Determination: NHSR | Determination Date: September 13, 2022 |

Massachusetts Youth Health Survey



Sponsored by:

Massachusetts Department of Public Health and

Massachusetts Department of Elementary and Secondary Education

Conducted by: ICF

Spring 2023

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 $\bigotimes \bigotimes \bigcirc \bigcirc$ Correct mark:

You must use a number 2 pencil.



- Arrows (->) 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 younge 12 years old 13 years old 14 years old 15 years old 16 years old 17 years old 17 years old 18 years old 7 years old 9 Nale	r		Write your weight in t shaded blank boxes. Fill in the matching circles below each number. 6. Are you Hispanic or
O Nonbinary/Other			○ No
4. How tall are you without y	our shoes o	on?	7. What is your race? (S
Write your height in	HE	IGHT	American IndianAsian
the shaded blank boxes.	FEET	INCHES	Black or African
Fill in the matching circles below each number.			Native HawaiianWhiteOther
	(3) (4) (5)	① ① ②	8. During the <u>past 12 m</u> your grades in school
		3	Mostly A's
	7	5	
		6 7	Mostly D'sMostly F's
		8 9 10	None of these gr
		(1)	WORK AND LIF

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

Write your weight in the shaded blank boxes. Fill in the matching circles below each number.	WEIGHT IN POUNDS			
	© (1) (2) (3)	0 1 2 3 4 5 6 7 8 9	0 1 2 3 4 5 6 7 8 9	

6.	Are	you	His	spani	C OI	· Lat	ino?

Select one or more responses)

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

nonths, how would you describe

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

ESTYLE QUESTIONS

9.	In the past 12 months, did you work at a job for pay?
	Do NOT count chores, babysitting, or yard work
	(such as raking leaves, shoveling snow, or mowing
	grass).

O Yes					
O No	\rightarrow	If NO,	go to	Question	<mark>1</mark> 1

 10. Where did you most recently work? (Choose ONE. If you work in more than one place, choose the place you work the most hours.) Restaurant (such as fast food, pizza place, coffee shop, or ice cream shop) Grocery store or supermarket Other retail store or places where things are sold (such as a clothing store, gas station, pharmacy or pet store) Health care facility (such as nursing home, hospital, clinic, or doctor's office) Recreation or entertainment place (such as a golf course, camp, sports center, amusement park, or movie theater) Construction site Landscaping company 	 13. During the past 7 days, on how many 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 14. Yesterday, how many times did you eat vegetables?			
Other (Please specify:)				
11. On an average school day, how many hours do you play video or computer games or use a computer for something that is not schoolwork? (Count time spent on things such as Xbox, PlayStation, an iPod,	and boiled, baked and mashed potatoes. Do NOT count French fries, potato chips, or lettuce			
an iPad or other tablet, a smartphone, YouTube,				
Facebook or other social networking tools, and the	I did not eat vegetables yesterday			
Internet.)	1 time			
A do not play video or computer games or use a	2 times 3 or more times			
 I do not play video or computer games or use a computer for something that is not schoolwork 	3 of filore times			
Less than 1 hour per day	15. Yesterday, how many times did you eat fruit or drin			
1 to 2 hours per day	100% fruit juice?			
3 or more hours per day				
	 I did not eat fruit or drink 100% fruit juice yesterday 			
12. During the past 7 days, on how many days were you				
physically active for a total of <u>at least 60 minutes</u>	2 times			
per day? (Add up all the time you spent in any kind of physical activity that increases your heart rate	○ 3 or more times			
and makes you breathe hard some of the time.)	16. On an average school night, how many hours of			
and mande jou around hard come of the time!	sleep do you get?			
○ 0 days	F			
1 day	4 or less hours			
2 days	○ 5 hours			
3 days	6 hours			
4 days	7 hours			
○ 5 days○ 6 days	8 hours 9 hours			
7 days	10 or more hours			
O r dayo	To st more moure			
	QUESTIONS ABOUT HOW YOU FEEL			
	17. During the <u>past 12 months</u> , have you felt you needed to talk to someone about how you were feeling, how things were going in your life, or problems you might have had?			
	○ Yes○ No			

18. 1	Right now, if you needed help with a personal problem, is there someone who you feel you could talk to? Select all that apply.		did ove	ou attempted suicide during the past 12 months, any attempt result in an injury, poisoning, or erdose that had to be treated by a doctor or se?
	Yes-there is an adult in my home I could talk to Yes-there is an adult outside of my home I could talk to Yes-there is a friend or non-adult family member			I did not attempt suicide during the past 12 months Yes No
•	(e.g. cousin, sibling) I could talk toNo-there is no one I could talk to			PERSONAL SAFETY
1 19. 1 19. 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	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 time 2 or 3 times 4 or 5 times		or j tea whi me hea	ring the past 12 months, did you suffer a blow olt to your head while playing with a sports m (either during a game or during practice) ich caused you to get "knocked out", have mory problems, double or blurry vision, adaches or "pressure" in the head, or nausea yomiting?
20.	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 \longrightarrow If 0 times, go to Question 26 I did not play on a sports team during the past 12 months \longrightarrow If you did NOT play a sports team, go to Question 26
! !	YesNo	25.	spc	ou suffered such a blow to your head during orts in the past 12 months, what happened? I stopped playing sports that day, and also got
21.	During the past 12 months, did you ever seriously consider attempting suicide? Yes No			checked by a doctor, nurse or health care provider I stopped playing sports that day, but did NOT get checked by a doctor, nurse or health care provider I continued playing sports that day
22.	During the <u>past 12 months</u> , how many times did you actually attempt suicide? ○ 0 times → If 0 times, go to Question 24 ○ 1 time	26.	Ho	w often do you wear a seatbelt when riding in a driven by someone else?
	2 or 3 times 4 or 5 times 6 or more times			Rarely Sometimes Most of the time Always
! ! !				any of the following happen to you in the past months? Yes No
			a.	You were physically hurt by someone in your family
! !			b.	You witnessed violence in your family

	you been bullied at school? (Being bullied includes being repeatedly teased, threatened, hit, kicked, or excluded by another student or group of students.)		months?	Yes	No No
	0 times1 time2 or 3 times	a.	Bully or push someone around		
	4 or 5 times 6 or 7 times 8 or 9 times 10 or 11 times 12 or more times	b.	Use texting, e-mail, or social networking sites to make fun or threaten, or insult another kid, try to hurt another kid's reputat	or	
	During the <u>past 12 months</u> , have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, texting, or online gaming.)	C.	Threaten to hurt, physically hurtry to hurt a date or someone y were going out with		
	YesNo	Q	UESTIONS ABOUT Y		AMILY
	Has someone you were dating or going out with done any of the following: monitored your cell phone use, called or texted you multiple times a day to monitor your whereabouts, prevented you from doing things with friends, got angry if you were talking to someone else, or prevented you from going to school? I have never been on a date or gone out with anyone Yes, this has happened to me in the past 12	34.	How would your parent(s) react you regularly drank alcohol? W Extremely upset Fairly upset A little upset Not upset at all Do you think most people your following?	ould they	be:
	months Yes, this has happened to me, but longer ago than the past 12 months Yes, this has happened to me in the past 12 months and longer ago than that			Yes	No
31.	No, this has not happened to me Have you ever been hurt physically by a date or someone you were going out with? (Include being nurt by being shoved, slapped, hit, kicked, or forced into sexual activity.) I have never been on a date or gone out with anyone Yes, this has happened to me in the past 12 months	а	. Drink alcohol		
		b	Juse vape products (including JUUL, Puff Bar, Fruyt Stik, e-cigarettes, e-cigars, vape pipes, vaping pens, e-hookahs, hookah pens, etc.)		
		С	. Use marijuana		
	Yes, this has happened to me, but longer ago than the past 12 monthsYes, this has happened to me in the past 12	d	I. Use other illegal drugs		
	months and longer ago than that No, this has not happened to me	е	e. Bully, threaten, or push around other kids		

QUESTIONS ABOUT ALCOHOL

The next 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.

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.		Yes	No
35. During your life, on how many days have you had at least one drink of alcohol?	a. I buy it from a supermarket or a convenience store		
 I have never had a drink of alcohol other than a few sips	b. I buy it from a liquor store or package store		
1 or 2 days3 to 9 days	 c. I buy it from bars or clubs or restaurants 		
10 or more days36. How old were you when you had your first drink of	d. I have someone else buy it for me		
alcohol other than a few sips? 8 years old or younger 9 or 10 years old 11 or 12 years old 13 or 14 years old	e. I get it through my friends		
	f. I get it at home		
15 or 16 years old17 years old or older	g. I get it at parties		
 37. During the past 30 days, have you had a drink of alcohol? Yes No 38. During the past 30 days, have you had 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male) within a couple of hours? 	 40. During the past 30 days, did you reacher vehicle driven by someone with drinking alcohol? Yes No 41. How much do you think people rist themselves (physically or in other have five or more drinks in a row? 	who had b sk harming ways) if t	een
YesNo	No riskSlight riskModerate riskGreat risk		

39. There are many different ways to get beer, wine coolers, wine, or liquor. Which of the following

are how you get alcohol?

DRUG QUESTIONS

The next questions are about marijuana use. Marijuana is also called dope, grass, hashish, herb, joint, pot, weed or reefer. It includes blunts and cigars filled with marijuana.

	efer. It includes blunts and cigars filled with marijuana.	○ Yes ○ No
42.	How old were you when you tried marijuana for the first time? ☐ I have never tried marijuana → If you have	47. During the <u>past year</u> , have your parent(s) or guardian(s) talked to you about the potential negative consequences of using marijuana?
	NEVER tried marijuana, go to QUESTION 46 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	Yes, a number of times Yes, once No I don't remember 48. Does anyone who lives with you now use marijuana?
43.	During the <u>past 30 days</u> , how many times did you use marijuana?	YesNoI don't know
	0 times 1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 or more times	49. During your <u>lifetime</u> , have you used inhalants to get high? (Using inhalants includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays)?
44.	During the <u>past 30 days</u> , how did you get the marijuana that you used? (Choose all that apply)	 Yes No → If NO, go to Question 51 50. During the past 30 days, have you used inhalants
	 I did not use marijuana in the past 30 days I bought it from a store I bought it from someone else I got it at home with permission from a parent or family member over the age of 21 I took it from home without permission from a parent or family member over the age of 21 I took it from some other place without permission I got it from friends I got it at parties I got it some other way 	Yes No 51. During your <u>lifetime</u> , have you used heroin (also called smack, "H", horse, brown sugar, dragon,
45.	During the past 30 days, how did you use marijuana? (Choose all that apply)	○ Yes ○ No
	I did not use marijuana in the past 30 days Smoked it in a cigar or blunt wrap Smoked it in a joint, pipe, bong, or dab Ate it (in brownies, cakes, cookies, candy) Drank it (tea, cola, alcohol) Vaped it (in an e-cigarette, vape pen, vaporizer) Used it some other way	53. During your <u>lifetime</u> , have you ever used any form of cocaine (also called blow, "C", candy, rock, powder, crack or freebase)? Yes No Hoo, go to Question 55

46. During the <u>past 30 days</u>, did you ever ride in a car or other vehicle driven by someone who had been

using marijuana?

ken own?	
2	
e ou taken	l
Yes	No
s have y ug into y	
	e ou taken Yes

63. 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						
b.	Marijuana (also called dope, grass, hashish, herb, joint, pot, weed, or reefer)						

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

		NO RISK	SLIGHT	MODERATE RISK	GREAT RISK
	-				
a.	Tobacco (including cigarettes, cigars, chew, dip, snus, pipe tobacco, etc.)				
b.	Vape products (including JUUL, Puff Bar, Fruyt Stik, e-cigarettes, e-cigars, vape pipes, vaping pens, e-hookahs, hookah pens, etc.)				
c.	Marijuana (also called dope, grass, hashish, herb, joint, pot, weed, or reefer)				
d.	Narcotics (such as Methadone, Opium, Morphine, Codeine, OxyContin, Percodan, Demerol, Percocet, Ultram and Vicodin) from prescriptions that aren't their own				
e.	Ritalin (also called vitamin R, R-ball, diet coke, skittles) or Adderall (also called addys, uppers, beans) from prescriptions that aren't their own				
f	Inhalants (sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high)				

65. During the <u>past 12 months</u>, have you felt you needed to talk to someone about your use of alcohol or other drugs?

 I didn't use alcohol or other drugs during the past 12 month
--

- Yes
- O No

The next questions ask about gambling activities.

66.	During the past 12 months how many times h	nave you	u done any	of the following fo	or money or
	anything of value?				

	0 TIMES	1-5 TIMES	6-10 TIMES	MORE THAN 10 TIMES
a. Played lottery or scratch tickets				
b. Gambled at a casino				
c. Participated in fantasy sports				
 d. Engaged in one of these other activities: Betting on sporting events, games of personal skill (pool, bowling dominoes or darts), dice games, horse or other animal races, vide poker or other gambling machines; Playing cards or bingo for money or prizes; Gambling on the internet. 				

QUESTIONS ABOUT TOBACCO

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

O Yes

O No

68. Have you ever tried smoking cigars, cigarillos, or little cigars, (e.g. Black & Mild, Swisher Sweets,
Backwoods, Garcia y Vega Game), even one or two puffs?

Yes

O No

The next questions are about electronic vapor products. Vape products include: JUUL Puff Bars, Fruyt Stik, e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, hookah pens, etc.

69. Have you ever tried a vape product, even one or two puffs?

Yes

O No

70.	During	the	<u>past</u>	30	days,	on	how	many	days	did
	you us	e a v	ape	pro	duct?	•				

 \bigcirc 0 days \longrightarrow If 0 days, go to Question 73

1 or 2 days3 to 9 days

10 to 29 days

All 30 days

71. Which of the following best describes the types of vape products you have used in the <u>past 30 days</u>? (Choose all that apply)

 Disposable vape product (e.g. Puff Bar, Fruyt Stik, Blu)

 Vape product that uses pre-filled pods or cartridges (e.g., JUUL, Suorin Drop)

O Vape product with a tank that you refill with liquids

Other type of vape product

○ I don't know the type(s) of vape products I've used

12.	following substances in a vape product? (Choose	QUESTIONS ABOUT ADVERTISING
	 Nicotine Marjuana, marijuana concentrates, marijuana waxes, THC, delta-8 THC, or hash oils 	76. During the <u>past 30 days</u> , have you seen or heard any ads or promotions <u>for</u> alcohol on TV, the Internet, the radio, or in newspapers or magazines? Yes
	CBD Essential Oils	○ No
	CaffineOther substanceNot Sure	77. During the <u>past 30 days</u> , have you seen or heard any <u>anti-alcohol and/or anti-drug</u> messages on TV, the Internet, the radio, or in newspapers or magazines?
73.	During the <u>past 30 days</u> , what flavor(s) did the tobacco product(s) (including vape products, cigarettes, cigars, smokeless tobacco) you used contain? (Choose all that apply)	○ Yes ○ No
	· · · · · · · · · · · · · · · · · · ·	QUESTIONS ABOUT ORAL HEALTH
	 I did not use any tobacco products during the past 30 days Fruit, alcohol, or candy flavors (e.g. cherry, vanilla, citrus, peach, piña colada, bubble gum, blue mist, fizzy pop, etc.) 	78. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?
	Mint, menthol, or wintergreen flavors Clove or spice Other flavor not listed here Not sure No flavors	 During the past 12 months Between 12 and 24 months ago More than 24 months ago Never Not sure
74.	During the <u>past 30 days</u> , how did you get your tobacco products (this includes cigarettes, cigars, smokeless, and electronic vapor products)?	79. During the <u>past 12 months</u> , have you had a cavity in any tooth?
	(Choose all that apply)	○ Yes ○ No
	 I did not use any tobacco products 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 vape shop or vapor store I bought them from a smoking bar 	OTHER HEALTH-RELATED QUESTIONS
	I bought them from another state I gave someone else money to buy them for me I got them from friend(s) / I used a friend's	80. Do you have any physical disabilities or long-term health problems?
	I got them from a family memberI got them onlineI got them some other way	DEFINITION: "LONG -TERM" REFERS TO DIFFICULTIES THAT HAVE LASTED OR ARE EXPECTED TO LAST 6 MONTHS OR MORE.
75.	Are you serously thinking about quitting tobacco	O Yee
	products(including vape products, cigarettes, cigars, smokeless tobacco)?	○ Yes○ No○ Not sure
	I do not use tobacco products Yes, during the next 30 days Yes, during the next 6 months Yes, during the next 12 months Yes, but not during the next 12 months No, I am not thinking about quitting tobacco products	

 81. Do you have any long-term emotional problems or learning disabilities? 	87. During the <u>past 12 months</u> , where did you usually sleep at night? (Choose ONE. If more than one place, choose the one where you slept most often.)
Yes No Not sure 82. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher? Never Rarely Sometimes Most of the time	 In my parent's or guardian's home With friends, family, or other people because we lost our home or cannot afford housing In a shelter or emergency housing In a hotel / motel, car, park, campground, or other public place In a foster home or residential placement I move from place to place Somewhere else To what extent do the following statements apply to
 Always 83. During the past <u>7 days</u>, on how many days did you do volunteer work, community service, or help people outside of your home without getting paid? 	you? There are no right or wrong answers. 88. I feel safe when I am with my family/caregiver(s) Not at all
 0 days 1 or 2 days 3 or 4 days 5 or more days 	 A little Somewhat Quite a bit A lot 89. I feel that I belong at my school
 84. During the past 7 days, on how many days did you take part in organized activities (including sports teams, school clubs, music, art or dance lessons, church groups, or other supervised activities)? 0 days 1 or 2 days 3 or 4 days 5 or more days 	Not at all A little Somewhat Quite a bit A lot 90. I feel that my family/caregiver(s) support my interests and things that I care about
 85. During the past 30 days, how often did you go to bed hungry because there was not enough food in your home? Never Rarely Sometimes Most of the time Always 	Not at allA littleSomewhatQuite a bitA lot
 86. How safe from crime do you consider your neighborhood to be? Extremely safe Safe Unsafe Extremely unsafe 	