type="radio"/>	<input type="radio"/>
f. Fast (that is going 24 hours or more without eating)	<input type="radio"/>	<input type="radio"/>
g. Vomit or throw up on purpose after eating	<input type="radio"/>	<input type="radio"/>
h. Take diet pills without a doctor's permission	<input type="radio"/>	<input type="radio"/>
i. Take laxatives	<input type="radio"/>	<input type="radio"/>

94. **In the past 12 months, have you been examined by a dentist?**

- Yes
- No
- Not sure

95. **In the past 12 months, have you had a cavity in any tooth?**

- Yes
- No
- Not sure

96. **During the past 12 months, did you ever wear a mouthguard while playing on a sports team? (Include any teams run by your school or community groups.)**

- Yes
- No
- I did not play on a sports team

97. **Do you know what the 84.org stands for?**

- I haven't heard of the 84.org
- 84 percent of youth in Massachusetts drink alcohol
- Every 84 minutes a Massachusetts youth tries an illegal drug for the first time
- 84 percent of youth in Massachusetts do not smoke cigarettes

THANKS FOR YOUR HELP.

Please put this completed survey in the box located at the front of the class.

Please use this box to write in any comments you may have about this survey.

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