

# A Profile of Health Among Massachusetts Middle and High School Students, 2011

Results from the Massachusetts Youth Health  
Survey (MYHS)



Health Survey Program  
Division of Research and Epidemiology  
Bureau for Health Information, Statistics, Research, and Evaluation  
Massachusetts Department of Public Health



June 2012



The Commonwealth of Massachusetts  
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June 2012

Dear Colleagues, Parents, and Students:

The Massachusetts Departments of Public Health (DPH) is pleased to present the results of the 2011 Massachusetts Youth Health Survey (MYHS). This report features significant enhancements; one of which is the inclusion of key findings by race, ethnicity and gender and the identification of disparate (*unequal*) outcomes. This is particularly relevant to the work of the MDPH and Executive Office of Health and Human Services (EOHHS) since we share as a top priority the elimination of health disparities and promotion of health equity.

This survey was administered in a random sample of 137 public secondary schools by the University of Massachusetts Center for Survey Research in the spring of 2011. The following report presents key indicators of the behavioral and health risks reported by middle school and high school youth.

This report provides important information about behaviors and conditions that may compromise the health, safety, and wellbeing of young people across the Commonwealth. These behaviors include tobacco, alcohol, and other drug use; behaviors leading to injuries, such as drinking and driving and poor seatbelt use, dietary behaviors and physical inactivity; and sexual behaviors that may lead to sexually transmitted disease or pregnancy. The report also discusses the prevalence of health-related conditions such as obesity, chronic disease, oral health problems, and mental health concerns among our youth. The race/ethnicity data presented in this report may be used as a state benchmark and as a reference point for town surveys.

It is our hope that the data gathered through this survey and presented here can be utilized by schools, community programs, healthcare workers and families to better understand and address the health risks that our youth face and to promote the health of all young people in Massachusetts.

Thank you for your own continued commitment to improving the lives and health of youth in Massachusetts.

Sincerely,

John Auerbach  
Commissioner  
Department of Public Health

## ACKNOWLEDGEMENTS

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## INTRODUCTION

The following report is the first in-depth analyses of health risk behaviors for both middle and high school youth in Massachusetts. The report presents comparative descriptive analyses of health risks and health behaviors by sex, race/ethnicity, and grade of middle and high school students, as well as cross-tabulations and charts depicting associations between health behaviors and risk factors such as smoking and poor academic performance. It provides a picture of the current health behaviors of Massachusetts students with the goal of identifying high risk population groups with a particular focus on race/ethnicity disparities. It aims to assess the association between certain health behaviors and the demographical structure of student populations. It follows and compares the health behaviors for middle and high school students. The information obtained in these surveys assists in identifying the need for youth programs, interventions and health policies.

This report contains findings from the 2011 administration of the middle and high school Massachusetts Youth Health Survey (MYHS) and selected findings from a combined high school sample of identical MYHS and Massachusetts Youth Risk Behavior Survey (MYRBS) variables. In 2011, 54 high schools participated in both surveys, with 2,642 students completing the MYHS high school survey and 2,729 different students completing the MYRBS. Eighty-three middle schools participated in 2011, with 3,554 students completing the MYHS middle school survey (the MYRBS is not administered in middle schools). Surveys were administered in schools between the months of January and May of 2011.

With the cooperation of the Department of Elementary and Secondary Education (DESE), the Massachusetts Department of Public Health (DPH) has been able to conduct the MYHS every two years simultaneously with the MYRBS since 2007. Prior to 2007, the MYRBS and MYHS were conducted separately. The MYRBS has been conducted in Massachusetts every odd numbered year since 1993. The MYHS began at DPH as a survey focused on drug, alcohol and tobacco use among sixth through twelfth grade students. In 2003, the survey was changed to incorporate more health issues such a diet, mental health, personal safety, and other general health concerns. In 2004, it was named the Massachusetts Youth Health Survey and was conducted by The Center for Survey Research of the University of Massachusetts-Boston (CSR). After 2004, discussions between DPH and DESE began about consolidating the two surveys and starting in 2007, CSR began administering both. Joint reports from DESE and DPH were released on the 2007 and 2009 findings, and will be released again for 2011. The 2011 joint report focuses on MYRBS results with trend data for MYRBS 2003-2011 and it is shorter in length than the present report.

# METHODOLOGY

## Sample and Participation

Both the MYHS and MYRBS high school surveys utilized a two-stage sampling method to produce a representative sample of all public school students in Massachusetts in grades nine through twelve<sup>1</sup>. Fifty-four high schools participated in the administration of both surveys, with 2642 students completing the MYHS and 2729 different students completing the MYRBS. The overall response rates (i.e., the school response rate multiplied by the student response rate) were 69.2% for the high school MYHS and 69.1% for MYRBS.

For the MYHS middle school survey, a similar sampling method was used. Two classes from each participating school were randomly selected to complete the survey. Data was collected from 3,554 students in grades six through eight in 83 schools. The overall response rate for the middle school MYHS was 62.7%.

There were 28 questions that were identical on the high school YHS and YRBS. A combined file of these 28 questions was created and utilized for analyses where possible throughout this report. The advantage of the combined sample includes the doubled sample size and increased power of analysis, allowing for analyses that may not have been possible with a smaller sample. *A more detailed description of the sampling method and participation, as well as the steps taken to combine and re-weight the data are described in Appendix 1.*

## Analysis and Statistics Presented

The statistics presented in this report are **weighted** (i.e., adjusted for nonresponse and distribution of students by grade, sex and race/ethnicity) in order to be representative of Massachusetts public high school and middle school students as a whole. *For a more detailed explanation of the weighting and variance estimation used, please refer to Appendix 1.*

Data presented in this report for high school students are from the MYHS unless otherwise noted, in which case the data are from a combined high school sample of identical MYHS and MYRBS variables

As seen in Appendices 2-4, many questions have several response options. Where applicable, response options with a positive response were grouped as ‘Yes’ and response options with a negative response were grouped as ‘No’. The underlying **sample size (N)** in each cell of the presented tables is the number of people who answered “Yes” or “No” to the corresponding question. The crude proportion is a weighted ratio of those who answered “Yes” to the corresponding question versus all who responded to the question. Those who responded “Don’t know” or refused to respond to a question were excluded from the analysis of that question unless otherwise noted.

The data presented here are **univariate, descriptive percentages**. No multivariate analysis was performed on these data. In addition, all data presented here are cross-sectional and thus this report contains no inferences about causality.

**The 95% confidence interval (95% CI)** is a range of values determined by the degree of variability of the data within which the true value is likely to lie. The confidence interval indicates the precision of a calculation; the wider the interval the less precision in the estimate. The 95% confidence intervals used in this report for crude percentages are the indicators of reliability (or stability) of the estimate. Smaller population subgroups or smaller numbers of respondents yield less precise estimates.

### Suppression of the presented estimates:

- a) Estimates and their 95% confidence intervals are not presented in the tables if the underlying sample size is less than 50 respondents.

- b) Following recommendations of the National Center for Health Statistics, data are not presented in the tables if a ratio of standard error to the estimate itself exceeds 30% (relative standard error of greater than 30%). Standard error of the estimate is a measure of its variability. Bigger standard errors yield wider confidence intervals and less reliable estimates.<sup>2</sup>

**Statistical significance** (at the 95% probability level) was considered as a basis when we used the terms “more likely”, “less likely”, “about the same”, “increase” or “decrease.” We considered the difference between two percentages to be statistically significant (with 95% probability) if the 95% confidence intervals surrounding the two percentages do not overlap, which is a conservative estimation for determining statistical significance.<sup>3</sup> Descriptions in the text refer mainly to statistically significant differences, unless otherwise noted. In some instances, which are noted, differences between percentages were not significant but are reported as a matter of epidemiological importance.

**Race-ethnicity categories** in this report include White, Black, Hispanic, Other and Multiracial. When referring to White, Black, Other or Multiracial, these categories include only non-Hispanic respondents. All respondents reporting Hispanic ethnicity are included in the Hispanic category regardless of race. The Other category includes American Indian or Alaska Natives, Asian, and Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino. The most common Multiracial combinations among students were White and American Indian or Alaska Natives, White and Asian, and White and Black.

**Shaded cells** in all tables refer to non-applicable grade levels.

## SUMMARY OF KEY FINDINGS

### Middle School Students

#### Academic Performance

- Overall, 3% of middle school students reported receiving mostly D's or F's for grades in the past year.

#### Substance Abuse

- Hispanic students were twice as likely as White students to have used alcohol in their lifetime (35% vs. 17%).
- Students were more likely to report lifetime alcohol use if they believed most people their age also drank alcohol (45% vs. 12%).

#### Nutrition, Physical Activity and Weight

- Overall, middle school students were more likely than high school students to report eating three or more servings of fruits or vegetables on the day prior to the survey (67% vs. 58%).
- Just over half of middle school students (53%) reported drinking one to two sugar-sweetened beverages on the previous day.

#### Disability and Chronic Conditions

- Black and Hispanic students were more likely than White students to report that they had asthma (28%, 26% vs. 17%).

#### Personal Safety

- Students who received grades of mostly D's and F's were over five times more likely to report never or rarely wearing a seatbelt than students who received grades of mostly A's, B's, and C's (31% vs. 6%).

#### Violence-Related Behaviors and Experiences

- Female students were twice as likely as male students to report being a victim of cyber-bullying (19% vs. 9%).

#### Mental Health and Suicide

- Hispanic students were more likely to have seriously considered suicide than White students (14% vs. 5%).

### High School Students

#### Academic Performance

- Overall, 7% of high school students reported receiving mostly D's or F's for grades in the past year.
- Black (11%) and Hispanic (13%) students were more likely than White (5%) students to receive mostly D's or F's for grades in the past year.

#### Substance Abuse

- Students were more likely to report lifetime alcohol use if they believed most people their age also drank alcohol (76% vs. 30%).
- White (15%) students were more likely to report current cigarette smoking than Black (7%) and Hispanic (9%) students.
- Males were six times more likely than high school females to report use of smokeless tobacco (22% vs. 3%).
- More students report current use of marijuana than current use of cigarettes (27% vs. 13%).

#### Nutrition, Physical Activity and Weight

- Just over half of students (54%) reported drinking one to two sugar-sweetened beverages on the previous day.
- Males were twice as likely as females to be obese (14% vs. 7%); however, no gender difference was seen in those who were overweight (15% vs. 14%). Both overweight and obese defined by BMI percentiles for age and sex.

#### Disability and Chronic Conditions

- Hispanic students were more likely than White students to report that they had asthma (31% vs. 23%).

#### Personal Safety

- Male students participating in sports were more likely than females participating in sports to report they had experienced symptoms of a sports-related traumatic brain injury in the past year (24% vs. 18%).

#### Violence-Related Behaviors and Experiences

- White students were more likely to be victims of cyber-bullying than Hispanic students (17% vs. 12%).

#### Mental Health and Suicide

- White females (9%) were the least likely to consider suicide compared to Black (17%), Hispanic (17%), and Other/Multiracial (17%) females.

#### Sexual Behavior

- Just over half of students (55%) reported that they had never had sexual intercourse.

## DEMOGRAPHICS

All respondents were asked to indicate (1) what grade they were in (2) how old they were (3) their gender (4) if they were Hispanic or Latino and (5) what their race was, with the option of choosing more than one race. Response options for race included American Indian or Alaskan Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander and White. Race categories were subsequently collapsed into White non-Hispanic, Black non-Hispanic, Hispanic, Other non-Hispanic which included American Indian or Alaskan Native, Asian, and Native Hawaiian or Other Pacific Islander and Multiracial non-Hispanic. See Appendix 2 questions 1-3 and 6-7, Appendix 3 questions 1-3 and 6-7, and Appendix 4 questions 1-5 for the exact wording of these questions.

Presented here are the percentages of middle and high school students by sex, grade and race.

*The combined high school sample was used to present the high school demographic characteristics.*

	Middle School			High School <sup>a</sup>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3554	100.0		5371	100.0	
<b>Sex</b>						
Male	1779	51.0	49.2 - 52.8	2717	50.8	49.1 - 52.5
Female	1693	49.0	47.2 - 50.8	2620	49.2	47.5 - 50.9
<b>Grade</b>						
6 <sup>th</sup> grade	1108	33.1	25.7 - 40.5			
7 <sup>th</sup> grade	1199	33.7	28.3 - 39.0			
8 <sup>th</sup> grade	1224	33.2	27.3 - 39.1			
9 <sup>th</sup> grade				1330	26.9	22.9 - 30.9
10 <sup>th</sup> grade				1355	25.3	21.2 - 29.5
11 <sup>th</sup> grade				1283	24.4	20.5 - 28.3
12 <sup>th</sup> grade				1360	23.4	19.2 - 27.5
<b>Race/Ethnicity*</b>						
White	2222	69.0	63.0 - 75.0	3600	70.1	65.0 - 75.1
Black	212	8.2	5.4 - 10.9	354	8.8	6.6 - 11.0
Hispanic	481	15.2	11.4 - 18.9	770	13.9	10.5 - 17.3
Other	242	4.7	3.4 - 6.0	321	4.5	3.3 - 5.6
Multiracial	146	2.9	2.4 - 3.5	215	2.8	2.4 - 3.2
<p>* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino. The most common Multiracial combinations among middle school students were, White and American Indian or Alaska Natives (35%), White and Asian (23%), and White and Black (16%). The most common combinations among high school students were White and Black (26%), White and American Indian or Alaska Natives (26%), and White and Asian (17%). (a) Combined sample MYHS + MYRBS.</p>						

### Middle School

- The Other category included 45 American Indian or Alaska Natives, 184 Asian, and 13 Hawaiian or Pacific Islander students.

### High School

- The Other category included 34 American Indian or Alaska Natives, 254 Asian, and 33 Hawaiian or Pacific Islander students.

## ACADEMIC PERFORMANCE

Adolescents' academic achievement is strongly linked to their health. Health-related factors can lead to poor academic performance. Health-risk behaviors such as early sexual initiation, violence, and physical inactivity have been consistently linked to poor grades.<sup>4</sup>

All students were asked to describe their grades in school during the past 12 months. Response options included 'Mostly A's', 'Mostly B's', 'Mostly C's', 'Mostly D's', 'Mostly F's', and 'none of these grades'. See Appendix 2 question 8, Appendix 3 question 8, and Appendix 4 question 8 for the exact wording of the question.

Presented here are:

1. The percentage of students who reported receiving each of these grades in the past year
2. The percentage of students who reported receiving mostly D's or F's for grades in the past year

*The combined high school sample was used to present the high school academic performance results.*

<i>Grades in past year</i>						
	<b>Middle School</b>			<b>High School <sup>a</sup></b>		
	N	%	95% CI	N	%	95% CI
Mostly A's	1566	45.1	41.5 - 48.7	1416	26.0	23.4 - 28.6
Mostly B's	1210	35.3	33.1 - 37.5	2340	43.5	41.7 - 45.2
Mostly C's	388	11.5	9.8 - 13.1	1020	19.9	17.8 - 21.9
Mostly D's	76	2.2	1.6 - 2.9	224	4.6	3.7 - 5.4
Mostly F's	34	1.0	0.5 - 1.4	105	2.2	1.5 - 2.8
None of these grades	5	0.2	0.0 - 0.4	24	0.4	0.2 - 0.6
Not sure	158	4.8	3.8 - 5.8	176	3.5	2.8 - 4.2

(a) Combined sample MYHS + MYRBS.

<b>Table 3: Academic Performance Among Massachusetts Youth, YHS + YRBS 2011</b>						
<i>Mostly D's, F's for grades in past year</i>						
	<b>Middle School</b>			<b>High School <sup>a</sup></b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3437	3.2	2.3 - 4.1	5305	6.7	5.4 - 8.1
<b>Sex</b>						
Male	1729	4.8	3.4 - 6.1	2690	7.9	6.5 - 9.3
Female	1649	1.7	1.0 - 2.4	2588	5.5	3.9 - 7.0
<b>Grade</b>						
6 <sup>th</sup> grade	†					
7 <sup>th</sup> grade	1161	3.6	2.1 - 5.0			
8 <sup>th</sup> grade	1193	4.4	2.9 - 6.0			
9 <sup>th</sup> grade				1314	8.7	6.0 - 11.4
10 <sup>th</sup> grade				1335	8.2	5.5 - 11.0
11 <sup>th</sup> grade				1273	5.9	3.9 - 7.8
12 <sup>th</sup> grade				1349	3.8	2.3 - 5.2
<b>Race/Ethnicity*</b>						
White	2194	2.8	1.9 - 3.7	3581	4.9	3.9 - 5.9
Black	†			348	10.8	6.9 - 14.7
Hispanic	457	5.3	2.8 - 7.9	751	13.1	9.6 - 16.5
Other	†			317	8.2	4.4 - 11.9
Multiracial	†			208	4.9	2.1 - 7.8

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
(a) Combined sample MYHS + MYRBS.  
† Insufficient data

#### Middle School

- Males were over twice as likely as females to have received mostly D's or F's for grades in the past year.

#### High School

- 9<sup>th</sup> and 10<sup>th</sup> grade students were more likely than 12<sup>th</sup> grade students to have received mostly D's or F's for grades in the past year.
- Black and Hispanic students were more likely than White students to have received mostly D's or F's for grades in the past year.

# SUBSTANCE ABUSE

## ALCOHOL USE

Alcohol use and binge drinking among our nation's youth is a major public health problem. Among youth, the use of alcohol and other drugs has been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior.<sup>5</sup>

A definition of 'drinking alcohol' was provided before the section began: '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'. All respondents were asked (1) how many days during their lifetime they had at least one drink of alcohol and (2) at what age they had their first drink of alcohol other than a few sips. These two variables were combined to create the lifetime alcohol use variable. Any student who reported any lifetime alcohol use was then asked on how many of the past 30 days they had at least one drink of alcohol and on how many of the past 30 days they had at least five drinks of alcohol in a row (to measure binge drinking). All respondents were also asked if they thought that most people their age drank alcohol. See Appendix 2 questions 35-41, Appendix 3 questions 35-41, and Appendix 4 questions 47-51 for the exact wording of these questions.

Presented here are

1. The percent of students who reported having at least one drink of alcohol in their lifetime
2. The number of days in the past month students had at least one drink of alcohol
3. The percentage of students who reported binge drinking in the past 30 days
4. The percentage of students who believe most people their age drink alcohol by lifetime alcohol use

*The combined high school sample was used to present lifetime alcohol use, current alcohol use, and binge drinking. YHS high school data was used to present the percentage of students who believe most people their age drink alcohol stratified by lifetime alcohol use.*

<b>Table 4: Alcohol Use Among Massachusetts Youth, YHS + YRBS 2011</b>						
<i>Lifetime alcohol use<sup>a</sup></i>						
	<b>Middle School</b>			<b>High School<sup>b</sup></b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3273	20.3	17.8-22.8	5135	68.0	66.0 - 70.0
<b>Sex</b>						
Male	1605	23.0	20.3 - 25.8	2589	66.9	64.1 - 69.7
Female	1598	17.7	14.5 - 20.9	2520	69.1	66.6 - 71.5
<b>Grade</b>						
6 <sup>th</sup> grade	1027	7.9	6.2 - 9.7			
7 <sup>th</sup> grade	1094	20.5	17.3 - 23.7			
8 <sup>th</sup> grade	1131	32.8	29.0 - 36.5			
9 <sup>th</sup> grade				1263	55.6	51.2 - 60.0
10 <sup>th</sup> grade				1279	65.3	61.4 - 69.2
11 <sup>th</sup> grade				1234	72.0	68.9 - 75.2
12 <sup>th</sup> grade				1323	80.4	77.6 - 83.3
<b>Race/Ethnicity*</b>						
White	2069	16.8	14.5 - 19.2	3478	68.4	65.8 - 71.1
Black	192	26.9	18.6 - 35.2	324	66.7	61.0 - 72.5
Hispanic	421	35.3	30.2 - 40.4	720	72.9	69.8 - 76.1
Other	232	19.5	12.0 - 27.0	310	52.9	46.2 - 59.6
Multiracial	131	28.7	21.4 - 35.9	205	68.9	62.2 - 75.5

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
(a) Lifetime alcohol use was defined as the percent of respondents who indicated that they had at least one drink of alcohol on one or more days in their life.  
(b) Combined sample MYHS + MYRBS.

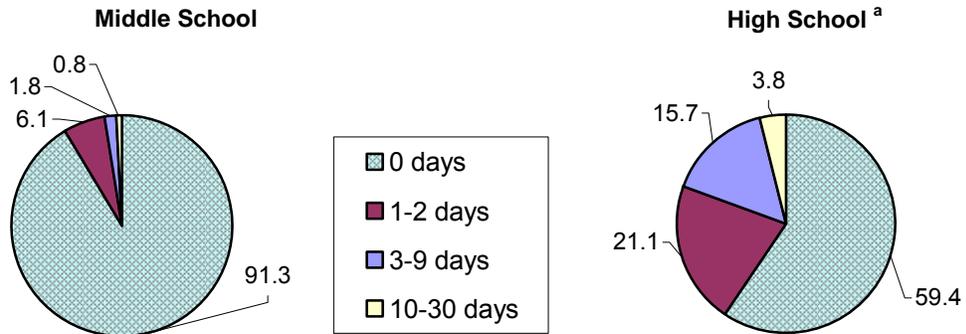
#### Middle School

- Lifetime alcohol use increased by grade level. 8<sup>th</sup> grade students were over four times as likely as 6<sup>th</sup> grade students to have used alcohol in their lifetime.
- Hispanic and Multiracial students were more likely than White students to have used alcohol in their lifetime.

#### High School

- Lifetime alcohol use increased by grade level.
- Students of 'Other' race were less likely to have used alcohol in their lifetime than students of any other race/ethnicity.

**Figure 1: Number of Days in the Past Month Massachusetts Youth Had at Least One Drink of Alcohol, YHS + YRBS 2011**



(a) Combined sample MYHS + MYRBS.

#### Middle School

- 91% of students reported that they had **not** used alcohol in the past 30 days.
- 6% of students reported using alcohol on 1-2 days, 2% on 3-9 days and 1% on 10-30 days in the past month.

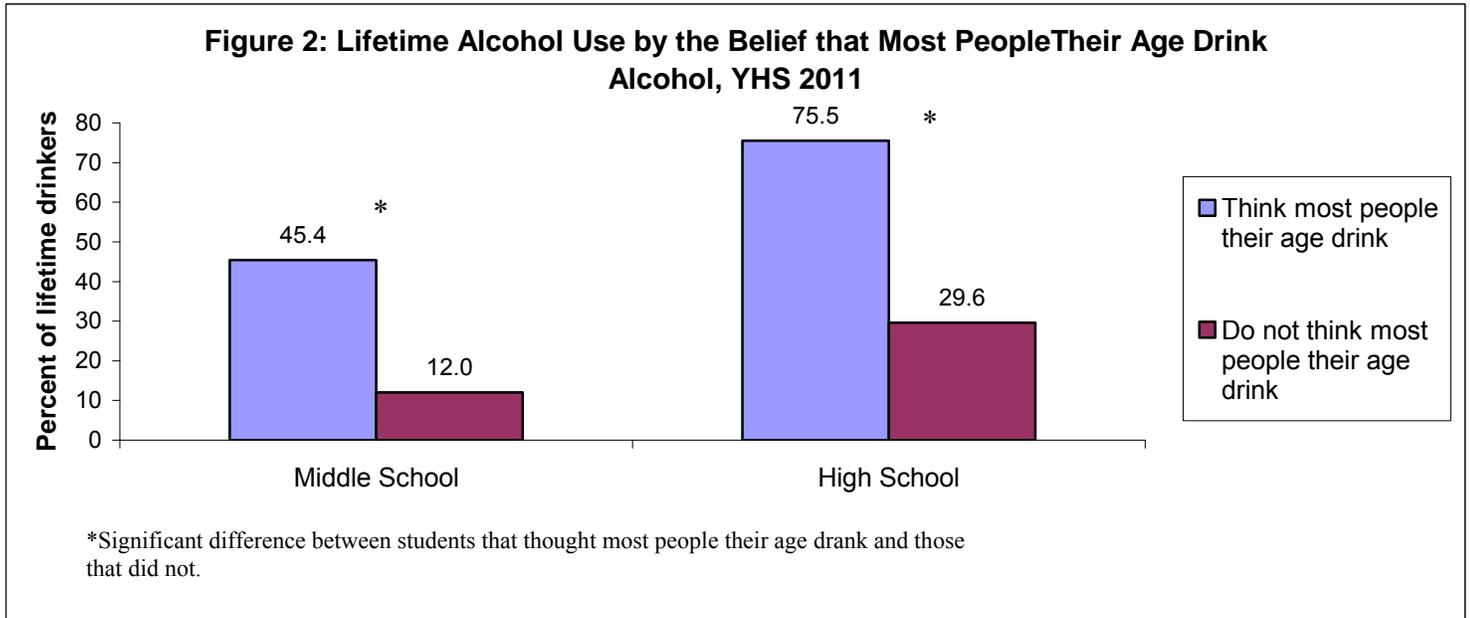
#### High School

- 59% of students reported that they had **not** used alcohol in the past 30 days.
- 21% of students reported using alcohol on 1-2 days, 16% on 3-9 days and 4% on 10-30 days in the past month.

#### **Binge Drinking (defined as having 5 or more drinks in a row)**

- Overall, 2.8% of middle school students and 22.7% of high school students (in the combined sample) reported binge drinking in the past 30 days.
- There were no significant differences observed between males and females

Research from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) has shown that ‘the most reliable predictor of a youth’s drinking behavior is the drinking behavior of his or her friends’.<sup>6</sup> This is of particular importance for youth in middle school and high school since wanting to be accepted by peers becomes a central role in teenagers’ lives. Studies have shown that since teenagers’ brains are still developing, it makes it more difficult for them to stand up to peer pressure. The chart below shows that students who think most people their age drink alcohol are more likely to drink themselves.



### Middle School

- Overall, 25% of students believed that most people their age drank alcohol.
- Students who thought most people their age drank alcohol were over three times more likely to report lifetime alcohol use than those who did not think most people their age drank.

### High School

- Overall, 85% of students believed that most people their age drank alcohol.
- Students who thought most people their age drank alcohol were over two times more likely to report lifetime alcohol use than those who did not think most people their age drank.

## TOBACCO USE

Tobacco use, including cigarette smoking, cigar smoking, and smokeless tobacco use, remains the leading preventable cause of death in the United States. Each day in the United States, approximately 3,600 young people between the ages of 12 and 17 years initiate cigarette smoking, and an estimated 1,100 young people become daily cigarette smokers.<sup>7</sup>

All respondents were asked if they had ever tried smoking cigarettes, even one or two puffs. All respondents were then asked about how many cigarettes they smoked in their entire life. Any student who answered that they smoked part of a cigarette or one or more whole cigarettes was then asked (1) how many days they smoked cigarettes during the past 30 days (used to measure current smoking) and (2) how they usually got their own cigarettes during the past 30 days. All respondents were asked if they had ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits or Copenhagen, which was used to calculate lifetime smokeless tobacco use. See Appendix 2 questions 65-80, Appendix 3 questions 65-80, and Appendix 4 questions 39-41 for the exact wording of these questions.

Presented here are

1. The percentage of students that currently smoke cigarettes
2. The percentage of students that ever used smokeless tobacco by gender
3. The methods that students used to obtain cigarettes during the past 30 days

*The combined high school sample was used to present current cigarette smoking. YHS high school data was used to present smokeless tobacco by gender and methods used to obtain cigarettes.*

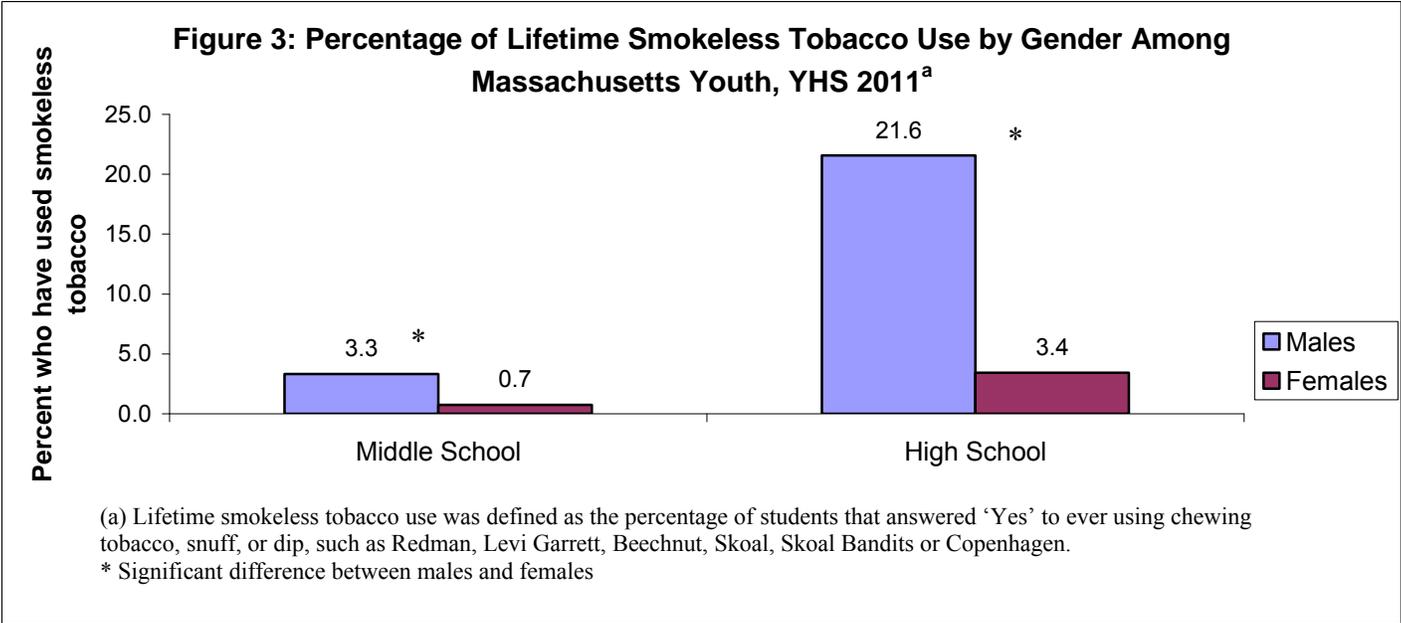
<b>Table 5: Tobacco Use Among Massachusetts Youth, YHS + YRBS 2011</b>						
<i>Current cigarette smoking<sup>a</sup></i>						
	<b>Middle School</b>			<b>High School<sup>b</sup></b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3387	3.0	2.2-3.8	5222	13.4	11.8 - 15.1
<b>Sex</b>						
Male	1691	3.1	2.1 - 4.1	2631	15.2	13.2 - 17.2
Female	1625	2.8	1.8 - 3.9	2566	11.7	9.9 - 13.5
<b>Grade</b>						
6 <sup>th</sup> grade	1050	1.1	0.5 - 1.7			
7 <sup>th</sup> grade	1135	3.1	1.8 - 4.3			
8 <sup>th</sup> grade	1184	4.7	3.2 - 6.2			
9 <sup>th</sup> grade				1295	10.7	8.4 - 13.0
10 <sup>th</sup> grade				1323	11.2	9.0 - 13.4
11 <sup>th</sup> grade				1243	15.1	12.1 - 18.0
12 <sup>th</sup> grade				1326	17.3	14.1 - 20.4
<b>Race/Ethnicity*</b>						
White	2153	2.3	1.4 - 3.1	3521	15.2	13.1 - 17.2
Black	†			337	6.9	4.3 - 9.6
Hispanic	447	5.0	2.6 - 7.4	743	9.0	6.6 - 11.4
Other	227	4.3	0.9 - 7.7	314	10.8	7.6 - 14.0
Multiracial	138	7.5	3.5 - 11.5	208	16.6	11.5 - 21.7
<p>* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.</p> <p>(a) Current cigarette smoking was defined as the percent of respondents that answered that they had smoked cigarettes on 1 or more of the past 30 days</p> <p>(b) Combined sample MYHS + MYRBS.</p> <p>† Insufficient data.</p>						

#### Middle School

- 6<sup>th</sup> grade students were less likely to report current cigarette smoking than either 7<sup>th</sup> or 8<sup>th</sup> grade students.
- Multiracial students were more likely than White students to report current cigarette smoking.

#### High School

- 12<sup>th</sup> grade students were more likely than 9<sup>th</sup> and 10<sup>th</sup> grade students to report current cigarette smoking.
- White students were more likely than Black and Hispanic students to report current cigarette smoking.



**Middle School**

- Males were over three times more likely than females to report ever using smokeless tobacco.

**High School**

- Males were six times more likely than high school females to report ever using smokeless tobacco.

<b>Table 6: Obtaining Cigarettes Among Massachusetts Youth, YHS 2011</b>				
<i>Method of obtaining cigarettes during the past 30 days<sup>a, b</sup></i>				
	<b>Middle School</b>		<b>High School</b>	
	<b>%</b>	<b>95% CI</b>	<b>%</b>	<b>95% CI</b>
Bought at a store	†		31.6	24.6 - 38.6
Gave someone else money to buy them for me	22.2	13.2 - 31.2	19.6	14.1 - 25.0
Borrowed them from someone else	24.0	13.3 - 34.7	27.5	21.4 - 33.6
A person 18 years old or older gave them to me	†		6.9	4.0 - 9.8
Took them from a store or family member	16.4	7.6 - 25.1	6.1	3.4 - 8.8
Some other way	21.9	12.1 - 31.7	7.8	4.9 - 10.6

(a) This question was asked of students who had ever tried cigarette smoking. Those who selected the response option 'I did not smoke cigarettes during the past 30 days' were not included in the analysis.  
 (b) Respondents were only allowed to choose one method.  
 † Insufficient data.

**Middle School**

- No significant differences were observed.

**High School**

- Students who smoked during the past 30 days were more likely to buy cigarettes at a store.

## DRUG USE

Marijuana is the most commonly used illegal drug among youth in the United States. While illicit drug use among youth has declined in recent years, rates of nonmedical use of prescription and over-the-counter medication remain high. Prescription medications most commonly abused by youth include pain relievers, tranquilizers, stimulants, and depressants.

All respondents were asked questions about their lifetime use of nine different categories of drugs, including marijuana, inhalants, heroin, cocaine, crack, amphetamines and methamphetamines, ecstasy, over-the-counter drugs and ‘drugs from prescriptions that weren’t your own’. Those respondents that answered ‘Yes’ to lifetime use for a drug, were then asked if they had used that drug in the past 30 days.

All respondents were additionally asked about their lifetime nonmedical use of specific prescription drugs, including narcotics, Ritalin, OxyContin, and steroids. All respondents were asked if they had ever taken any of those same prescription drugs nonmedically within the past 30 days.

Questions pertaining to **any kind of drug** were used to create the table on ‘*any drug use*’; questions about **only nonmedical prescription drugs** were used to create ‘*any nonmedical prescription drug use*’, and **drug questions exclusive of nonmedical prescription drugs** were used to calculate ‘*any other drug use*’.

See Appendix 2 questions 42-64 and Appendix 3 questions 42-64 for the exact wording of these questions.

Presented here are:

1. The percentage of students who used any drug during their lifetime
2. The percentages of students who used any nonmedical prescription drug or any other drug during their lifetime
3. The percentages of students who used any nonmedical prescription drug or any other drug during the past 30 days
4. The percentage of any lifetime drug use by smoking status

*All high school results represent YHS data, the combined sample was not used in this section.*

**Table 7: Drug Use Among Massachusetts Youth, YHS 2011**

<i>Any lifetime drug use<sup>a</sup></i>						
	Middle School			High School		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3238	15.5	13.2 - 17.8	2537	51.7	48.3 - 55.2
<b>Sex</b>						
Male	1621	16.8	14.4 - 19.2	1290	53.4	49.3 - 57.5
Female	1553	14.1	11.1 - 17.0	1228	49.9	45.4 - 54.3
<b>Grade</b>						
6 <sup>th</sup> grade	969	8.7	6.6 - 10.8			
7 <sup>th</sup> grade	1103	14.5	11.7 - 17.4			
8 <sup>th</sup> grade	1153	22.6	19.1 - 26.1			
9 <sup>th</sup> grade				675	38.7	33.1 - 44.3
10 <sup>th</sup> grade				680	49.6	44.5 - 54.7
11 <sup>th</sup> grade				568	54.5	47.4 - 61.5
12 <sup>th</sup> grade				603	65.5	59.5 - 71.4
<b>Race/Ethnicity*</b>						
White	2054	12.0	9.9 - 14.2	1753	52.0	47.8 - 56.1
Black	178	19.7	13.6 - 25.8	147	48.8	38.9 - 58.7
Hispanic	445	27.2	21.8 - 32.6	349	55.9	50.0 - 61.9
Other	221	15.8	10.5 - 21.1	134	38.4	27.3 - 49.5
Multiracial	142	25.0	18.1 - 31.9	98	59.6	48.8 - 70.5

\* Students were allowed to indicate multiple race categories. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.

(a) Any lifetime drug use was defined as the percent of respondents who indicated that they had ever used one or more of the following drugs: marijuana, inhalants, heroin, cocaine, crack, amphetamines/methamphetamines, ecstasy, over-the-counter medication, narcotics, Ritalin, OxyContin, steroids, or other drugs from prescriptions that were not their own. To be considered as 'not using any drugs in their lifetime', respondents had to answer 'No' to every drug question. Respondents who answered 'No' to most drug questions but had 'missing' responses for other questions were excluded from the analysis.

#### Middle School

- Any lifetime drug use increased with grade level.
- White students were only half as likely as Hispanic or Multiracial students to report any lifetime drug use.

#### High School

- 9<sup>th</sup> grade students were the least likely to report any lifetime drug use compared to students in all other high school grades.
- There were no significant differences found by race/ethnicity.

#### Any Current Drug Use

##### Middle School

- Current drug use increased with grade level from 3% to 10%.
- White students were only half as likely as Hispanic students to report any current drug use.

##### High School

- Current drug use increased with grade level from 22% to 38%.
- There were no significant differences found by race/ethnicity.

**Table 8: Lifetime Drug Use Among Massachusetts Youth, YHS 2011**

	<i>Lifetime Use – Middle School<sup>d</sup></i>		<i>Lifetime Use – High School<sup>e</sup></i>	
	%	95% CI	%	95% CI
<b>Any lifetime nonmedical prescription drug use<sup>a, c</sup></b>	5.3	4.3 - 6.3	16.9	14.9 - 18.9
<b>Any lifetime other drug use<sup>b, c</sup></b>	12.7	10.6 - 14.8	47.9	44.5 - 51.3
Marijuana	8.1	6.4 - 9.8	45.8	42.5 - 49.1
Inhalants	5.4	4.4 - 6.5	5.5	4.3 - 6.7
Nonmedical use of over-the-counter medication	2.0	1.4 - 2.6	8.0	6.5-9.5

(a) Any nonmedical prescription drug use included use of Ritalin, OxyContin, narcotics, steroids, or drugs from prescriptions that were not their own.  
 (b) Any other drug use included use of marijuana, heroin, cocaine, crack, inhalants, ecstasy, amphetamines/methamphetamines or over-the-counter medication taken to get high. Subcategories may overlap.  
 (c) To be considered as ‘not using any nonmedical prescription drugs in their lifetime’ or ‘not using any other drugs in their lifetime’, respondents had to answer ‘No’ to every respective drug question. Respondents who answered ‘No’ to most drug questions but had ‘missing’ responses for other questions were excluded from the analysis.  
 (d) Percentages for the remaining drug categories for middle school students were 4% or lower.  
 (e) Percentages for the remaining drug categories for high school students were 6% or lower.

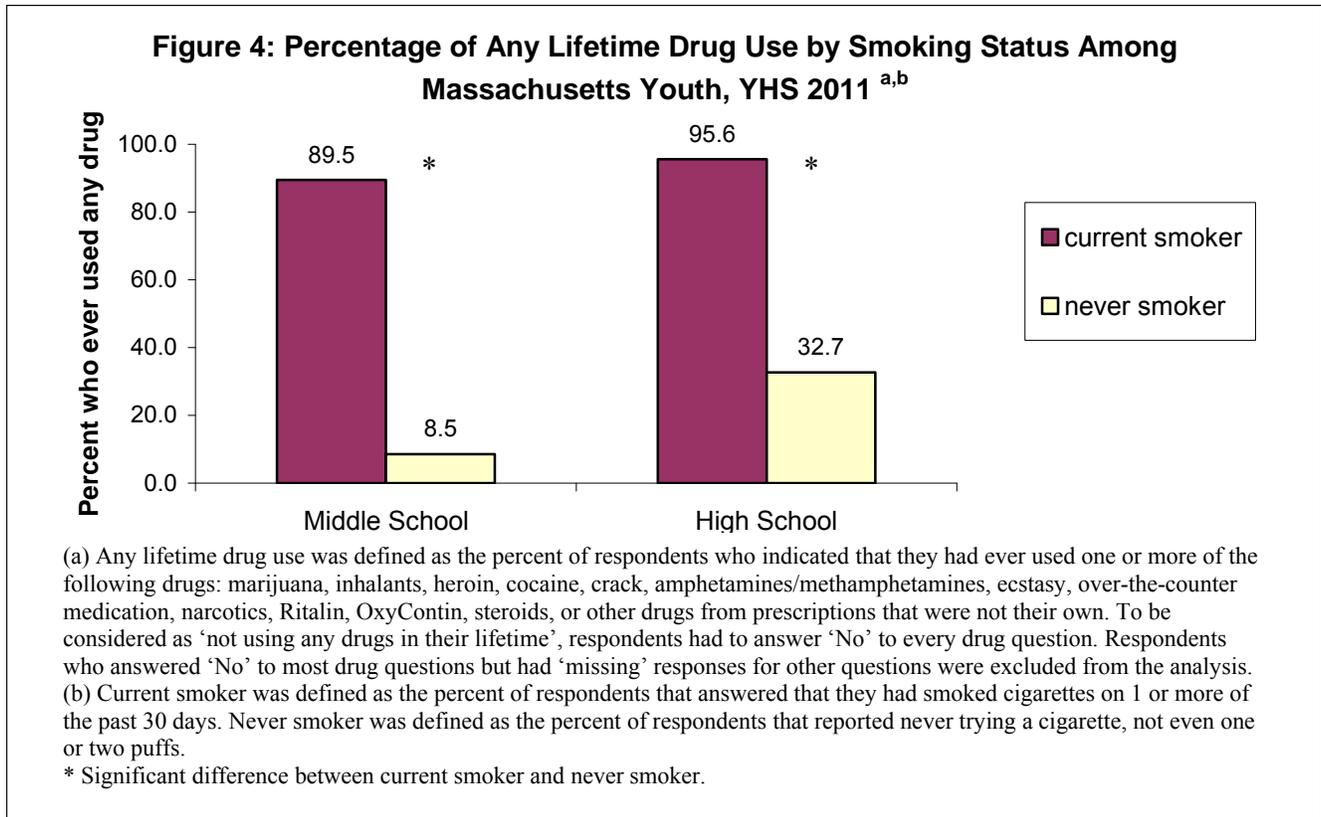
- 5% of middle school students and 17% of high school students reported nonmedical use of a prescription drug during their lifetime.
- Marijuana was the most commonly used drug among both middle and high school students during their lifetime. Nearly half of high school students reported using marijuana during their lifetime.
- 8% of high school students reported lifetime nonmedical use of over-the-counter medication.
- 5% of both middle and high school students reported lifetime use of inhalants to get high.

<b>Table 9: Current Drug Use Among Massachusetts Youth, YHS 2011<sup>e</sup></b>				
	<b>Current Use – Middle School<sup>f</sup></b>		<b>Current Use – High School<sup>g</sup></b>	
	<b>%</b>	<b>95% CI</b>	<b>%</b>	<b>95% CI</b>
<b>Any current drug use<sup>a, d</sup></b>	6.6	5.4 - 7.9	30.0	27.0 - 33.1
<b>Any current nonmedical prescription drug use<sup>b, d</sup></b>	2.0	1.5 - 2.6	6.9	5.6 - 8.1
<b>Any current other drug use<sup>c, d</sup></b>	5.6	4.5 - 6.7	28.3	25.2 - 31.4
Marijuana	3.6	2.6 - 4.5	26.5	23.4 - 29.5
Inhalants	2.0	1.4 - 2.5	1.9	1.2 - 2.6
Nonmedical use of over-the-counter medication	1.1	0.6 - 1.5	3.9	2.8 - 5.1

(a) Any drug use included use of one or more of the following drugs: marijuana, inhalants, heroin, cocaine, crack, amphetamines/methamphetamines, ecstasy, over-the-counter medication, narcotics, Ritalin, OxyContin, steroids, or other drugs from prescriptions that were not their own.  
(b) Any nonmedical prescription drug use included use of Ritalin, OxyContin, narcotics, steroids, or drugs from prescriptions that were not their own.  
(c) Any other drug use included use of marijuana, heroin, cocaine, crack, inhalants, ecstasy, amphetamines/methamphetamines, or over-the-counter medication taken to get high. Subcategories may overlap.  
(d) To be considered as ‘not using any drugs in past 30 days’ or ‘not using any nonmedical prescription drugs in past 30 days’ or ‘not using any other drugs in past 30 days’, respondents had to answer ‘No’ to every respective drug question. Respondents who answered ‘No’ to most drug questions but had ‘missing’ responses for other questions were excluded from the analysis.  
(e) Current use was defined as use within the past 30 days and was calculated as a percent of all survey respondents.  
(f) Percentages for the remaining drug categories for middle school students were less than 1%.  
(g) Percentages for the remaining drug categories for high school students were 5% or lower.

- 7% of middle school students and 30% of high school students reported current use of any drug.
- 7% of high school students reported nonmedical use of any prescription drug during the past 30 days.
- Marijuana was the most commonly used drug in the past 30 days, among both middle and high school students. Among high school students, more students reported current use of marijuana than current use of cigarettes (27% vs. 13%).
- 4% of high school students reported nonmedical use of over-the-counter medication in the past 30 days.
- 2% of both middle and high school students reported current use of inhalants to get high.

It has been shown that teen smoking is an early warning sign for additional substance abuse. Substance Abuse and Mental Health Services Administration (SAMHSA) research shows that youth age 12-17 who smoke are more than 11 times as likely to use illicit drugs and 16 times as likely to drink heavily as youths who do not smoke.<sup>8</sup> The figure below illustrates the difference in lifetime drug use between current smokers and those who have never smoked.



#### Middle School

- Current smokers were over ten times more likely than never smokers to report using any drug in their lifetime.

#### High School

- Current smokers were nearly three times more likely than never smokers to report using any drug in their lifetime.

# NUTRITION, PHYSICAL ACTIVITY AND WEIGHT

## DIETARY BEHAVIORS

Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, and iron deficiency. Most youth in the United States do not meet the recommendations for eating 2 ½ cups to 6 ½ cups of fruits and vegetables each day. In addition, most adolescents drink more full-calorie soda per day than milk.<sup>9</sup>

All respondents were asked to indicate (1) how many times they ate vegetables on the previous day (2) how many times they ate fruit or drank 100% fruit juice on the previous day (3) how many cans or glasses of non-diet soda they drank on the previous day and (4) how many cans or glasses of flavored drinks they drank on the previous day. The definition of vegetables was provided as ‘all cooked and uncooked vegetables; salads; and boiled, baked and mashed potatoes’. They were asked to not count ‘French fries, potato chips, or lettuce that is on a sandwich or sub’. The definition of non-diet soda was provided as ‘a soda with sugar in it, such as Coke, Pepsi, Sprite, ginger ale, or root beer’. The definition of a flavored drink was provided as ‘punch, sports drinks, sweetened ice tea, and other fruit-flavored drinks like Kool Aid and Hawaiian Punch’ and ‘do not count 100% fruit juice’. Both beverage questions specified that a 20-ounce bottle should be counted as 2 glasses. Response options for the vegetable and fruit questions only went up to ‘3 or more times’. See Appendix 2 questions 15-18 and Appendix 3 questions 14-17 for the exact wording of these questions.

Presented below are:

1. The percentage of students that had a combined total of 3 or more fruits or vegetables on the previous day
2. The percentage of students that had any sugar-sweetened beverage on the previous day
3. The percentage of students who were obese by the number of sugar-sweetened beverages they consumed on the previous day

*All high school results represent YHS data, the combined sample was not used in this section.*

<b>Table 10: Fruit and Vegetable Consumption Among Massachusetts Youth, YHS 2011</b>						
<i>3 or more servings of fruits or vegetables on the previous day <sup>a</sup></i>						
	<b>Middle School</b>			<b>High School</b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3498	67.2	65.1 - 69.3	2628	57.7	54.3 - 61.1
<b>Sex</b>						
Male	1758	65.9	63.5 - 68.2	1341	57.2	53.9 - 60.4
Female	1670	68.5	65.5 - 71.5	1268	58.2	54.0 - 62.5
<b>Grade</b>						
6 <sup>th</sup> grade	1084	70.7	67.6 - 73.7			
7 <sup>th</sup> grade	1186	68.0	65.1 - 70.9			
8 <sup>th</sup> grade	1213	63.1	59.4 - 66.8			
9 <sup>th</sup> grade				711	59.8	55.6 - 64.0
10 <sup>th</sup> grade				711	58.8	52.9 - 64.7
11 <sup>th</sup> grade				582	55.1	49.7 - 60.5
12 <sup>th</sup> grade				614	56.7	51.7 - 61.8
<b>Race/Ethnicity*</b>						
White	2195	68.9	66.7 - 71.0	1797	59.7	56.0 - 63.4
Black	209	60.2	54.6 - 65.9	158	53.4	43.7 - 63.1
Hispanic	479	65.0	59.9 - 70.1	370	47.6	42.8 - 52.4
Other	239	70.8	64.6 - 77.1	144	60.7	53.8 - 67.6
Multiracial	145	61.8	53.6 - 69.9	102	64.5	55.0 - 73.9

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
(a) 3 or more servings of fruits or vegetables was defined as the percent of respondents that had a combined total of 3 or more fruits or vegetables consumed on the previous day.

- Overall, middle school students were more likely than high school students to report eating three or more servings of fruits or vegetables on the day prior to the survey.

Middle School

- Black students were less likely than White students to have eaten three or more servings of fruits or vegetables on the day prior to the survey.

High School

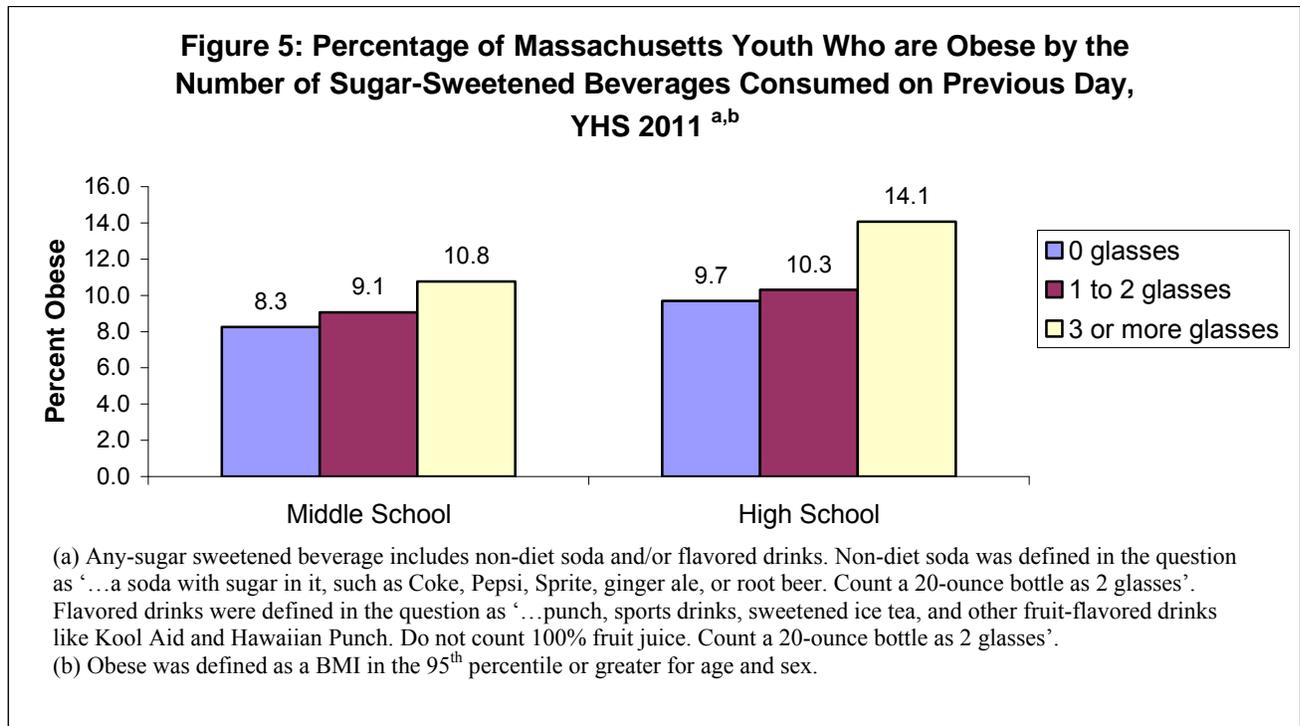
- Hispanic students were less likely than White students to have eaten three or more servings of fruits or vegetables on the day prior to the survey.

<b>Table 11: Sugar-Sweetened Beverage Consumption Among Massachusetts Youth, YHS 2011 <sup>a</sup></b>				
	<b>Middle School</b>		<b>High School</b>	
	<b>%</b>	<b>95% CI</b>	<b>%</b>	<b>95% CI</b>
0 glasses	32.6	30 - 35.1	31.0	27.5 - 34.5
1 to 2 glasses	52.6	50.6 - 54.6	54.4	52.1 - 56.7
3 or more glasses	14.8	12.8 - 16.8	14.6	12.3 - 16.8

(a) Any sugar-sweetened beverage includes non-diet soda and/or flavored drinks. Non-diet soda was defined in the question as '...a soda with sugar in it, such as Coke, Pepsi, Sprite, ginger ale, or root beer. Count a 20-ounce bottle as 2 glasses'. Flavored drinks were defined in the question as '...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'.

- Just over half of both middle and high school students reported drinking one to two sugar-sweetened beverages on the previous day.
- Fifteen percent of both middle and high school students reported drinking three or more sugar-sweetened beverages on the previous day.
- There were no differences between middle and high school students when comparing the amount of sugar-sweetened beverages consumed on the day prior to the survey.

The 2010 Dietary Guidelines Advisory Committee states that there are strong data to support the conclusion that a greater intake of sugar-sweetened beverages is associated with increased adiposity in children.<sup>10</sup> Evidence from longitudinal studies suggests that there is an association between sugar-sweetened beverage intake and weight or body mass index (BMI).<sup>11</sup> The figure below examines the percent of students who report being obese by the number of sugar-sweetened beverages they consumed on the previous day.



- Overall, this graph suggests that there is an increase in obesity as sugar-sweetened beverage consumption increases, although this increase is not statistically significant.

## PHYSICAL ACTIVITY

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, and increases self-esteem. In 2009, only 18% of high school students in the United States reported participating in at least 60 minutes per day of physical activity.<sup>12</sup>

All respondents were asked to indicate (1) on how many of the past 7 days they exercised or participated in physical activity for at least 20 minutes that made them sweat or breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar aerobic activities and (2) on how many of the past 7 days they were physically active for a total of at least 60 minutes per day (adding up all the time spent in any kind of physical activity that increased their heart rate and made them breathe hard some of the time).

Students that answered ‘7 days’ to the second question were considered to have met the new 2008 Physical Activity Guidelines for Americans recommendation of ‘60 minutes or more of physical activity each day’ for children.<sup>13</sup> Among those students, respondents that additionally answered that they did vigorous activity for 20 minutes on 3 or more days were considered to have met the additional physical activity guideline of ‘including vigorous-intensity aerobic activity on at least 3 days per week’. The previous physical activity recommendation of 5 out of 7 days, reported in ‘Health and Risk Behaviors of Massachusetts Youth, 2009’ was taken from the 2005 Dietary Guidelines, which stated that children and adolescents should engage in at least 60 minutes of physical activity on most, preferably all, days of the week.<sup>14, 15</sup>

All respondents were asked how many days they walked, biked, rollerbladed, or rode a skateboard to get to school or get home from school during the past 5 school days.

All respondents in the **High School survey** were asked how many hours they spent watching television during the past 7 days, not including videos, DVDs, PlayStation or Nintendo. Sub-questions were listed for last Friday, Saturday, Sunday, and on average Monday through Thursday.

In the **Middle School survey**, the sub-questions about television watching included last Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday. **Middle School students** were additionally asked how many hours they played video or computer games or used a computer for something that was not school work on an average school night (including Xbox, PlayStation, Nintendo DS, iPod touch, Facebook and the Internet).

See Appendix 2 questions 10-14, Appendix 3 questions 10-13 and Appendix 4 questions 92-93 for the exact wording of these questions.

Presented below are:

1. The percentage of students who met the 2008 guidelines for total physical activity in the past week
2. The percentage of students who met the 2008 guidelines for vigorous physical activity in the past week
3. The number of days students walked, biked or rode to or from school in the past 5 school days
4. The percentage of students who watched TV or played video games for 3 or more hours on each school day in the past week

*The combined high school sample was used to calculate total physical activity and vigorous physical activity. YHS high school data was used to represent the number of days students walked to or from school and the percentage of students who watched TV or played video games for 3 or more hours each school day.*

<b>Table 12: Physical Activity Among Massachusetts Youth, YHS + YRBS 2011</b>						
<i>Physically active for at least 60 minutes 7 days in the last week <sup>a</sup></i>						
	<b>Middle School</b>			<b>High School <sup>b</sup></b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3464	14.7	13.3 - 16.1	5276	17.2	15.9 - 18.6
<b>Sex</b>						
Male	1743	18.2	16.4 - 20.1	2663	22.9	20.9 - 24.8
Female	1659	11.2	9.6 - 12.8	2586	11.5	10.1 - 12.8
<b>Grade</b>						
6 <sup>th</sup> grade	1074	15.5	13.3 - 17.8			
7 <sup>th</sup> grade	1170	13.0	10.8 - 15.2			
8 <sup>th</sup> grade	1210	15.6	12.8 - 18.3			
9 <sup>th</sup> grade				1307	18.6	16.0 - 21.2
10 <sup>th</sup> grade				1325	16.3	14.0 - 18.6
11 <sup>th</sup> grade				1266	18.1	15.2 - 20.9
12 <sup>th</sup> grade				1342	15.8	13.9 - 17.7
<b>Race/Ethnicity*</b>						
White	2184	15.4	13.5 - 17.2	3566	17.9	16.3 - 19.5
Black	205	13.2	8.2 - 18.3	341	15.3	11.8 - 18.7
Hispanic	471	9.9	7.1 - 12.6	750	15.3	12.8 - 17.8
Other	236	12.6	8.0 - 17.1	312	13.8	9.8 - 17.7
Multiracial	144	19.4	11.1 - 27.7	211	17.7	12.7 - 22.8

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
(a) 'Physically active' was defined in the question as '...time you spent in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time'.  
(b) Combined sample MYHS + MYRBS.

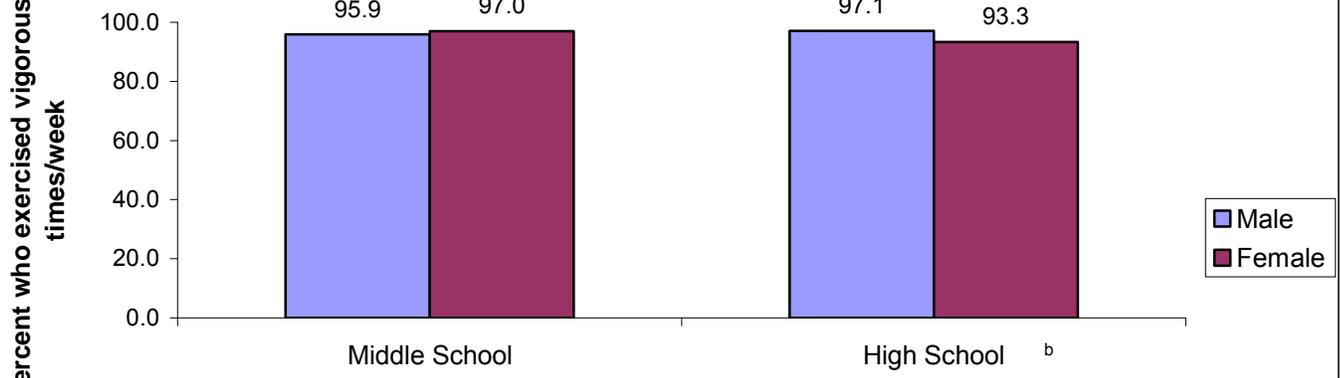
**Middle School**

- Male students were more likely than female students to report physical activity for 60 minutes on all 7 days of the past week.
- Hispanic students were less likely than White students to report physical activity for 60 minutes on all 7 days of the past week.

**High School**

- Male students were twice as likely as female students to report physical activity for 60 minutes on all 7 days of the past week.
- There were no significant differences observed by grade level or race/ethnicity.

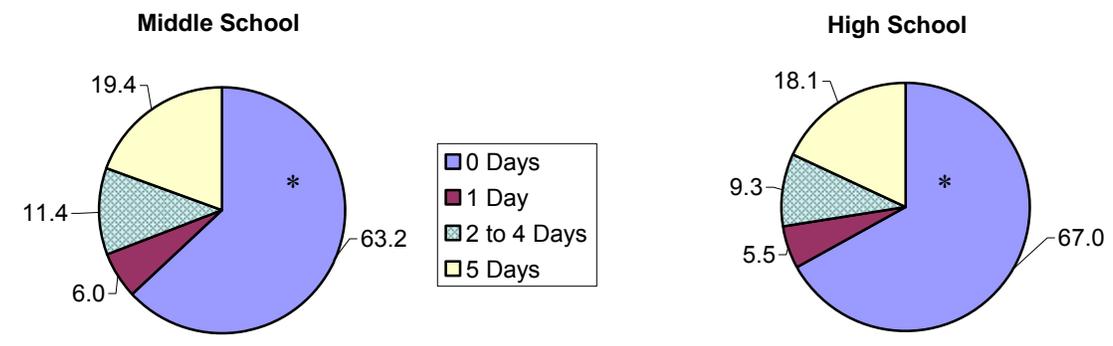
**Figure 6: Percentage of Massachusetts Youth That Exercised Vigorously at Least 3 Days in the Last Week by Gender, Among Those That Exercised 60 Minutes & 7 Days in the Last Week, YHS + YRBS 2011 <sup>a</sup>**



(a) 'Vigorous activity' was defined in the question as '...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'.  
 (b) Combined sample MYHS + MYRBS.

- Among those who met the guideline for total physical activity, there was no difference by gender in the percent who also met the guideline for vigorous activity. Nearly all who met the guideline for total activity also met the guideline for vigorous activity.

**Figure 7: Number of Days Walked, Biked, or Rode to or From School in the Past 5 Days among Massachusetts Youth, YHS 2011**



\* '0 Days' significantly higher than all other options

**Middle school**

- Nearly two-thirds of students reported that they did not walk or bike to school on any of the past five days, while 19% of students reported all five days.

**High School**

- Over two-thirds of students reported that they did not walk or bike to school on any of the past five days, while 18% of students reported all five days.

	<b>Middle School</b>		<b>High School</b>	
	<b>%</b>	<b>95% CI</b>	<b>%</b>	<b>95% CI</b>
<b>3+ hours screen time on school days<sup>a</sup></b>	63.4	60.0 - 66.7		
3+ hours TV on school days	25.5	22.9 – 28.2	35.8	32.8 – 38.9
3+ hours video/computer games on school days <sup>b</sup>	28.2	25.5 – 31.0		
(a) Screen time was calculated as the percent of students who watched TV and/or played video games for 3 or more hours on each school day (Monday-Friday). Note: this was NOT calculated as an average.				
(b) Question regarding computer and video games was only asked on the middle school survey and did not include computer use for school work.				

**Middle School**

- Nearly two-thirds of middle school students were exposed to three or more hours of total screen time on each school day.

**High School**

- The percentage of students who watched 3 or more hours of TV on each school day was higher among high school students than middle school students.

## WEIGHT AND WEIGHT CONTROL

Childhood obesity has more than tripled in the past 30 years. In 2008, more than one third of children and adolescents were overweight or obese. Obese youth are more likely to have risk factors for cardiovascular disease, pre-diabetes, and are at greater risk for social and psychological problems such as stigmatization and poor self-esteem.<sup>16</sup>

All respondents were asked to indicate how tall they were and how much they weighed without their shoes on. Body Mass Index (BMI) was calculated using ‘A SAS Program for the CDC Growth Charts’ provided by the Centers for Disease Control and Prevention (CDC) which additionally provided the percentile for BMI adjusted for age and sex.<sup>17</sup> Biologically implausible value edits were conducted to exclude outliers for height, weight and BMI. Biologically implausible values were excluded from the analysis as well as the respective BMI percentiles.

Overweight was defined as having a BMI percentile for age and sex greater than or equal to 85 but less than 95. Obese was defined as having a BMI percentile for age and sex greater than or equal to 95. Normal weight was defined as a BMI percentile for age and sex greater than or equal to 5 but less than 85.

All respondents were asked how they would describe their weight, with response options including very underweight, slightly underweight, about the right weight, slightly overweight and very overweight.

All respondents were asked if they had done any of the following things at least once to lose or maintain their weight in the past 30 days: (1) increase intake of fruits and vegetables (2) reduce the number of calories they ate (3) cut out between meal snacking (4) decreased their fat intake (5) exercise (6) fast (that is going 24 hours or more without eating) (7) vomit or throw up on purpose after eating (8) take diet pills without a doctor’s permission and (9) take laxatives. Students were asked to respond “Yes” or “No” to each behavior.

See Appendix 2 questions 4-5 and 90-91, Appendix 3 questions 4-5 and 94-95, and Appendix 4 questions 6-7 and 79 for exact wording of these questions.

Presented below are:

1. The percentage of students who were overweight
2. The percentage of students who were obese
3. The percentage of high school students who were obese by race and gender
4. The percentages of males and females who practiced healthy and unhealthy weight maintenance techniques
5. Students’ perception of their body weight stratified by BMI categories

*The combined high school sample was used to analyze overweight, obese, obesity by race and gender, and perception of body weight by BMI categories. YHS high school data was used to analyze weight control behaviors.*

<b>Table 14: Overweight Among Massachusetts Youth, YHS + YRBS 2011</b>						
<i>Overweight<sup>a</sup></i>						
	<b>Middle School</b>			<b>High School<sup>b</sup></b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	2799	15.0	13.4 - 16.7	4753	14.2	13.0 - 15.4
<b>Sex</b>						
Male	1444	17.6	15.2 - 19.9	2396	14.8	13.3 - 16.4
Female	1355	12.4	10.4 - 14.4	2357	13.6	11.9 - 15.3
<b>Grade</b>						
6 <sup>th</sup> grade	822	15.1	11.5 - 18.8			
7 <sup>th</sup> grade	942	14.7	12.4 - 17.0			
8 <sup>th</sup> grade	1033	15.2	12.8 - 17.6			
9 <sup>th</sup> grade				1163	14.5	12.1 - 16.8
10 <sup>th</sup> grade				1186	16.2	13.8 - 18.6
11 <sup>th</sup> grade				1154	13.5	11.2 - 15.8
12 <sup>th</sup> grade				1225	12.6	10.6 - 14.7
<b>Race/Ethnicity*</b>						
White	1850	13.9	12.2 - 15.6	3238	13.2	11.8 - 14.6
Black	155	20.6	15.1 - 26.0	304	17.6	13.5 - 21.8
Hispanic	355	21.1	16.8 - 25.5	656	16.8	14.7 - 19.0
Other	182	6.7	2.5 - 10.9	286	11.2	7.3 - 15.1
Multiracial	118	14.3	7.1 - 21.4	190	19.6	13.6 - 25.6
<p>* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  (a) Overweight was defined as having a BMI percentile greater than or equal to 85 but less than 95 for age and sex.  (b) Combined sample MYHS + MYRBS.</p>						

Middle School

- Male students were more likely than female students to be overweight.
- Hispanic students were more likely than White or ‘Other’ race students to be overweight.

High School

- Hispanic students were more likely than White students to be overweight.

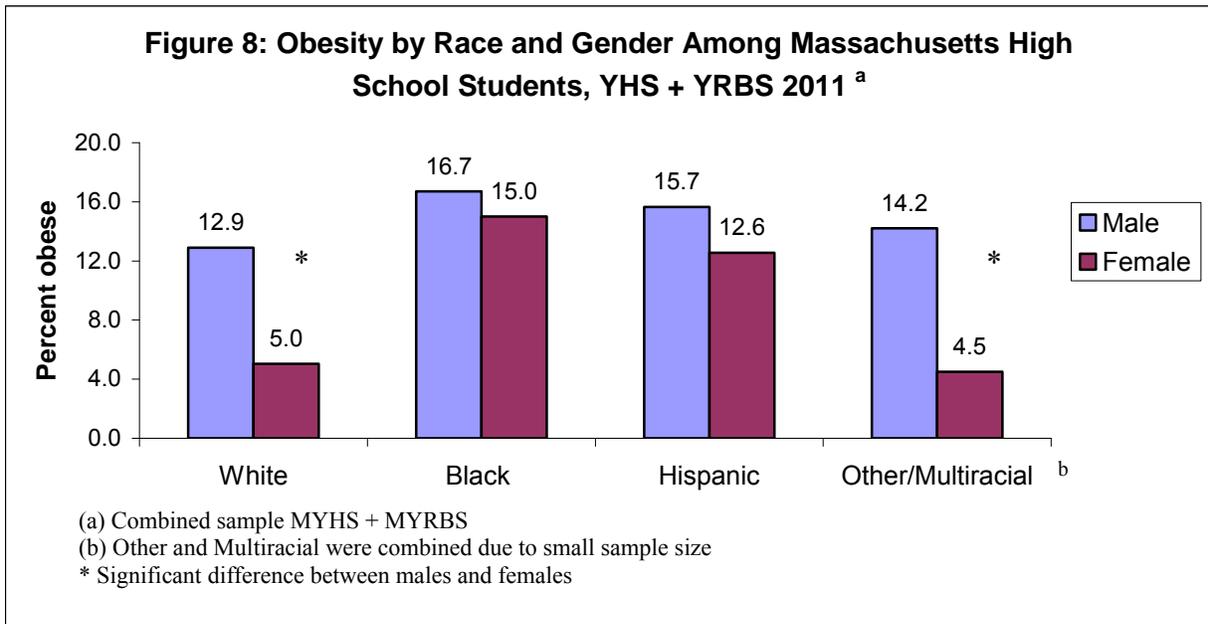
<b>Table 15: Obesity Among Massachusetts Youth, YHS + YRBS 2011</b>						
<i>Obese<sup>a</sup></i>						
	<b>Middle School</b>			<b>High School<sup>b</sup></b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	2799	9.0	7.7 - 10.3	4753	10.2	9.0 - 11.4
<b>Sex</b>						
Male	1444	12.3	10.2 - 14.5	2396	13.5	11.9 - 15.1
Female	1355	5.5	4.1 - 6.9	2357	6.9	5.4 - 8.4
<b>Grade</b>						
6 <sup>th</sup> grade	822	7.9	5.7 - 10.1			
7 <sup>th</sup> grade	942	10.1	8.2 - 12.0			
8 <sup>th</sup> grade	1033	8.9	6.6 - 11.2			
9 <sup>th</sup> grade				1163	10.2	8.4 - 11.9
10 <sup>th</sup> grade				1186	10.6	8.0 - 13.3
11 <sup>th</sup> grade				1154	10.7	8.3 - 13.2
12 <sup>th</sup> grade				1225	9.2	7.5 - 11.0
<b>Race/Ethnicity*</b>						
White	1850	7.7	6.3 - 9.0	3238	9.0	7.8 - 10.1
Black	155	12.2	7.1 - 17.2	304	15.9	11.4 - 20.4
Hispanic	355	13.7	9.6 - 17.9	656	14.1	10.4 - 17.9
Other	182	7.2	3.4 - 11.0	286	5.5	2.6 - 8.4
Multiracial	118	9.8	4.5 - 15.0	190	15.4	10.5 - 20.3
<p>* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.</p> <p>(a) Obese was defined as a BMI percentile greater than or equal to 95 for age and sex.</p> <p>(b) Combined sample MYHS + MYRBS.</p>						

Middle School

- Male students were more than twice as likely as female students to be obese.
- Hispanic students were more likely than White students to be obese.

High School

- Male students were twice as likely as female students to be obese
- White and ‘Other’ race students were less likely to be obese compared to Black, Hispanic or Multiracial students.



- White males were more likely than White females to be obese.
- Other/Multiracial males were more likely than Other/Multiracial females to be obese.
- Black females were more likely to be obese than White and Other/Multiracial females.

<b>Table 16: Weight Control Behaviors Among Massachusetts Middle School Students, YHS 2011</b>				
<i>During the past 30 days, have you done any of the following things at least once to lose or maintain your weight? <sup>a</sup></i>				
<b>Middle School</b>	<b>MALES</b>		<b>FEMALES</b>	
	%	95% CI	%	95% CI
<b>Healthy Behaviors</b>				
Increase intake of fruits and vegetables	50.4	47.8 - 53.1	56.5	53.7 - 59.4
Reduce the number of calories you eat	33.5	31.2 - 35.9	41.6	38.8 - 44.4
Cut out between meal snacking	31.7	29.4 - 34.0	37.8	35.1 - 40.6
Exercise	75.1	72.7 - 77.5	76.7	73.9 - 79.4
<b>Unhealthy Behaviors</b>				
Fast (going 24 hours or more without eating)	5.1	3.9 - 6.2	8.8	7.0 - 10.6

(a) Separate sub-questions were asked for each behavior, with response options 'Yes' and 'No'.

- Female students in middle school were more likely than male students to increase their intake of fruits and vegetables, reduce the number of calories they ate, cut out between meal snacking, and fast in order to maintain or lose weight.

<b>Table 17: Weight Control Behaviors Among Massachusetts High School Students, YHS 2011</b>				
<i>During the past 30 days, have you done any of the following things at least once to lose or maintain your weight? <sup>a</sup></i>				
<b>High School</b>	<b>MALES</b>		<b>FEMALES</b>	
	<b>%</b>	<b>95% CI</b>	<b>%</b>	<b>95% CI</b>
<b>Healthy Behaviors</b>				
Increase intake of fruits and vegetables	45.2	42.3 – 48.0	59.5	56.5 - 62.6
Reduce the number of calories you eat	28.8	26.0 - 31.7	49.1	45.9 - 52.2
Cut out between meal snacking	31.4	28.7 - 34.1	50.5	47.3 - 53.7
Exercise	73.9	71.1 - 76.7	77.2	74.2 - 80.2
<b>Unhealthy Behaviors</b>				
Fast (going 24 hours or more without eating)	5.0	3.4 - 6.6	12.4	10.1 - 14.7
Vomit or throw up on purpose after eating	1.9	1.0 - 2.7	4.4	3.2 - 5.6
Take diet pills without a doctor's permission	1.7	0.9 - 2.5	3.9	2.7 - 5.0
(a) Separate sub-questions were asked for each behavior, with response options 'Yes' and 'No'.				

- Female high school students were more likely than male students to perform all of the weight control behaviors in the above table, except for exercise.

**Table 18: Perception of Body Weight by BMI Categories Among Massachusetts Middle School Students, YHS 2011 <sup>a</sup>**

Perception	BMI Category					
	Normal (BMI Percentile $\geq 5^{\text{th}}$ and $< 85^{\text{th}}$ )		Overweight (BMI Percentile $\geq 85^{\text{th}}$ and $< 95^{\text{th}}$ )		Obese (BMI Percentile $\geq 95^{\text{th}}$ )	
	%	95% CI	%	95% CI	%	95% CI
Slightly or Very Underweight	18.7	17.0 - 20.4	5.7	3.4 - 8.0	8.1	4.3 - 11.9
About the right weight	71.4	69.3 - 73.5	41.1	36.8 - 45.4	16.9	11.9 - 21.9
Slightly or Very Overweight	9.9	8.7 - 11.2	53.2	48.3 - 58.1	75.0	69.2 - 80.8

(a) All respondents were asked 'How would you describe your weight?' with response options 'very underweight', 'slightly underweight', 'about the right weight', 'slightly overweight' and 'very overweight'.

- Among students who were normal weight, nearly one-third of students did not perceive themselves to be a normal weight. 19% felt they were underweight and 10% felt they were overweight.
- Among students who were overweight, close to one-half of students did not perceive themselves to be overweight. 6% felt they were underweight and 41% felt they were normal weight.
- Among students who were obese, one-quarter of students did not perceive themselves to be overweight. 8% felt they were underweight and 17% felt they were normal weight.

**Table 19: Perception of Body Weight by BMI Categories Among Massachusetts High School Students, YHS + YRBS 2011<sup>a, b</sup>**

Perception	BMI Category					
	Normal (BMI Percentile $\geq 5^{\text{th}}$ and $< 85^{\text{th}}$ )		Overweight (BMI Percentile $\geq 85^{\text{th}}$ and $< 95^{\text{th}}$ )		Obese (BMI Percentile $\geq 95^{\text{th}}$ )	
	%	95% CI	%	95% CI	%	95% CI
Slightly or Very Underweight	18.0	16.7 - 19.3	3.7	1.8 - 5.6	4.9	2.8 - 7.0
About the right weight	69.8	68.1 - 71.5	36.5	32.4 - 40.6	11.5	8.5 - 14.5
Slightly or Very Overweight	12.2	11.0 - 13.4	59.8	55.5 - 64.2	83.6	80.4 - 86.8

(a) All respondents were asked 'How would you describe your weight?' with response options 'very underweight', 'slightly underweight', 'about the right weight', 'slightly overweight' and 'very overweight'.  
(b) Combined sample MYHS + MYRBS

- Among students who were normal weight, nearly one-third of students did not perceive themselves to be normal weight. 18% felt they were underweight and 12% felt they were overweight.
- Among students who were overweight, 40% of students did not perceive themselves to be overweight. 4% felt they were underweight and 37% felt they were normal weight.
- Among students who were obese, just over 16% of students did not perceive themselves to be overweight. 5% felt they were underweight and 12% felt they were normal weight.

## ORAL HEALTH

Tooth decay (dental caries) affects children in the United States more than any other chronic infectious disease. Untreated tooth decay causes pain and infections that may lead to problems eating, speaking, playing, and learning.<sup>18</sup>

All respondents were asked if (1) they had been examined by a dentist in the past 12 months and if (2) they had a cavity in any tooth in the past 12 months.

All respondents were asked if they ever wore a mouth guard while playing on a sports team in the past 12 months. Those who did not play on a sports team were not included in the analysis.

See Appendix 2 questions 92-94 and Appendix 3 questions 96-98 for the exact wording of these questions.

Presented below are:

1. The percentage of students that reported being examined by a dentist in the past year
2. The percentage of students that had at least one cavity in the past year stratified by the number of sugar-sweetened beverages consumed on the previous day
3. The percentage of students who wore a mouth guard while playing sports stratified by gender

*All high school results represent YHS data, the combined sample was not used in this section.*

<b>Table 20: Oral Health Among Massachusetts Youth, YHS 2011</b>						
<i>Examined by a dentist in the past year</i>						
	<b>Middle School</b>			<b>High School</b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3266	92.1	90.9 - 93.4	2527	89.4	87.4 - 91.4
<b>Sex</b>						
Male	1636	91.6	90.0 - 93.2	1283	88.8	86.4 - 91.2
Female	1560	92.8	91.4 - 94.1	1227	90.1	87.7 - 92.6
<b>Grade</b>						
6 <sup>th</sup> grade	987	92.6	90.9 - 94.3			
7 <sup>th</sup> grade	1086	92.6	90.7 - 94.6			
8 <sup>th</sup> grade	1174	91.4	89.3 - 93.4			
9 <sup>th</sup> grade				685	89.2	85.4 - 93.0
10 <sup>th</sup> grade				681	90.2	87.6 - 92.7
11 <sup>th</sup> grade				559	89.4	86.0 - 92.8
12 <sup>th</sup> grade				594	89.0	85.9 - 92.1
<b>Race/Ethnicity*</b>						
White	2093	94.8	93.8 - 95.8	1752	92.1	90.4 - 93.8
Black	192	83.1	78.4 - 87.8	148	76.7	69.1 - 84.3
Hispanic	417	87.6	85.3 - 89.8	338	85.3	81.1 - 89.4
Other	218	89.1	84.5 - 93.7	137	86.4	79.5 - 93.4
Multiracial	134	91.9	86.8 - 97.0	97	88.6	81.8 - 95.5

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.

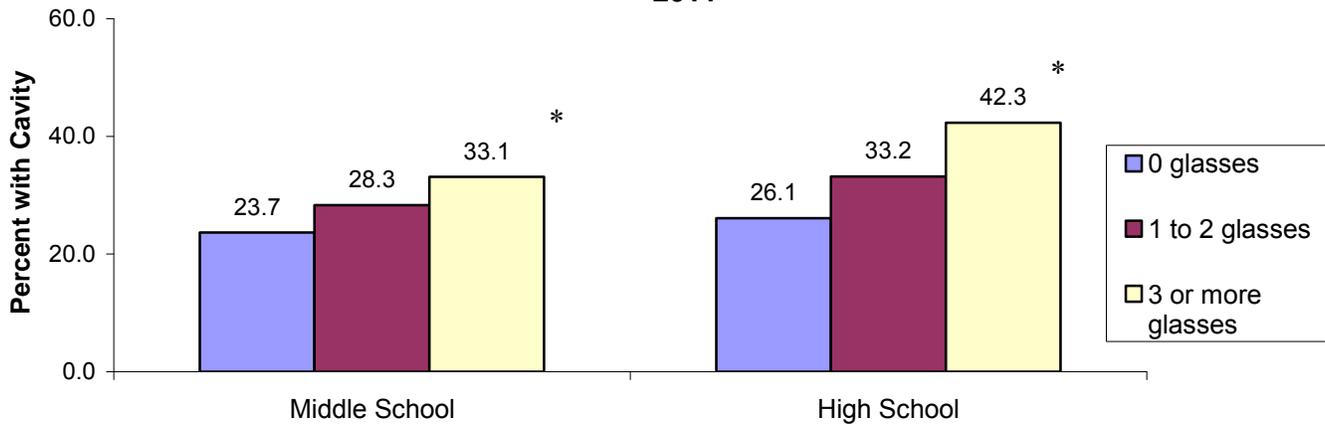
#### Middle School

- White students were more likely to have been examined by a dentist in the past year than students of any other race/ethnicity except Multiracial.

#### High School

- White students were more likely than Black and Hispanic students to have been examined by a dentist in the past year.

**Figure 9: Percentage of Massachusetts Youth with at Least One Cavity in the Past Year by Number of Sugar-Sweetened Beverages on Previous Day, YHS 2011<sup>a</sup>**

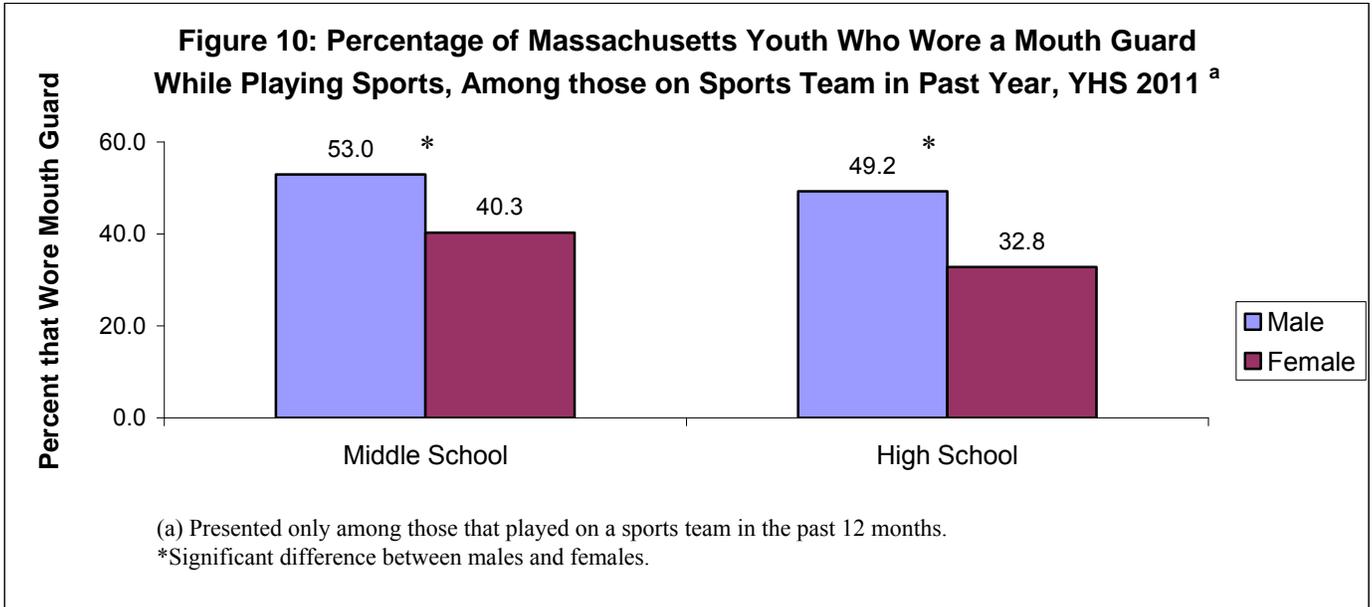


(a) Any sugar-sweetened beverage includes non-diet soda and/or flavored drinks. Non-diet soda was defined in the question as a '... soda with sugar in it, such as Coke, Pepsi, Sprite, ginger ale, or root beer. Count a 20-ounce bottle as 2 glasses'. Flavored drinks were defined in the question as '...punch, 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'.

\*Significant difference between 3 or more glasses and 0 glasses.

- Among both middle and high school students, those who drank three or more glasses of sugar-sweetened beverages were more likely to report having at least one cavity than students who drank zero glasses.

## MOUTH GUARD



- Among both middle and high school students, male students were more likely than female students to report wearing a mouth guard while playing on a sports team in the past year.

## DISABILITY AND CHRONIC CONDITIONS

The School Health Policies and Programs Study (SHPPS) reported in 2006 that 75.7% of schools in the United States had students with long-term physical, medical, or cognitive disabilities.<sup>19</sup> Asthma is a leading chronic illness among children and youth in the United States and is one of the leading causes of school absenteeism. Low-income populations, minorities and children living in inner cities experience more emergency department visits, hospitalizations, and deaths due to asthma than the general population.<sup>20</sup> Diabetes is one of the most common chronic diseases among children in the United States. Reports of increasing frequency of both type 1 and type 2 diabetes in youth has been among the most concerning aspects of the evolving diabetes epidemic.<sup>21</sup>

All respondents were asked if they had any physical disabilities or long-term health problems, with long-term defined as six months or more.

All respondents were asked if they were ever told by a doctor, nurse or other health care professional that they had asthma or diabetes.

See Appendix 2 questions 84-88, Appendix 3 questions 88-92, and Appendix 4 question 13 for the exact wording of these questions.

Presented below are:

1. The percentage of students with a physical disability or long-term health problem
2. The percentage of students who were ever diagnosed with asthma
3. The percentage of students who were ever diagnosed with diabetes

*The combined high school sample was used to analyze physical disability or long-term health problem. YHS high school data was used to analyze asthma and diabetes.*

## DISABILITY

<b>Table 21: Disability Among Massachusetts Youth, YHS + YRBS 2011</b>						
<i>Physical disability or long-term health problem <sup>a</sup></i>						
	<b>Middle School</b>			<b>High School <sup>b</sup></b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	2920	11.0	9.6 - 12.4	4928	11.9	10.9 - 13.0
<b>Sex</b>						
Male	1479	9.5	7.6 – 11.4	2497	10.3	8.9 - 11.6
Female	1382	12.5	10.6 – 14.5	2407	13.6	12.1 - 15.1
<b>Grade</b>						
6 <sup>th</sup> grade	893	8.4	6.5 – 10.3			
7 <sup>th</sup> grade	965	12.5	9.8 – 15.3			
8 <sup>th</sup> grade	1047	11.8	9.6 – 13.9			
9 <sup>th</sup> grade				1185	12.0	9.8 – 14.2
10 <sup>th</sup> grade				1225	12.4	10.5 – 14.2
11 <sup>th</sup> grade				1194	12.0	9.9 – 14.0
12 <sup>th</sup> grade				1289	11.1	9.1 – 13.2
<b>Race/Ethnicity*</b>						
White	1900	10.2	8.5 – 11.9	3355	12.0	10.7 – 13.2
Black	173	13.1	9.2 – 17.0	325	9.4	6.3 – 12.5
Hispanic	366	12.7	9.1 – 16.2	689	14.0	10.9 – 17.1
Other	191	13.2	6.8 – 19.5	283	8.8	5.3 – 12.2
Multiracial	111	14.5	8.4 – 20.6	187	16.2	10.3 – 22.2
<p>* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.</p> <p>(a) Long term is defined as 6 months or more.</p> <p>(b) Combined sample MYHS + MYRBS</p>						

### Middle School

- No significant differences were observed.

### High School

- Female students were more likely than male students to report having a physical disability or long-term health problem.
- No significant differences were observed by grade or race/ethnicity.

## ASTHMA

<b>Table 22: Asthma Among Massachusetts Youth, YHS 2011</b>						
<i>Ever told by a doctor that they had asthma</i>						
	<b>Middle School</b>			<b>High School</b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3185	19.6	17.8 - 21.5	2479	24.3	22.5 - 26.1
<b>Sex</b>						
Male	1592	19.6	17.2 - 21.9	1258	25.1	22.5 - 27.7
Female	1532	20.0	17.7 - 22.3	1200	23.6	21.2 - 26.1
<b>Grade</b>						
6 <sup>th</sup> grade	964	16.0	13.2 - 18.8			
7 <sup>th</sup> grade	1076	21.4	18.6 - 24.2			
8 <sup>th</sup> grade	1128	21.4	18.4 - 24.5			
9 <sup>th</sup> grade				666	25.7	22.5 - 28.8
10 <sup>th</sup> grade				671	25.6	21.9 - 29.3
11 <sup>th</sup> grade				543	20.7	17.6 - 23.8
12 <sup>th</sup> grade				589	25.3	21.3 - 29.4
<b>Race/Ethnicity*</b>						
White	2058	17.2	15.3 - 19.2	1719	23.0	21.0 - 25.1
Black	183	27.9	20.8 - 35.0	144	23.2	16.0 - 30.4
Hispanic	416	25.5	22.0 - 29.0	338	30.6	25.6 - 35.6
Other	209	19.4	14.5 - 24.4	133	23.8	16.4 - 31.2
Multiracial	127	27.2	19.7 - 34.6	95	31.2	21.0 - 41.4
<p>* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.</p>						

### Middle School

- White students were less likely than Black and Hispanic students to report that they were ever told they had asthma.

### High School

- White students were less likely than Hispanic students to report that they were ever told they had asthma.

## DIABETES

<b>Table 23: Diabetes Among Massachusetts Youth, YHS 2011</b>						
<i>Ever told by doctor that they had diabetes</i>						
	<b>Middle School</b>			<b>High School</b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3347	1.1	0.7 - 1.5	2547	1.8	1.2 - 2.4
<b>Sex</b>						
Male	1674	0.8	0.4 - 1.2	1291	2.2	1.3 - 3.0
Female	1605	1.3	0.6 - 2.0	1234	1.4	0.7 - 2.1
<b>Grade</b>						
6 <sup>th</sup> grade	†					
7 <sup>th</sup> grade	†					
8 <sup>th</sup> grade	1175	1.3	0.7 - 2.0			
9 <sup>th</sup> grade				683	2.0	0.9 - 3.0
10 <sup>th</sup> grade				†		
11 <sup>th</sup> grade				†		
12 <sup>th</sup> grade				†		
<b>Race/Ethnicity*</b>						
White	2151	0.7	0.3 - 1.1	1772	1.0	0.6 - 1.4
Black	†			†		
Hispanic	†			336	5.0	2.5 - 7.6
Other	†			†		
Multiracial	†			†		
* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino. † Insufficient data						

### Middle School

- No significant differences were observed.

### High School

- Hispanic students were five times more likely than White students to report ever having been told by a doctor that they had diabetes.

## PERSONAL SAFETY

Approximately 67% of all deaths among children and adolescents aged 5-19 years result from injury-related causes. Among children and adolescents aged 5 to 19 years, 68% of unintentional injury deaths are due to motor vehicle crashes.<sup>22</sup> During the last decade, emergency department (ED) visits for sports- and recreation-related traumatic brain injuries (TBIs), including concussions, among children and adolescents increased by 60%. The activities associated with the greatest number of TBI-related ED visits include bicycling, football, playground activities, basketball, and soccer.<sup>23</sup> As of July 2010, a concussion law became effective in Massachusetts requiring (1) coaches, trainers, parents and other adults involved with school activities to participate in annual concussion training (2) the removal of any athlete suspected of having a concussion from practice/game, and (3) not allowing those athletes to return to practice/game until being evaluated by a licensed physician.<sup>24</sup>

All **High School students** were asked if they ever send text messages while driving a car. High school students who reported drinking alcohol in their lifetime were asked how many times they drove a car when they had been drinking alcohol in the past 30 days.

All **Middle School students** were asked how often they wore a seatbelt when riding in a car driven by someone else.

All respondents were asked if they suffered a blow or jolt to their head while playing on a sports team in the past year (either during a game or during practice) which caused them to get 'knocked out', have memory problems, double or blurry vision, headaches or 'pressure' in the head, or nausea or vomiting (i.e. symptoms of a possible traumatic brain injury or concussion).

All respondents were asked to indicate how they would describe their grades in school in the past 12 months.

See Appendix 2 questions 8 and 26-27, and Appendix 3 questions 25-26 and 40 for the exact wording of these questions

Presented below are:

1. The percentage of middle school students who reported never or rarely wearing a seatbelt while riding in a car
2. The percentage of middle school students who reported never or rarely wearing a seatbelt stratified by academic performance
3. The percentage of high school students who drove after drinking alcohol in the past 30 days
4. The percentage of high school students who ever sent text messages while driving
5. The percentage of students who participated in sports who also reported experiencing a blow to their head during sports in the past 12 months which was followed by symptoms of a traumatic brain injury (TBI)

*All high school results represent YHS data, the combined sample was not used in this section.*

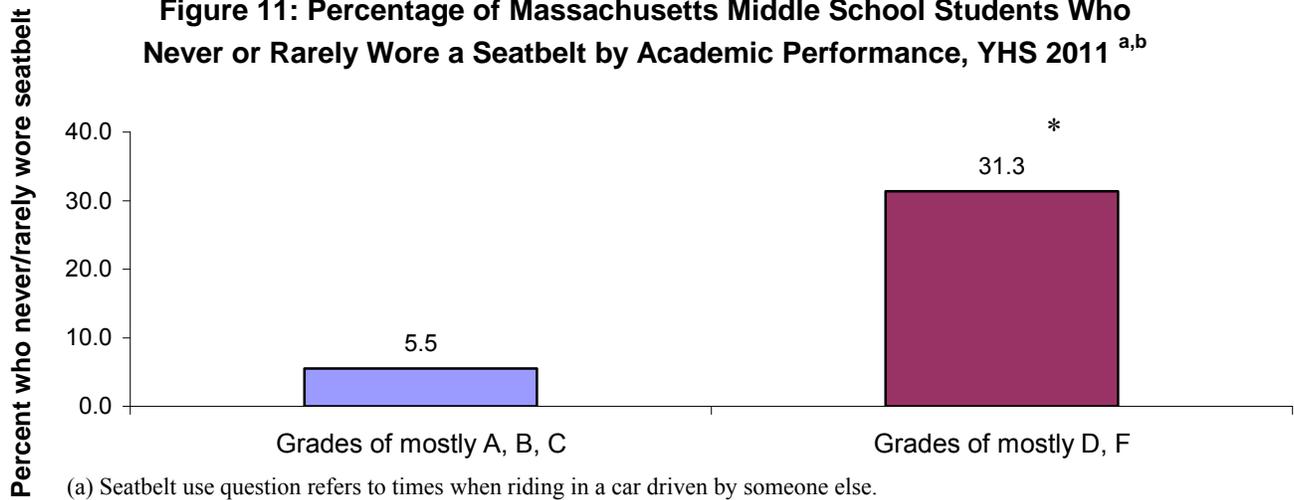
## MOTOR VEHICLE SAFETY

**Table 24: Motor Vehicle Safety Among Massachusetts Middle School Students, YHS 2011**

<i>Never / rarely wore a seatbelt <sup>a</sup></i>			
	<b>Middle School</b>		
	N	%	95% CI
<b>Overall</b>	3517	6.9	5.3 - 8.4
<b>Sex</b>			
Male	1765	7.9	6.1 - 9.7
Female	1679	5.6	4.0 - 7.2
<b>Grade</b>			
6 <sup>th</sup> grade	1091	4.6	2.5 - 6.7
7 <sup>th</sup> grade	1191	7.8	5.7 - 10.0
8 <sup>th</sup> grade	1218	8.1	5.9 - 10.4
<b>Race/Ethnicity*</b>			
White	2209	3.9	2.9 - 4.8
Black	209	10.8	5.9 - 15.7
Hispanic	476	15.8	11.8 - 19.8
Other	241	12.8	8.8 - 16.8
Multiracial	145	10.6	4.5 - 16.7
<p>* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.            (a) Question refers to times when riding in a car driven by someone else.</p>			

- Hispanic students were four times more likely than White students to report never or rarely wearing a seatbelt.
- Black and ‘Other’ race students were also more likely than White students to report never or rarely wearing a seatbelt.

**Figure 11: Percentage of Massachusetts Middle School Students Who Never or Rarely Wore a Seatbelt by Academic Performance, YHS 2011<sup>a,b</sup>**



(a) Seatbelt use question refers to times when riding in a car driven by someone else.  
 (b) Academic performance is calculated using responses from the question 'During the past 12 months, how would you describe your grades in school?'  
 \*Significant difference

- Middle school students who received grades of mostly D's and F's were over five times more likely to report never or rarely wearing a seatbelt than students who received grades of mostly A's, B's and C's.

**Table 25: Motor Vehicle Safety Among Massachusetts High School Students, YHS 2011**

*Driving after drinking alcohol in past 30 days<sup>a</sup>*

	High School		
	N	%	95% CI
<b>Overall</b>	849	15.3	11.7 - 18.9
<b>Sex</b>			
Male	451	17.6	12.6 - 22.7
Female	390	12.5	8.9 - 16.2
<b>Grade</b>			
9 <sup>th</sup> grade	†		
10 <sup>th</sup> grade	134	13.0	6.1 - 20.0
11 <sup>th</sup> grade	269	10.8	6.6 - 14.9
12 <sup>th</sup> grade	408	16.3	11.0 - 21.6
<b>Race/Ethnicity*</b>			
White	660	13.6	9.7 - 17.4
Black	†		
Hispanic	87	17.4	8.3 - 26.6
Other	†		
Multiracial	†		

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.

† Insufficient data.

(a) Driving after drinking was calculated from the respondents who reported that they had used alcohol in their lifetime and who also drive a car.

- No significant differences were seen by sex, grade, or race/ethnicity.

<b>Table 26: Motor Vehicle Safety Among Massachusetts High School Students, YHS 2011</b>			
<i>Texting While Driving <sup>a</sup></i>			
	<b>High School</b>		
	N	%	95% CI
<b>Overall</b>	1243	42.0	36.9 - 47.1
<b>Sex</b>			
Male	665	43.4	38.1 - 48.6
Female	566	40.5	33.6 - 47.5
<b>Grade</b>			
9 <sup>th</sup> grade	†		
10 <sup>th</sup> grade	247	17.7	11.1 - 24.3
11 <sup>th</sup> grade	401	36.4	29.9 - 43.0
12 <sup>th</sup> grade	513	60.7	54.0 - 67.3
<b>Race/Ethnicity*</b>			
White	945	43.5	38.1 - 48.9
Black	†		
Hispanic	136	37.6	26.7 - 48.5
Other	†		
Multiracial	†		

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
† Insufficient data  
(a) Texting while driving was calculated from the respondents who reported that they drive a car.

- Among students who reported driving, 12<sup>th</sup> graders were more likely to report texting while driving than students in any other high school grade and 11<sup>th</sup> grade students were more likely to report texting while driving than 10<sup>th</sup> grade students.
- No significant differences were seen by race/ethnicity.

SPORTS-RELATED SAFETY

<b>Table 27: Sports-Related Safety Among Massachusetts Youth, YHS 2011</b>						
<i>Experienced Symptoms of a Sports-related Traumatic Brain Injury<sup>a</sup></i>						
	<b>Middle School</b>			<b>High School</b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	2809	20.8	18.9 - 22.7	1872	21.3	19.2 - 23.4
<b>Sex</b>						
Male	1454	25.5	22.9 - 28.1	989	24.3	21.6 - 27.1
Female	1297	15.9	13.5 - 18.2	868	18.2	15.3 - 21.1
<b>Grade</b>						
6 <sup>th</sup> grade	900	18.1	15.1 - 21.1			
7 <sup>th</sup> grade	921	20.1	17.3 - 22.9			
8 <sup>th</sup> grade	975	24.3	21.2 - 27.4			
9 <sup>th</sup> grade				543	21.9	17.9 - 25.9
10 <sup>th</sup> grade				499	22.2	18.9 - 25.5
11 <sup>th</sup> grade				411	19.8	16.1 - 23.6
12 <sup>th</sup> grade				412	21.1	17.6 - 24.7
<b>Race/Ethnicity*</b>						
White	1858	20.4	18.4 - 22.3	1314	22.0	19.3 - 24.8
Black	131	17.5	9.8 - 25.2	106	19.9	12.7 - 27.2
Hispanic	355	24.8	18.6 - 31.1	246	15.3	10.9 - 19.7
Other	172	17.1	11.4 - 22.8	93	24.1	15.9 - 32.2
Multiracial	118	25.3	17.9 - 32.7	72	32.5	22.1 - 42.8

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
(a) Symptoms of a sports-related TBI was calculated as the percent of those who played on a sports team in the last 12 months

Middle School

- Eighty percent (80%) of students reported that they had played on a sports team in the past year.
- Males were more likely than females to report experiencing symptoms of a sports-related TBI in the past year.
- Students in 8<sup>th</sup> grade were more likely than students in 6<sup>th</sup> grade to report experiencing symptoms of a sports-related TBI in the past year.
- There were no significant differences by race/ethnicity.

High School

- Seventy-two percent (72%) of students reported that they had played on a sports team in the past year.
- Males were more likely than females to report experiencing symptoms of a sports-related TBI in the past year.

## VIOLENCE-RELATED BEHAVIORS AND EXPERIENCES

Violent injury and death disproportionately affect adolescents and young adults in the United States. It has been estimated that 1 in 5 U.S. children experience some form of child maltreatment, with 9% of those being victims of physical abuse.<sup>25</sup> Increasing numbers of teens and pre-teens are becoming victims of electronic aggression (or cyber-bullying), with research suggesting that youth who are victimized electronically are also very likely to be victimized off-line (i.e., sexually harassed, psychological or emotional abuse by a caregiver, witnessing an assault with a weapon, and being raped).<sup>26</sup>

All respondents were asked if they had ever been electronically bullied during the last year, which included being bullied through e-mail, chat rooms, instant messaging, web sites, or texting. All respondents were also asked how many times they had been bullied at school in the past 12 months and if they had ever been hurt physically by a date or someone they were going out with. All respondents were asked if they had initiated violence towards others in the past 12 months including bullying, cyber-bullying, and physically hurting a date.

All **Middle School students** were asked if they were physically hurt by someone in their family or if they witnessed violence in their family in the past 12 months.

All **High School students** were asked if anyone ever had sexual contact with them against their will and, if so, their relationship to the perpetrator. **High school students** were also asked if they had ever initiated sexual contact with someone in the past 12 months who objected or told them 'No'.

See Appendix 2 questions 28-32, Appendix 3 questions 27-32, and Appendix 4 questions 28 and 32 for the exact wording of these questions.

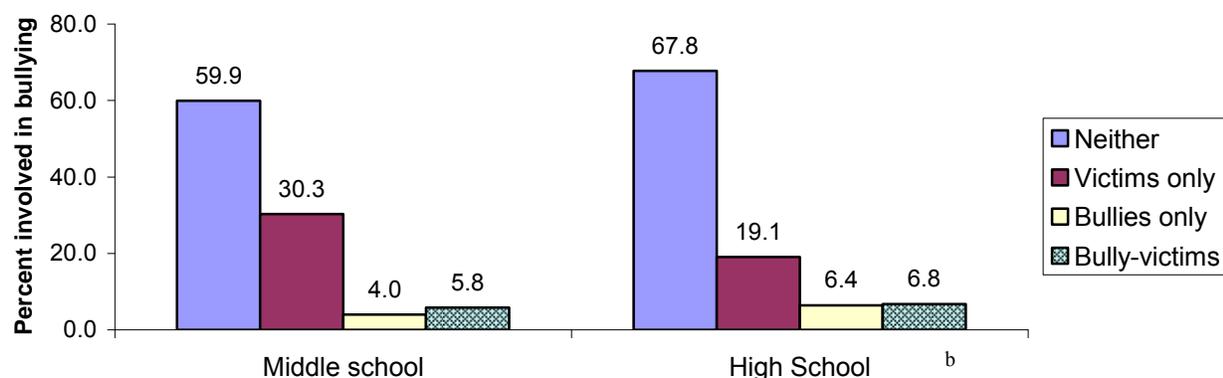
Presented below are

1. The percentage of students involved in bullying in the past 12 months
2. Characteristics of students who reported initiating bullying in the past 12 months
3. The percentage of students who were victims of cyber-bullying in the past 12 months
4. The percentage of high school students who were victims of cyber-bullying in the past 12 months by race and gender
5. The percentage of middle school students who were physically hurt by a family member or witnessed violence in their family in the past 12 months
6. The percentage of students who were ever victims of dating violence
7. The percentage of high school students who ever experienced unwanted sexual contact
8. The percentage of students who initiated violence such as bullying, dating violence and sexual assault in the past 12 months

*The combined high school sample was used to analyze data on victims of cyber-bullying, cyber-bullying by race and gender, and dating violence. YHS high school data was used to analyze bullying involvement, characteristics of bullies, unwanted sexual contact, and violence initiation.*

## BULLYING

**Figure 12: Percentage of Massachusetts Youth Involved in Bullying, YHS 2011**



(a) Neither was defined as never having been bullied at school or bullying someone else in the last 12 months. Victims were defined as only being bullied in the past 12 months, not bullying anyone else. Bullies were defined as only bullying someone else in the past 12 months, not being bullied. Bully-victims were defined as those who were victims of bullying in the past 12 months and those who also reported bullying someone else in the past 12 months.

- Middle school students were more likely to report being ‘Victims only’ of bullying than high school students in the past 12 months.
- High school students were more likely to report being ‘Bullies only’ than middle school students in the past 12 months.
- In addition to the graph presented above, it was found that middle school students were more likely to report **any** involvement in bullying than high school students in the past 12 months (40% vs. 32%).

### Victims of In-School Bullying, YHS 2011

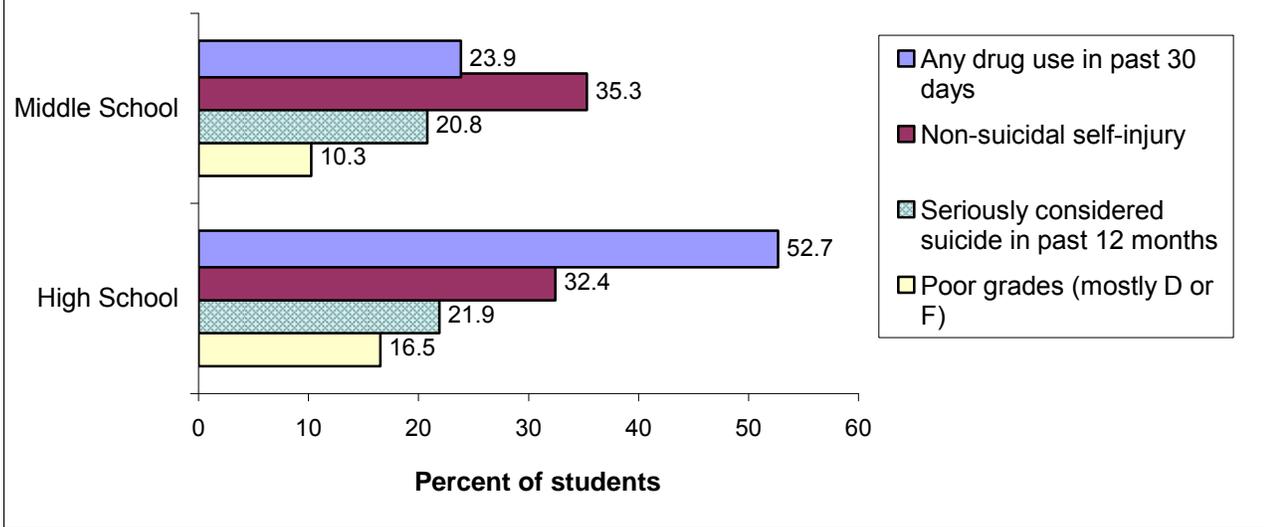
#### Middle School

- Female students were more likely than male students to report being a victim of bullying at school in the past 12 months (40% vs. 32%).
- Multiracial students were more likely than Black students to report being a victim of bullying at school in the past 12 months (44% vs. 28%).
- Students who were victims of in-school bullying were more likely than non-victims to feel that they needed to talk to someone other than family members about their problems (45% vs. 21%).

#### High School

- 9<sup>th</sup> grade students were more likely than 11<sup>th</sup> or 12<sup>th</sup> grade students to report being a victim of bullying at school in the past 12 months (32% vs. 23%, 20%).
- Students who were victims of in-school bullying were more likely than non-victims to feel that they needed to talk to someone other than family members about their problems (64% vs. 42%).

**Figure 13: Characteristics of Bullies Among Massachusetts Youth, YHS 2011**



#### Middle School

- Nearly one-quarter of bullies reported drug use in the past 30 days.
- Thirty-five percent (35%) of bullies reported non-suicidal self-injury in the past 12 months.
- One in five bullies reported seriously considering suicide in the past 12 months.
- Ten percent (10%) of bullies reported poor grades in the past 12 months.

#### High School

- Just over half of bullies reported drug use in the past 30 days.
- Nearly one-third of bullies reported non-suicidal self-injury in the past 12 months.
- Twenty-two percent (22%) of bullies reported seriously considering suicide in the past 12 months.
- Seventeen percent (17%) of bullies reported poor grades in the past 12 months.

**Table 28: Cyber-Bullying Among Massachusetts Youth, YHS + YRBS 2011**

<i>Victims of Cyber-Bullying<sup>a</sup></i>						
	Middle School			High School <sup>b</sup>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3509	13.7	12.4 - 15.1	5337	15.9	14.7 - 17.1
<b>Sex</b>						
Male	1759	8.6	7.2 - 10.0	2696	9.7	8.4 - 11.0
Female	1675	19.2	17.0 - 21.4	2614	22.3	20.4 - 24.3
<b>Grade</b>						
6 <sup>th</sup> grade	1092	11.6	9.5 - 13.8			
7 <sup>th</sup> grade	1180	14.4	11.6 - 17.2			
8 <sup>th</sup> grade	1217	15.1	13.3 - 16.9			
9 <sup>th</sup> grade				1322	17.2	14.8 - 19.7
10 <sup>th</sup> grade				1349	15.2	13.1 - 17.3
11 <sup>th</sup> grade				1276	15.6	13.4 - 17.8
12 <sup>th</sup> grade				1353	15.5	13.1 - 17.9
<b>Race/Ethnicity*</b>						
White	2209	13.2	11.6 - 14.8	3583	17.3	15.8 - 18.7
Black	206	12.2	7.7 - 16.7	350	12.2	8.2 - 16.2
Hispanic	475	16.3	12.6 - 20.0	768	12.4	9.5 - 15.4
Other	240	15.4	10.8 - 20.0	320	12.0	7.9 - 16.1
Multiracial	142	18.1	11.5 - 24.8	212	20.4	14.7 - 26.1

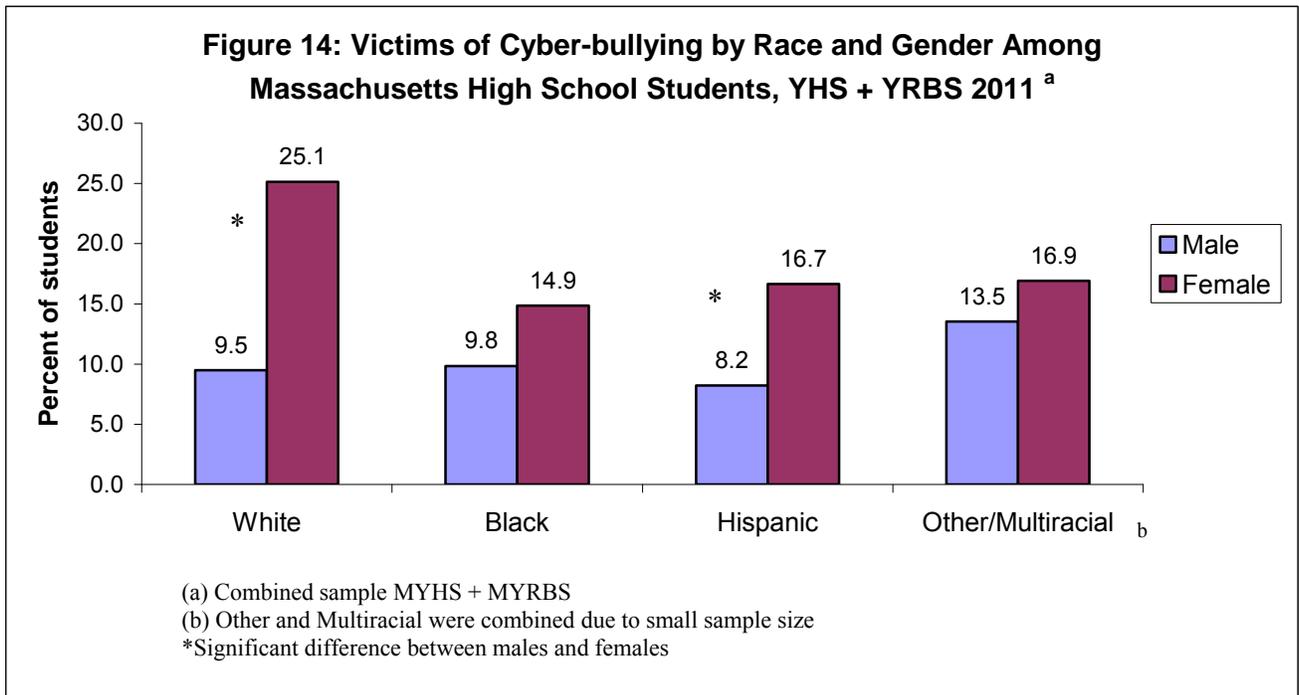
\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
(a) Question referred to the past 12 months. Cyber-bullying was defined as being bullied through email, chat rooms, instant messaging, web sites or texting.  
(b) Combined sample MYHS + MYRBS.

**Middle School**

- Female students were more than twice as likely as male students to report being a victim of cyber-bullying.
- There were no significant differences by race/ethnicity.

**High School**

- Female students were over twice as likely as male students to report being a victim of cyber-bullying.
- White students were more likely than Hispanic students to report being a victim of cyber-bullying.



- White females were more likely than White males to be victims of cyber-bullying in the past 12 months.
- Hispanic females were more likely than Hispanic males to be victims of cyber-bullying in the past 12 months.
- White females were more likely than Black, Hispanic, and Other/Multiracial females to be victims of cyber-bullying in the past 12 months.

## FAMILY VIOLENCE

**Table 29: Experiences with Family Violence Among Massachusetts Middle School Students, YHS 2011**

	<i>Physically hurt by family member<sup>a</sup></i>			<i>Witnessed violence in your family<sup>a</sup></i>		
	<b>Middle School</b>			<b>Middle School</b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3416	11.4	10.2 - 12.5	3403	9.8	8.6 - 11.0
<b>Sex</b>						
Male	1724	11.2	9.4 - 13.0	1705	8.7	7.3 - 10.0
Female	1621	11.6	10.1 - 13.1	1627	10.9	9.1 - 12.7
<b>Grade</b>						
6 <sup>th</sup> grade	1049	11.2	9.3 - 13.1	1041	8.3	6.5 - 10.2
7 <sup>th</sup> grade	1161	11.3	9.3 - 13.2	1153	10.0	8.4 - 11.6
8 <sup>th</sup> grade	1189	11.6	9.9 - 13.2	1192	11.1	9.0 - 13.1
<b>Race/Ethnicity*</b>						
White	2155	9.5	8.3 - 10.8	2154	8.3	7.0 - 9.6
Black	197	16.1	11.3 - 20.8	198	13.2	8.0 - 18.3
Hispanic	461	14.6	11.9 - 17.4	455	13.0	9.4 - 16.6
Other	235	16.0	9.5 - 22.5	230	11.6	5.8 - 17.4
Multiracial	139	19.0	12.1 - 25.8	139	19.1	12.8 - 25.4
<p>* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.            (a) Questions referred to experiences in the past 12 months</p>						

### Physically hurt by family member

- White middle school students were less likely to report being physically hurt by a family member compared to students of any other race/ethnicity except ‘Other’ race.

### Witnessed violence in your family

- White middle school students were less likely to report witnessing violence in their family compared to Multiracial students.

## DATING VIOLENCE AND SEXUAL ASSAULT

**Table 30: Dating Violence Among Massachusetts Youth, YHS + YRBS 2011**

<i>Victim of dating violence<sup>a</sup></i>						
	<b>Middle School</b>			<b>High School<sup>b</sup></b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3482	5.3	4.4 - 6.3	5334	9.3	8.3 - 10.3
<b>Sex</b>						
Male	1741	6.0	4.6 - 7.5	2701	5.9	5.0 - 6.8
Female	1668	4.7	3.6 - 5.7	2604	12.7	11.1 - 14.3
<b>Grade</b>						
6 <sup>th</sup> grade	1079	5.0	3.6 - 6.4			
7 <sup>th</sup> grade	1176	5.4	4.0 - 6.8			
8 <sup>th</sup> grade	1210	5.6	4.3 - 6.9			
9 <sup>th</sup> grade				1320	8.2	6.4 - 9.9
10 <sup>th</sup> grade				1347	9.5	7.5 - 11.4
11 <sup>th</sup> grade				1279	9.2	7.3 - 11.1
12 <sup>th</sup> grade				1350	10.3	8.1 - 12.4
<b>Race/Ethnicity*</b>						
White	2196	4.2	3.2 - 5.1	3581	8.9	7.7 - 10.1
Black	†			351	8.0	5.1 - 10.9
Hispanic	470	10.3	7.5 - 13.1	763	12.0	9.6 - 14.4
Other	237	6.1	2.2 - 10.0	320	6.8	3.9 - 9.7
Multiracial	143	8.6	4.3 - 12.9	214	14.2	9.3 - 19.1

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
 † Insufficient data  
 (a) Victim of dating violence calculated as the percent of all survey respondents (including those who reported that they had never been on a date).  
 (b) Combined sample MYHS + MYRBS.

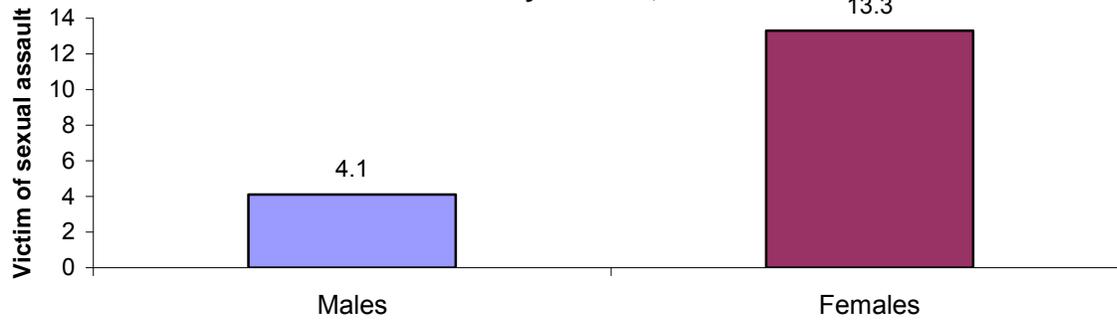
### Middle School

- Hispanic students were over twice as likely as White students to report being a victim of dating violence.

### High School

- Female students were twice as likely as male students to report being a victim of dating violence.
- There were no significant differences observed by grade level or race/ethnicity.
- Among female students, there were no significant differences observed by grade level.

**Figure 15: Unwanted Sexual Contact Among Massachusetts High School Students by Gender, YHS 2011<sup>a, b</sup>**

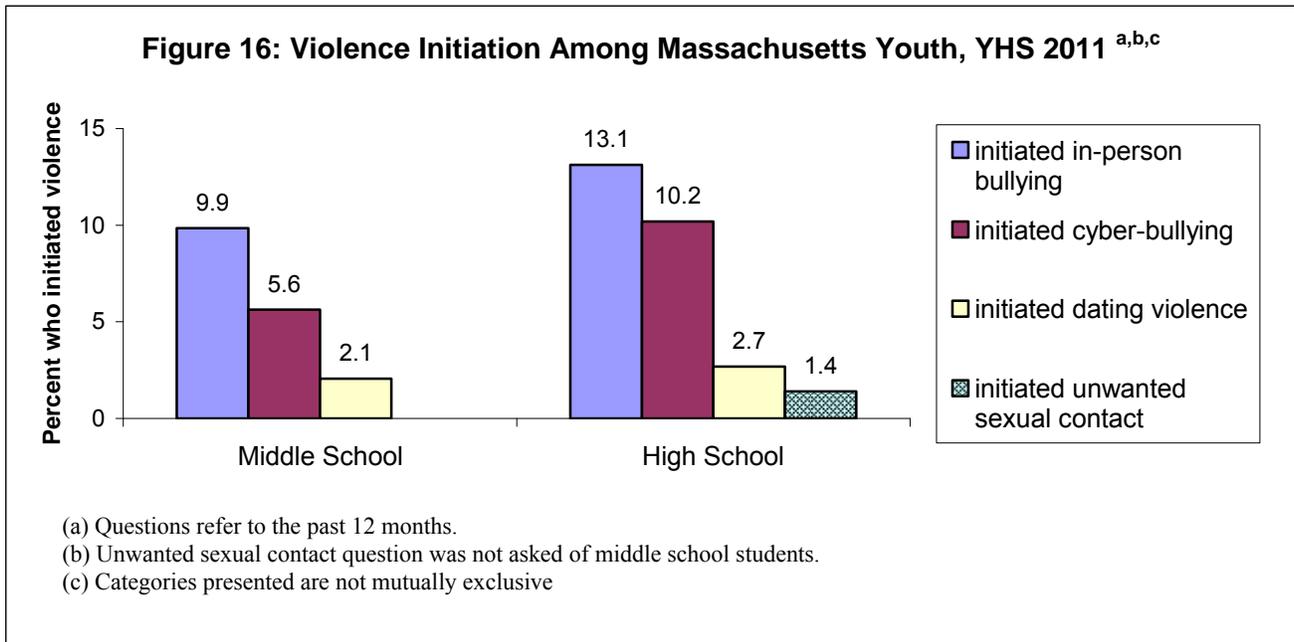


(a) Question referred to lifetime.

(b) Separate sub-questions were asked about who the perpetrator was, with response options 'Yes' and 'No'.

- Overall, female high school students were over three times more likely than male students to report unwanted sexual contact.
- Among females, students were more likely to report that one or more of their dating partners performed the sexual assault, compared to family members, acquaintances, and strangers.
- Male students were over three times more likely than female students to report that one or more strangers performed the sexual assault.

## VIOLENCE INITIATION



### Middle School

- Males were more likely to report that they initiated in-person bullying than females (12% vs. 8%)
- Females were more likely to report that they initiated cyber-bullying than males (7% vs. 4%).
- 8<sup>th</sup> grade students were more likely than 6<sup>th</sup> grade students to report initiating both in-person bullying (12% vs. 8%) and cyber-bullying (7% vs. 4%).

### High School

- More males reported that they initiated in-person bullying than females (17% vs. 9%)
- High school students were more likely than middle school students to report that they had initiated in-person bullying and cyber-bullying in the past 12 months.

## MENTAL HEALTH AND SUICIDE

Youth with better mental health are physically healthier, demonstrate more socially positive behaviors and engage in fewer risky behaviors; whereas youth with mental health problems, such as depression, are more likely to engage in health risk behaviors.<sup>27</sup> Suicide is a serious public health problem that affects even young people. For youth between the ages of 10 and 24, suicide is the third leading cause of death. It results in approximately 4,400 lives lost each year.<sup>28</sup>

All respondents were asked if they ever felt so sad or hopeless almost every day for two weeks or more in a row during the past year that they stopped doing some usual activities.

All respondents were asked if they ever seriously considered attempting suicide in the past 12 months, how many times they actually attempted suicide in the past 12 months, and how many times they hurt or injured themselves on purpose without wanting to die in the past 12 months.

All respondents were asked if they felt the need to talk to someone other than their family about how they were feeling; how things were going in their life or problems they might have had in the past 12 months.

See Appendix 2 questions 19-25, Appendix 3 questions 18-24, and Appendix 4 questions 34-37 for the exact wording of these questions.

Presented here are

1. The percentage of students who felt sad or hopeless for two weeks or more in the past 12 months
2. The percentage of students who felt the need to talk to someone other than family about their problems in the past 12 months
3. The percentage of students who seriously considered suicide in the past 12 months
4. The percentage of students who seriously considered suicide in the past 12 months by race and gender
5. The percentage of students that seriously considered suicide in the past 12 months stratified by feeling sad or hopeless
6. The percentage of students that attempted suicide in the past 12 months by gender
7. The percentage of students who reported non-suicidal self-injury in the past 12 months

*The combined high school sample was used to present sad or hopeless for two weeks or more, seriously considered suicide, seriously considered suicide by race and gender, percent of students that considered suicide by feeling sad or hopeless, and attempted suicide by gender. YHS high school data was used to present non-suicidal self-injury and the percent of students that needed to talk to someone other than family.*

MENTAL HEALTH INDICATORS

<b>Table 31: Mental Health Among Massachusetts Youth, YHS + YRBS 2011</b>						
<i>Sad or hopeless two weeks or more <sup>a</sup></i>						
	<b>Middle School</b>			<b>High School <sup>b</sup></b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3486	15.4	13.5 – 17.2	5166	24.3	22.7 – 25.9
<b>Sex</b>						
Male	1751	11.4	9.4 – 13.3	2607	17.8	16.2 – 19.4
Female	1661	19.5	16.5 – 22.5	2535	30.8	28.4 – 33.3
<b>Grade</b>						
6 <sup>th</sup> grade	1081	13.3	10.4 – 16.3			
7 <sup>th</sup> grade	1182	16.5	13.2 – 19.8			
8 <sup>th</sup> grade	1205	16.1	13.3 – 19.0			
9 <sup>th</sup> grade				1281	24.0	20.9 – 27.1
10 <sup>th</sup> grade				1309	23.3	20.6 – 26.0
11 <sup>th</sup> grade				1231	25.6	22.3 – 28.8
12 <sup>th</sup> grade				1312	23.8	21.2 – 26.3
<b>Race/Ethnicity*</b>						
White	2196	12.6	10.6 – 14.6	3486	22.3	20.6 – 24.1
Black	204	19.3	15.2 – 23.4	329	26.0	20.5 – 31.4
Hispanic	472	24.7	20.2 – 29.1	740	31.5	27.2 – 35.7
Other	239	20.1	14.2 – 26.0	304	27.0	21.0 – 32.9
Multiracial	142	21.2	14.5 – 27.8	205	28.5	22.5 – 34.5

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
(a) Question referred to the past 12 months  
(b) Combined sample MYHS + MYRBS.

Middle School

- Female students were nearly twice as likely to report feeling sad or hopeless for two weeks or more in the past year compared to male students.
- White students were less likely to report feeling sad or hopeless for two weeks or more in the past year compared to Black or Hispanic students.

High School

- Female students were more likely than male students to report feeling sad or hopeless for two weeks or more.
- Hispanic students were more likely than White students to report feeling sad or hopeless for two weeks or more.
- High school students were more likely than middle school students to report feeling sad or hopeless for two weeks or more in the past year. This held true for both males and females and for White students.

**Table 32: Students Who Felt the Need to Talk to Someone Among Massachusetts Youth, YHS 2011**

<i>Needed to talk to someone other than family about problems or how they were feeling<sup>a</sup></i>						
	Middle School			High School		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3429	30.1	27.5 – 32.7	2595	47.9	45.7 – 50.1
<b>Sex</b>						
Male	1725	20.6	17.9 – 23.2	1321	33.8	30.9 – 36.6
Female	1632	40.4	36.6 – 44.3	1253	62.6	58.9 – 66.3
<b>Grade</b>						
6 <sup>th</sup> grade	1060	24.0	20.2 – 27.8			
7 <sup>th</sup> grade	1154	30.5	26.6 – 34.4			
8 <sup>th</sup> grade	1200	35.5	32.0 – 39.0			
9 <sup>th</sup> grade				699	43.9	38.5 – 49.4
10 <sup>th</sup> grade				699	45.4	41.0 – 49.7
11 <sup>th</sup> grade				573	48.3	43.9 – 52.7
12 <sup>th</sup> grade				613	54.8	50.6 – 59.0
<b>Race/Ethnicity*</b>						
White	2175	27.7	24.7 – 30.7	1785	47.1	44.2 – 49.9
Black	192	38.6	31.6 – 45.6	151	45.2	36.8 – 53.6
Hispanic	459	35.8	31.6 – 40.1	358	54.4	49.9 – 58.9
Other	236	30.3	24.4 – 36.2	141	41.2	35.5 – 46.8
Multiracial	140	33.5	26.0 – 40.9	102	61.7	52.4 – 71.0

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
(a) Question referred to the past 12 months

### Middle School

- Female students were nearly twice as likely as male students to report that they felt the need to talk to someone other than family members about their problems.
- Students in 8<sup>th</sup> grade were more likely than 6<sup>th</sup> grade students to report that they felt the need to talk to someone other than family members about their problems.
- White students were less likely than Black and Hispanic students to report that they felt the need to talk to someone other than family members about their problems.

### High School

- Female students were more likely than male students to report that they felt the need to talk to someone other than family members about their problems.
- Students in 12<sup>th</sup> grade were more likely than students in 9<sup>th</sup> and 10<sup>th</sup> grade to report that they felt the need to talk to someone other than family members about their problems.
- Hispanic and Multiracial students were more likely than White or ‘Other’ race students to report that they felt the need to talk to someone other than family members about their problems.
- High school students were more likely than middle school students to report that they felt the need to talk to someone other than family members about their problems. This held true for both males and females as well as for White, Hispanic and Multiracial students.

## SUICIDE

**Table 33: Suicide Among Massachusetts Youth, YHS + YRBS 2011**

*Seriously considered suicide in the past 12 months*

	Middle School			High School <sup>a</sup>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3471	7.2	6.0 – 8.3	5322	12.2	11.0 – 13.3
<b>Sex</b>						
Male	1746	4.8	3.6 – 5.9	2691	9.2	7.9 – 10.4
Female	1653	9.8	7.9 – 11.7	2602	15.2	13.4 – 17.1
<b>Grade</b>						
6 <sup>th</sup> grade	1075	5.8	3.9 – 7.6			
7 <sup>th</sup> grade	1175	8.8	6.8 – 10.7			
8 <sup>th</sup> grade	1204	6.9	5.1 – 8.7			
9 <sup>th</sup> grade				1320	13.6	11.3 – 15.9
10 <sup>th</sup> grade				1346	12.7	10.6 – 14.7
11 <sup>th</sup> grade				1270	12.6	10.4 – 14.8
12 <sup>th</sup> grade				1347	9.2	7.5 – 11.0
<b>Race/Ethnicity*</b>						
White	2188	5.4	4.3 – 6.5	3571	11.5	10.2 – 12.9
Black	204	8.5	5.7 – 11.4	348	12.5	9.3 – 15.8
Hispanic	472	13.6	10.3 – 16.9	765	14.4	11.8 – 17.0
Other	240	11.4	6.4 – 16.4	320	11.9	8.3 – 15.5
Multiracial	140	11.2	6.0 – 16.4	212	16.5	11.3 – 21.7

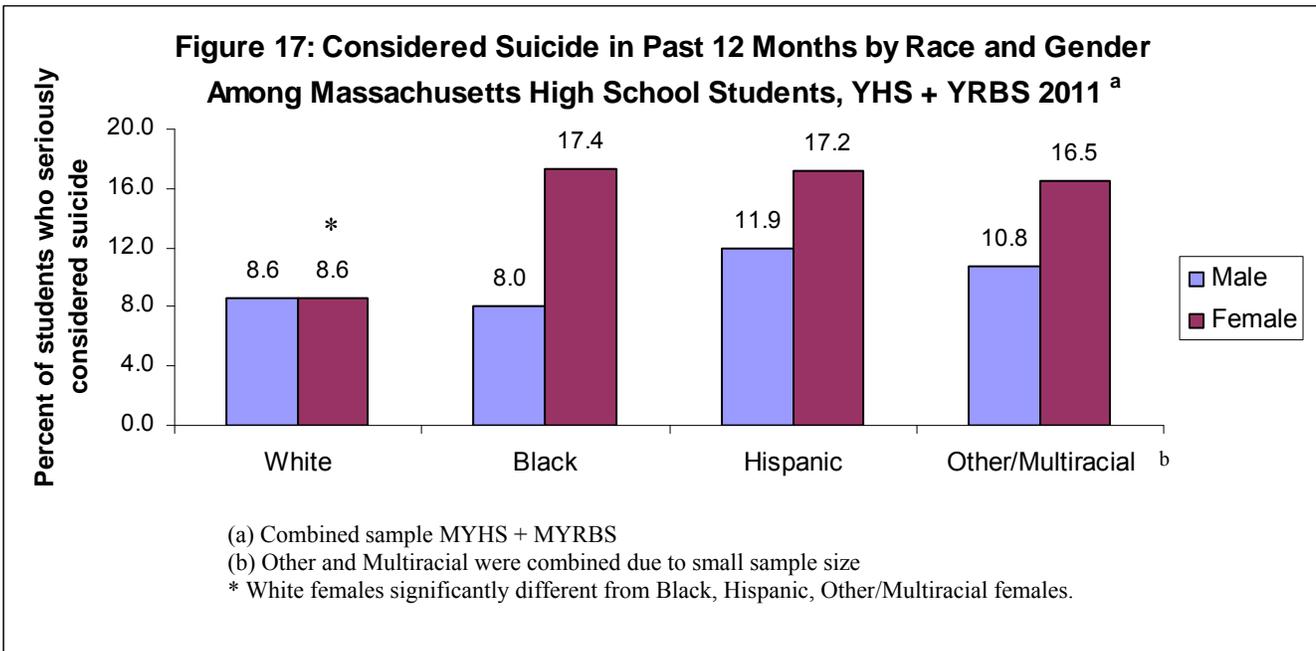
\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
(a) Combined sample MYHS + MYRBS.

### Middle School

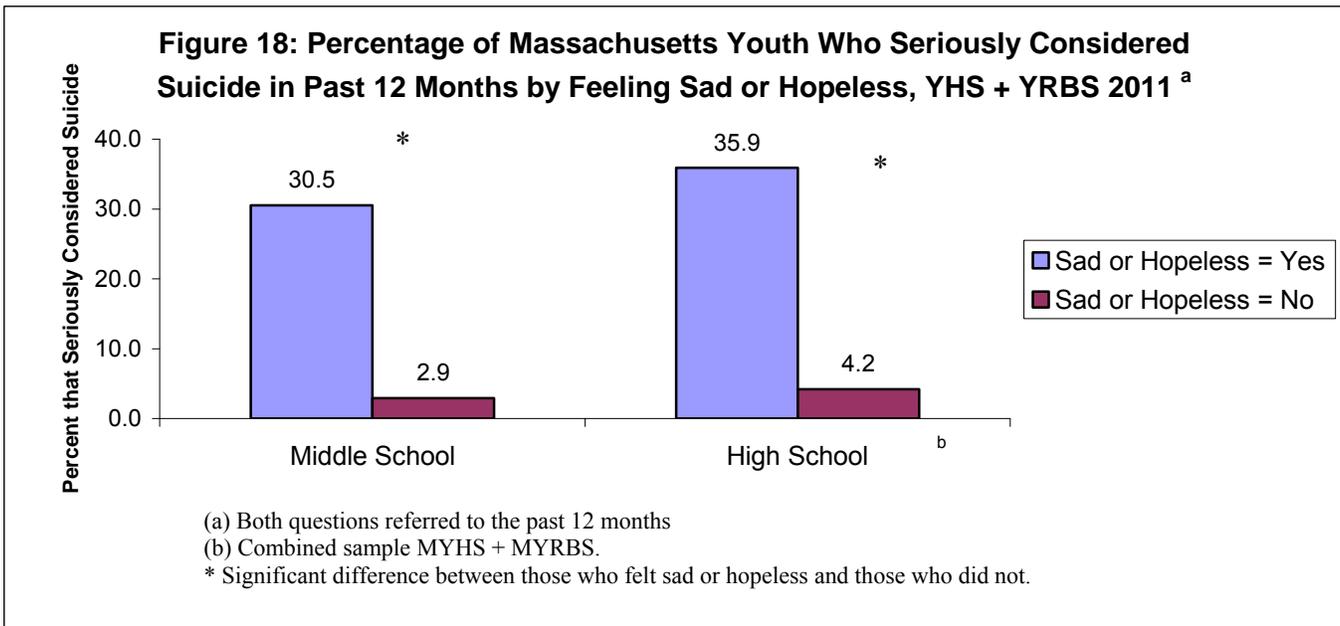
- Female students were twice as likely as male students to have seriously considered suicide in the past year.
- White students were less likely than Hispanic students to have seriously considered suicide in the past year.

### High School

- Female students were more likely than male students to have seriously considered suicide in the past year.
- 9<sup>th</sup> grade students were more likely than 12<sup>th</sup> grade students to have seriously considered suicide in the past year.
- There were no significant differences by race/ethnicity.
- Female students in 9<sup>th</sup> grade were more likely than 12<sup>th</sup> grader females to have seriously considered suicide in the past year. There was no difference seen by grade among male students.
- High school students were more likely than middle school students to report seriously considering suicide in the past year. This held true for both males and females and for White students.



- White females were the least likely to consider suicide compared to Black, Hispanic and Other/Multiracial females.



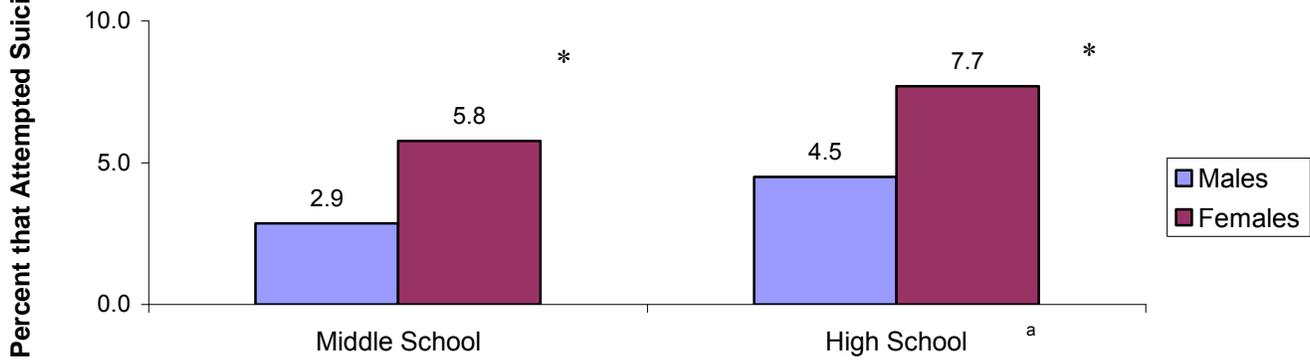
**Middle School**

- Students who felt sad or hopeless for 2 weeks or more were ten times more likely to seriously consider suicide than students who did not feel sad or hopeless.

**High School**

- Students who felt sad or hopeless for 2 weeks or more were nearly nine times more likely to seriously consider suicide than students who did not feel sad or hopeless.

**Figure 19: Percentage of Massachusetts Youth Who Attempted Suicide in Past 12 Months by Gender, YHS + YRBS 2011**



(a) Combined sample MYHS + MYRBS.  
\*Significant difference between females and males.

#### Middle School

- Female students were twice as likely as male students to have attempted suicide in the past 12 months.

#### High School

- Female students were more likely than male students to have attempted suicide in the past 12 months.

## NON-SUICIDAL SELF-INJURY

**Table 34: Self-injury Among Massachusetts Youth, YHS 2011**

<i>Non-suicidal self-injury<sup>a</sup></i>						
	<b>Middle School</b>			<b>High School</b>		
	N	%	95% CI	N	%	95% CI
<b>Overall</b>	3412	13.4	11.7 – 15.1	2537	15.4	13.4 – 17.4
<b>Sex</b>						
Male	1708	11.3	9.5 – 13.2	1286	9.9	8.0 – 11.8
Female	1634	15.6	13.2 – 18.1	1230	21.0	18.0 – 24.0
<b>Grade</b>						
6 <sup>th</sup> grade	1066	11.6	9.0 – 14.2			
7 <sup>th</sup> grade	1149	15.3	12.3 – 18.2			
8 <sup>th</sup> grade	1179	13.4	11.1 – 15.7			
9 <sup>th</sup> grade				694	18.7	15.0 – 22.4
10 <sup>th</sup> grade				684	16.7	13.5 – 20.0
11 <sup>th</sup> grade				561	14.8	10.4 – 19.2
12 <sup>th</sup> grade				587	10.7	8.0 – 13.3
<b>Race/Ethnicity*</b>						
White	2151	10.9	8.8 – 12.9	1727	14.2	11.8 – 16.6
Black	204	13.5	8.8 – 18.1	153	13.9	8.5 – 19.3
Hispanic	461	21.1	17.5 – 24.7	360	21.1	16.0 – 26.3
Other	235	21.8	16.5 – 27.2	141	13.4	6.9 – 19.9
Multiracial	136	21.7	15.8 – 27.6	99	27.4	17.3 – 37.6

\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.  
(a) Question referred to the past 12 months

### Middle School

- Female students were more likely than male students to report non-suicidal self-injury in the past 12 months.
- White students were less likely to report non-suicidal self-injury compared to Hispanic, Multiracial and ‘Other’ race students.

### High School

- Female students were twice as likely as male students to report non-suicidal self-injury in the past 12 months.
- 9<sup>th</sup> and 10<sup>th</sup> grade students were more likely than 12<sup>th</sup> grade students to report non-suicidal self-injury in the past 12 months.
- Multiracial students were more likely than White students to report non-suicidal self-injury in the past 12 months.

## SEXUAL BEHAVIOR

While more than half of high school students in Massachusetts report never having had sex, negative sexual health outcomes are disproportionately clustered among young people. This suggests that among those youth who are engaging in sexual behaviors, they may be doing so without protecting their sexual health. Young people aged 15-19 in Massachusetts experience rates of gonorrhea and chlamydia two to four times higher, respectively, than the statewide all-age rates.<sup>29</sup> Sexual minority youth – those who self-identify as gay, lesbian, bisexual, or transgender - are at an increased risk for certain negative health outcomes. Young gay and bisexual males have disproportionately high rates of HIV, syphilis and other STDs, and adolescent lesbian and bisexual females are more likely to have ever been pregnant than their heterosexual peers.<sup>30</sup>

All **High School students** were asked with whom they had sexual intercourse during their life. Response options included ‘I have never had sexual intercourse’, ‘Female’, ‘Males’, and ‘Females and males’.

All **High School students** were also asked to indicate their sexual identity and how easy or difficult it would be for them to get condoms. Response options included ‘Very easy’, ‘Fairly easy’, ‘Fairly difficult’, ‘Very difficult’, and ‘Impossible’.

See Appendix 3 questions 81-84 and Appendix 4 question 11 for the exact wording of these questions. Middle school students were **not** asked questions about sexual behavior.

Presented below are:

1. The percentage of high school students by whom they had sexual intercourse with during their lives by gender
2. The percentage of high school students that have never had sexual intercourse
3. The percentage of high school students by level of difficulty for obtaining condoms
4. The percentage of high school students by sexual identity

*The combined high school sample was used to present sexual identity. YHS high school data was used to present sexual intercourse and condom accessibility.*

<b>Table 35: Sexual Behavior Among Massachusetts High School Students, YHS 2011</b>				
<i>During your life, with who have you had sexual intercourse? <sup>a</sup></i>				
	<b>Males</b>		<b>Females</b>	
	%	95%CI	%	95% CI
Never had sexual intercourse	54.8	49.8 – 59.7	54.8	49.9 – 59.7
Females	43.2	38.1 – 48.3	1.2	0.5 – 1.8
Males	0.8	0.4 – 1.2	40.8	36.3 – 45.4
Females and Males	1.2	0.7 – 1.8	3.2	1.8 – 4.6

(a) Response options included: ‘I have never had sexual intercourse’, ‘Females’, ‘Males’, and ‘Females and Males’

<b>Table 36: Sexual Behavior Among Massachusetts High School Students, YHS 2011</b>			
<i>Percent of students who have never had sexual intercourse <sup>a</sup></i>			
	N	%	95% CI
<b>Overall</b>	2603	54.6	50.4 – 58.9
<b>Sex</b>			
Male	1323	54.8	49.8 – 59.7
Female	1259	54.8	49.9 – 59.7
<b>Grade</b>			
9 <sup>th</sup> grade	704	70.8	65.2 – 76.4
10 <sup>th</sup> grade	703	56.1	50.2 – 61.9
11 <sup>th</sup> grade	574	51.1	43.2 – 58.9
12 <sup>th</sup> grade	612	38.7	31.8 – 45.6
<b>Race/Ethnicity*</b>			
White	1787	57.2	52.5 – 61.9
Black	156	47.1	38.3 – 55.9
Hispanic	362	41.9	35.4 – 48.4
Other	143	66.1	57.3 – 74.8
Multiracial	101	54.8	43.9 – 65.7

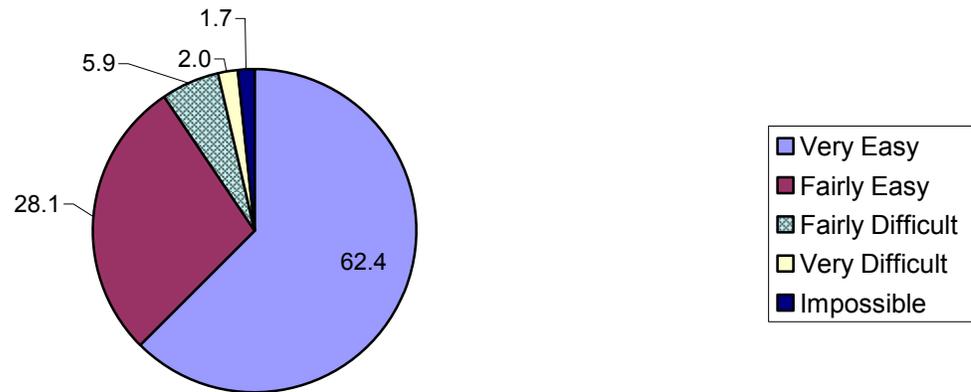
\* Students were allowed to indicate multiple race categories. White, Black, Other and Multiracial categories refer to non-Hispanic. If Hispanic/Latino was indicated as an ethnic identification, the student was categorized as Hispanic/Latino regardless of race category. The Other category includes American Indian or Alaska Natives, Asian, Hawaiian or Pacific Islander. The Multiracial category includes youth who indicated more than one race but did not identify as Hispanic/Latino.

(a) Percent who responded ‘I have never had sexual intercourse’ to the question ‘During your life with whom have you had sexual intercourse?’

## High School

- Equal percentages of males and females reported that they had never had sexual intercourse.
- Students in 9<sup>th</sup> grade were more likely to report that they had never had sexual intercourse than students in any other grade.
- White and ‘Other’ race students were more likely than Hispanic students to report that they had never had sexual intercourse.

**Figure 20: Condom Accessibility Among Massachusetts High School Students, YHS 2011**



- Nearly two-thirds of high school students reported that it would be ‘very easy’ for them to obtain condoms.
- Ten percent of students reported that it would be ‘fairly difficult’, ‘very difficult’, or ‘impossible’ for them to obtain condoms.

### SEXUAL IDENTITY

**Table 37: Sexual Identity Among Massachusetts High School Students, YHS + YRBS 2011<sup>b</sup>**

*Which of the following best describes you?<sup>a</sup>*

	%	95% CI
Heterosexual	91.4	90.4 - 92.4
Gay, lesbian	1.8	1.4 - 2.2
Bisexual	4.4	3.8 - 5.1
Unsure	2.4	2.0 - 2.9

(a) Response options included ‘Heterosexual (straight)’, ‘Gay or lesbian’, ‘Bisexual’, ‘Not sure’.

(b) Combined sample MYHS + MYRBS.

- Two percent of high school students described themselves as gay or lesbian, four percent described themselves as bisexual and two percent reported that they were unsure of their sexual identity.

## LIMITATIONS

- The data collected by the MYHS and the MYRBS are based on self-report from students. Self-reported data are subject to bias since students may answer questions based on what they think survey administrators will want to hear or to impress their peers. Students may also have had trouble remembering events that happened to them during their lives.
- The data are only representative of 6<sup>th</sup> through 12<sup>th</sup> grade public school students in Massachusetts who were present on the day of the survey. Students who are often absent from school may have different health and risk behaviors than students who are nearly always present. The data are not representative of home-schooled students, private school students, or youth enrolled in alternative education settings.
- Students with severe limitations or disabilities may not have been included in the survey, as the students were required to fill out the survey by themselves.
- All data presented in this report are cross-sectional and therefore no inferences about causality should be made.
- School recruitment was difficult and should be started earlier in the year. It was particularly difficult since some schools do their own surveys or are being helped by outside groups to conduct their own surveys. Future coordination with these outside groups may assist in increasing school recruitment numbers, which would result in an increased response rate.

## CONCLUSIONS

Results from this report illustrate the wide range of issues that currently affect Massachusetts youth. Important results to note include the many racial and gender disparities seen for numerous risk behaviors. Some emerging issues of concern include cyber-bullying and texting while driving. The data presented in this report will help public health programs understand the most pressing issues for youth in the state and will allow them to develop effective interventions. In addition, the results may help guide youth health policy and legislation. Continuation of the Youth Health Survey will eventually allow for analyses of risk factors over time to determine areas of improvement.

## APPENDIX 1

### SAMPLE AND PARTICIPATION

For the MYHS and MYRBS high school surveys, a two-stage sampling method was used by the Centers for Disease Control and Prevention (CDC) to produce a representative sample of all public school students in Massachusetts in grades nine through twelve. The first stage was the random selection of high schools in the state with a probability proportional to school enrollment size. The second stage included the random selection of six classes of a required subject within the high schools. Half of the classes were randomly assigned to receive the MYHS and the other half the MYRBS. Sixty-nine high schools were selected for the sample. Two of these were ineligible; 54 of the remaining high schools agreed to participate. This gave a high school cooperation rate of 80.6%. CSR staff administered the surveys, collecting data from a total of 5,371 students in grades nine through twelve. 2642 students received the MYHS and 2729 received the MYRBS. The student response rate was 85.8% for MYHS and 85.7% for MYRBS. The overall response rates (i.e., the school response rate multiplied by the student response rate) were 69.2% for the high school MYHS and 69.1% for MYRBS.

For the MYHS middle school survey, a similar sampling method was used by CSR which randomly selected 120 public schools from a list obtained from DESE with at least one of grades six through eight. Eighty-three of these schools agreed to participate, resulting in a school cooperation rate of 69.2%. Two classes from each school were randomly selected to complete the survey. Data was collected from 3,554 students in grades six through eight. The student response rate was 90.7%. This resulted in an overall response rate for the middle school MYHS of 62.7%.

### WEIGHTING AND VARIANCE ESTIMATION

Weights for the YHS high school data were constructed using the recommended CDC protocol. Base weights reflecting the inverse of the probability of selection were provided by the CDC for each high school. Three adjustments were then applied to these weights:

1) **A school level non-response adjustment.** This adjustment was computed by first dividing the sampled schools into three strata, namely small schools, medium schools and large schools. These strata were created to have approximate equal total enrollments. The weight adjustment within each stratum was then simply the total enrollment from participating schools within the stratum divided by the total enrollment from all schools within the stratum regardless of whether they participated in the survey or not. The purpose of this adjustment factor was to increase the weights for students in participating schools to account for schools that did not participate.

2) **A student non-response adjustment.** This adjustment is done within class at each school. The adjustment is to increase the weights of students within a class who completed a survey to account for students within the class who did not. This adjustment was simply the sum of the weights for the students who completed the survey in the class divided by the sum of the weights for all students enrolled in the class.

3) **A post-stratification adjustment.** This adjustment was to make the weighted sample estimates agree with known or estimated outside estimates for several demographic factors. The particular factors used in this adjustment were grade (9 through 12), gender, and race/ethnicity. For Massachusetts, the race/ethnicity weight cells were white, Hispanic, black and other.

These non-response adjusted weights are placed on the final YHS data files in a variable named FINWGT. This non-response weight can be interpreted as the number of students represented by each completed questionnaire.

Weights for the YHS middle school file were computed in a similar fashion. YRBS weighting was performed by the CDC using the protocol described above.

The sample for this study is a complex sample design due to the clustering of students within randomly selected schools. Therefore, an assumption of simple random sampling for data analysis will almost certainly lead to estimated variances and standard errors of sample statistics that are too small. To account for the complex sample design, a cluster variable (school ID) was created in the YHS data files to represent students clustered within each school using a numeric code that cannot be used to identify an individual school.

### CREATION OF THE COMBINED HIGH SCHOOL FILE

Since the high school YHS and YRBS are completed at the same time in the same schools, the possibility presented itself to create a combined file containing data from both surveys. Although the high school YHS and YRBS differ slightly in that they ask some different questions in a different order, there were still 28 questions that were identical on the two surveys. Some of those questions collected demographic information such as age, race and grade, and other questions collected information about alcohol and tobacco use, body weight, and other health issues. The different order of the questions in the surveys might produce some differences in estimates; however, an analysis of the data determined that these differences were not significant.

The combined high school sample was created using the following methods. Minor recoding was done to make sure all response categories were the same. A total of 33 variables were in the file, including the 28 identical questions on the surveys, a person ID number to give a unique identifier to each record, a school ID number that identifies students grouped by school and survey administered, and two sampling weight variables. The two weight variables were FINWEIGHT and COMBWEIGHT. The FINWEIGHT variable is the final weight variable carried over from the YHS or YRBS data, respectively. The COMBWEIGHT, which was used for analysis of the combined file, was created by performing a post-stratification adjustment to the final weights from each survey. The post-stratification was adjusted to grade (9 through 12), gender and race (white, Hispanic, black, other). The cluster variable (school ID) for the combined file was created as described above, using numeric codes that cannot identify an individual school. The 'person ID' variable was used to distinguish between YHS and YRBS records. A 'person ID' under 3000 represents YHS data and a 'person ID' over 3000 represents YRBS data.

## APPENDIX 2

MIDDLE SCHOOL YHS QUESTIONNAIRE

# Massachusetts Youth Health Survey



*Sponsored by:*

Massachusetts Department of Public Health  
and

Massachusetts Department of Elementary and  
Secondary Education

*Conducted by:*

Center for Survey Research  
University of Massachusetts Boston

## Winter 2011

**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:    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?

- 6<sup>th</sup> grade
- 7<sup>th</sup> grade
- 8<sup>th</sup> grade
- Other/Ungraded

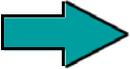
2. How old are you?

- 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
		1	1
		2	2
		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. Are you eligible to receive free or reduced price lunches at your school?

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

**LIFESTYLE QUESTIONS**

10. 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	0	0	0	0	0
b. Last Saturday	0	0	0	0	0
c. Last Sunday	0	0	0	0	0
d. Last Monday	0	0	0	0	0
e. Last Tuesday	0	0	0	0	0
f. Last Wednesday	0	0	0	0	0
g. Last Thursday	0	0	0	0	0

11. On the average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook and the Internet)

- I do not play video or computer games or use a computer for something that is not school work
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

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

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

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<sup>®</sup>, Pepsi<sup>®</sup>, Sprite<sup>®</sup>, 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<sup>®</sup> and Hawaiian Punch<sup>®</sup>.

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

**QUESTIONS ABOUT HOW YOU FEEL**

19. **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 21**

20. **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"/>

21. **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

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

- Yes
- No

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

- 0 times **If 0 times, Go to Question 25**
- 1 time
- 2 to 3 times
- 4 to 5 times
- 6 or more times

24. 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

25. 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**

26. 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

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

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

28. 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"/>

29. 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 or 3 times
- 4 or 5 times
- 6 or 7 times
- 8 or 9 times
- 10 or 11 times
- 12 or more times

30. 30. During the past 12 months, have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)

- Yes
- No

31. 31. 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. Use texting, e-mail, or social networking sites to make fun of, threaten, or insult another kid, or try to hurt another kid’s reputation	<input type="radio"/>	<input type="radio"/>
c. Threaten to hurt, physically hurt, or try to hurt a date or someone you were going out with	<input type="radio"/>	<input type="radio"/>

32. 32. 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, this has happened to me in the last 12 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
- No, this has not happened to me

**QUESTIONS ABOUT YOUR FAMILY AND PEERS**

33. 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

34. 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.

35. 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

36. 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 41**
- 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

37. 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

38. 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

39. 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"/>

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

- I do not drive
- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

41. 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.*

42. How old were you when you tried marijuana for the first time?
- I have never tried marijuana ð If NEVER tried marijuana, go to Question 45
  - 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
43. In the past 30 days, have you used marijuana?
- Yes
  - No
44. 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

45. *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.*

45. How old were you when you first used inhalants?

- I have never used inhalants If NEVER used inhalants, go to Question 47
- 9 or younger
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18 or older

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

- Yes
- No

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

- Yes
- No If NO, go to Question 49

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

- Yes
- No

49. During your life, have you used cocaine?

- Yes
- No If NO, go to Question 51

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

- Yes
- No

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

- Yes
- No If NO, go to Question 53

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

- Yes
- No

53. 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 55

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

- Yes
- No

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

- Yes
- No If NO, go to Question 57

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

- Yes
- No

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

- Yes
- No If NO, go to Question 59

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

- Yes
- No

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

- Yes
- No If NO, go to Question 61

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

- Yes
- No

61. 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"/>

62. 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"/>

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	<input type="radio"/>					
b. Marijuana	<input type="radio"/>					

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

	No RISK	SLIGHT RISK	M ODERATE 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**

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

- Yes
- No

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

- None **If NONE, Go to Question 69**
- 1 or more puffs but never a whole cigarette
- 1 cigarette
- 2 to 5 cigarettes
- 6 to 15 cigarettes (about 1/2 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)

67. 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

68. 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

69. Do you think that you will try a cigarette soon?

- I have already tried smoking cigarettes
- Yes
- No

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

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

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

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

72. Does anyone who lives with you now smoke cigarettes?

- Yes
- No

73. During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip or cigars?

- Yes
- No

74. 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

75. 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

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

- Yes
- No If No, go to Question 78

77. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?

- 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

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

- Yes
- No If No, go to Question 80

79. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

- 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

80. Have you ever tried any of the following products, even just one time? (You can CHOOSE ONE ANSWER or MORE THAN ONE ANSWER)

- Roll-your-own cigarettes
- Flavored cigarettes, such as Camel Crush
- Clove cigars
- Tipped cigars, such as Black and Milds
- Flavored little cigars
- Smoking tobacco from a hookah or a water pipe
- Snus, such as Camel or Marlboro Snus
- Dissolvable tobacco products, such as Ariva, Stonewall, Camel orbs, Camel Sticks, or Camel strips
- Electronic Cigarettes or E-cigarettes, such as Ruyan or NJOY
- Some other new tobacco products not listed here
- I have never tried any of the products listed above or any new tobacco product

#### QUESTIONS ABOUT ADVERTISING

81. 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

82. 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

#### HEALTH QUESTIONS

83. 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.

84. Do you have any physical disabilities or long-term health problems?

- No
- Yes
- Not Sure

85. Do you have any long-term emotional problems or learning disabilities?

- No
- Yes
- Not Sure

86. 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 88
- Not sure If NOT SURE, Go to Question 88

87. 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 to 10 days
- More than 10 days
- Not sure

88. 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 90
- Not sure If NOT SURE, Go to Question 90

89. 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

90. How would you describe your weight?

- Very underweight
- Slightly underweight
- About the right weight
- Slightly overweight
- Very overweight

91. 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		
b. Reduce the number of calories you eat		
c. Cut out between meal snacking		
d. Decrease your fat intake		
e. Exercise		
f. Fast (that is going 24 hours or more without eating)		
g. Vomit or throw up on purpose after eating		
h. Take diet pills without a doctor's permission		
i. Take laxatives		

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

- Yes
- No
- Not sure

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

- Yes
- No
- Not sure

94. 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

**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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**FOR OFFICE USE ONLY  
FOR OFFICE USE ONLY**

**PLEASE INSERT 2 BOXES OF 4 COLUMNS EACH WHERE EACH COLUMN HAS CIRCLES FOR 0 THROUGH 9**

## APPENDIX 3

HIGH SCHOOL YHS QUESTIONNAIRE

# Massachusetts Youth Health Survey



*Sponsored by:*

Massachusetts Department of Public Health

and

Massachusetts Department of Elementary and  
Secondary Education

*Conducted by:*

Center for Survey Research

University of Massachusetts Boston

## Winter 2011

**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:  $\bigcirc$   $\ominus$   $\oplus$  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?

- 9<sup>th</sup> grade
- 10<sup>th</sup> grade
- 11<sup>th</sup> grade
- 12<sup>th</sup> grade
- Other/Ungraded

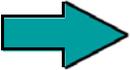
2. How old are you?

- 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

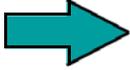
3. What is your sex?

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

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

**LIFESTYLE QUESTIONS**

10. 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"/>

11. 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

12. 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

13. 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

14. **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

15. **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

16. **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<sup>®</sup>, Pepsi<sup>®</sup>, Sprite<sup>®</sup>, 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

17. **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<sup>®</sup> and Hawaiian Punch<sup>®</sup>.

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

**QUESTIONS ABOUT HOW YOU FEEL**

18. **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 20**

19. **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"/>

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

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

- Yes
- No

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

- 0 times **If 0 times, Go to Question 24**
- 1 time
- 2 to 3 times
- 4 to 5 times
- 6 or more times

23. **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

24. **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**

25. **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

26. Do you ever send text messages when you are driving a car?

- Yes
- No
- I do not drive a car

27. 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 or 3 times
- 4 or 5 times
- 6 or 7 times
- 8 or 9 times
- 10 or 11 times
- 12 or more times

28. During the past 12 months, have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)

- Yes
- No

29. Have you ever been hurt physically by a date or someone you were going out with? (Include being hurt 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 last 12 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
- No, this has not happened to me

30. Has anyone ever had sexual contact with you against your will?

- Yes
- No If NO, go to Question 32

31. Who has had sexual contact with you against your will?

	Yes	No
a. One or more dating partners or people I was going out with	<input type="radio"/>	<input type="radio"/>
b. One or more family members	<input type="radio"/>	<input type="radio"/>
c. One or more friends	<input type="radio"/>	<input type="radio"/>
d. One or more acquaintances	<input type="radio"/>	<input type="radio"/>
e. One or more strangers	<input type="radio"/>	<input type="radio"/>

32. 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. Use texting, e-mail, or social networking sites to make fun of, threaten, or insult another kid, or try to hurt another kid's reputation	<input type="radio"/>	<input type="radio"/>
c. Threaten to hurt, physically hurt, or try to hurt a date or someone you were going out with	<input type="radio"/>	<input type="radio"/>
d. Have sexual contact with someone who told you "No," objected in some other way, was trying to talk you out of it, or was physically trying to get away from you or avoid your touch	<input type="radio"/>	<input type="radio"/>

**QUESTIONS ABOUT YOUR FAMILY AND PEERS**

33. 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

34. 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.

35. 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
- or more days

36. 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 41
- 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

37. 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

38. 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

39. 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"/>

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

- I do not drive
- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

41. 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.*

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

- I have never tried marijuana **If NEVER tried marijuana, go to Question 45**
- 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

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

- Yes
- No

44. 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

45. *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.*

How old were you when you first used inhalants?

- I have never used inhalants **If NEVER used inhalants, go to Question 47**
- 9 or younger
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18 or older

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

- Yes
- No

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

- Yes
- No **If NO, go to Question 49**

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

- Yes
- No

49. During your life, have you used cocaine?

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

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

- Yes
- No

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

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

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

- Yes
- No

53. 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 55

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

- Yes
- No

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

- Yes
- No If NO, go to Question 57

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

- Yes
- No

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

- Yes
- No If NO, go to Question 59 at the top of the column to the right

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

- Yes If YES, go to Question 59 at the top of the column to the right
- No If NO, go to Question 59 at the top of the column to the right

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

- Yes
- No If NO, go to Question 61

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

- Yes
- No

61. 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"/>

62. 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"/>

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	<input type="radio"/>					
b. Marijuana	<input type="radio"/>					

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

	No RISK	SLIGHT RISK	M ODERATE RISK	GREAT RISK
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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**

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

- Yes
- No

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

- None **If NONE, Go to Question 69**
- 1 or more puffs but never a whole cigarette
- 1 cigarette
- 2 to 5 cigarettes
- 6 to 15 cigarettes (about 1/2 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)

67. 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

68. 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

69. Do you think that smoking cigarettes makes young people look cool or fit in?

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

70. Do you think that young people who smoke cigarettes have more friends?

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

71. Does anyone who lives with you now smoke cigarettes?

- Yes
- No

72. During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip or cigars?

- Yes
- No

73. 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

74. 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

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

- Yes
- No If No, go to Question 77

76. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?

- 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

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

- Yes
- No If No, go to Question 79

78. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

- 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

79. Have you ever tried any of the following products, even just one time? (You can CHOOSE ONE ANSWER or MORE THAN ONE ANSWER)

- Roll-your-own cigarettes
- Flavored cigarettes, such as Camel Crush
- Clove cigars
- Tipped cigars, such as Black and Milds
- Flavored little cigars
- Smoking tobacco from a hookah or a water pipe
- Snus, such as Camel or Marlboro Snus
- Dissolvable tobacco products, such as Ariva, Stonewall, Camelorbs, Camel Sticks, or Camel strips
- Electronic Cigarettes or E-cigarettes, such as Ruyan or NJOY
- Some other new tobacco products not listed here
- I have never tried any of the products listed above or any new tobacco product

80. In the past 30 days, which of the following products have you used on at least one day? (You can CHOOSE ONE ANSWER or MORE THAN ONE ANSWER)

- Roll-your-own cigarettes
- Flavored cigarettes, such as Camel Crush
- Clove cigars
- Tipped cigars, such as Black and Milds
- Flavored little cigars
- Smoking tobacco from a hookah or a water pipe
- Snus, such as Camel or Marlboro Snus
- Dissolvable tobacco products, such as Ariva, Stonewall, Camelorbs, Camel Sticks, or Camel strips
- Electronic Cigarettes or E-cigarettes, such as Ruyan or NJOY
- Some other new tobacco products not listed here
- I have never tried any of the products listed above or any new tobacco product

## SEXUAL BEHAVIOR

81. Which of the following best describes you?
- Heterosexual (straight)
  - Gay or lesbian
  - Bisexual
  - Not sure
82. During your life, with whom have you had sexual intercourse?
- I have never had sexual intercourse
  - Females
  - Males
  - Females and Males
83. During your life, with whom have you had sexual contact that was not intercourse?
- I have never had sexual contact with anyone
  - Females
  - Males
  - Females and Males
84. How easy or difficult would it be for you to get condoms?
- Very easy
  - Fairly easy
  - Fairly difficult
  - Very difficult
  - Impossible
  - Don't know

## QUESTIONS ABOUT ADVERTISING

85. 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
86. 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

## HEALTH QUESTIONS

87. 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**.

88. Do you have any physical disabilities or long-term health problems?
- No
  - Yes
  - Not Sure
89. Do you have any long-term emotional problems or learning disabilities?
- No
  - Yes
  - Not Sure
90. 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 92
  - Not sure If NOT SURE, Go to Question 92
91. 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 to 10 days
  - More than 10 days
  - Not sure
92. 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 94
  - Not sure If NOT SURE, Go to Question 94

93. 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

94. How would you describe your weight?

- Very underweight
- Slightly underweight
- About the right weight
- Slightly overweight
- Very overweight

95. 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"/>

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

- Yes
- No
- Not sure

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

- Yes
- No
- Not sure

98. 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

## 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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### FOR OFFICE USE ONLY

PLEASE INSERT 2 BOXES OF 4 COLUMNS EACH WHERE EACH COLUMN HAS CIRCLES FOR 0 THROUGH 9

## APPENDIX 4

HIGH SCHOOL YRBS QUESTIONNAIRE

# 2011 Massachusetts Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

*Thank you very much for your help.*

**Directions**

- o Use a #2 pencil only.
- o Make dark marks.
- o Fill in a response like this: A B ● D.
- o If you change your answer, erase your old answer completely.

1. How old are you?
  - A. 12 years old or younger
  - B. 13 years old
  - C. 14 years old
  - D. 15 years old
  - E. 16 years old
  - F. 17 years old
  - G. 18 years old or older
  
2. What is your sex?
  - A. Female
  - B. Male
  
3. In what grade are you?
  - A. 9th grade
  - B. 10th grade
  - C. 11th grade
  - D. 12th grade
  - E. Ungraded or other grade
  
4. Are you Hispanic or Latino?
  - A. Yes
  - B. No
  
5. What is your race? (**Select one or more responses.**)
  - A. American Indian or Alaska Native
  - B. Asian
  - C. Black or African American
  - D. Native Hawaiian or Other Pacific Islander
  - E. White

6. How tall are you without your shoes on?  
 Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number on your answer sheet.

Example

Height	
Feet	Inches
5	7
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	●
	⑧
	⑨
	⑩
	⑪

7. How much do you weigh without your shoes on?  
 Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number on your answer sheet.

Example

Weight		
Pounds		
1	5	2
①	⑥	⑦
●	①	①
②	②	●
③	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

- 8) During the past 12 months, how would you describe your grades in school?
- A. Mostly A's
  - B. Mostly B's
  - C. Mostly C's
  - D. Mostly D's
  - E. Mostly F's
  - F. None of these grades
  - G. Not sure
- 9) How often do the people in your home speak a language other than English?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
- 10) Where do you typically sleep at night?
- A. At home with my parents or guardians
  - B. At a friend's or relative's home with my parents or guardians
  - C. At a friend's or relative's home without my parents or guardians
  - D. In a supervised shelter with my parents or guardians
  - E. In a supervised shelter without my parents or guardians
  - F. In a hotel or motel, car, park, campground, or other public place with my parents or guardians
  - G. In a hotel or motel, car, park, campground, or other public place without my parents or guardians
  - H. Somewhere else

11. Which of the following best describes you?
- A. Heterosexual (straight)
  - B. Gay or lesbian
  - C. Bisexual
  - D. Not sure
12. Do you have any long-term learning disabilities? (Long-term means 6 months or more.)
- A. Yes
  - B. No
  - C. Not sure
13. Do you have any physical disabilities or long-term health problems? (Long-term means 6 months or more.)
- A. Yes
  - B. No
  - C. Not sure
14. Is there at least one teacher or other adult in this school that you can talk to if you have a problem?
- A. Yes
  - B. No
  - C. Not sure
15. Do you agree or disagree that your teachers really care about you and give you encouragement and support?
- A. Strongly agree
  - B. Agree
  - C. Not sure
  - D. Disagree
  - E. Strongly disagree
16. Can you talk with at least one of your parents or other adult family members about things that are important to you?
- A. Yes
  - B. No
  - C. Not sure

**The next 3 questions ask about safety.**

17. How often do you wear a seat belt when **riding** in a car driven by someone else?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
18. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or more times
19. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or more times

**The next 11 questions ask about violence-related behaviors.**

20. During the past 30 days, on how many days did you carry **a weapon** such as a gun, knife, or club?
- A. 0 days
  - B. 1 day
  - C. 2 or 3 days
  - D. 4 or 5 days
  - E. 6 or more days

21. During the past 30 days, on how many days did you carry **a gun**?
- A. 0 days
  - B. 1 day
  - C. 2 or 3 days
  - D. 4 or 5 days
  - E. 6 or more days
22. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?
- A. 0 days
  - B. 1 day
  - C. 2 or 3 days
  - D. 4 or 5 days
  - E. 6 or more days
23. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
- A. 0 days
  - B. 1 day
  - C. 2 or 3 days
  - D. 4 or 5 days
  - E. 6 or more days
24. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or 7 times
  - F. 8 or 9 times
  - G. 10 or 11 times
  - H. 12 or more times

25. During the past 12 months, how many times were you in a physical fight?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or 7 times
  - F. 8 or 9 times
  - G. 10 or 11 times
  - H. 12 or more times
26. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or more times
27. During the past 12 months, how many times were you in a physical fight **on school property**?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or 7 times
  - F. 8 or 9 times
  - G. 10 or 11 times
  - H. 12 or more times
28. 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 forced into any sexual activity.)
- A. I have never been on a date or gone out with anyone
  - B. Yes, I have been hurt physically by a date or someone I was going out with
  - C. No, I have **not** been hurt physically by a date or someone I was going out with

29. Has anyone ever had **sexual contact** with you against your will?
- A. Yes
  - B. No
30. During the past 12 months, have you been a member of a gang?
- A. Yes
  - B. No

**The next 2 question ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.**

31. During the past 12 months, have you ever been bullied **on school property**?
- A. Yes
  - B. No
32. During the past 12 months, have you ever been **electronically** bullied (cyber-bullied)? (Include being bullied through e-mail, instant messaging, social networking sites such as Facebook, Twitter or Myspace ,or texting.)
- A. Yes
  - B. No

**The next question asks about hurting yourself on purpose.**

33. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or more times

**The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide that is, taking some action to end their own life.**

34. 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?  
A. Yes  
B. No
35. During the past 12 months, did you ever **seriously** consider attempting suicide?  
A. Yes  
B. No
36. During the past 12 months, did you make a plan about how you would attempt suicide?  
A. Yes  
B. No
37. During the past 12 months, how many times did you actually attempt suicide?  
A. 0 times  
B. 1 time  
C. 2 or 3 times  
D. 4 or 5 times  
E. 6 or more times
38. **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?  
A. **I did not attempt suicide** during the past 12 months  
B. Yes  
C. No

**The next 8 questions ask about tobacco use.**

39. Have you ever tried cigarette smoking, even one or two puffs?  
A. Yes  
B. No
40. How old were you when you smoked a whole cigarette for the first time?  
A. I have never smoked a whole cigarette  
B. 8 years old or younger  
C. 9 or 10 years old  
D. 11 or 12 years old  
E. 13 or 14 years old  
F. 15 or 16 years old  
G. 17 years old or older
41. During the past 30 days, on how many days did you smoke cigarettes?  
A. 0 days  
B. 1 or 2 days  
C. 3 to 5 days  
D. 6 to 9 days  
E. 10 to 19 days  
F. 20 to 29 days  
G. All 30 days
42. During the past 30 days, on how many days did you smoke cigarettes **on school property**?  
A. 0 days  
B. 1 or 2 days  
C. 3 to 5 days  
D. 6 to 9 days  
E. 10 to 19 days  
F. 20 to 29 days  
G. All 30 days
43. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?  
A. Yes  
B. No

44. During the past 12 months, did you ever try **to quit** smoking cigarettes?
- A. I did not smoke during the past 12 months
  - B. Yes
  - C. No
45. During the past 30 days, on how many days did you use **chewing tobacco, snuff, dip, or snus**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- A. 0 days
  - B. 1 or 2 days
  - C. 3 to 5 days
  - D. 6 to 9 days
  - E. 10 to 19 days
  - F. 20 to 29 days
  - G. All 30 days
46. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?
- A. 0 days
  - B. 1 or 2 days
  - C. 3 to 5 days
  - D. 6 to 9 days
  - E. 10 to 19 days
  - F. 20 to 29 days
  - G. All 30 days

**The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, hard lemonade or 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.**

47. During your life, on how many days have you had at least one drink of alcohol?
- A. 0 days
  - B. 1 or 2 days
  - C. 3 to 9 days
  - D. 10 to 19 days
  - E. 20 to 39 days
  - F. 40 to 99 days
  - G. 100 or more days
48. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
  - B. 8 years old or younger
  - C. 9 or 10 years old
  - D. 11 or 12 years old
  - E. 13 or 14 years old
  - F. 15 or 16 years old
  - G. 17 years old or older
49. During the past 30 days, on how many days did you have at least one drink of alcohol?
- A. 0 days
  - B. 1 or 2 days
  - C. 3 to 5 days
  - D. 6 to 9 days
  - E. 10 to 19 days
  - F. 20 to 29 days
  - G. All 30 days

50. 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?
- A. 0 days
  - B. 1 day
  - C. 2 days
  - D. 3 to 5 days
  - E. 6 to 9 days
  - F. 10 to 19 days
  - G. 20 or more days

51. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?
- A. 0 days
  - B. 1 or 2 days
  - C. 3 to 5 days
  - D. 6 to 9 days
  - E. 10 to 19 days
  - F. 20 to 29 days
  - G. All 30 days

**The next 4 questions ask about marijuana use. Marijuana also is called grass, pot, weed, or reefer.**

52. During your life, how many times have you used marijuana?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 to 99 times
  - G. 100 or more times

53. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
  - B. 8 years old or younger
  - C. 9 or 10 years old
  - D. 11 or 12 years old
  - E. 13 or 14 years old
  - F. 15 or 16 years old
  - G. 17 years old or older

54. During the past 30 days, how many times did you use marijuana?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times

55. During the past 30 days, how many times did you use marijuana **on school property**?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times

**The next 8 questions ask about cocaine, ecstasy, and other drugs.**

56. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times

57. During your life, how many times have you used **ecstasy** (also called MDMA)?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times

58. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
59. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
60. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
61. During your life, how many times have you used a needle to inject any **illegal** drug into your body?
- A. 0 times
  - B. 1 time
  - C. 2 or more times
62. During the past 30 days, how many times did you sniff glue, breathe the contents of aerosol spray cans, or inhale any paints or sprays to get high?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times

63. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- A. Yes
  - B. No

**The next 3 questions ask about communication and education on sexuality and AIDS prevention.**

64. During the past 12 months, how often did you talk with your parents or other adults in your family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases (STDs), or pregnancy?
- A. Not at all during the past 12 months
  - B. About once during the past 12 months
  - C. About once every few months
  - D. About once a month
  - E. More than once a month
65. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
  - B. No
  - C. Not sure
66. Have you ever been taught in school about how to use condoms?
- A. Yes
  - B. No
  - C. Not sure

**The next 12 questions ask about sexual behavior.**

67. Have you ever had sexual intercourse?
- A. Yes
  - B. No

68. How old were you when you had sexual intercourse for the first time?
- A. I have never had sexual intercourse
  - B. 11 years old or younger
  - C. 12 years old
  - D. 13 years old
  - E. 14 years old
  - F. 15 years old
  - G. 16 years old
  - H. 17 years old or older
69. During your life, with how many people have you had sexual intercourse?
- A. I have never had sexual intercourse
  - B. 1 person
  - C. 2 people
  - D. 3 people
  - E. 4 people
  - F. 5 people
  - G. 6 or more people
70. During the past 3 months, with how many people did you have sexual intercourse?
- A. I have never had sexual intercourse
  - B. I have had sexual intercourse, but not during the past 3 months
  - C. 1 person
  - D. 2 people
  - E. 3 people
  - F. 4 people
  - G. 5 people
  - H. 6 or more people
71. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
- A. I have never had sexual intercourse
  - B. Yes
  - C. No
72. The **last time** you had sexual intercourse, did you or your partner use a condom?
- A I have never had sexual intercourse
  - B Yes
  - C No
73. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)
- A I have never had sexual intercourse
  - B No method was used to prevent pregnancy
  - C Birth control pills
  - D Condoms
  - E Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), Implanon (or any implant), or any IUD
  - F Withdrawal
  - G Some other method
  - H Not sure
74. During your life, with whom have you had sexual contact?
- A I have never had sexual contact
  - B Females
  - C Males
  - D Females and males
75. How many times have you been pregnant or gotten someone pregnant?
- A 0 times
  - B 1 time
  - C 2 or more times
  - D Not sure

76. Have you ever been tested for HIV, the virus that causes AIDS? (Do **not** count tests done if you donated blood.)
- A Yes
  - B No
  - C Not sure
77. Have you ever been tested for other sexually transmitted diseases (STDs) such as genital herpes, chlamydia, syphilis, or genital warts?
- A Yes
  - B No
  - C Not sure
78. Have you ever been told by a doctor or nurse that you had HIV infection or any other sexually transmitted disease (STD)?
- A Yes
  - B No
  - C Not sure

**The next 5 questions ask about body weight.**

79. How do **you** describe your weight?
- A Very underweight
  - B Slightly underweight
  - C About the right weight
  - D Slightly overweight
  - E Very overweight
80. Which of the following are you trying to do about your weight?
- A **Lose** weight
  - B **Gain** weight
  - C **Stay** the same weight
  - D I am **not trying to do anything** about my weight
81. During the past 30 days, did you **go without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?
- A Yes
  - B No

82. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)
- A. Yes
  - B. No
83. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
- A. Yes
  - B. No

**The next 8 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.**

84. During the past 7 days, how many times did you eat **fruit** or drink **100% fruit juices?** (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- A I did not eat fruit or drink 100% fruit juice during the past 7 days
  - B 1 to 3 times during the past 7 days
  - C 4 to 6 times during the past 7 days
  - D 1 time per day
  - E 2 times per day
  - F 3 times per day
  - G 4 or more times per day

85. During the past 7 days, how many times did you eat **green salad**?
- A. I did not eat green salad during the past 7 days
  - B. 1 to 3 times during the past 7 days
  - C. 4 to 6 times during the past 7 days
  - D. 1 time per day
  - E. 2 times per day
  - F. 3 times per day
  - G. 4 or more times per day
86. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)
- A. I did not eat potatoes during the past 7 days
  - B. 1 to 3 times during the past 7 days
  - C. 4 to 6 times during the past 7 days
  - D. 1 time per day
  - E. 2 times per day
  - F. 3 times per day
  - G. 4 or more times per day
87. During the past 7 days, how many times did you eat **other vegetables** such as carrots, peas, or broccoli? (Do **not** count green salad or potatoes.)
- A. I did not eat other vegetables during the past 7 days
  - B. 1 to 3 times during the past 7 days
  - C. 4 to 6 times during the past 7 days
  - D. 1 time per day
  - E. 2 times per day
  - F. 3 times per day
  - G. 4 or more times per day
88. During the past 7 days, how many times did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** include diet soda or diet pop.)
- A. I did not drink soda or pop during the past 7 days
  - B. 1 to 3 times during the past 7 days
  - C. 4 to 6 times during the past 7 days
  - D. 1 time per day
  - E. 2 times per day
  - F. 3 times per day
  - G. 4 or more times per day
89. During the past 7 days, how many **glasses of milk** did you drink? (Count the milk you drank in a glass or a cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)
- A. I did not drink milk during the past 7 days
  - B. 1 to 3 glasses during the past 7 days
  - C. 4 to 6 glasses during the past 7 days
  - D. 1 glass per day
  - E. 2 glasses per day
  - F. 3 glasses per day
  - G. 4 or more glasses per day
90. During the past 7 days, on how many days did you eat **breakfast**?
- A. 0 days
  - B. 1 day
  - C. 2 days
  - D. 3 days
  - E. 4 days
  - F. 5 days
  - G. 6 days
  - H. 7 days

91. Have you been taught in school about how to choose foods that will keep you healthy and how to eat a balanced, nutritious diet?
- A. Yes
  - B. No
  - C. Not sure

**The next 5 questions ask about physical activity.**

92. 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 increased your heart rate and made you breathe hard some of the time.)
- A. 0 days
  - B. 1 day
  - C. 2 days
  - D. 3 days
  - E. 4 days
  - F. 5 days
  - G. 6 days
  - H. 7 days
93. 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 and breathe hard**, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
- A. 0 days
  - B. 1 day
  - C. 2 days
  - D. 3 days
  - E. 4 days
  - F. 5 days
  - G. 6 days
  - H. 7 days

94. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- A. 0 days
  - B. 1 day
  - C. 2 days
  - D. 3 days
  - E. 4 days
  - F. 5 days

95. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)
- A. 0 teams
  - B. 1 team
  - C. 2 teams
  - D. 3 or more teams

96. Have you ever been taught in school how to follow a personal fitness plan, including setting fitness goals for yourself and keeping track of your progress?
- A. Yes
  - B. No
  - C. Not sure

**The last 3 questions ask about how you spend your free time.**

97. On an average school day, how many hours do you watch TV?
- A I do not watch TV on an average school day
  - B Less than 1 hour per day
  - C 1 hour per day
  - D 2 hours per day
  - E 3 hours per day
  - F 4 hours per day
  - G 5 or more hours per day

98. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)
- A. I do not play video or computer games or use a computer for something that is not school work
  - B. Less than 1 hour per day
  - C. 1 hour per day
  - D. 2 hours per day
  - E. 3 hours per day
  - F. 4 hours per day
  - G. 5 or more hours per day

99. During an average month when you are in school, how many hours do you spend on volunteer work, community service, or helping people outside of your home without getting paid? (Do not include community service work that you are required to do as a punishment.)
- A 0 hours
  - B 1 to 4 hours
  - C 5 to 9 hours
  - D 10 or more hours

**This is the end of the survey.  
Thank you very much for your help**

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