

Summary of Results from the 2013-2014 Cambridge Teen Health Survey (Grades 9-12)

Submitted to:

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

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BACKGROUND

REPORT FORMAT

In April of 2014, 1,521 Cambridge high school students (grades 9-12) took part in the 2013-2014 Cambridge Teen Health Survey. Based on surveys such as the *Youth Risk Behavior Survey* (Centers for Disease Control and Prevention), *Monitoring the Future* (NIDA, University of Michigan), *Profiles of Student Life – Attitudes and Behaviors*, and the *Survey of Student Resources and Assets* (America’s Promise and Search Institute), the questionnaire was designed to gather information on some of the important issues facing youth in Cambridge, such as substance use, violence and safety, and dietary behavior. This is the twelfth administration of the Teen Health Survey (the survey was also administered in 1992, 1994, 1996, 1998, 2000, 2002, 2004, 2006, 2008, 2010, and 2012). A similar survey of Cambridge middle school students has also been conducted biennially since 1997.

This report summarizes results from the Cambridge Teen Health Survey. It is designed to provide an overview of key survey data, focusing on four main themes: (1) What do the data from this survey tell us about the challenges facing youth in our community?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; (3) How have the data changed since the last administration of the survey?; and (4) How do results in Cambridge compare to those in Massachusetts as a whole? The summary presents an overview of findings grouped according to the following themes: Substance Use, Violence and Safety, Mental Health, Sexual Behavior, Health and Healthcare, Weight Perception and Control, Physical Activity and Nutrition, and Habits and Activities. The main results in each section are illustrated using charts that are complemented by supplementary data or information. An appendix containing selected data follows the main results.

WHO CONDUCTED THE SURVEY?

The survey was conducted by the Cambridge Prevention Coalition, the Cambridge Public Schools, and the Cambridge Public Health Department in collaboration with Social Science Research and Evaluation, Inc., a non-profit social science research firm located in Burlington, Massachusetts.

HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in April of 2014 to all Cambridge public school students in grades 9 through 12. The number of respondents in each grade is as follows:

9th	10th	11th	12th	Other/ Unknown	TOTAL
414	401	388	311	7	1,521

School administrators set aside approximately 30-40 minutes for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order in the classroom. In addition to English, the survey was translated into Spanish, Portuguese, and Haitian Creole.

WHAT DID THE SURVEY ASK ABOUT?

The survey focuses on issues ranging from demographic and background items (e.g., gender, age), to student substance use (e.g., alcohol, tobacco, other drugs), to other issues related to student health such as depression and suicide, violence and safety, sexual behavior, and dietary behavior.

VALIDITY

There is a good deal of research about the ways in which students respond to surveys and whether they tell the truth. This work indicates that student survey results are reasonably accurate provided that student participation is voluntary and that the respondents cannot be identified. The Cambridge Teen Health Survey met these conditions. The voluntary nature of the survey was explained to both students and their parents. Prior to the survey, parents were given the opportunity to opt their child(ren) out of the survey. In addition, students could choose not to participate or to skip any items. The confidential nature of the survey was highlighted in the questionnaire instructions that asked students *not* to put their name on the questionnaire and explained that their answers would not be viewed by anyone who knows them.

Two other steps were taken to increase validity. First, each questionnaire was reviewed to identify any on which students obviously provided frivolous answers. Such questionnaires were omitted from all analyses. Second, analyses were conducted to test for the reasonableness of responses and for the consistency of responses across related items. When inconsistent responses were identified, the entire case or the suspect items for that case were treated as missing data in all subsequent analyses. These two procedures identified few problems.

The validity of the survey is also bolstered by using a questionnaire based largely upon existing instruments such as the *Youth Risk Behavior Survey* (Centers for Disease Control and Prevention), *Monitoring the Future* (NIDA, University of Michigan), and *Profiles of Student Life – Attitudes and Behaviors* and *Survey of Student Resources and Assets* (America's Promise and Search Institute). These standardized instruments have been thoroughly tested and administered in large-scale research studies (e.g., Brener, N., Kann, L., McManus, T., Kinchen, S.A., Sundberg E.C., and Ross, J.G. [2002]. "Reliability of the 1999 Youth Risk Behavior Survey Questionnaire." *Journal of Adolescent Health*, 31, 336-342).

NON-RESPONDENTS

The survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who were absent or truant on the day(s) that the survey was administered, nor from students who have dropped out of school.

TRENDS

Trend comparisons can provide extremely useful information on whether certain behaviors or conditions have improved, worsened, or stayed the same over time. In fact, it is best to repeat a survey such as this at regular intervals in order to track changes over time. Because this is the twelfth administration of the Cambridge Teen Health Survey, it is possible to look at certain trends among Cambridge youth.

COMPARATIVE DATA

A limitation of such data is that it is difficult to compare results from Cambridge to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys may vary, and so on. Although it is natural to want to compare to other communities, a great deal can be learned simply by looking at Cambridge data. The most useful comparisons are made by looking at Cambridge over time.

Limited comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent administration of this survey occurred in the Spring of 2013.

WHO HAS THE PROBLEM?

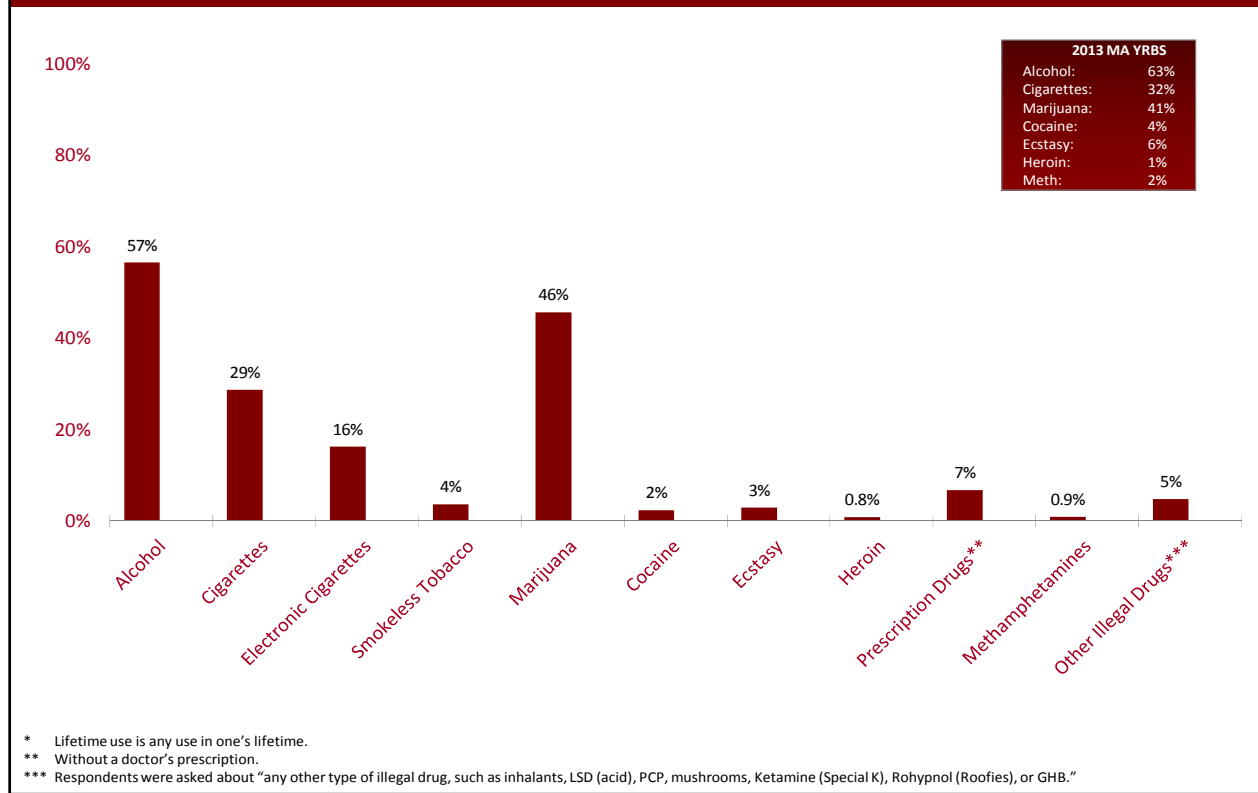
Although this survey was administered to high school students, this does not mean that the problems addressed are confined solely to youth. In fact, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this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

WHO IS RESPONSIBLE?

Data on health behavior among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the risky behaviors revealed in these surveys. Issues such as substance use and violence are not school problems; they are community problems that require the attention of all community members and organizations.

Alcohol, Tobacco, & Other Drugs

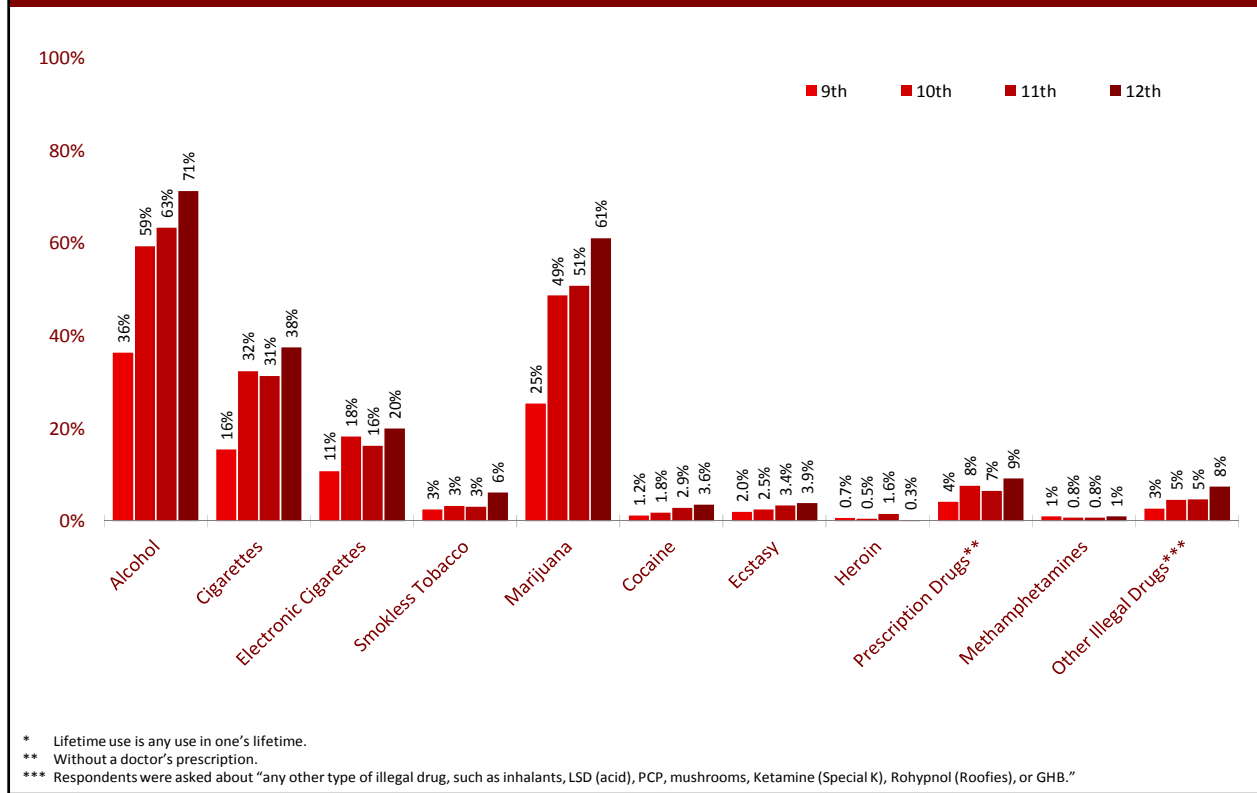
Lifetime* Substance Use for Cambridge High School Students (2014)



SELECTED POINTS

- Lifetime substance use is any use during one's lifetime.
- The alcohol questions were preceded by the following statement, "This section is about the use of alcohol. Drinking alcohol includes drinking beer, wine, wine coolers, hard lemonade, or cider, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does **NOT** include drinking a few sips of wine for religious purposes."
- Alcohol is the substance of choice, with 57% of Cambridge high school students in 2014 reporting using alcohol at least once in their lifetime. Forty-six percent (46%) reported ever using marijuana, 29% ever smoking cigarettes, 16% ever using electronic cigarettes, and 7% ever using prescription drugs without a prescription. Fewer respondents reported ever using smokeless tobacco, cocaine, ecstasy, heroin, methamphetamines, or other illegal drugs.
- **Trends:** In general, lifetime use of all substances peaked in the mid to late 1990s and are currently at historic lows. There was a decrease from 2012 to 2014 in lifetime use of alcohol (62% to 57%) and an increase in lifetime use of marijuana (41% to 46%).
- **Comparisons:** Lifetime use of all substances was lower in Cambridge than among Massachusetts high school students with the exception of lifetime marijuana use – although this may have to do with the timing of the two surveys. *MA data from the 2013 MA Youth Risk Behavior Survey*

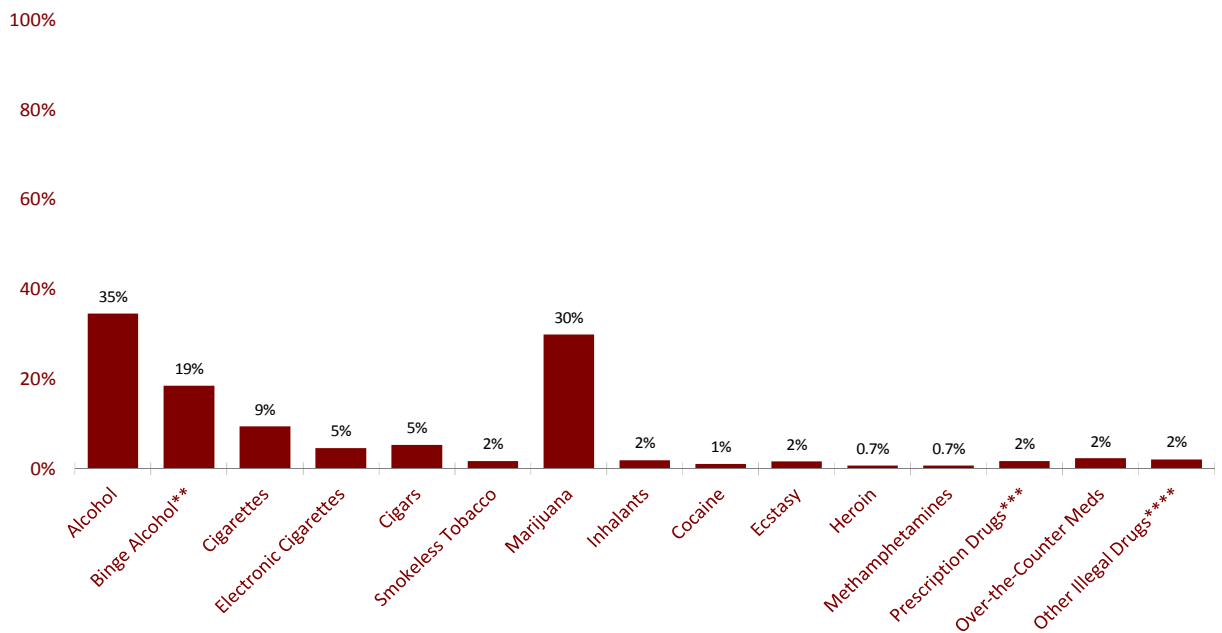
Lifetime* Substance Use for Cambridge High School Students, by Grade (2014)



SELECTED POINTS

- Grade:** The percentage of Cambridge high school students who reported ever using each of these substances tended to increase with age/grade. For example, the percentage of students who reported ever using alcohol increased from 36% in 9th grade to 71% in 12th grade.
- Across almost all substances, the most noticeable differences were between 9th and 10th grade and between 11th and 12th grade, with 10th and 11th graders more similar to one another than to their younger and older peers. For example, lifetime use of marijuana was 25% among 9th graders, 49% among 10th graders, 51% among 11th graders, and 61% among 12th graders.
- Gender (not shown):** Females were more likely than males to report lifetime use of alcohol (females: 59%; males: 53%). Males were more likely than females to report lifetime use of smokeless tobacco (males: 5%; females: 2%), cocaine, ecstasy, heroin, methamphetamines, and other illegal drugs. Lifetime use of cigarettes, electronic cigarettes, marijuana, and prescription drugs without a prescription were either identical or similar across gender.

Current* Substance Use for Cambridge High School Students (2014)



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

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

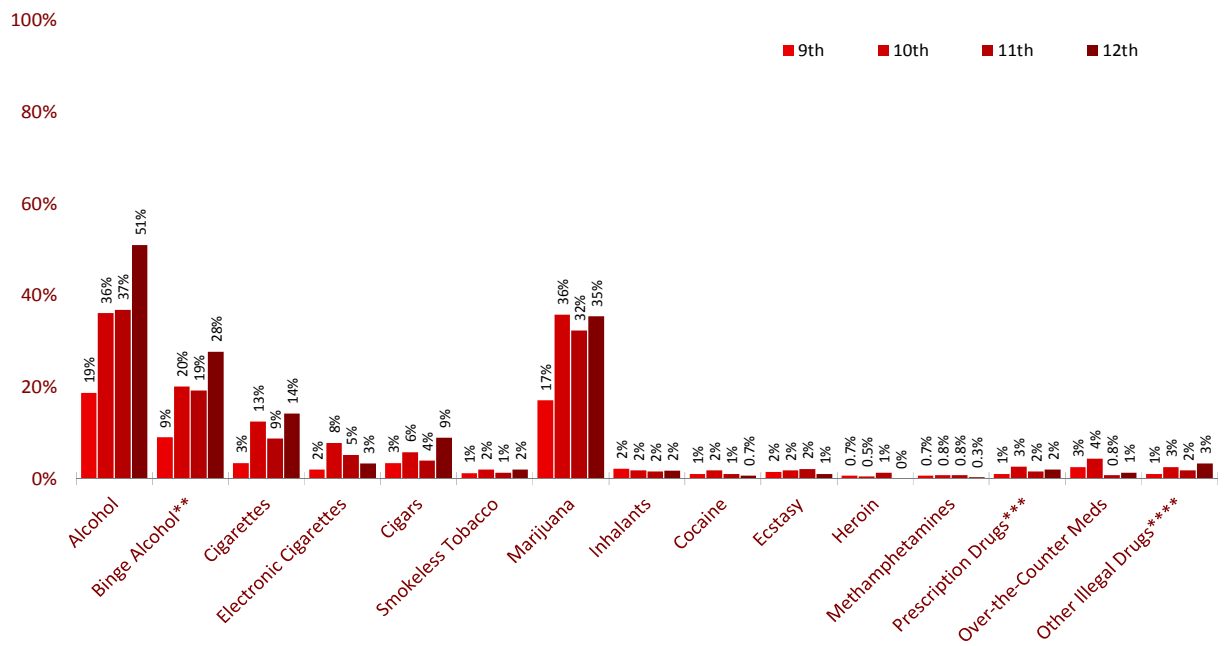
*** Without a doctor's prescription.

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

SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Binge alcohol use was defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."
- Alcohol is the substance of choice, with 35% of high school students reporting that they consumed alcohol in the 30 days prior to the survey.
- Nineteen percent (19%) of high school students reported binge drinking in the same 30-day time period. This means that 54% of those high school students who drank in the past 30 days engaged in binge drinking.
- The high school rate of current marijuana use (30%) was much higher than the rate of current cigarette use (9%) and also much higher than that for any other illegal substance.

Current* Substance Use for Cambridge High School Students, by Grade (2014)



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

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

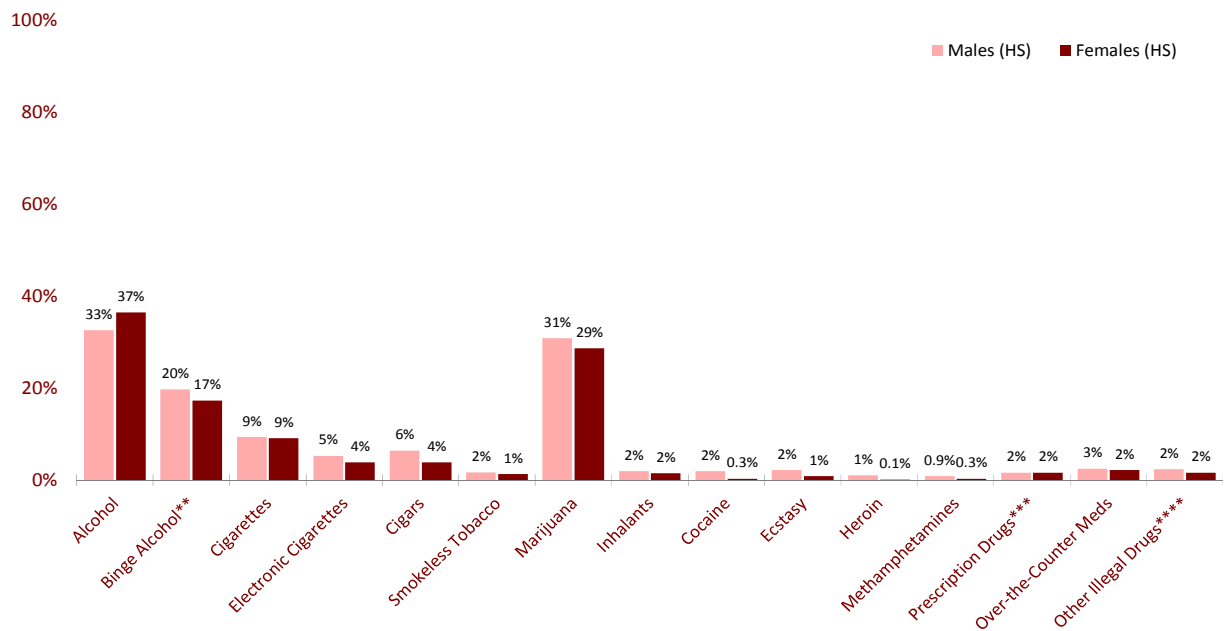
*** Without a doctor's prescription.

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

SELECTED POINTS

- The percentage of Cambridge high school students who reported current use of each of these substances tended to increase with age/grade. For example, the percentage of students who reported current alcohol use increased from 19% in 9th grade to 51% in 12th grade.
- Across almost all substances, the most noticeable differences were between 9th and 10th grade and between 11th and 12th grade, with 10th and 11th graders more similar to one another than to their younger and older peers. For example, current use of alcohol was 19% among 9th graders, 36% among 10th graders, 37% among 11th graders, and 51% among 12th graders.

Current* Substance Use for Cambridge High School Students, by Gender (2014)



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

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

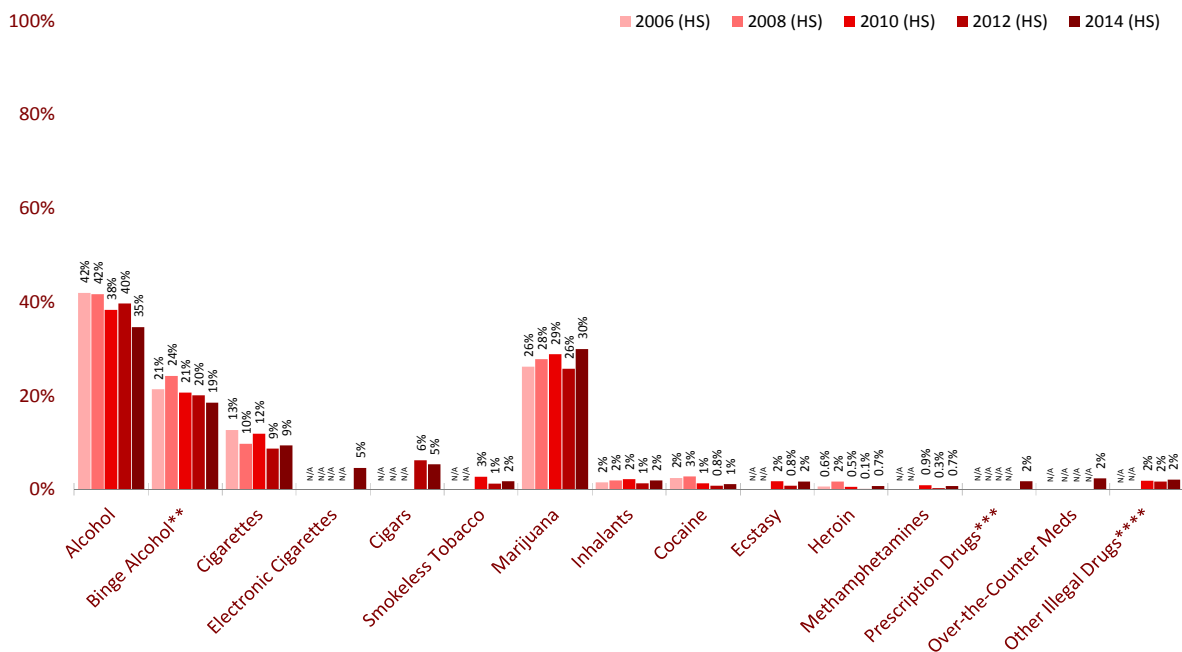
*** Without a doctor's prescription.

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

SELECTED POINTS

- Overall, Cambridge high school males and females were equally likely to report current substance use.

Recent Trends in Current* Substance Use for Cambridge High School Students (2006-2014)



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

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

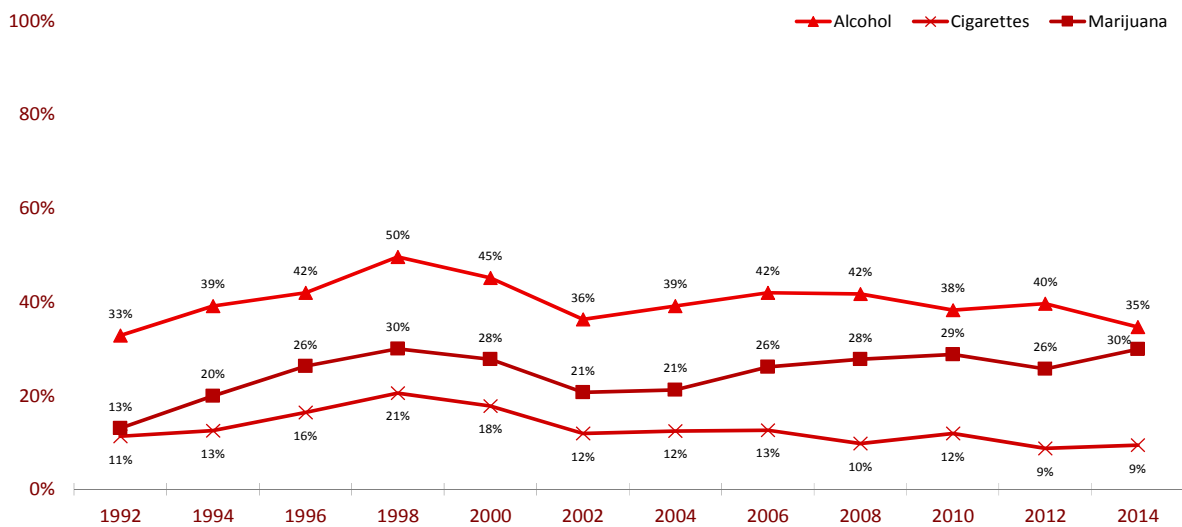
*** Without a doctor's prescription.

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

SELECTED POINTS

- Current alcohol use, current binge alcohol use, and current use of cigarettes have declined between 2006 and 2012.
- Current use of marijuana rebounded in 2014 after a decline in 2012.
- Current alcohol use was at a low of 33% in 1992, rose to a high of 50% in 1998, declined to 36% in 2002, rose back to 42% in 2006, and fell back to 35% in 2014 (near historic lows).
- Binge alcohol use was at a low of 18% in 1992, rose to a high of 28% in 2000, fell to 19% in 2004, rose to 24% in 2008, and has declined every year since 2008 back to a near historic low of 19% in 2014.
- Current cigarette use rose from 11% in 1992 to a high of 21% in 1998, and has gradually fallen to a historic low of 9% in 2012 and 2014.
- Current use of marijuana rose from a historic low of 13% in 1992 to a high of 30% in 1998, fell to 21% by 2004, rose back to 29% in 2010, dipped slightly to 26% in 2012, and rose to 30% in 2014 (back to the historic highs of 1998).

Long-Term Trends in Current* Alcohol, Tobacco, and Marijuana Use Cambridge High School Students (1992-2014)

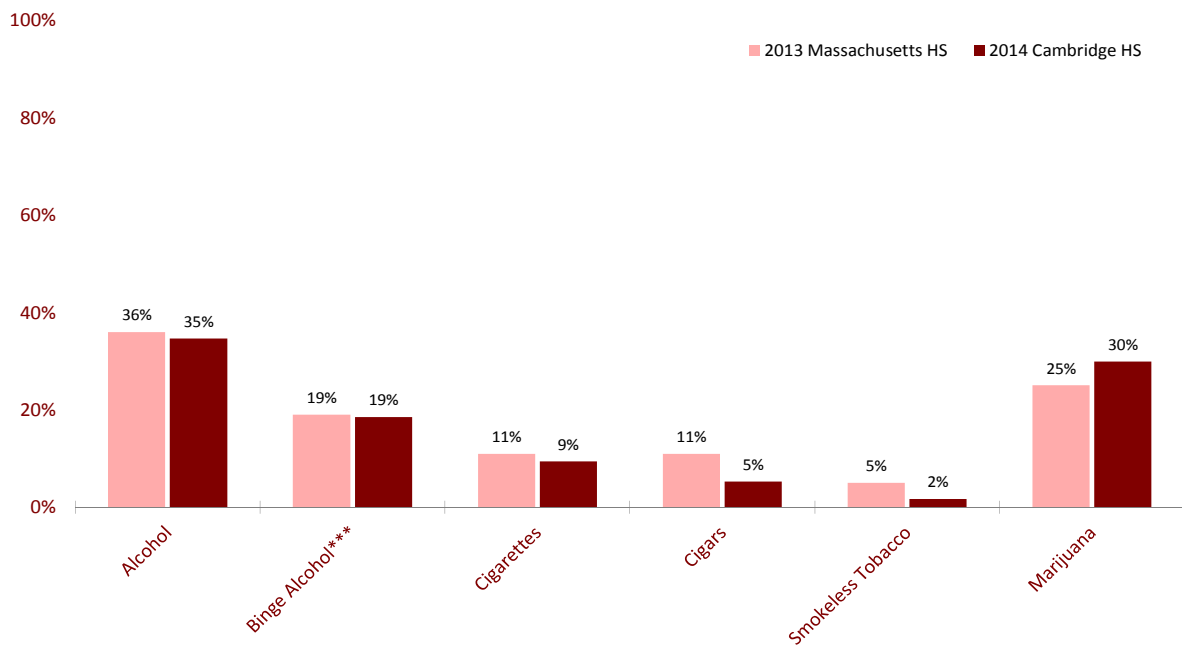


* Current use is any use in the 30 days prior to the survey.

SELECTED POINTS

- Long-term trends in current use of alcohol, marijuana, and cigarettes vary as described in the previous slide.
- Current alcohol use was at a low of 33% in 1992, rose to a high of 50% in 1998, declined to 36% in 2002, rose back to 42% in 2006, and fell back to 35% in 2014 (near historic lows).
- Current cigarette use rose from 11% in 1992 to a high of 21% in 1998, and has gradually fallen to a historic low of 9% in 2012 and 2014.
- Current use of marijuana rose from a historic low of 13% in 1992 to a high of 30% in 1998, fell to 21% by 2004, rose back to 29% in 2010, dipped slightly to 26% in 2012, and rose to 30% in 2014 (back to the historic highs of 1998).

Current* Substance Use for Massachusetts** High School Students (2013) and Cambridge High School Students (2014)



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

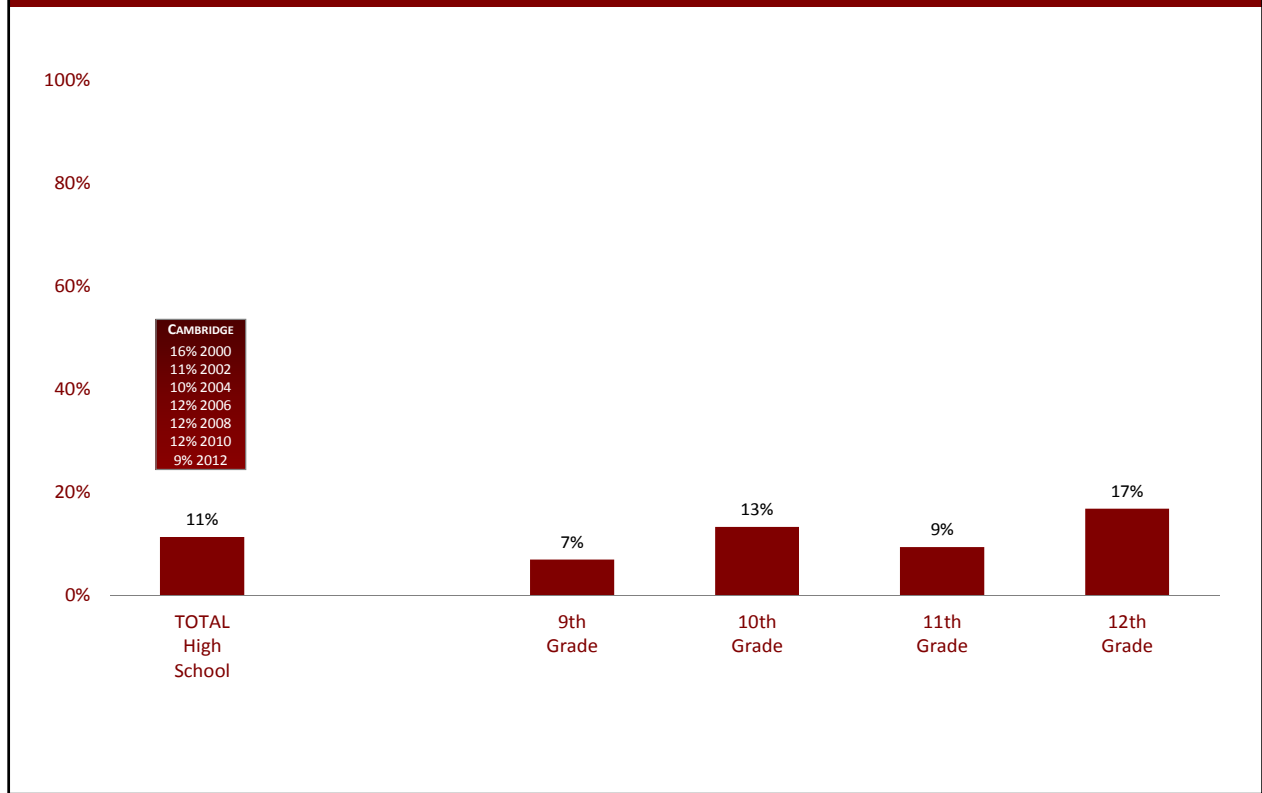
** Massachusetts high school data are from the 2013 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2013. The Massachusetts survey does not ask about current use of illegal drugs other than marijuana.

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

SELECTED POINTS

- Massachusetts high school data displayed here and, in most instances, elsewhere in this summary are from the 2013 Massachusetts Youth Risk Behavior Survey, which was administered during the Spring of the 2013 school year. The Massachusetts survey does not ask about current use of illegal drugs other than marijuana.
- Available comparative data reveal similar rates of alcohol (36% MA, 35% Cambridge) and binge alcohol use (19% MA, 19% Cambridge), lower rates of cigarettes (11% MA, 9% Cambridge), cigars (11% MA, 5% Cambridge), and smokeless tobacco (5% MA, 2% Cambridge), and higher rates of marijuana use (25% MA, 30% Cambridge). This latter finding may have to do with the timing of the two surveys.

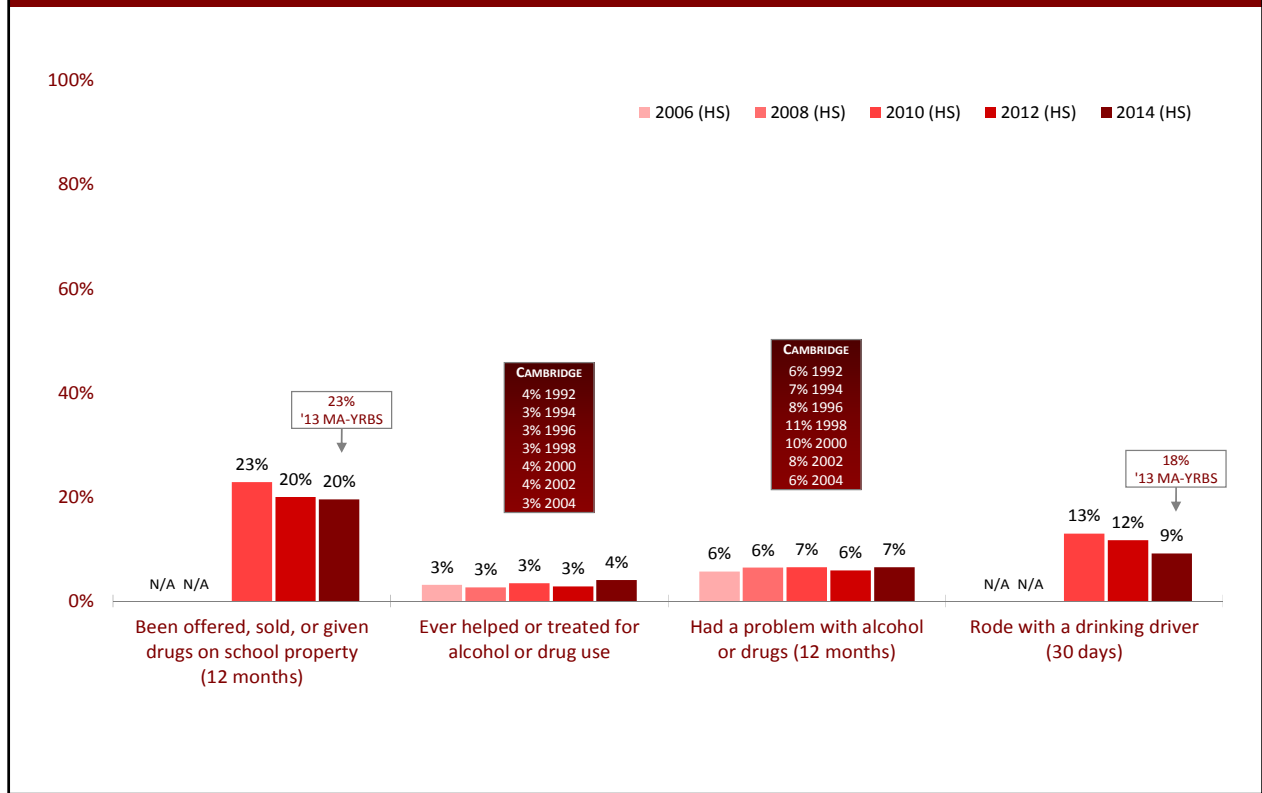
Cambridge High School Students Who Attended Class Within 1 Hour of Using Alcohol, Marijuana, or Other Drugs (Past 30 Days), Total and by Grade (2014)



SELECTED POINTS

- Eleven percent (11%) of Cambridge high school students reported in 2014 that they attended class within one hour of using alcohol, marijuana, or other drugs at least once in the 30 days prior to the survey.
- **Trends:** The percentage of Cambridge high school students who reported attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days was highest in 2000 (16%), lowest in 2012 (9%), and 11% in 2014.
- **Gender:** Males (14%) were more likely than females (9%) to report having attended class within one hour of using alcohol, marijuana, or other drugs in the past 30 days.
- **Grade:** As displayed in the chart, the percentage of 2014 Cambridge respondents who reported attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days was lowest in 9th grade (7%) and highest in 12th grade (17%).

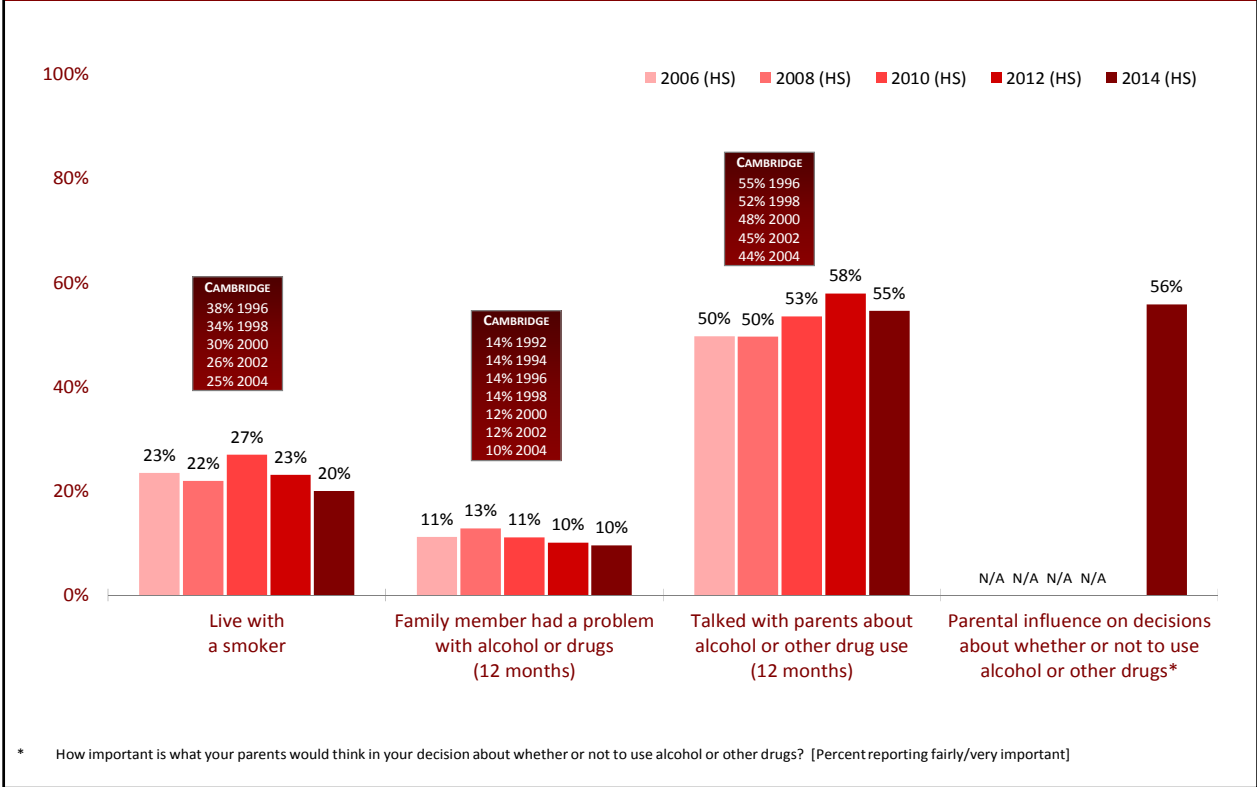
Selected Alcohol and Other Drug-Related Issues Among Cambridge High School Students (2006-2014)



SELECTED POINTS

- Twenty percent (20%) of Cambridge high school students reported in 2014 that they had been offered, sold, or given an illegal drug on school property in the past 12 months, 4% had ever been helped or treated for alcohol or drug use, 7% had a problem with alcohol or drugs in the past 12 months, and 9% reported riding with a driver who had been drinking alcohol in the past 30 days.
- **Trends:** The percentage of students who reported that they had been offered, sold, or given an illegal drug on school property in the past 12 months declined slightly between 2010 (23%) and 2012 (20%) and was stable at 20% in 2014. Reports of riding with a drinking driver in the past 30 days declined to a low of 9% in 2014. Data on the other variables have been stable between 2006 and 2014.
- **Comparisons:** Cambridge high school students in 2014 were less likely than Massachusetts students in 2013 to report having been offered, sold, or given an illegal drug on school property in the past 12 months (20% Cambridge, 23% MA) and to report riding with a drinking driver in the past 30 days (9% Cambridge, 18% MA).
- **Gender:** Males were more likely than females to report that they had been offered, sold, or given an illegal drug on school property in the past 12 months (males: 23%; females: 16%).
- **Grade:** There was little relationship by age/grade with any of these items.

Selected Alcohol and Other Drug Environmental Factors Among Cambridge High School Students (2006-2014)

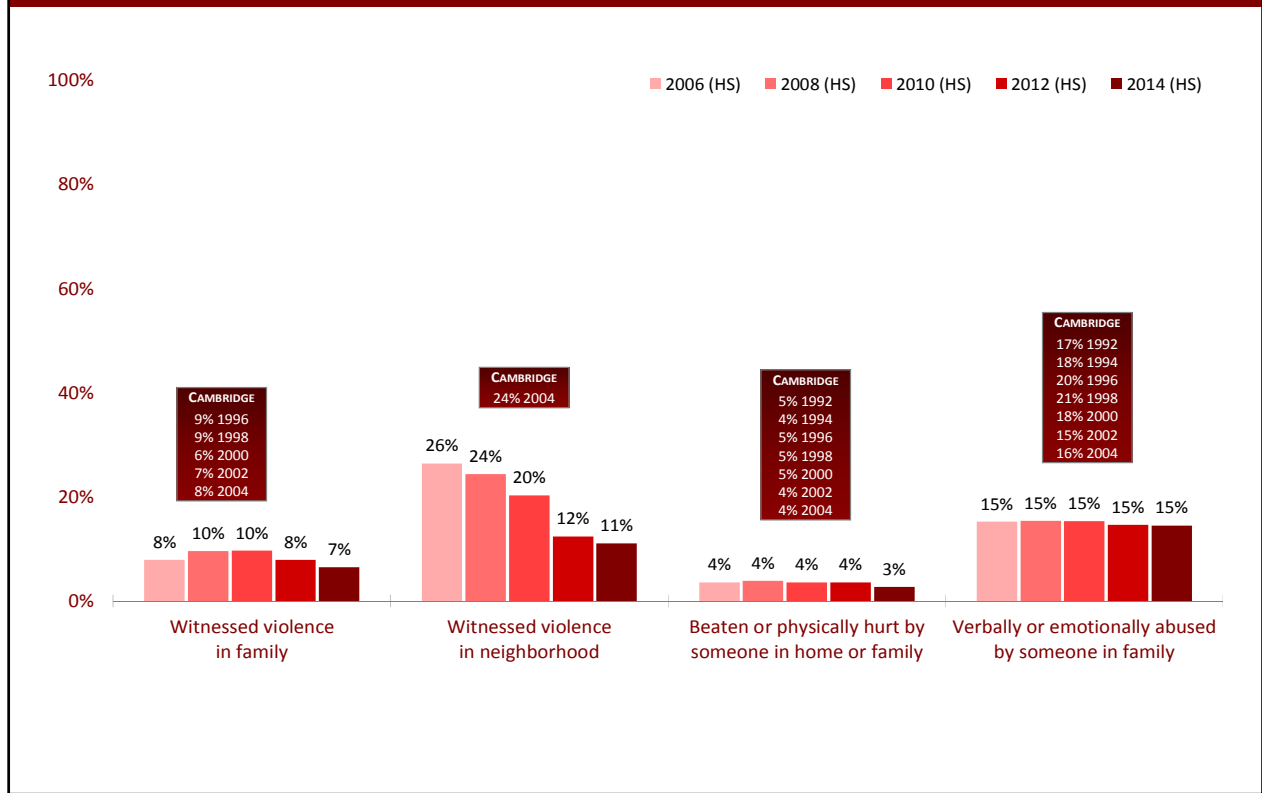


SELECTED POINTS

- Twenty percent (20%) of Cambridge high school students reported in 2014 that they live with a smoker, 10% had a family member who had a problem with alcohol or drugs in the past 12 months, 55% had talked with their parents about alcohol or other drug use in the past 12 months, and 56% indicated that their parents play a fairly/very important role in their decision about whether or not to use alcohol or other drugs.
- **Trends:** The percentage of students who report that they live with a smoker was at its lowest rate in 2014 (20%) as was reports of having a family member who had a problem with alcohol or drugs in the past 12 months (10%). The percentage of students who talked with their parents about alcohol or other drug use in the past 12 months declined between 1996 (55%) and 2004 (44%), rose between 2006 and 2012 (58%), and retreated slightly to 55% in 2014.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were slightly more likely than males to report having a family member who had a problem with alcohol or drugs in the past 12 months (11% females; 7% males), to have talked with their parents about alcohol or other drug use in the past 12 months (57% females; 53% males), and to report that their parents play a fairly/very important role in their decision about whether or not to use alcohol or other drugs (59% females; 54% males).
- **Grade:** Parental influence over decisions about whether or not to use alcohol or other drugs declined with age/grade (66%, 56%, 54%, 44%).

Violence and Safety

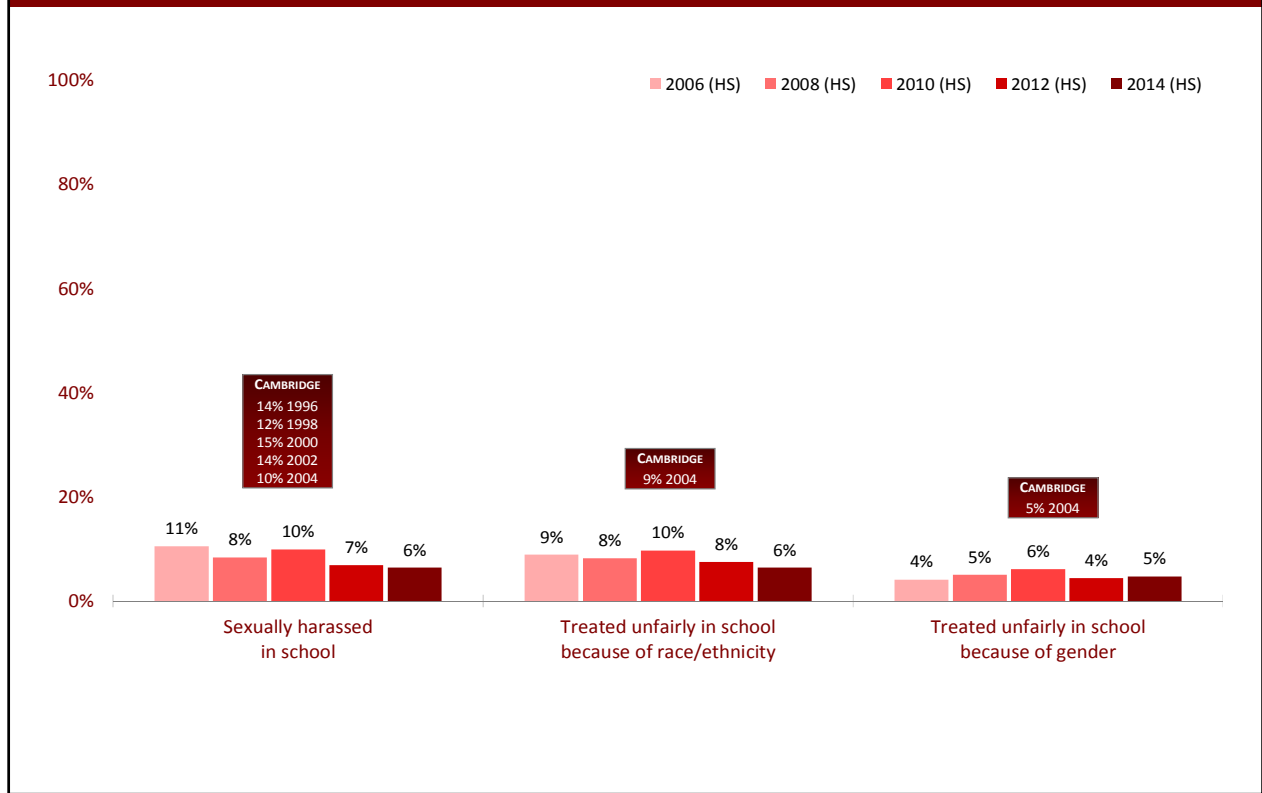
Violence-Related Experiences in the Past 12 Months Among Cambridge High School Students (2006-2014)



SELECTED POINTS

- Seven percent (7%) of Cambridge high school students in 2014 reported that they witnessed violence in their family in the past 12 months, 11% witnessed violence in their neighborhood, 3% were beaten or physically hurt by someone in their family or home, and 15% received verbal or emotional abuse by someone in their family.
- **Trends:** Reports of witnessing violence in the family have been stable at between 7% and 10% over time. Witnessing violence in the neighborhood was down from a high of 26% in 2006 to a low of 11% in 2014. Reports of being beaten or physically hurt by someone in the family or at home have been stable over time at about 4%. Receiving verbal or emotional abuse from someone in the family was down from a high of 21% in 1998 to a low of 15% since about 2002.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males were more likely than females to report that they witnessed violence in their neighborhood in the past 12 months (males: 13%, females: 9%). Females were more likely than males to report being verbally or emotionally abused by someone in their family (females: 19%, males: 10%).
- **Grade:** There were no consistent patterns for any of the items by age/grade.

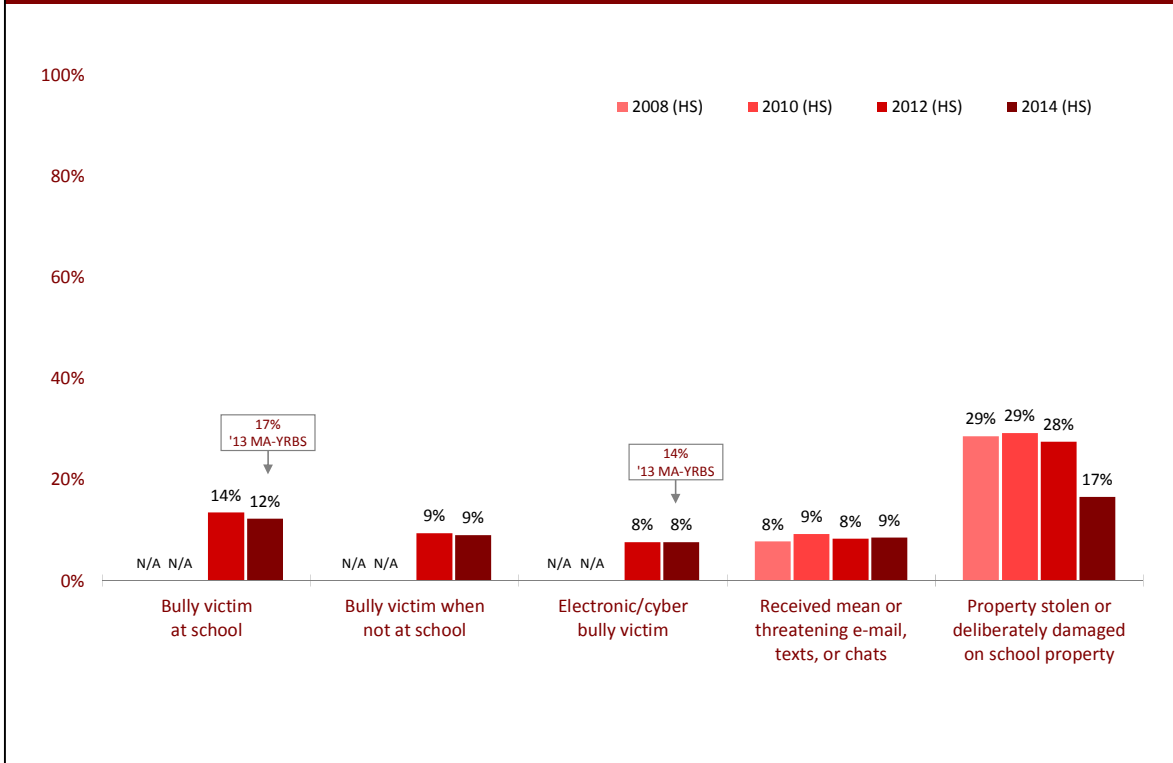
Harassment/Being Treated Unfairly in School in the Past 12 Months Among Cambridge High School Students (2006-2014)



SELECTED POINTS

- Six percent (6%) of Cambridge high school students reported in 2014 that they were sexually harassed in school in the past 12 months, 6% felt they were treated unfairly in school because of their race/ethnicity, and 5% felt they were treated unfairly in school because of their gender.
- **Trends:** Reports of being sexually harassed in school peaked at 15% in 2000 and were at a low of 6% in 2014. Reports of being treated unfairly in school because of race/ethnicity peaked at 10% in 2010 and were at a low of 6% in 2014. Reports of being treated unfairly in school because of gender have been largely stable over time.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely than males to report being sexually harassed in school (females: 10%, males: 3%) and treated unfairly in school because of gender (females: 6%, males: 3%).
- **Grade:** Reports of being treated unfairly in school because of race/ethnicity (9th: 5%, 10th: 7%, 11th: 7%, 12th: 8%) increased by age/grade.

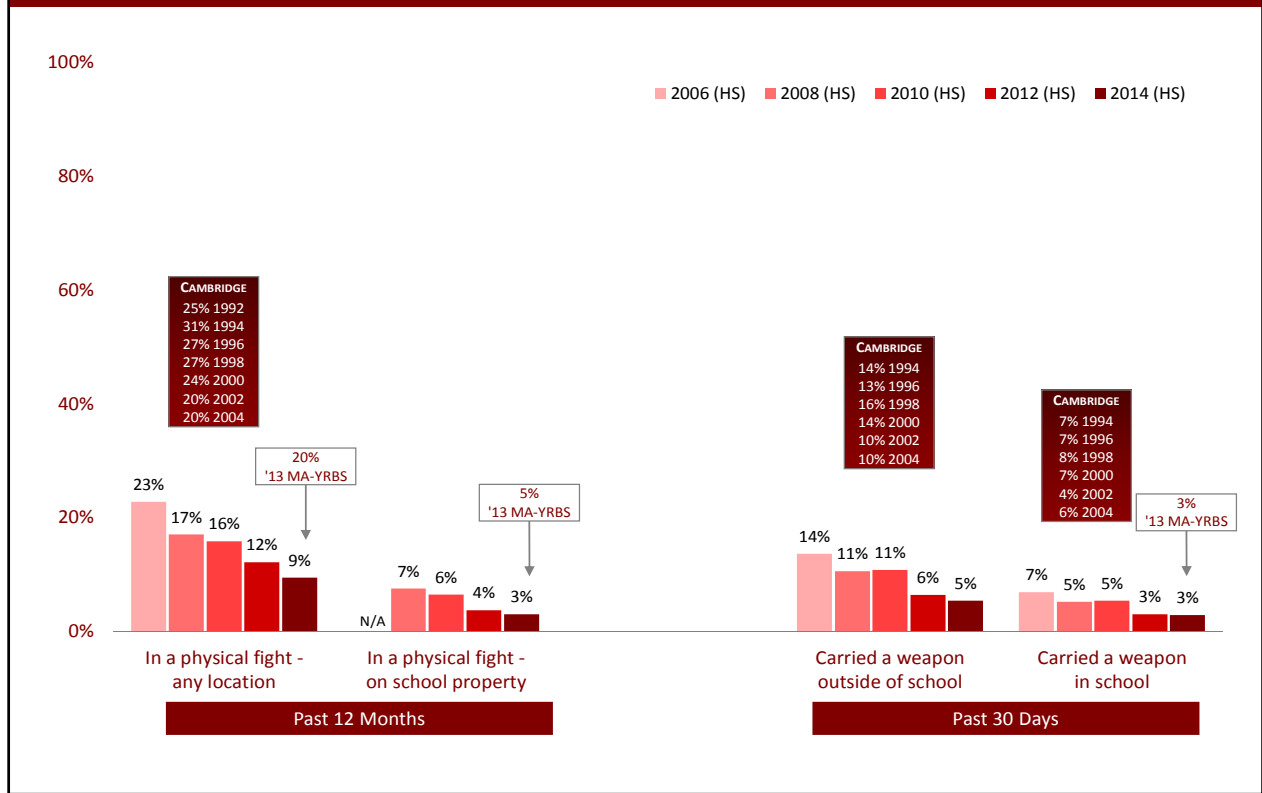
Bullying and Victimization in the Past 12 Months Among Cambridge High School Students (2008-2014)



SELECTED POINTS

- Being bullied includes, “being repeatedly teased, called names, threatened, hit, kicked, or excluded by another student or group of students.” Electronic/Cyber Bullying includes, “being bullied through e-mail, instant messaging, social networking sites such as Facebook, Twitter, Instagram, or texting.”
- Twelve percent (12%) of Cambridge high school students in 2014 reported being bullied at school in the past 12 months, 9% were bullied when not at school, 8% were electronically bullied or cyber bullied, 9% received mean or threatening e-mail, text messages, or chats, and 17% had their property stolen or deliberately damaged on school property.
- **Trends:** There was a sharp decline from 2012 to 2014 in reports of having property stolen or deliberately damaged on school property in the past 12 months (28% to 17%).
- **Comparisons:** Cambridge high school students in 2014 were less likely than Massachusetts students in 2013 to report being bullied at school (12% Cambridge, 17% MA) or being cyber bullied (8% Cambridge, 14% MA).
- **Gender:** Females were more likely than males to report being bullied at school (14% females, 10% males), being bullied when not at school (11% females, 6% males), being cyber bullied (11% females, 4% males), and receiving mean or threatening e-mail, texts, or chats (11% females, 6% males).
- **Grade:** In general, reports of bullying and victimization decreased with age/grade.

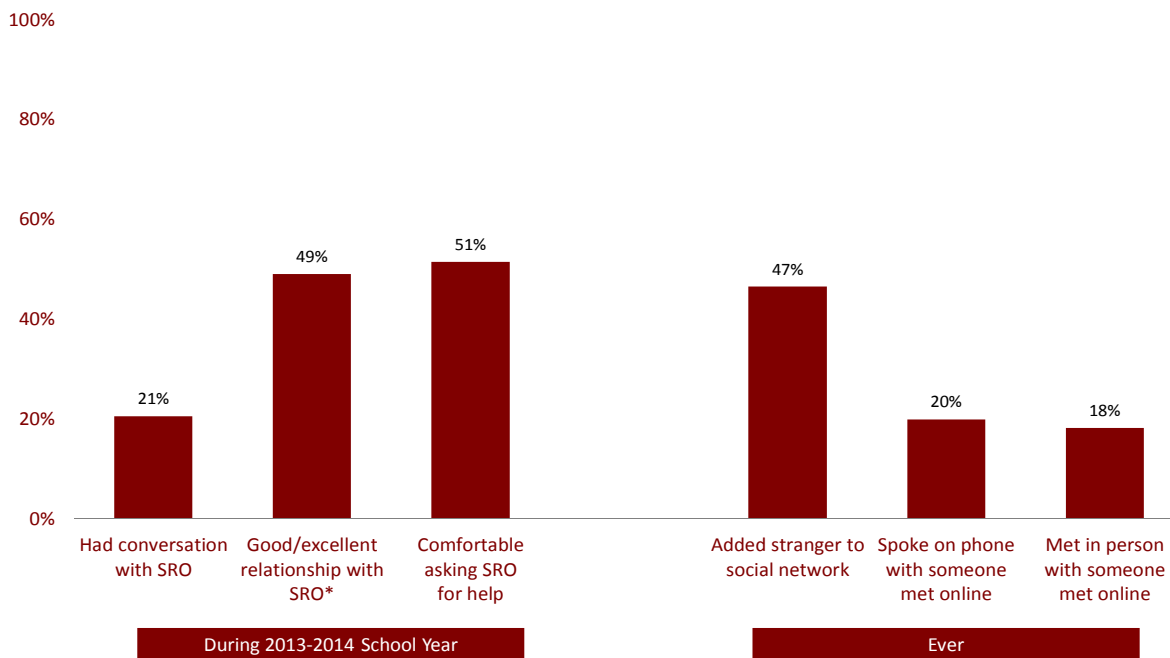
Physical Fighting and Weapons Carrying Among Cambridge High School Students (2006-2014)



SELECTED POINTS

- The data illustrate violence and safety-related experiences occurring in the past 12 months (in a physical fight) or in the past 30 days (carried a weapon), detailing experiences that occurred both at school and when NOT at school. All available comparative data are highlighted.
- **On and Off School Property:** Respondents reported that weapon carrying and fighting were more likely to have occurred when they were away from school than at school.
- **Trends:** Trend data reveal substantive declines over time in these issues among Cambridge youth, with levels remaining well below previously observed peaks.
- **Comparisons:** Rates of these issues were lower among 2014 Cambridge than 2013 Massachusetts youth.
- **Gender:** Males were much more likely than females to report all behaviors related to weapons and fighting. See Appendix A for details.
- **Grade:** Reports of these issues varied with age/grade: fought any location (11%, 12%, 8%, 5%), fought on school property (3%, 4%, 2%, 1%), carried a weapon outside of school (5%, 5%, 5%, 7%), carried a weapon in school (3%, 3%, 2%, 4%).

School Resource Officer and Internet Safety Indicators Among Cambridge High School Students (2014)



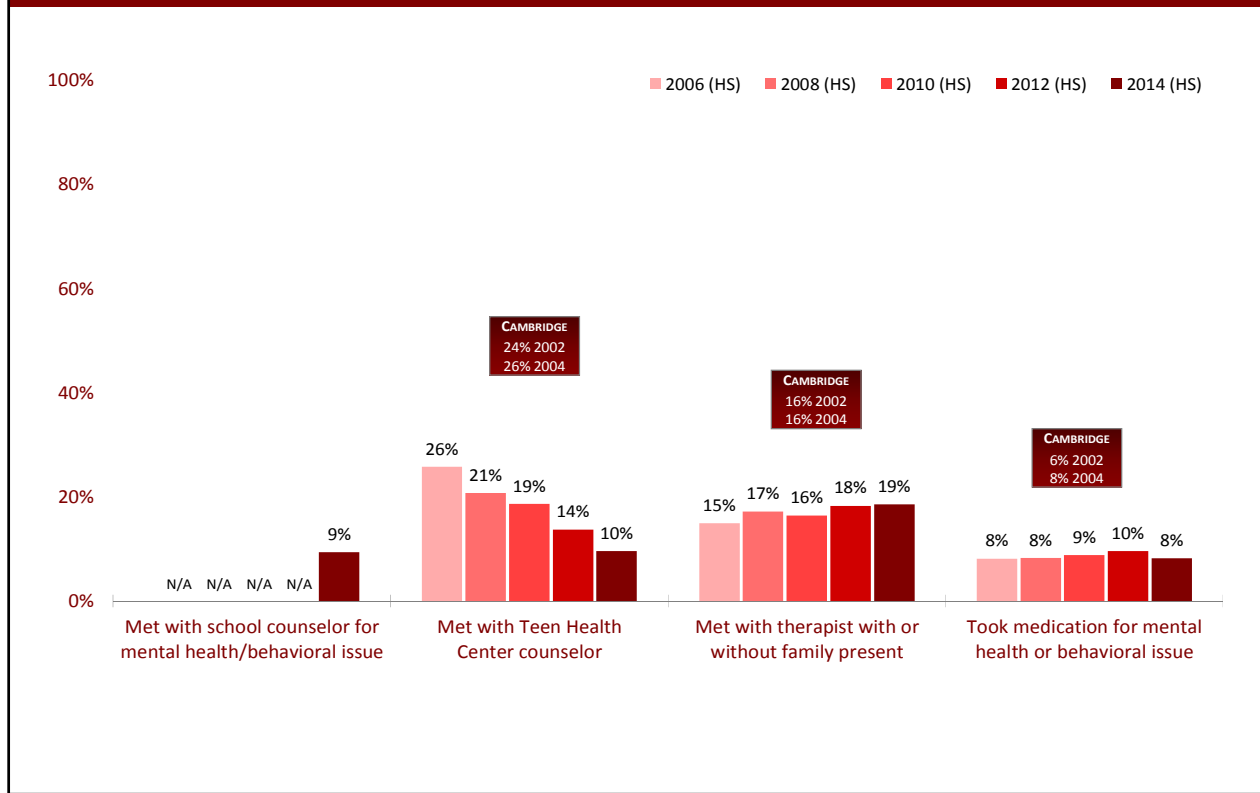
* Of those students who reported having a relationship with the School Resource Officer (SRO).

SELECTED POINTS

- Twenty-one percent (21%) of Cambridge high school students in 2014 reported having at least one conversation with the school resource officer (SRO) during the 2013-2014 school year, 49% of those who reported having a relationship with the SRO rated the relationship as being good/excellent, and 51% of all students reported that they were comfortable asking the officer for help if they had a problem, felt unsafe, or were the victim of a crime at school.
- Forty-seven percent (47%) of Cambridge high school students in 2014 reported that they had ever added a stranger to a social network friends list (e.g., Facebook), 20% reported talking on the phone with someone they met online, and 18% reported that they met in person with someone they met online only.
- **Trends:** These items were all added to the survey for the first time in 2014.
- **Comparisons:** Comparative data are not available for these items.
- **Gender:** Males were more likely than females to report that they felt comfortable asking the SRO for help (males: 55%; females: 48%). Females were more likely than males to report that they had ever added a stranger to a social network friends list (females: 51%; males: 42%). There were no other differences by gender.
- **Grade:** Reports of feeling comfortable asking the SRO for help (49%, 47%, 54%, 57%) and reports of ever adding a stranger to a social network friends list (42%, 47%, 47%, 50%) both increased slightly with age/grade.

Mental Health

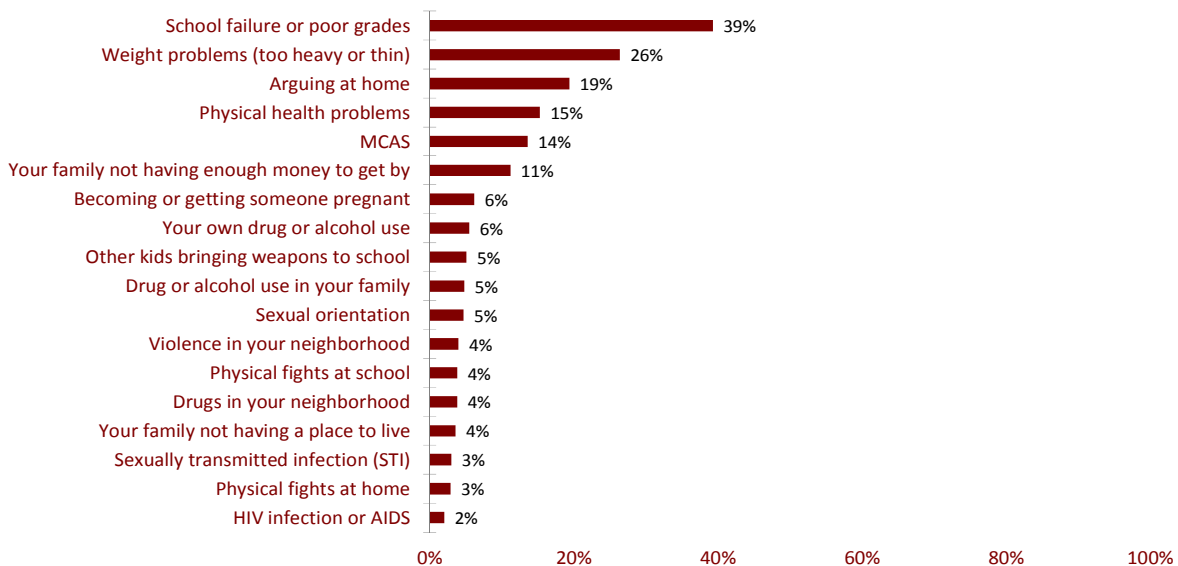
Counseling and Medication in the Past 12 Months Among Cambridge High School Students (2006-2014)



SELECTED POINTS

- Nine percent (9%) of Cambridge high school students in 2014 reported that they met with a school counselor in the 12 months prior to the survey for a mental health/behavioral issue, 10% met with a Teen Health Center counselor, 19% met with a therapist with or without their family present, and 8% took medication for a mental health or behavioral issue.
- **Trends:** Reports of meeting with a Teen Health Center counselor peaked at 26% in 2006 and were at a low of 10% in 2014. The percentage of students who met with a therapist have been stable over time. Reports of taking medication for a mental health or behavioral issue rose from a low of 6% in 2002 to a high of 10% in 2012 and was 8% in 2014.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely to report meeting with a Teen Health Center counselor (females: 14%, males: 5%) or with a therapist (females: 22%, males: 15%).
- **Grade:** There were no consistent effects by age/grade for any of these items with the exception of reports of meeting with a Teen Health Center counselor, which increased with age/grade (9th: 7%, 10th: 8%, 11th: 12%, 12th: 14%).

Percent of Cambridge High School Students Who Report Worrying* About Various Issues in the Past 12 Months (2014)

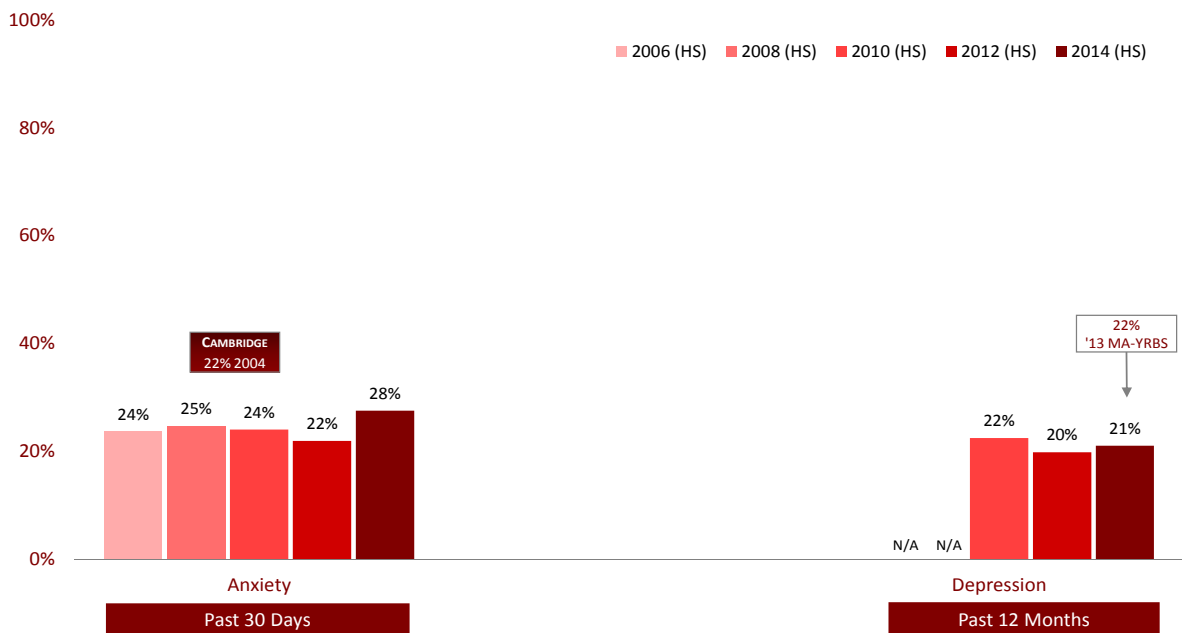


* Chart displays students who reported worrying "fairly often" or "most of the time" about these issues on a 4-point scale.

SELECTED POINTS

- Students were asked to report how much they worried about various issues in the past 12 months using a four-point scale: *Never, Once in a While, Fairly Often, Most of the Time*. The chart above shows the percentage of students who reported worrying about these issues "fairly often" or "most of the time."
- Cambridge high school students in 2014 reported worrying the most about school failure or poor grades (39%), weight problems (26%), arguing at home (19%), physical health problems (15%), MCAS (14%), and their family not having enough money to get by (11%).
- **Trends:** There were no large scale differences in these items between 2012 and 2014.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female respondents were more likely than males to report worrying about almost all of these items. The difference was largest for: weight problems (40% vs. 12%), school failure or poor grades (47% vs. 31%), and arguing at home (25% vs. 14%).
- **Grade:** Differences on the worrying items were both small and inconsistent across age/grade.

Anxiety* and Depression** Among Cambridge High School Students (2006-2014)



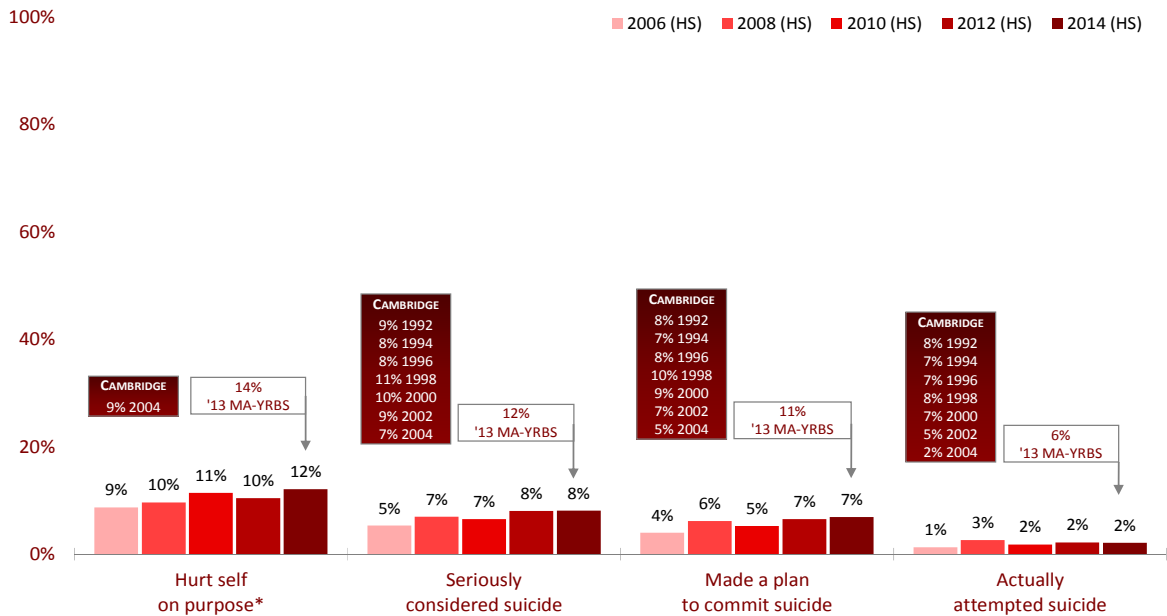
* Item asks, "During the past 30 days, did you feel tense, nervous, or worried every day for two or more weeks in a row?"

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

SELECTED POINTS

- The terms "anxiety" and "depression" as used here are **not** clinical diagnoses and should not be interpreted as such. They are crude self-report indicators only.
- In 2014, 28% of Cambridge high school students reported that they felt tense, nervous, or worried every day for two or more weeks in a row during the past 30 days and 21% reported that they felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities during the past 12 months.
- **Trends:** There was a small increase from 2012 to 2014 in reports of anxiety during the past 30 days. Reports of depression in the past 12 months were stable.
- **Comparisons:** Cambridge students in 2014 were equally as likely as Massachusetts students in 2013 to report depression in the past 12 months (21% Cambridge; 22% MA).
- **Gender:** Females were much more likely than males to report anxiety (females: 35%; males: 19%) and depression (females: 28%; males: 14%).
- **Grade:** Differences by age/grade were inconsistent.

Trends in Self-Harm and Suicide in the Past 12 Months Among Cambridge High School Students (2006-2014)

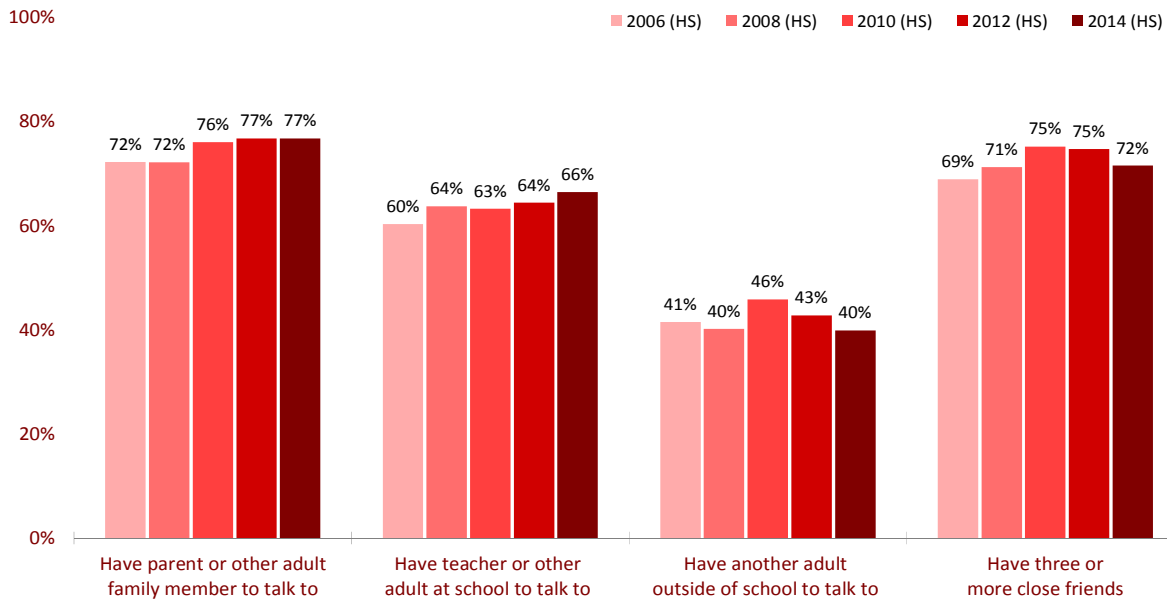


* Respondents were asked, "During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?"

SELECTED POINTS

- Twelve percent (12%) of Cambridge high school students in 2014 reported hurting themselves on purpose in the past 12 months, 8% seriously considered suicide, 7% made a plan to commit suicide, and 2% actually attempted suicide.
- **Trends:** Reports of hurting oneself on purpose have been stable over time at about 10%. Reports of seriously considering suicide peaked in 1998 at 11% and were at 8% in 2014. The percentage of students who reported that they made a plan to commit suicide peaked at 10% in 1998 and were at 7% in 2014. Reports of actually attempting suicide have dropped from a high of 8% in 1998 to 2% in 2014.
- **Comparisons:** These issues were less common among 2014 Cambridge high school students than 2013 Massachusetts students: hurt self on purpose (12% Cambridge, 14% MA), seriously considered suicide (8% Cambridge, 12% MA), made a plan to commit suicide (7% Cambridge, 11% MA), attempted suicide (2% Cambridge, 6% MA). *MA data from the 2013 MA Youth Risk Behavior Survey*
- **Gender:** Cambridge female respondents were more likely than males to report each of these mental health concerns: hurt self on purpose (18%, 6%), seriously considered suicide (11%, 5%), made a plan to commit suicide (9%, 5%), attempted suicide (3%, 1%).
- **Grade:** There were no consistent differences on these items by age/grade.

Social Supports Among Cambridge High School Students* (2006-2014)



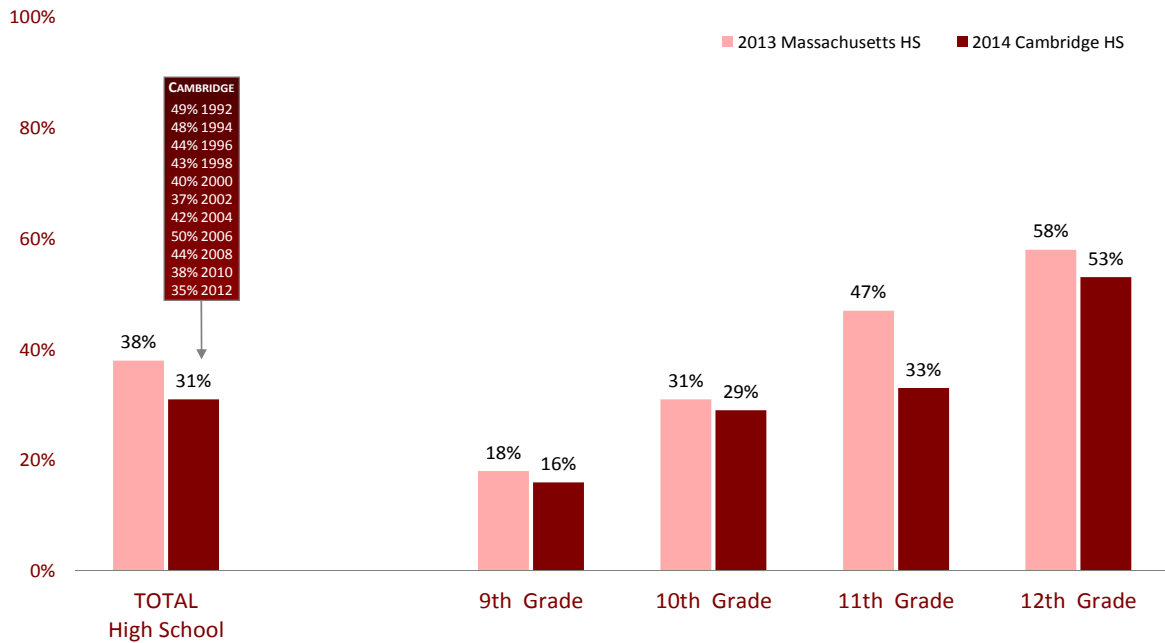
* See the detailed tables for longer term trend data for each of these items.

SELECTED POINTS

- Seventy-seven percent (77%) of Cambridge high school students in 2014 reported having a parent or other adult family member to talk to about important issues, 66% had a teacher or other school adult to talk to, 40% had another adult outside of school (not a family member) to talk to, and 72% had three or more close friends.
- **Trends:** Each of these items have been largely stable over time.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males were more likely to report having three or more close friends (males: 76%, females: 67%).
- **Grade:** Reports of having a school adult (9th: 61%, 10th: 61%, 11th: 71%, 12th: 75%) and an adult outside of school to talk to about important issues (9th: 34%, 10th: 39%, 11th: 43%, 12th: 46%) each increased with age/grade.

Sexual Health

Massachusetts* 2013 and Cambridge 2014 High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade

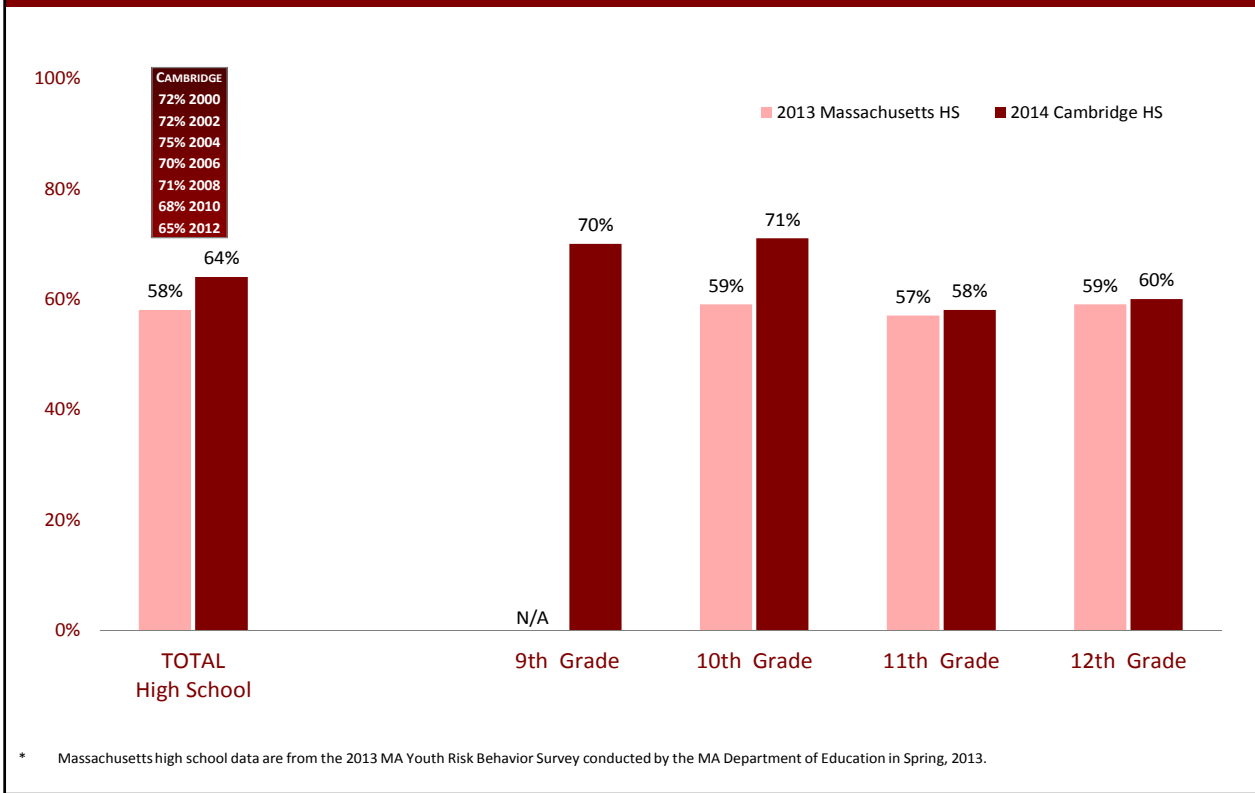


* Massachusetts high school data are from the 2013 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2013.

SELECTED POINTS

- In 2014, 31% of Cambridge high school students reported ever having sexual intercourse – 16% of 9th graders, 29% of 10th graders, 33% of 11th graders, and 53% of 12th graders.
- **Trends:** The percentage of Cambridge high school students who reported ever having sexual intercourse decreased from a high of 50% in 2006 to a low of 31% in 2014.
- **Comparisons:** Comparative data show that 2014 Cambridge high school students were less likely than their 2013 Massachusetts peers to report ever having sexual intercourse (31% Cambridge, 38% MA). This pattern held in every grade: 9th grade (16% Cambridge, 18% MA), 10th grade (29% Cambridge, 31% MA), 11th grade (33% Cambridge, 47% MA), 12th grade (53% Cambridge, 58% MA). *MA data from the 2013 MA Youth Risk Behavior Survey*
- **Gender:** Cambridge high school males were more likely to report ever having sexual intercourse (36% males, 26% females).
- **Grade:** As displayed in the chart, the percentage of 2014 Cambridge students who reported ever having sexual intercourse increased from 16% in 9th grade to 53% in 12th grade.

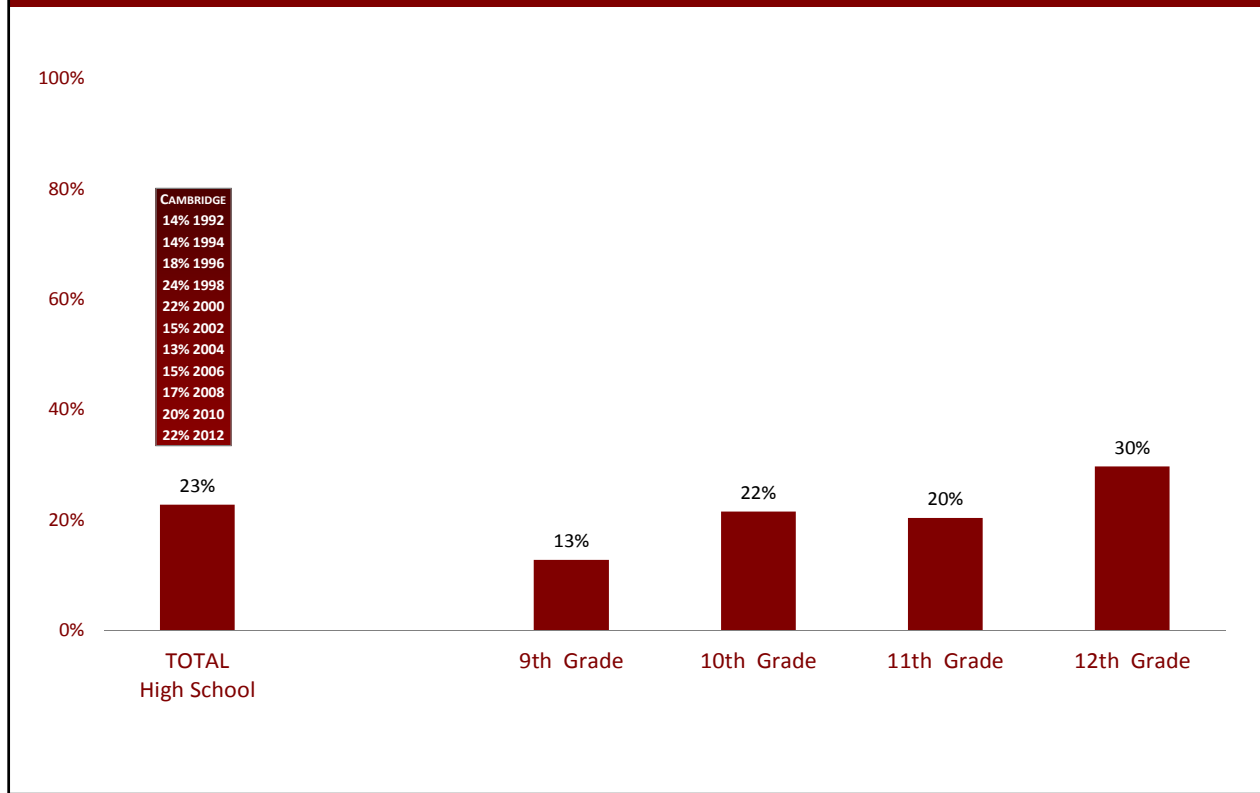
Sexually Active Massachusetts 2013* and Cambridge 2014 High School Students Who Used a Condom The Last Time They Had Intercourse, Total and by Grade



SELECTED POINTS

- In 2014, 64% of sexually active Cambridge high school students reported that they or their partner used a condom the last time they had sexual intercourse – 70% of 9th graders, 71% of 10th graders, 58% of 11th graders, and 60% of 12th graders.
- **Trends:** The percentage of sexually active Cambridge high school students who reported that they or their partner used a condom the last time they had sexual intercourse declined from a high of 75% in 2004 to a low of 64% in 2014.
- **Comparisons:** Comparative data show that 2014 Cambridge high school students were more likely than their 2013 Massachusetts peers to report using a condom the last time they had sexual intercourse (64% Cambridge, 58% MA). As displayed in the chart, this comparison held across grades (9th grade Massachusetts data were not reported). *MA data from the 2013 MA Youth Risk Behavior Survey*
- **Gender:** Male high school students were more likely than females to report that they or their partner used a condom they last time they had sexual intercourse (69% males, 57% females).
- **Grade:** Reported condom use among sexually active youth varied across grades, with declines between the 10th and 11th grades.

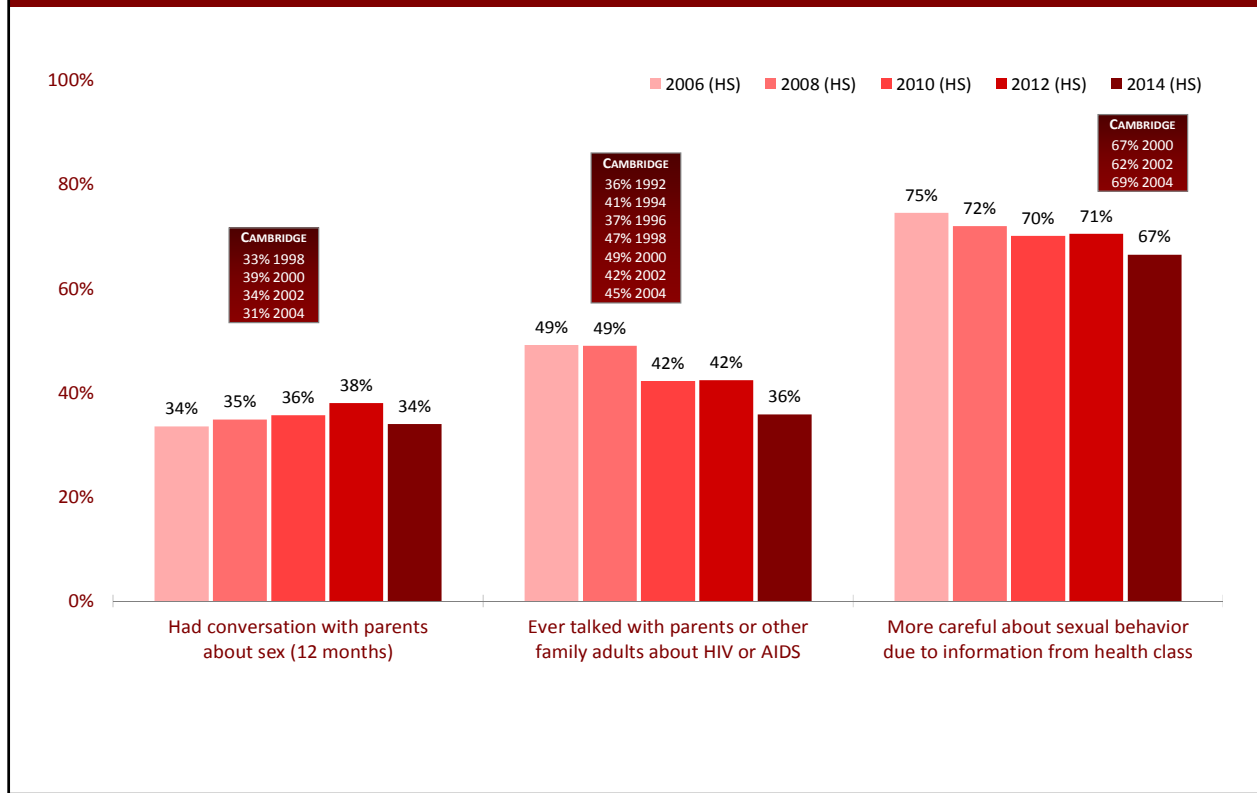
Sexually Active Cambridge High School Students Who Used Alcohol or Drugs the Last Time They Had Intercourse, Total and by Grade (2014)



SELECTED POINTS

- Twenty-three percent (23%) of sexually active Cambridge high school students in 2014 reported that they used alcohol or drugs before they had sexual intercourse the last time: 13% of 9th graders, 22% of 10th graders, 20% of 11th graders, and 30% of 12th graders.
- **Trends:** The percentage of sexually active Cambridge high school students who reported that they used alcohol or drugs before they had sexual intercourse the last time declined from a high of 24% in 1998 to a low of 13% in 2004 and then rose back to 23% in 2014.
- **Comparisons:** Comparative data are not available.
- **Gender:** There was no difference by gender in reports of using alcohol or drugs before last intercourse among sexually active students (males: 22%, females: 24%).

Communication and Information About Sex and Disease Among Cambridge High School Students (2006-2014)

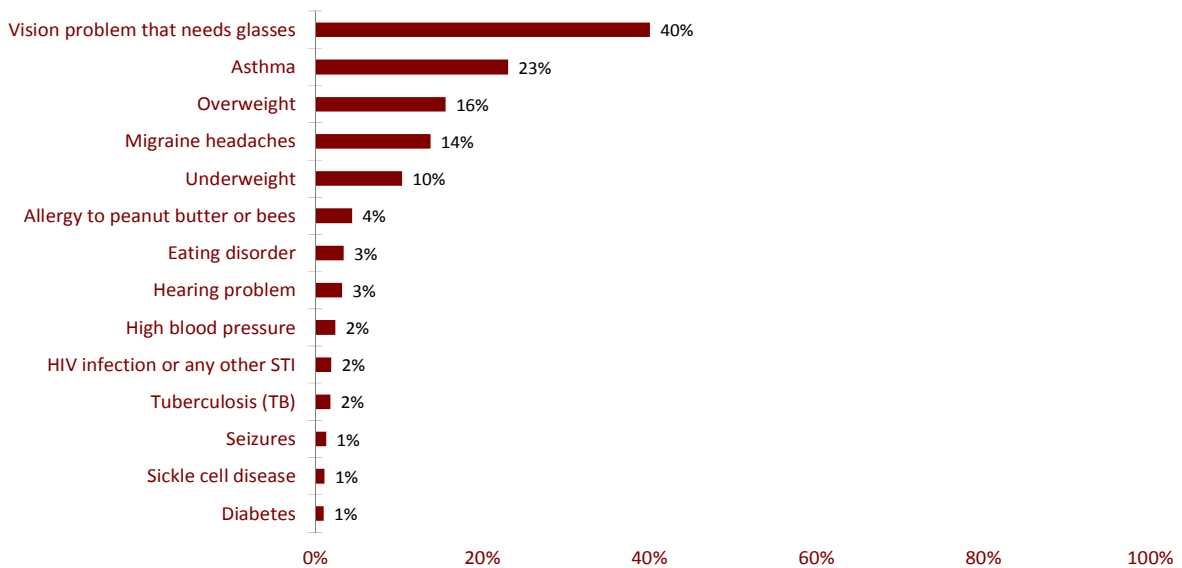


SELECTED POINTS

- Thirty-four percent (34%) of all Cambridge high school students in 2014 reported that they had a conversation about sex with their parents in the 12 months prior to the survey, 36% ever talked with their parents or other family adults about HIV or AIDS, and 67% are more careful about their sexual behavior due to information they received from health class.
- **Trends:** The percentage of students who reported that they had a conversation with their parents about sex in the last 12 months rose to a high of 39% in 2000, declined to a low of 31% in 2004, rose back to 38% in 2012, and was 34% in 2014. Reports of talking with parents or other family adults about HIV or AIDS declined from a high of 49% in 2008 to 36% in 2014. Reports of being more careful about sexual behavior due to information from health class declined from a high of 75% in 2006 to 67% in 2014.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely than males to report that they had a conversation with their parents about sex (females: 38%, males: 30%), talked with their parents or family members about HIV or AIDS (females: 38%, males: 33%), and were more careful about sexual behavior due to information from health class (females: 72%, males: 62%).
- **Grade:** Reports of being more careful about sexual behavior due to information from health class (9th: 62%, 10th: 66%, 11th: 69%, 12th: 71%) increased by age/grade.

Health and Healthcare

Percent of Cambridge High School Students Who Report They Have Ever Been Told They Have the Following Health Issues (2014)



SELECTED POINTS

- Forty percent (40%) of Cambridge high school students in 2014 report that they have ever been told by a doctor, nurse, or their parent that they have a vision problem that requires glasses, 23% ever had asthma, 16% have ever been told they were overweight, 14% ever had migraine headaches, and 10% have ever been told they were underweight. None of the other health issues was identified by more than 5% of students.
- **Trends:** Over time there has been an increase in reports of vision problems, asthma, and students being told that they are either underweight or overweight. Complete trend data appear in the appendix at the end of this summary. There were no large differences on any of these items between 2012 and 2014.
- **Gender:** Female respondents were more likely than males to report ever being told that they have vision problems (females: 46%, males: 33%), are underweight (13% vs. 7%), migraine headaches (18% vs. 9%), and an eating disorder (6% vs. 1%).
- **Grade:** There were no consistent differences by age/grade for any of these issues.

Healthcare and Insurance* Among Cambridge High School Students (2006-2014)

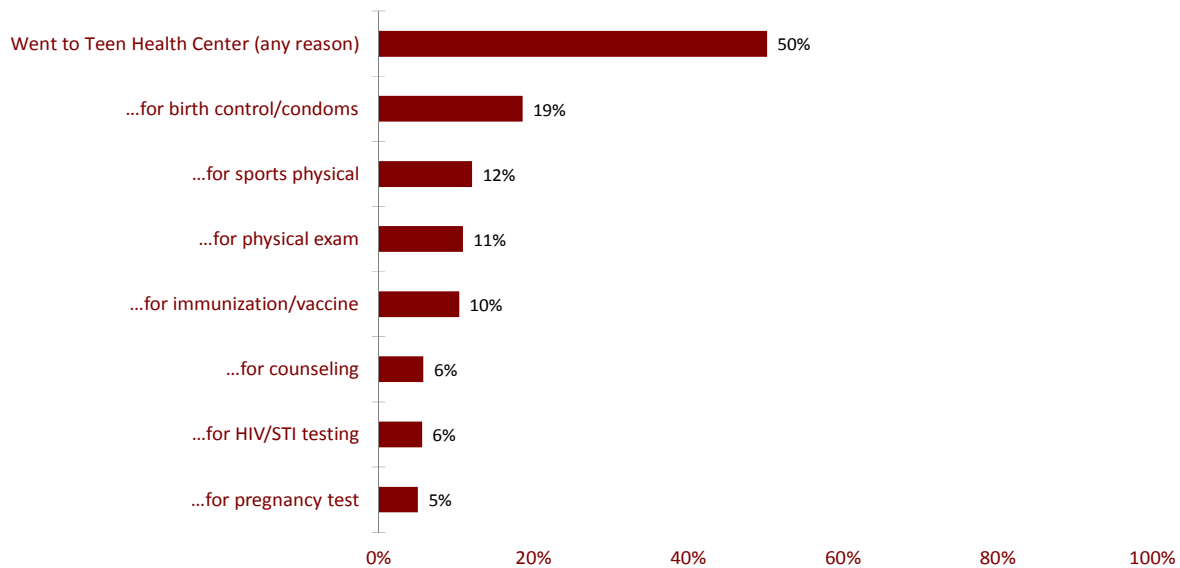


* See the detailed tables for longer term trend data for each of these items.

SELECTED POINTS

- Eighty-seven percent (87%) of Cambridge high school students reported in 2014 that they saw a doctor or nurse for a physical exam or check-up in the last 12 months, 80% saw a dentist, and 87% report that their family has health insurance to pay for medical or doctors' bills.
- **Trends:** Reports of seeing a doctor or nurse for a physical exam or check-up in the last 12 months have increased steadily from a low of 60% in 1992 to a high of 87% in 2014. Similarly, reports of seeing a dentist in the last 12 months have increased steadily from a low of 65% in 1998 to a high of 80% in 2014. Reports of having health insurance have also increased from a low of 69% in 1994 to a high of 87% in 2014.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** There were no differences in these items by gender.
- **Grade:** There were no consistent differences in these items by age/grade.

Percent of All Cambridge High School Students Who Went to the Teen Health Center for Various Issues in the Past 12 Months (2014)

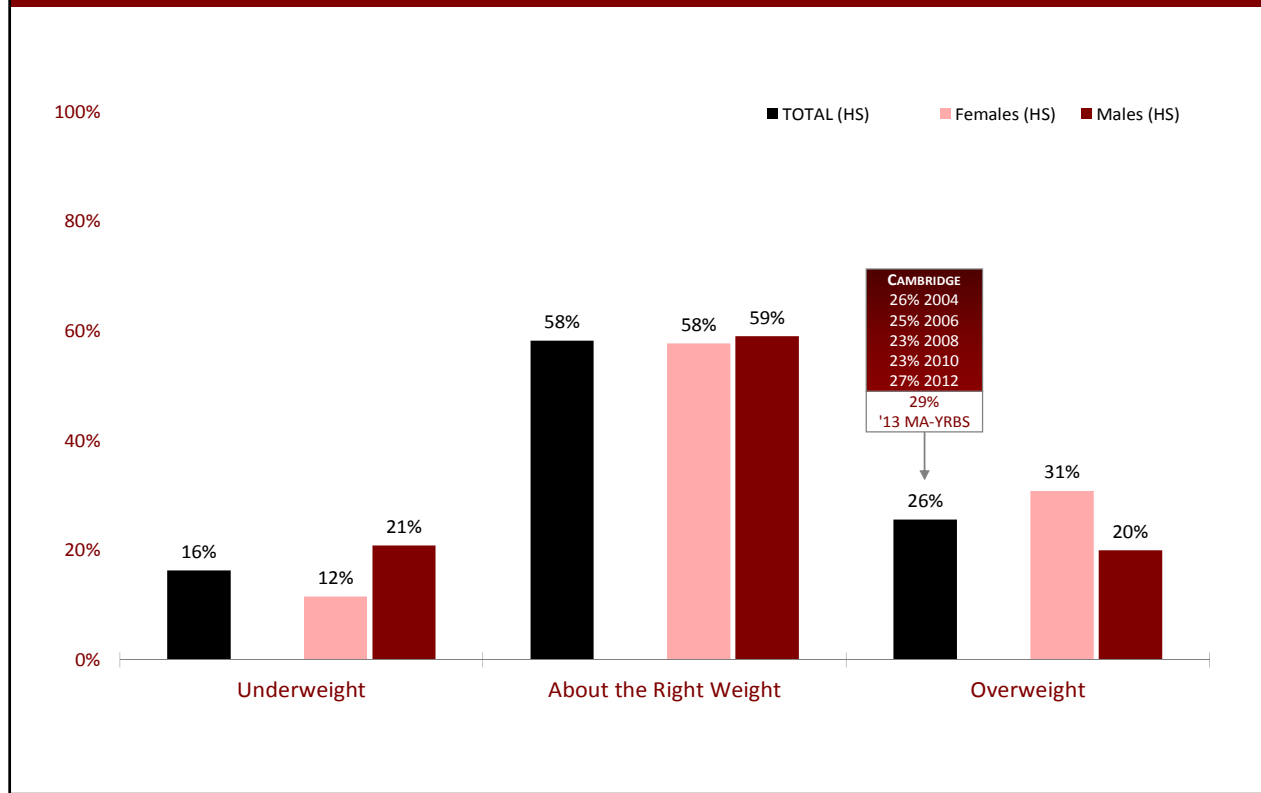


SELECTED POINTS

- Fifty percent (50%) of all Cambridge high school students report that they went to the Teen Health Center (for any reason) in the past 12 months.
- Nineteen percent (19%) of all Cambridge high school students went to the Teen Health Center for birth control/condoms, 12% for a sports physical, 11% for a physical exam, and 10% for immunization/vaccine.
- **Trends:** Complete trend data appear in the appendix at the end of this summary.
- **Gender:** Female respondents were more likely than males to report that they went to the Teen Health Center for any reason in the past 12 months (59% females, 42% males), for HIV/STI testing (7% females, 3% males), and for a pregnancy test (7% females, 2% males). Males were more likely than females to report that they went to the Teen Health Center in the past 12 months for a sports physical (16% males, 8% females).
- **Grade:** Utilization of the Teen Health Center tended to increase with age/grade.

Weight and Physical Activity

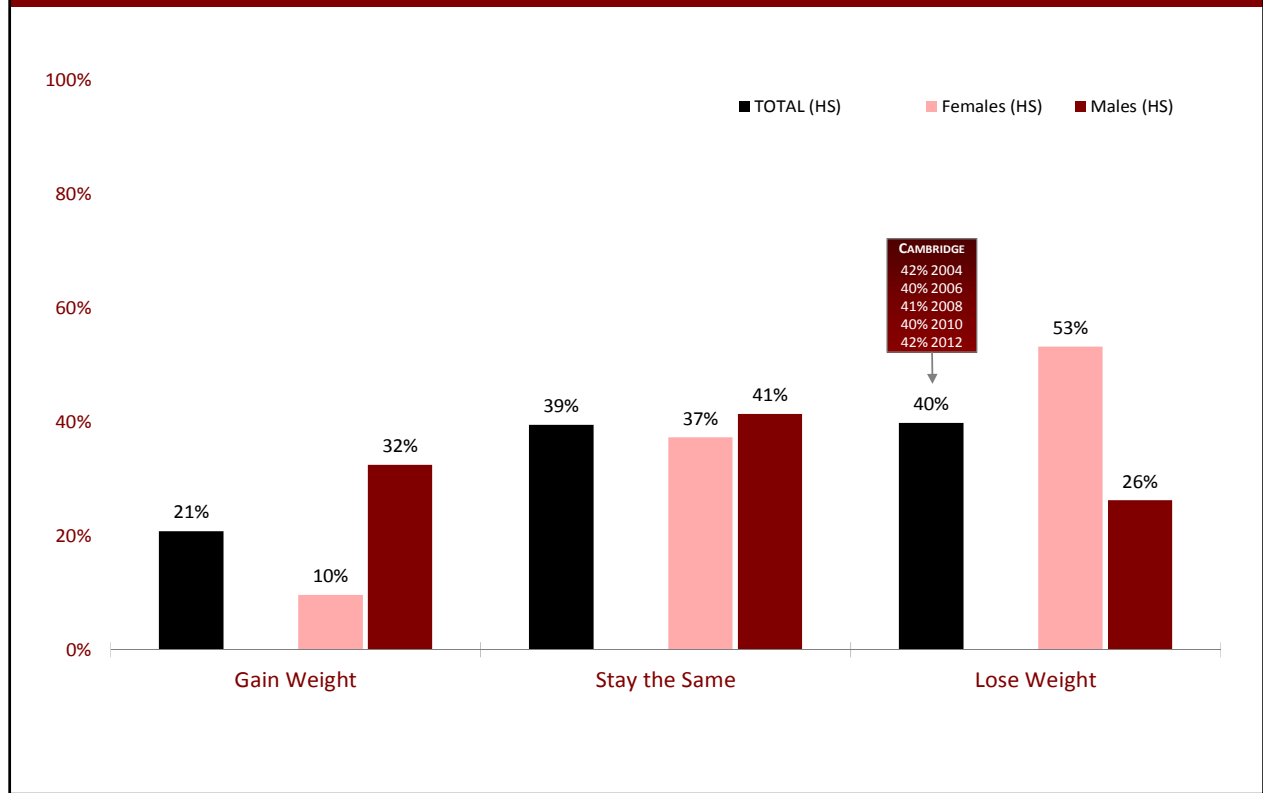
Perception of Body Weight Among Cambridge High School Students, Total and by Gender (2014)



SELECTED POINTS

- Sixteen percent (16%) of 2014 Cambridge high school students described themselves as *underweight*, 58% as *about the right weight*, and 26% as *overweight*.
- Twelve percent (12%) of females and 21% of males described themselves as *underweight*, 58% of females and 59% of males as *about the right weight*, and 31% of females and 20% of males as *overweight*.
- **Trends:** Available high school trend data reveal little long-term change between 2004 and 2014 in the percent of Cambridge high school students who perceived themselves as *overweight*.
- **Comparisons:** Comparative data show that 2014 Cambridge high school students were less likely than their 2013 Massachusetts peers to describe themselves as *overweight* (26% Cambridge, 29% MA). MA data from the 2013 MA Youth Risk Behavior Survey
- **Gender:** As displayed in the chart, 2014 female Cambridge high school students were more likely than males to describe themselves as *overweight* (31% females, 20% males).
- **Grade:** There was little substantive variation with age/grade in the percentage of Cambridge high school students who considered themselves *overweight* (26%, 25%, 26%, 25%).

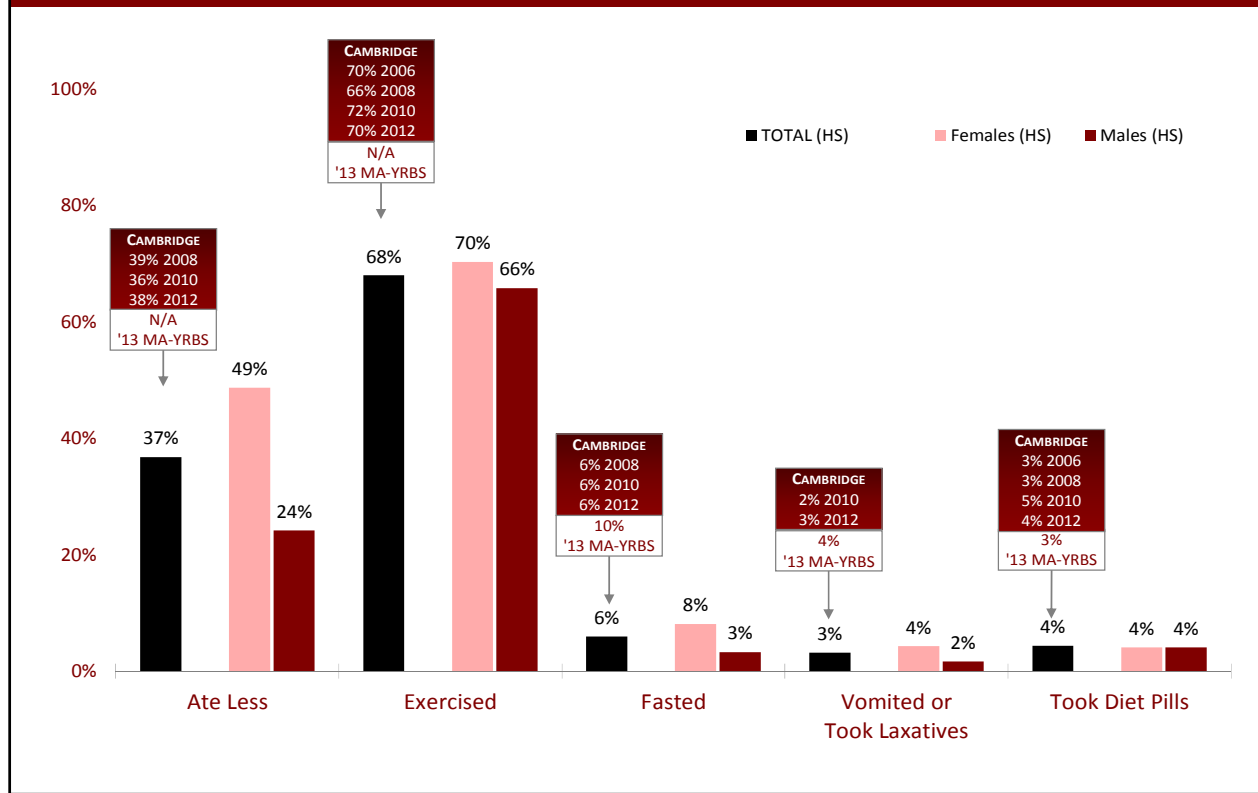
Current Weight Control Goal Among Cambridge High School Students, Total and by Gender (2014)



SELECTED POINTS

- Twenty-one percent (21%) of 2014 Cambridge high school students reported that they were trying to *gain weight*, 39% that they were trying to *stay the same weight*, and 40% that they were trying to *lose weight*.
- **Trends:** Available high school trend data reveal little substantive change since 2004 in the percentage of Cambridge high school students who reported that they were trying to *lose weight*.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students were much more likely to report trying to *lose weight* (53% females, 26% males) while males were much more likely to report trying to *gain weight* (10% females, 32% males) and more likely to report trying to *stay the same weight* (41% females, 37% males).
- **Grade:** The percentage of 2014 Cambridge high school students who reported that they were currently trying to *lose weight* varied by age/grade (36%, 39%, 43%, 42%).

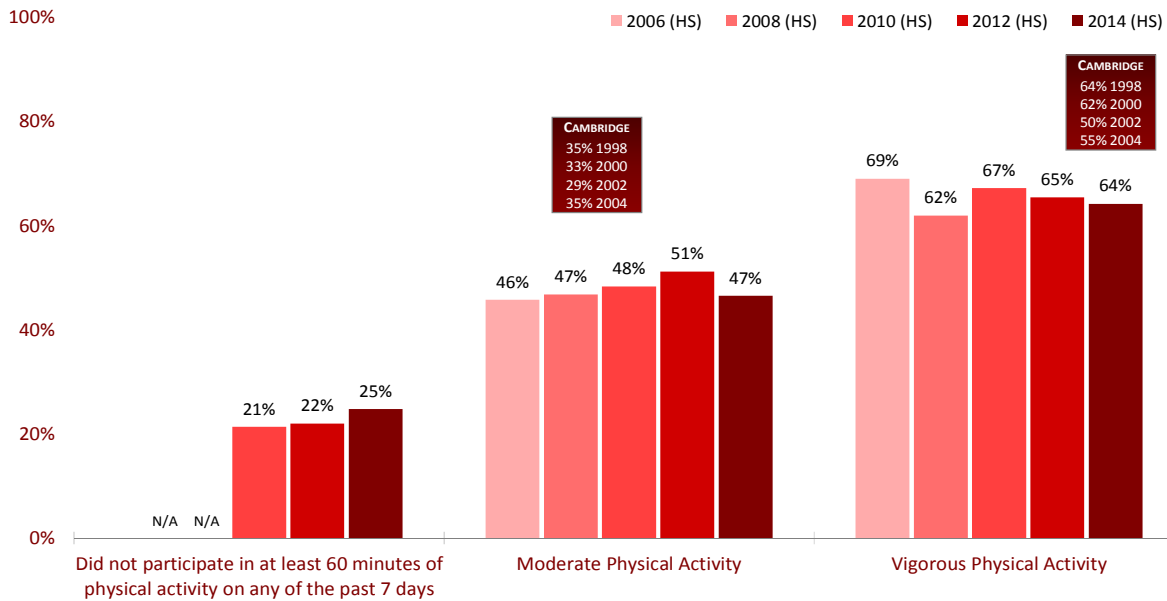
Weight Loss/Maintenance Methods Used by Cambridge High School Students in the Past 30 Days, Total and by Gender (2014)



SELECTED POINTS

- Thirty-seven percent (37%) of 2014 Cambridge high school students reported that they had *eaten less* in the 30 days prior to the survey in order to lose or maintain their weight. Sixty-eight percent (68%) had *exercised* to do so, 6% had *fasted*, 3% had *vomited or taken laxatives*, and 4% had *taken diet pills*.
- **Trends:** Available Cambridge high school trend data for 2008 to 2014 reveal little change in these items over time.
- **Comparisons:** Available comparative data show that 2014 Cambridge high school students were less likely than their 2013 Massachusetts peers to have *fasted* (6% Cambridge, 10% MA). *MA data from the 2013 MA Youth Risk Behavior Survey.*
- **Gender:** As displayed in the chart, female 2014 Cambridge high school students were more likely than males to report using these weight loss/maintenance methods.
- **Grade:** Reports of eating less food, fewer calories, or foods low in fat to maintain/lose weight increased with age/grade (33%, 34%, 39%, 42%).

Cambridge High School Students Who Reported Engaging in Vigorous* and Moderate* Physical Activity in the Past 7 Days (2006-2014)



* Vigorous physical activity was defined as participating in physical activities that make you sweat or breathe hard for at least 20 minutes on at least 3 of the past 7 days.

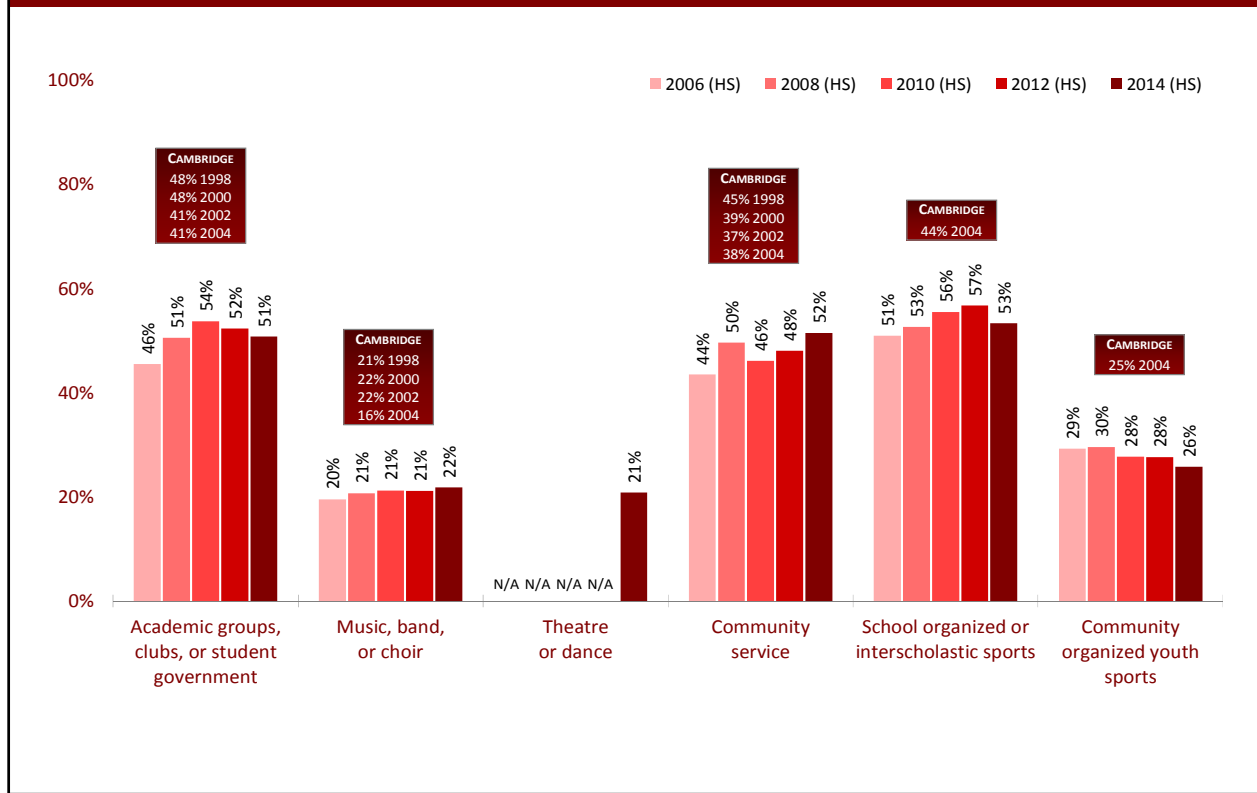
** Moderate physical activity was defined as participating in physical activities that did not make you sweat or breathe hard for at least 30 minutes on at least 5 of the past 7 days.

SELECTED POINTS

- *Vigorous* physical activity is participating in physical activities that make you sweat or breathe hard for at least 20 minutes. *Moderate* physical activity is defined as participating in physical activities that did not make you sweat or breathe hard for at least 30 minutes.
- Twenty-five percent (25%) of Cambridge high school students in 2014 reported that they did not participate in at least 60 minutes of physical activity on any of the past 7 days, 47% participated in moderate physical activity at least 5 of the past 7 days, and 64% participated in vigorous physical activity at least 3 of the past 7 days.
- **Trends:** Reports of engaging in moderate and vigorous physical activity are both up from historic lows, but reports of not engaging in at least 60 minutes of physical activity on any of the past 7 days also rose in 2014.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Cambridge males were more likely than females to report that they engaged in any physical activity for at least 60 minutes in the past 7 days (males: 81%, females: 69%), participated in moderate physical activity (males: 52%, females: 41%), and participated in vigorous physical activity (males: 73%, females: 56%).
- **Grade:** In general, reports of engaging in physical activity declined after 9th grade.

Habits and Activities

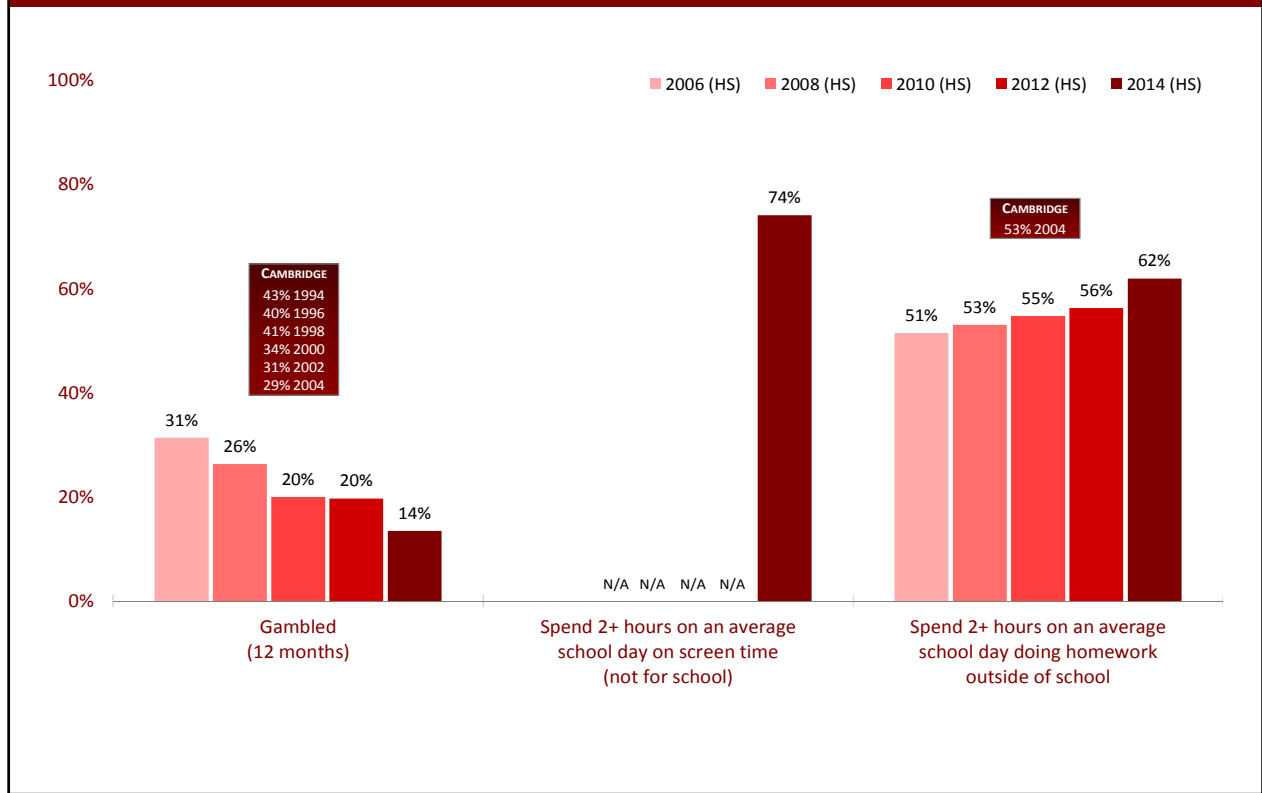
School and Community Activity Participation During the School Year Among Cambridge High School Students (2006-2014)



SELECTED POINTS

- Fifty-one percent (51%) of Cambridge high school students participated in academic groups, clubs, or student government during the 2013-2014 academic year, 22% participated in music, band, or choir, 21% in theatre or dance, 52% in community service in or out of school, 53% in school organized or interscholastic sports, and 26% in community organized youth sports.
- **Trends:** Participation in academic groups, clubs, or student government was up from a low of 41% in 2004 and was 51% in 2014. Participation in music, band, or choir has been stable over time with the exception of a dip in 2004. Community service participation was at a high of 52% in 2014. Participation in school organized or interscholastic sports was up from a low of 44% in 2004 and was 53% in 2014. Participation in community organized youth sports has been largely stable over time.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely than males to report that they participated in academic groups, clubs, or student government (females: 57%, males: 45%), theatre or dance (28% females, 14% males), and participated in community service (57% vs. 46%). Males were more likely than females to report that they participated in school organized or interscholastic sports (58% males, 49% females) and community organized youth sports (males: 34%, females: 18%).
- **Grade:** Participation in community service peaked in 11th grade (62%). Participation in school organized or interscholastic sports (9th: 58%, 10th: 55%, 11th: 52%, 12th: 46%) and community organized youth sports (9th: 32%, 10th: 26%, 11th: 24%, 12th: 20%) both decreased by age/grade.

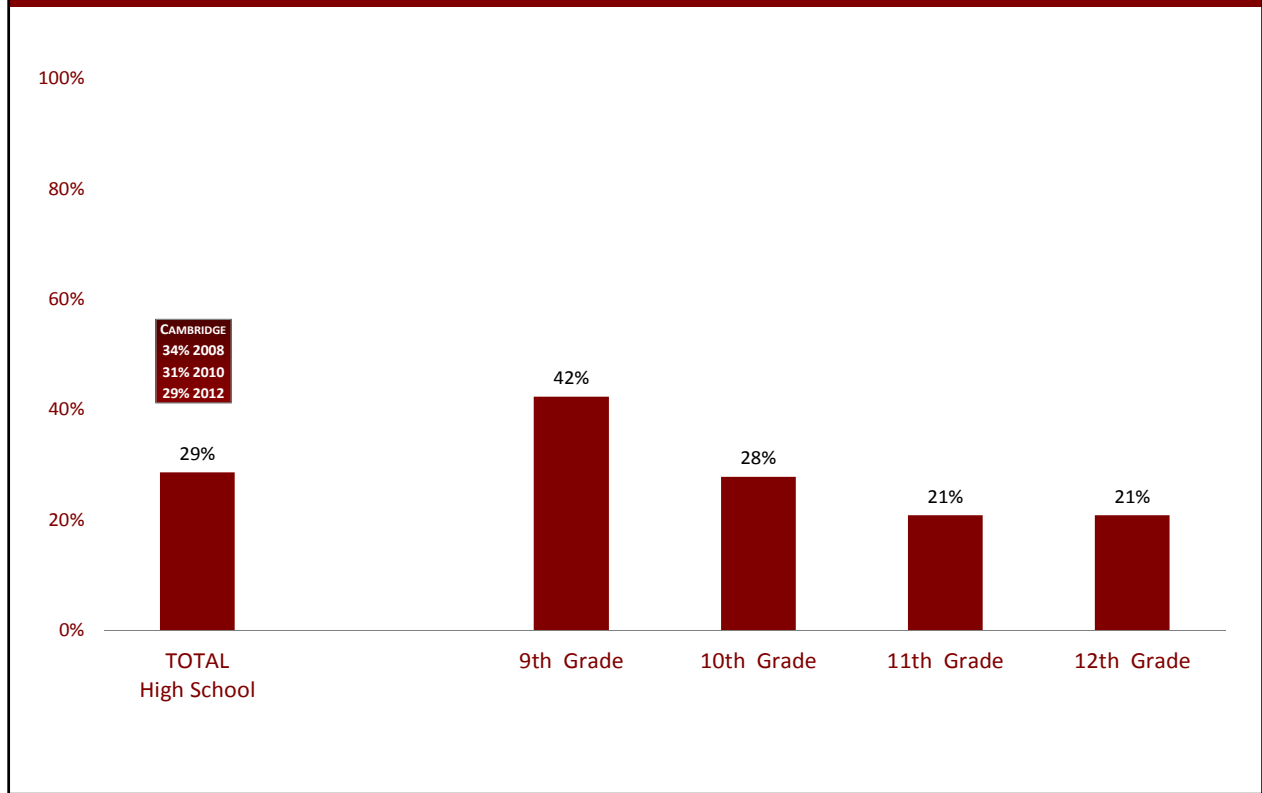
Personal Habits Among Cambridge High School Students (2006-2014)



SELECTED POINTS

- Fourteen percent (14%) of Cambridge high school students gambled in the 12 months prior to the survey, 74% spend 2 or more hours on an average school day on screen time (not for schoolwork or homework), and 62% spend 2 or more hours on an average school day studying or completing homework outside of school hours.
- **Trends:** Gambling in the past 12 months is down from a high of 43% in 1994 to a low of 14% in 2014. Reports of time spent on homework have been slowly increasing over time.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males were more likely than females to report that they gambled in the past 12 months (males: 22%, females: 5%). Females were more likely than males to report that they spend 2 or more hours on an average school day on screen time (77% females, 71% males) and studying or completing homework outside of school hours (females: 69%, males: 55%).
- **Grade:** There were no consistent differences by age/grade on these items.

Usually Get 8 or More Hours of Sleep on a Regular School Night Among Cambridge High School Students, Total and by Grade (2014)



SELECTED POINTS

- Twenty-nine percent (29%) of Cambridge high school students report that they usually get 8 or more hours of sleep on a regular school night.
- **Trends:** There was a decrease between 2008 and 2014 in reports of getting 8 or more hours of sleep on a regular school night (2008: 34%, 2014: 29%).
- **Comparisons:** Comparative data are not available.
- **Gender:** Males were more likely than females to report that they get 8 or more hours of sleep on a regular school night (33% males, 25% females).
- **Grade:** Reports of getting 8 or more hours of sleep on a regular school night decreased with age/grade: 9th (42%), 10th (28%), 11th (21%), 12th (21%).

Appendix A:

Selected Data Tables

2013-2014 CAMBRIDGE TEEN HEALTH SURVEY

Alcohol, Tobacco, and Other Drug Use - High School

	TOTAL												MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2011 (2729)	2013 (2718)	Males (756)	Females (750)	9th (414)	10th (401)	11th (388)	12th (311)
LIFETIME (any use in lifetime)																				
Alcohol	73.4%	76.0%	77.9%	82.3%	N/A	N/A	N/A	64.9%	62.0%	60.1%	61.8%	56.5%	68%	63%	53.3%	59.4%	36.4%	59.4%	63.4%	71.3%
Cigarettes	49.5%	47.3%	46.9%	53.1%	50.2%	40.0%	35.3%	33.6%	28.1%	31.6%	27.1%	28.7%	39%	32%	28.5%	28.7%	15.5%	32.4%	31.3%	37.5%
Electronic Cigarette (e-cigarette)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.2%	N/A	N/A	17.2%	14.9%	10.8%	18.3%	16.3%	20.0%
Smokeless Tobacco	N/A	11.8%	10.8%	11.0%	N/A	N/A	N/A	N/A	N/A	5.1%	3.8%	3.6%	N/A	N/A	4.7%	2.3%	2.5%	3.3%	3.1%	6.2%
Marijuana	26.1%	33.0%	43.6%	49.2%	N/A	N/A	N/A	40.7%	40.1%	40.4%	40.8%	45.6%	43%	41%	44.5%	46.3%	25.4%	48.7%	50.8%	61.1%
Cocaine	4.1%	3.2%	3.8%	4.0%	N/A	N/A	N/A	N/A	N/A	2.2%	1.9%	2.3%	5%	4%	3.2%	1.2%	1.2%	1.8%	2.9%	3.6%
Ecstasy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.1%	1.7%	2.9%	6%	6%	3.9%	1.8%	2.0%	2.5%	3.4%	3.9%
Heroin	2.5%	1.5%	3.1%	2.3%	N/A	N/A	N/A	N/A	N/A	0.6%	0.2%	0.8%	2%	1%	1.4%	0.1%	0.7%	0.5%	1.6%	0.3%
Prescription Drug (without doctor's prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.7%	N/A	N/A	6.2%	6.8%	4.2%	7.7%	6.5%	9.2%
Pain Medication (w/o prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.3%	N/A	N/A	3.1%	3.3%	2.5%	4.4%	2.6%	4.0%
Anti-Anxiety or Depressant Medication (w/o prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.8%	N/A	N/A	1.4%	2.0%	1.2%	1.5%	2.9%	1.7%
Stimulants (w/o prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.4%	N/A	N/A	4.5%	2.3%	1.0%	3.8%	3.7%	5.7%
Other Medication (w/o prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	N/A	N/A	0.6%	1.0%	1.0%	0.5%	1.3%	0.3%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.1%	0.8%	0.9%	3%	2%	1.1%	0.5%	1.0%	0.8%	0.8%	1.0%
Other Illegal Drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.9%	3.9%	4.8%	N/A	N/A	6.0%	3.4%	2.7%	4.6%	4.7%	7.5%
CURRENT (any use in past 30 days)																				
Alcohol	32.8%	39.1%	41.9%	49.5%	45.1%	36.3%	39.1%	41.9%	41.6%	38.3%	39.6%	34.6%	40%	36%	32.6%	36.5%	18.7%	36.1%	36.8%	51.0%
Binge Alcohol	18.4%	20.8%	24.9%	26.8%	28.2%	19.8%	19.0%	21.3%	24.2%	20.6%	20.0%	18.5%	22%	19%	19.7%	17.3%	9.0%	20.1%	19.2%	27.7%
Cigarettes	11.3%	12.6%	16.4%	20.5%	17.8%	11.9%	12.4%	12.6%	9.8%	11.9%	8.7%	9.4%	14%	11%	9.4%	9.1%	3.4%	12.5%	8.8%	14.2%
Electronic Cigarette (e-cigarette)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.6%	N/A	N/A	5.3%	3.9%	2.0%	7.8%	5.2%	3.3%
Cigars, Cigarillos, or Little Cigars	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.2%	5.3%	14%	11%	6.4%	3.9%	3.4%	5.8%	3.9%	8.9%
Smokeless Tobacco	N/A	3.7%	3.6%	3.8%	N/A	N/A	N/A	N/A	N/A	2.6%	1.2%	1.7%	7%	5%	1.7%	1.3%	1.2%	2.0%	1.3%	2.0%
Marijuana	13.0%	19.9%	26.3%	30.0%	27.7%	20.7%	21.2%	26.1%	27.7%	28.8%	25.7%	29.9%	28%	25%	30.9%	28.7%	17.1%	35.8%	32.3%	35.4%
Inhalants	3.1%	1.9%	3.1%	3.4%	2.1%	1.6%	1.9%	1.5%	1.9%	2.2%	1.3%	1.9%	4%	3%	1.9%	1.5%	2.2%	1.8%	1.6%	1.7%
Cocaine	1.7%	1.2%	2.0%	1.6%	1.1%	1.3%	1.9%	2.4%	2.8%	1.3%	0.8%	1.1%	N/A	N/A	1.9%	0.3%	1.0%	1.8%	1.0%	0.7%
Ecstasy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	0.8%	1.6%	N/A	N/A	2.2%	0.9%	1.5%	1.8%	2.1%	1.0%
Heroin	1.6%	0.9%	1.9%	1.1%	0.7%	0.5%	0.7%	0.6%	1.6%	0.5%	0.1%	0.7%	N/A	N/A	1.1%	0.1%	0.7%	0.5%	1.3%	0.0%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.9%	0.3%	0.7%	N/A	N/A	0.9%	0.3%	0.7%	0.8%	0.8%	0.3%
Prescription Drug (without doctor's prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	N/A	N/A	1.6%	1.6%	1.0%	2.6%	1.6%	2.0%
Over-the-Counter Medication (to get high)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.3%	N/A	N/A	2.5%	2.2%	2.5%	4.4%	0.8%	1.3%
Other Illegal Drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.8%	1.6%	2.1%	N/A	N/A	2.4%	1.6%	1.0%	2.5%	1.8%	3.3%
ALCOHOL AND OTHER DRUG-RELATED ISSUES																				
Ever injected illegal drugs	2.8%	1.9%	2.4%	1.4%	1.8%	1.1%	1.0%	1.1%	1.2%	0.6%	0.3%	0.7%	2%	2%	1.1%	0.3%	0.5%	0.8%	1.0%	0.7%
Drove after drinking (30 days)	3.7%	4.0%	3.6%	5.3%	3.6%	2.9%	3.2%	3.7%	3.4%	2.8%	1.7%	1.7%	7%	7%	2.3%	0.7%	0.7%	1.0%	1.6%	3.3%
Rode with drinking driver (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.9%	11.7%	9.1%	23%	18%	8.1%	9.9%	8.1%	6.6%	8.8%	13.5%
Live with a smoker	N/A	N/A	37.9%	33.5%	29.6%	25.6%	25.0%	23.4%	21.9%	26.9%	23.1%	20.0%	N/A	N/A	19.1%	20.5%	20.9%	22.1%	18.3%	17.4%
Talked with parents about alcohol or other drugs (12 months)	N/A	N/A	55.0%	52.4%	47.7%	44.6%	44.1%	49.7%	49.6%	53.5%	57.9%	54.6%	N/A	N/A	52.5%	56.6%	52.4%	54.7%	56.4%	55.7%
Influence of parents on decisions about whether or not to use alcohol or other drugs (fairly/very important)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	55.8%	N/A	N/A	53.6%	58.7%	66.3%	55.7%	54.2%	44.3%
Had a problem with alcohol or drugs (12 months)	6.4%	6.7%	8.3%	11.4%	10.2%	7.6%	5.6%	5.7%	6.4%	6.5%	5.9%	6.5%	N/A	N/A	7.4%	5.5%	5.0%	9.4%	4.7%	6.6%
Ever helped or treated for alcohol or drug use	4.2%	3.1%	3.1%	3.0%	3.5%	3.8%	2.5%	3.1%	2.6%	3.4%	2.8%	4.0%	N/A	N/A	5.1%	2.8%	2.2%	4.8%	3.6%	5.5%
Family member had a problem with alcohol or drugs (12 months)	14.4%	14.0%	13.5%	13.9%	12.2%	12.3%	10.1%	11.1%	12.8%	11.1%	10.1%	9.5%	N/A	N/A	7.4%	11.1%	9.0%	7.9%	10.2%	11.1%
Class within 1 hour of using alcohol, pot, or drugs (30 days)	N/A	N/A	N/A	N/A	15.5%	10.6%	9.7%	12.1%	11.6%	12.2%	8.9%	11.3%	N/A	N/A	13.9%	8.8%	6.9%	13.3%	9.4%	16.8%
Offered, sold, or given drugs on school property (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.8%	20.0%	19.5%	27%	23%	23.4%	15.9%	15.3%	24.9%	18.5%	19.7%

2013-2014 CAMBRIDGE TEEN HEALTH SURVEY

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

	TOTAL												MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2011 (2729)	2013 (2718)	Males (756)	Females (750)	9th (414)	10th (401)	11th (388)	12th (311)
PERCEIVED EASE OF OBTAINING ALCOHOL (Sort of Easy/Very Easy)																				
From a liquor store, bar, or restaurant	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	21.2%	19.4%	19.3%	N/A	N/A	22.5%	16.0%	11.7%	15.1%	19.0%	34.3%
From home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.5%	48.1%	49.2%	N/A	N/A	47.5%	50.4%	48.2%	49.2%	48.9%	51.0%
From an adult 21 years of age or older	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	57.2%	56.4%	49.0%	N/A	N/A	48.9%	49.1%	30.9%	52.2%	52.2%	65.0%
From someone less than 21 years of age	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54.5%	50.1%	48.9%	N/A	N/A	48.0%	49.8%	39.4%	54.1%	49.9%	54.0%
PERCEPTION OF RISK OF HARM (Moderate Risk/Great Risk)																				
Taking one or two drinks nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	68.3%	68.5%	58.8%	60.8%	58.4%	N/A	N/A	54.3%	62.7%	61.9%	57.3%	57.1%	57.8%
Having five or more drinks once or twice each weekend	N/A	N/A	N/A	N/A	N/A	N/A	N/A	76.7%	73.1%	71.9%	75.3%	70.9%	N/A	N/A	67.2%	74.7%	73.8%	65.9%	76.0%	67.5%
Smoking one or more packs of cigarettes per day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.9%	84.6%	85.1%	86.5%	83.2%	N/A	N/A	82.4%	84.3%	86.3%	79.2%	84.9%	82.7%
Smoking marijuana regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	73.9%	70.1%	65.6%	63.0%	53.3%	N/A	N/A	47.8%	59.0%	61.2%	47.1%	55.9%	48.1%
Using prescription drugs not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	84.1%	N/A	N/A	83.1%	85.5%	86.2%	81.3%	84.9%	84.5%
PERCEIVED PARENTAL DISAPPROVAL OF ATOD USE (Wrong/Very Wrong)																				
Drink beer, wine, or hard liquor regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72.2%	70.0%	70.4%	72.8%	69.1%	N/A	N/A	67.8%	71.1%	83.3%	70.1%	71.9%	45.1%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	90.8%	90.1%	91.2%	93.8%	93.5%	N/A	N/A	91.3%	96.0%	94.8%	92.8%	94.5%	91.3%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	86.1%	82.5%	80.3%	82.7%	78.9%	N/A	N/A	77.5%	80.6%	83.9%	77.3%	80.5%	72.3%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	95.7%	93.9%	96.6%	97.0%	96.1%	N/A	N/A	94.7%	98.1%	96.0%	95.9%	97.6%	95.0%
Use prescription drugs not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.5%	N/A	N/A	92.8%	96.6%	94.7%	93.3%	96.5%	93.2%
PERCEIVED CLOSE FRIEND DISAPPROVAL OF ATOD USE (Wrong/Very Wrong)																				
Drink beer, wine, or hard liquor regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.8%	33.3%	33.4%	31.0%	32.5%	N/A	N/A	30.8%	34.1%	51.1%	27.1%	29.5%	18.1%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.7%	67.0%	67.9%	71.1%	69.1%	N/A	N/A	65.6%	72.7%	80.3%	61.0%	73.4%	59.0%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	48.5%	46.1%	41.2%	40.4%	34.0%	N/A	N/A	32.4%	35.7%	49.1%	29.0%	31.4%	23.4%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	81.2%	77.0%	84.4%	84.9%	79.3%	N/A	N/A	74.7%	84.3%	83.9%	71.4%	82.2%	79.6%
Use prescription drugs not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	80.0%	N/A	N/A	76.1%	84.4%	83.7%	70.6%	84.0%	82.2%
IMPORTANCE OF FACTORS INFLUENCING DECISION WHETHER TO USE MARIJUANA (Fairly/Very Important)																				
What parents would think	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.1%	63.0%	52.0%	N/A	N/A	50.3%	54.3%	65.9%	55.2%	46.6%	36.6%
What friends would think	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	40.9%	41.6%	35.6%	N/A	N/A	33.7%	37.5%	49.0%	32.5%	31.6%	26.6%
Potential legal penalties	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	64.6%	66.0%	60.3%	N/A	N/A	53.1%	67.7%	71.1%	59.3%	59.6%	48.8%
Potential school penalties	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	67.1%	66.9%	62.7%	N/A	N/A	57.1%	68.2%	72.1%	64.8%	60.2%	50.7%
How it might affect health	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	68.7%	71.1%	65.4%	N/A	N/A	62.0%	69.0%	72.8%	63.5%	65.9%	57.8%

2013-2014 CAMBRIDGE TEEN HEALTH SURVEY

Violence and Safety - High School

	TOTAL												MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2011 (2729)	2013 (2718)	Males (756)	Females (750)	9th (414)	10th (401)	11th (388)	12th (311)
VIOLENCE-RELATED EXPERIENCES (past 12 months)																				
Witnessed violence in family	N/A	N/A	8.6%	8.8%	6.1%	6.5%	7.5%	7.9%	9.6%	9.6%	7.9%	6.5%	N/A	N/A	5.5%	7.0%	5.4%	6.5%	7.8%	5.2%
Witnessed violence in neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	23.8%	26.4%	24.4%	20.3%	12.4%	11.1%	N/A	N/A	13.3%	9.0%	10.0%	11.6%	10.7%	11.7%
Beaten or physically hurt by someone in your family or home	5.4%	3.9%	5.0%	5.1%	4.5%	3.6%	3.9%	3.5%	3.9%	3.6%	3.6%	2.7%	N/A	N/A	2.2%	3.1%	2.7%	3.8%	2.6%	1.3%
Beaten or physically hurt (not by a family member or date)	4.5%	3.9%	4.9%	4.7%	3.7%	2.9%	2.7%	2.7%	3.6%	2.4%	2.0%	1.7%	N/A	N/A	1.9%	1.1%	1.0%	2.3%	2.3%	0.7%
Verbally or emotionally abused by someone in your family	16.5%	17.7%	19.9%	21.3%	18.2%	15.3%	15.5%	15.2%	15.4%	15.3%	14.6%	14.5%	N/A	N/A	9.7%	18.8%	12.6%	17.3%	14.1%	13.0%
Verbally or emotionally abused by person you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	6.0%	6.0%	N/A	N/A	3.1%	8.5%	3.7%	7.6%	5.5%	7.2%
Sexually harassed in school	N/A	N/A	14.4%	11.9%	14.9%	13.7%	10.4%	10.5%	8.3%	9.9%	6.9%	6.4%	N/A	N/A	3.0%	9.5%	6.0%	8.3%	4.7%	6.2%
Were a member of a gang	N/A	8.6%	7.0%	6.8%	4.5%	2.0%	4.3%	5.1%	3.9%	2.6%	1.5%	1.8%	N/A	N/A	2.6%	0.7%	2.2%	1.5%	1.8%	1.0%
BULLYING, FIGHTING, & THREATENING (past 12 months)																				
Was bullied while at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.5%	12.2%	18%	17%	9.9%	14.2%	16.3%	14.5%	7.6%	8.8%
Was bullied when not at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.4%	9.0%	N/A	N/A	6.3%	11.0%	9.2%	11.3%	7.3%	7.1%
Was electronically bullied (cyber bullied)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.6%	7.6%	17%	14%	3.6%	10.9%	9.3%	10.2%	4.7%	5.2%
Received mean or threatening e-mail, texts, or chats	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.7%	9.2%	8.3%	8.5%	N/A	N/A	6.2%	10.5%	8.6%	10.1%	7.8%	6.9%
Mistreated by someone who thought you were not masculine/feminine enough	N/A	N/A	5.0%	6.1%	5.0%	3.7%	3.4%	4.6%	3.8%	5.1%	4.2%	4.2%	N/A	N/A	4.3%	3.2%	5.0%	5.5%	1.8%	3.6%
Treated unfairly in school because of race/ethnicity	N/A	N/A	N/A	N/A	N/A	N/A	9.1%	8.9%	8.2%	9.7%	7.5%	6.4%	N/A	N/A	5.7%	6.9%	4.8%	6.8%	6.8%	7.5%
Treated unfairly in school because of gender	N/A	N/A	N/A	N/A	N/A	N/A	4.6%	4.1%	5.0%	6.1%	4.4%	4.7%	N/A	N/A	2.9%	5.9%	4.0%	5.3%	3.4%	6.2%
Property stolen or deliberately damaged on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.6%	29.2%	27.5%	16.6%	N/A	N/A	16.2%	17.0%	16.6%	15.5%	15.3%	19.6%
In a physical fight - any location	24.6%	31.4%	27.2%	27.2%	23.9%	20.5%	20.4%	22.7%	17.0%	15.8%	12.1%	9.4%	25%	20%	13.7%	4.9%	10.6%	11.5%	8.4%	5.4%
In a physical fight - on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	6.4%	3.7%	3.0%	7%	5%	3.7%	2.0%	3.2%	4.3%	2.4%	1.3%
Threatened with a knife or gun - outside of school	N/A	10.0%	8.4%	8.9%	7.1%	4.8%	3.6%	4.6%	4.6%	5.2%	4.1%	3.1%	N/A	N/A	4.6%	1.6%	2.5%	4.0%	3.1%	2.3%
Threatened with a knife or gun - in school	N/A	3.1%	2.6%	3.4%	1.7%	1.2%	1.2%	0.6%	1.4%	1.1%	1.0%	1.3%	N/A	N/A	1.6%	0.8%	1.2%	2.0%	1.0%	0.7%
Stayed home from school due to fear for safety (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	8.2%	7.0%	9.6%	6.3%	5.0%	7.2%	5%	4%	6.0%	8.1%	7.5%	9.3%	5.2%	6.5%
WEAPONS AND LAW INVOLVEMENT																				
Carried weapon (gun, knife, club) - outside school (30 days)	N/A	14.1%	13.1%	15.9%	13.9%	9.5%	10.5%	13.6%	10.5%	10.8%	6.4%	5.4%	N/A	N/A	8.4%	2.3%	4.7%	5.1%	4.7%	7.0%
Carried a weapon (gun, knife, club) - in school (30 days)	N/A	6.8%	7.3%	7.9%	6.9%	4.4%	5.7%	6.9%	5.2%	5.4%	3.0%	2.8%	4%	3%	4.1%	1.2%	2.9%	2.8%	1.6%	4.0%
Arrested (12 months)	9.3%	7.7%	8.4%	7.8%	5.4%	4.1%	3.6%	4.4%	3.5%	2.1%	1.5%	0.8%	N/A	N/A	1.1%	0.5%	0.7%	0.8%	1.1%	0.3%
YOUTH RESOURCE OFFICER (During 2013-2014 School Year)																				
Had conversation with officer during school year	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.5%	N/A	N/A	21.3%	19.3%	17.9%	21.6%	20.9%	21.0%
Have good/excellent relationship with officer*	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	49.0%	N/A	N/A	47.9%	50.3%	49.0%	51.0%	48.3%	50.0%
Comfortable asking officer for help if they had a problem, felt unsafe, or were the victim of a crime at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.4%	N/A	N/A	54.8%	48.3%	49.4%	46.6%	54.4%	56.6%
INTERNET SAFETY																				
Ever added a stranger to a Social Networking friends list	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.5%	N/A	N/A	42.1%	50.5%	42.1%	47.0%	47.4%	50.0%
Ever spoke on the phone to someone met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	19.9%	N/A	N/A	20.0%	19.2%	17.0%	23.8%	18.6%	20.7%
Ever met in person with someone met only online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.2%	N/A	N/A	18.8%	17.1%	13.4%	20.4%	17.0%	23.4%

*Of those who report having a relationship with the officer.

2013-2014 CAMBRIDGE TEEN HEALTH SURVEY

Mental Health - High School

	TOTAL												MA YRBS		GENDER		GRADE				
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2011 (2729)	2013 (2718)	Males (756)	Females (750)	9th (414)	10th (401)	11th (388)	12th (311)	
PERSONAL EXPERIENCES (past 12 months)																					
Divorce or separation in family	13.9%	10.5%	10.1%	10.2%	11.1%	10.3%	8.2%	9.7%	9.8%	7.7%	8.6%	7.9%	N/A	N/A	6.7%	8.8%	8.1%	9.4%	6.3%	7.5%	
Family moved	17.5%	16.7%	17.9%	17.5%	12.5%	14.0%	10.4%	12.1%	12.7%	13.5%	10.5%	12.3%	N/A	N/A	11.4%	13.2%	12.3%	15.0%	10.4%	11.1%	
Ran away from home	6.8%	6.1%	5.4%	4.8%	5.1%	4.3%	5.1%	3.6%	4.5%	5.7%	4.2%	2.6%	N/A	N/A	1.9%	3.1%	2.8%	2.3%	2.6%	2.6%	
Family member or close friend died	26.3%	30.5%	33.2%	40.0%	35.3%	34.3%	35.3%	34.9%	42.9%	35.3%	41.5%	34.4%	N/A	N/A	32.2%	36.6%	32.0%	35.8%	36.6%	32.6%	
WORRYING "Fairly Often" or "Most of the Time" (past 12 months)																					
Physical health problems	N/A	N/A	N/A	N/A	N/A	N/A	17.0%	18.3%	18.2%	17.7%	15.9%	15.3%	N/A	N/A	11.4%	19.1%	12.8%	17.6%	15.6%	14.9%	
Weight problems (too heavy or thin)	N/A	N/A	N/A	N/A	N/A	N/A	25.6%	25.4%	23.7%	26.1%	26.2%	26.4%	N/A	N/A	11.9%	40.3%	23.6%	27.1%	29.4%	25.0%	
Sexually transmitted infection (STI)	N/A	N/A	N/A	N/A	N/A	N/A	6.0%	6.2%	5.7%	4.9%	3.7%	3.0%	N/A	N/A	3.5%	2.3%	0.7%	4.1%	2.6%	5.2%	
Becoming or getting someone pregnant	N/A	N/A	N/A	N/A	N/A	N/A	9.5%	11.1%	8.1%	7.6%	6.4%	6.2%	N/A	N/A	5.4%	6.7%	3.7%	5.6%	7.3%	8.7%	
HIV infection or AIDS	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	5.8%	5.7%	3.0%	2.8%	2.0%	N/A	N/A	3.0%	0.9%	0.5%	1.8%	1.8%	4.5%	
Sexual orientation	N/A	N/A	N/A	N/A	N/A	N/A	5.2%	4.1%	4.5%	4.5%	4.6%	4.7%	N/A	N/A	4.4%	4.7%	3.7%	6.0%	4.4%	5.0%	
School failure or poor grades	N/A	N/A	N/A	N/A	N/A	N/A	40.6%	33.0%	34.6%	39.3%	35.7%	39.3%	N/A	N/A	31.3%	47.3%	39.1%	46.4%	39.2%	30.6%	
MCAS	N/A	N/A	N/A	N/A	N/A	N/A	28.9%	24.5%	20.6%	25.3%	13.9%	13.6%	N/A	N/A	10.8%	16.5%	17.8%	24.5%	5.5%	3.9%	
Drug or alcohol use in your family	N/A	N/A	N/A	N/A	N/A	N/A	5.7%	6.9%	8.2%	6.8%	6.4%	4.8%	N/A	N/A	3.0%	6.3%	5.2%	4.6%	4.4%	4.2%	
Your own drug or alcohol use	N/A	N/A	N/A	N/A	N/A	N/A	4.8%	6.3%	5.1%	5.1%	5.9%	5.5%	N/A	N/A	5.0%	5.8%	6.2%	6.2%	3.1%	6.5%	
Arguing at home	N/A	N/A	N/A	N/A	N/A	N/A	20.3%	20.6%	19.4%	23.8%	20.5%	19.4%	N/A	N/A	14.1%	24.5%	19.0%	22.4%	18.2%	16.9%	
Physical fights at home	N/A	N/A	N/A	N/A	N/A	N/A	3.7%	5.3%	5.0%	2.2%	2.9%	2.9%	N/A	N/A	2.7%	2.9%	2.0%	3.3%	2.6%	3.9%	
Drugs in your neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.8%	N/A	N/A	4.1%	3.2%	5.0%	3.3%	2.6%	4.2%	
Violence in your neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	10.4%	12.2%	10.6%	8.8%	4.5%	4.0%	N/A	N/A	3.3%	4.4%	3.7%	3.1%	3.9%	5.9%	
Physical fights at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.6%	6.1%	7.0%	3.4%	3.8%	N/A	N/A	3.0%	4.4%	5.2%	4.1%	2.4%	3.3%	
Other kids bringing weapons to school	N/A	N/A	N/A	N/A	N/A	N/A	11.8%	5.1%	6.4%	4.7%	3.3%	5.1%	N/A	N/A	4.1%	5.8%	6.5%	6.4%	2.4%	4.9%	
Your family not having enough money to get by	N/A	N/A	N/A	N/A	N/A	N/A	10.9%	13.1%	11.7%	13.5%	11.4%	11.2%	N/A	N/A	9.0%	12.9%	9.0%	10.7%	10.5%	15.6%	
Your family not having a place to live	N/A	N/A	N/A	N/A	N/A	N/A	3.3%	3.8%	4.7%	3.9%	3.8%	3.6%	N/A	N/A	3.3%	3.8%	3.7%	3.8%	2.4%	4.6%	
DEPRESSION, SELF-HARM, & SUICIDE (past 12 months)																					
Tense, nervous, worried every day for 2 or more weeks in a row during past 30 days	N/A	N/A	N/A	N/A	N/A	N/A	22.0%	23.6%	24.6%	24.0%	21.9%	27.5%	N/A	N/A	19.4%	35.2%	24.2%	31.4%	26.9%	27.9%	
Depressed	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.4%	19.8%	21.0%	25%	22%	13.7%	28.1%	20.3%	24.8%	19.2%	19.4%	
Hurt self on purpose	N/A	N/A	N/A	N/A	N/A	N/A	8.6%	8.7%	9.6%	11.4%	10.4%	12.1%	18%	14%	5.9%	17.6%	14.0%	15.0%	10.9%	7.4%	
Seriously considered suicide	8.9%	7.7%	8.1%	10.7%	9.6%	9.2%	6.7%	5.3%	7.0%	6.5%	8.0%	8.1%	13%	12%	4.6%	11.3%	7.8%	10.6%	6.8%	7.1%	
Made a plan to attempt suicide	7.9%	7.2%	7.6%	10.3%	9.2%	6.9%	5.5%	4.0%	6.2%	5.3%	6.5%	6.9%	12%	11%	5.0%	8.6%	7.4%	9.0%	6.0%	4.5%	
Attempted suicide	8.2%	6.6%	6.8%	7.7%	7.5%	5.3%	2.3%	1.3%	2.6%	1.8%	2.2%	2.1%	7%	6%	1.3%	2.6%	2.0%	2.8%	1.8%	1.6%	
COUNSELING AND MEDICATION (past 12 months)																					
Met with school counselor for mental health/behavior issue	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.4%	N/A	N/A	8.3%	10.0%	10.2%	9.6%	9.7%	7.6%	
Met with Teen Health Center counselor	N/A	N/A	N/A	N/A	N/A	N/A	24.1%	26.0%	25.7%	20.8%	18.7%	13.7%	9.6%	N/A	N/A	4.7%	14.1%	6.5%	7.6%	11.7%	13.5%
Met with therapist without or without family present	N/A	N/A	N/A	N/A	N/A	N/A	15.5%	16.4%	14.9%	17.2%	16.4%	18.3%	18.6%	N/A	N/A	15.0%	21.6%	16.2%	20.4%	19.6%	18.2%
Took medication for mental health or behavioral issue	N/A	N/A	N/A	N/A	N/A	N/A	6.5%	7.9%	8.1%	8.3%	8.8%	9.6%	8.2%	N/A	N/A	7.8%	8.4%	9.1%	7.8%	8.3%	7.3%
SOCIAL SUPPORTS																					
Parent or other adult family member to talk to	N/A	N/A	N/A	N/A	N/A	N/A	71.0%	72.2%	72.1%	76.0%	76.7%	76.7%	83%	82%	75.9%	77.9%	80.0%	74.1%	75.0%	78.3%	
Teacher or other adult at school to talk to	N/A	N/A	N/A	N/A	N/A	N/A	62.9%	60.3%	63.7%	63.2%	64.4%	66.4%	N/A	N/A	64.4%	68.7%	61.0%	61.3%	70.6%	74.5%	
Adult outside of school to talk to	N/A	N/A	N/A	N/A	N/A	N/A	40.3%	41.5%	40.2%	45.8%	42.7%	39.9%	N/A	N/A	38.4%	41.2%	34.1%	38.5%	42.7%	46.1%	
Have three or more close friends	72.9%	69.8%	72.1%	74.8%	75.9%	72.5%	68.1%	68.9%	71.2%	75.2%	74.7%	71.5%	N/A	N/A	76.3%	66.9%	72.9%	71.7%	72.0%	69.5%	
Regularly participate in church, synagogue, mosque, or other faith community	N/A	N/A	N/A	N/A	35.1%	38.3%	38.4%	36.7%	33.8%	33.8%	29.1%	25.1%	N/A	N/A	22.4%	27.9%	27.4%	25.6%	25.1%	21.9%	

2013-2014 CAMBRIDGE TEEN HEALTH SURVEY

Health - High School

	TOTAL												MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2011 (2729)	2013 (2718)	Males (756)	Females (750)	9th (414)	10th (401)	11th (388)	12th (311)
SEXUAL BEHAVIOR																				
Ever had sexual intercourse	49.4%	47.7%	43.7%	42.8%	39.6%	37.4%	42.3%	49.5%	44.2%	37.6%	34.9%	31.2%	42%	38%	35.8%	25.9%	16.3%	28.5%	32.5%	52.8%
Had conversation with parents about sex (12 months)	N/A	N/A	N/A	32.7%	38.7%	34.2%	30.5%	33.5%	34.8%	35.7%	38.0%	34.0%	N/A	N/A	29.7%	37.7%	31.4%	32.3%	37.1%	35.8%
Condom at last intercourse*	N/A	N/A	N/A	N/A	71.6%	72.2%	74.9%	70.0%	70.8%	68.0%	64.5%	63.9%	58%	58%	69.2%	57.2%	70.3%	71.2%	58.3%	60.2%
Alcohol/drugs at last intercourse*	13.5%	13.9%	17.9%	23.8%	22.1%	14.8%	12.8%	15.3%	16.7%	19.7%	21.7%	22.7%	23%	24%	22.3%	23.6%	12.7%	21.5%	20.3%	29.7%
Ever been/gotten someone pregnant	7.0%	6.8%	6.4%	6.5%	5.1%	3.7%	4.0%	4.9%	3.5%	3.4%	2.4%	1.7%	N/A	N/A	1.9%	1.3%	0.5%	2.8%	0.8%	3.0%
Ever forced/tricked to have sex	8.5%	7.6%	N/A	7.8%	N/A	N/A	5.1%	7.0%	5.8%	4.0%	4.6%	3.5%	N/A	N/A	1.8%	4.6%	2.2%	4.3%	3.4%	4.0%
Ever sexually abused	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.3%	10.3%	9.7%	8.7%	9.1%	N/A	N/A	2.6%	15.0%	6.9%	11.2%	9.2%	8.6%
Ever talked with parents or family adults about HIV or AIDS	36.0%	40.5%	36.8%	46.6%	48.7%	42.4%	44.6%	49.2%	49.0%	42.3%	42.4%	35.8%	N/A	N/A	33.1%	38.3%	34.8%	34.5%	40.3%	33.3%
Ever talked with parents or family members about other STIs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	36.6%	N/A	N/A	33.2%	39.6%	32.0%	34.4%	44.5%	35.8%
More careful about sexual behavior due to health class	N/A	N/A	N/A	N/A	67.0%	62.3%	68.6%	74.6%	72.0%	70.1%	70.5%	66.5%	N/A	N/A	61.6%	71.5%	61.7%	66.1%	68.8%	70.7%
Ever tested for HIV	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.8%	11.0%	11%	11%	10.0%	11.7%	3.8%	9.9%	12.3%	19.9%
Ever tested for other STIs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.1%	11.2%	11%	12%	8.9%	13.1%	3.0%	8.0%	13.3%	23.1%
HEALTH ISSUES (ever been told that you have these health problems)																				
Asthma	N/A	13.0%	15.3%	19.3%	20.8%	N/A	20.7%	19.7%	23.0%	25.9%	24.8%	23.1%	N/A	N/A	23.5%	22.7%	24.0%	22.3%	23.0%	22.1%
Allergy to peanut butter or bees	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.4%	N/A	N/A	4.7%	3.9%	4.1%	4.5%	3.8%	4.8%
Diabetes	N/A	0.5%	1.5%	1.3%	0.4%	0.9%	0.7%	1.8%	1.7%	2.2%	1.1%	1.0%	N/A	N/A	0.7%	1.1%	1.8%	0.5%	0.3%	1.0%
Seizures	N/A	1.6%	2.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.3%	N/A	N/A	2.0%	0.4%	1.3%	2.4%	0.3%	1.4%
Sickle cell disease	N/A	1.4%	2.1%	N/A	N/A	1.3%	0.6%	1.1%	0.6%	0.8%	0.5%	1.1%	N/A	N/A	0.9%	1.3%	0.3%	1.6%	1.4%	1.4%
High blood pressure	N/A	5.5%	5.1%	3.3%	3.8%	4.3%	3.8%	4.5%	4.2%	4.5%	2.6%	2.4%	N/A	N/A	2.0%	2.5%	0.8%	2.7%	2.5%	3.8%
Tuberculosis (TB)	N/A	N/A	3.8%	3.1%	2.0%	1.6%	1.5%	2.1%	1.5%	1.2%	0.9%	1.8%	N/A	N/A	1.3%	2.1%	1.0%	1.6%	2.2%	2.0%
Migraine headaches	N/A	N/A	N/A	N/A	N/A	N/A	15.3%	15.8%	13.7%	17.4%	16.4%	13.8%	N/A	N/A	9.1%	18.2%	11.1%	16.0%	13.9%	14.8%
Eating disorder	N/A	N/A	N/A	N/A	N/A	3.9%	2.9%	2.6%	2.9%	4.2%	3.6%	3.4%	N/A	N/A	1.0%	5.5%	3.6%	2.9%	3.3%	3.8%
Hearing problem	N/A	N/A	N/A	N/A	N/A	N/A	4.4%	4.6%	4.9%	4.2%	3.4%	3.2%	N/A	N/A	2.7%	3.5%	4.7%	3.7%	1.1%	3.1%
Overweight	N/A	N/A	N/A	N/A	12.6%	N/A	14.6%	18.1%	16.2%	16.1%	18.0%	15.6%	N/A	N/A	14.0%	17.2%	13.4%	15.1%	17.3%	16.6%
Underweight	N/A	N/A	N/A	N/A	4.7%	N/A	6.1%	5.7%	7.8%	9.6%	10.5%	10.4%	N/A	N/A	7.3%	13.2%	10.4%	11.4%	10.5%	9.0%
Vision problem that needs glasses	N/A	N/A	N/A	N/A	35.6%	N/A	34.3%	35.7%	40.4%	44.2%	43.2%	40.1%	N/A	N/A	33.4%	46.4%	36.8%	38.3%	44.0%	41.6%
HIV infection or any other sexually transmitted infection (STI)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	1.9%	2%	2%	1.1%	2.4%	1.0%	2.0%	1.3%	3.6%
*Of those who ever had sex.																				
HEALTHCARE																				
Saw a doctor or nurse (12 months)	59.8%	65.0%	70.4%	79.5%	79.8%	78.1%	81.0%	81.6%	80.7%	84.9%	85.8%	86.8%	N/A	N/A	86.6%	87.3%	86.9%	87.3%	85.4%	87.7%
Saw a dentist (12 months)	N/A	N/A	N/A	65.4%	69.9%	68.4%	68.9%	73.7%	75.7%	77.5%	80.4%	79.7%	N/A	N/A	81.0%	78.9%	82.9%	79.7%	81.6%	73.4%
Family has health insurance	72.7%	68.6%	68.9%	77.3%	81.7%	82.0%	79.8%	84.2%	84.2%	84.6%	85.8%	86.9%	N/A	N/A	85.4%	88.3%	80.8%	88.8%	89.4%	89.3%
Went to Teen Health Center in the past 12 months	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	47.4%	50.2%	N/A	N/A	41.6%	58.5%	47.7%	51.8%	50.3%	51.1%
Went to Teen Hlth Ctr for birth control/condoms (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.5%	18.6%	N/A	N/A	17.4%	19.2%	9.8%	16.8%	23.0%	26.6%
Went to Teen Hlth Ctr for HIV/STI testing (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.8%	5.6%	N/A	N/A	3.4%	7.1%	1.6%	3.3%	6.7%	12.4%
Went to Teen Hlth Ctr for physical exam (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.2%	10.9%	N/A	N/A	11.0%	10.3%	13.2%	10.0%	9.6%	10.7%
Went to Teen Hlth Ctr for counseling (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.0%	5.8%	N/A	N/A	4.9%	5.8%	4.2%	5.2%	7.8%	5.7%
Went to Teen Hlth Ctr for immunization/vaccine (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.6%	10.4%	N/A	N/A	9.7%	10.6%	13.2%	7.4%	11.6%	8.6%
Went to Teen Hlth Ctr for sports physical (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.1%	N/A	N/A	16.3%	7.5%	13.4%	12.1%	12.5%	9.3%
Went to Teen Hlth Ctr for pregnancy test (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.1%	N/A	N/A	2.0%	7.3%	1.1%	4.6%	6.4%	8.7%
WEIGHT																				
Describe self as slightly/very overweight	N/A	N/A	N/A	N/A	N/A	N/A	26.2%	25.4%	23.1%	23.2%	26.7%	25.5%	28%	29%	20.0%	30.8%	26.1%	24.8%	25.9%	25.1%
Trying to lose weight	38.7%	37.7%	N/A	N/A	N/A	N/A	41.7%	40.3%	40.9%	40.4%	41.9%	39.8%	45%	45%	26.2%	53.1%	36.0%	39.1%	43.0%	41.7%
WEIGHT LOSS OR MAINTENANCE ACTIVITIES (past 30 days)																				
Exercised to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	66.6%	65.3%	69.5%	65.8%	71.6%	69.9%	68.0%	N/A	N/A	65.8%	70.3%	67.7%	67.0%	68.4%	68.6%
Diet pills/powders/liquids to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	4.1%	3.2%	3.1%	2.9%	5.2%	4.1%	4.4%	4%	3%	4.1%	4.1%	3.8%	5.0%	4.9%	3.4%
Ate less food, fewer calories, or foods low in fat to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	29.8%	31.9%	38.3%	38.6%	36.4%	37.5%	36.8%	N/A	N/A	24.2%	48.7%	33.1%	33.9%	38.9%	42.1%
Went without eating for 24 hours or more (fasting) to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	5.9%	6.1%	6.1%	6.0%	10%	10%	3.3%	8.1%	7.2%	5.5%	4.9%	5.7%
Vomited or took laxatives to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	3.2%	3.2%	5%	4%	1.7%	4.3%	3.1%	3.7%	2.5%	3.0%

2013-2014 CAMBRIDGE TEEN HEALTH SURVEY

Physical Activity and Nutrition - High School

	TOTAL												MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2011 (2729)	2013 (2718)	Males (756)	Females (750)	9th (414)	10th (401)	11th (388)	12th (311)
PHYSICAL ACTIVITY (past 7 days)																				
Vigorous Physical Activity - exercised or participated in sports for at least 20 minutes that made you sweat and breathe hard (3 or more days a week)	N/A	N/A	N/A	63.7%	62.3%	49.6%	55.2%	69.0%	61.9%	67.2%	65.4%	64.2%	N/A	N/A	72.9%	55.8%	70.9%	62.1%	61.5%	61.1%
Moderate Physical Activity - participated in other physical activity for at least 30 minutes (5 or more days a week)	N/A	N/A	N/A	35.3%	33.3%	29.3%	35.0%	45.7%	46.8%	48.3%	51.2%	46.5%	N/A	N/A	52.2%	41.0%	46.3%	48.8%	45.1%	45.4%
Did not participate in at least 60 minutes of physical activity on any of the past 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	21.3%	22.0%	24.8%	N/A	N/A	18.9%	30.8%	19.8%	26.4%	26.9%	26.8%
NUTRITION (ate or drank yesterday)																				
Ate fruit	N/A	N/A	N/A	62.3%	65.2%	59.8%	60.9%	65.3%	72.7%	74.6%	75.7%	77.1%	N/A	N/A	76.1%	78.3%	76.7%	74.7%	78.9%	78.5%
Drank 100% fruit juice	N/A	N/A	N/A	N/A	N/A	N/A	63.4%	63.8%	66.8%	67.0%	58.3%	54.7%	N/A	N/A	58.0%	51.3%	53.5%	55.4%	53.5%	56.6%
Ate green salad or raw vegetables	N/A	N/A	N/A	52.3%	53.3%	50.0%	47.9%	54.5%	58.2%	59.9%	61.3%	62.3%	N/A	N/A	59.8%	64.4%	63.2%	59.2%	65.3%	61.2%
Ate cooked vegetables	N/A	N/A	N/A	51.9%	49.6%	47.5%	45.9%	50.7%	59.6%	60.1%	61.0%	62.3%	N/A	N/A	61.5%	63.0%	63.2%	64.3%	63.3%	57.4%
Drank regular soda (not diet)	N/A	N/A	N/A	N/A	N/A	N/A	57.1%	54.0%	49.1%	53.9%	45.2%	41.7%	N/A	N/A	47.3%	36.0%	40.1%	45.7%	42.8%	36.9%
Drank sweetened drinks	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54.6%	N/A	N/A	58.6%	50.9%	54.2%	60.7%	51.5%	51.0%
Drank caffeine	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.3%	N/A	N/A	46.4%	56.2%	46.3%	52.5%	55.0%	51.8%
Drank energy drinks	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.0%	N/A	N/A	11.7%	6.5%	8.6%	11.8%	9.8%	5.2%
Drank plain (not flavored) bottled water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	67.7%	49.8%	N/A	N/A	49.7%	49.6%	53.7%	45.5%	49.5%	49.7%
Drank tap water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.0%	76.4%	N/A	N/A	75.3%	77.3%	74.1%	75.7%	80.2%	76.4%
OTHER NUTRITION																				
Eat breakfast 6-7 days a week	40.7%	36.8%	38.9%	34.9%	34.3%	31.0%	33.5%	38.3%	37.8%	39.4%	42.7%	42.8%	N/A	N/A	45.2%	41.0%	44.6%	42.6%	45.1%	38.0%
Hungry in the past 12 months because there was not enough money at home to buy food	5.7%	6.3%	7.0%	9.5%	8.3%	8.0%	8.7%	9.2%	10.1%	10.6%	9.0%	8.5%	N/A	N/A	9.7%	7.2%	8.4%	8.6%	7.9%	9.0%

2013-2014 CAMBRIDGE TEEN HEALTH SURVEY

Habits and Activities - High School

	TOTAL												MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2014 (1521)	2011 (2729)	2013 (2718)	Males (756)	Females (750)	9th (414)	10th (401)	11th (388)	12th (311)
SCHOLASTIC ISSUES																				
Received mostly A's or B's in school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	74.1%	77.4%	80.7%	88%	89%	76.9%	84.9%	80.8%	77.1%	84.5%	81.3%
Had one or more failing grades on a report card (12 months)	42.6%	40.2%	43.9%	43.5%	38.0%	32.0%	36.4%	24.0%	24.9%	27.5%	22.3%	21.9%	N/A	N/A	22.4%	21.4%	20.0%	29.9%	15.9%	21.5%
Skipped or cut school (last 4 weeks)	26.5%	28.6%	28.2%	31.4%	25.2%	29.1%	24.6%	25.3%	20.7%	26.7%	20.7%	22.4%	N/A	N/A	21.0%	23.9%	14.4%	20.5%	21.8%	36.3%
Suspended from school (during current school year)	8.8%	12.5%	12.5%	15.3%	13.3%	8.7%	12.2%	13.0%	11.5%	9.5%	7.8%	5.7%	N/A	N/A	6.0%	5.3%	4.2%	6.7%	6.6%	4.3%
SLEEP																				
Usually get 8 or more hours of sleep on a regular school night	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.2%	30.9%	29.2%	28.6%	N/A	N/A	32.8%	24.6%	42.3%	27.8%	20.8%	20.8%
PERSONAL HABITS																				
Gambled (12 months)	N/A	43.2%	39.8%	40.5%	33.9%	30.9%	29.0%	31.3%	26.3%	20.0%	19.7%	13.5%	N/A	N/A	21.7%	5.3%	13.3%	13.6%	9.5%	18.5%
Spend 2 or more hours on an average school day on screen time (not for schoolwork or homework)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	74.1%	N/A	N/A	71.2%	76.9%	71.4%	74.6%	73.1%	78.5%
Spend 2 or more hours on an average school day studying or completing homework outside of school hours	N/A	N/A	N/A	N/A	N/A	N/A	53.4%	51.5%	53.1%	54.7%	56.3%	61.9%	N/A	N/A	54.7%	69.1%	60.5%	60.1%	68.7%	57.0%
LEISURE/FAMILY ACTIVITIES (past 7 days)																				
Read (not required for school)	N/A	N/A	69.4%	72.5%	68.7%	70.1%	68.6%	70.4%	64.9%	65.1%	64.4%	66.4%	N/A	N/A	62.3%	70.4%	67.2%	64.5%	67.0%	66.7%
Worked for money	N/A	N/A	53.0%	61.7%	58.5%	52.3%	47.6%	52.6%	50.2%	43.2%	41.8%	41.5%	N/A	N/A	40.1%	42.8%	36.1%	41.9%	42.4%	46.8%
Took care of family responsibilities or chores	N/A	N/A	N/A	N/A	N/A	N/A	79.5%	84.3%	81.6%	82.5%	83.9%	80.8%	N/A	N/A	75.8%	86.0%	78.8%	79.6%	82.3%	84.0%
Participated in after-school, youth, church, or teen center programs	N/A	N/A	N/A	N/A	N/A	N/A	46.5%	48.8%	49.1%	47.5%	46.6%	45.0%	N/A	N/A	44.5%	45.5%	43.9%	41.3%	52.2%	42.1%
Did hobbies on own time	N/A	N/A	N/A	N/A	86.4%	81.4%	77.9%	84.8%	81.5%	88.0%	85.8%	87.0%	N/A	N/A	89.1%	85.0%	88.5%	85.0%	86.6%	88.4%
SCHOOL AND COMMUNITY ACTIVITIES (During 2013-2014 School Year)																				
Academic groups, clubs, or student government	N/A	N/A	N/A	47.8%	47.6%	41.4%	41.0%	45.5%	50.5%	53.7%	52.3%	50.8%	N/A	N/A	44.6%	56.6%	46.3%	46.8%	56.5%	55.3%
Music, band, or choir	N/A	N/A	N/A	21.3%	21.5%	22.4%	16.0%	19.5%	20.7%	21.2%	21.1%	21.8%	N/A	N/A	20.4%	23.2%	25.0%	23.5%	21.7%	16.0%
Theatre or dance	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.8%	N/A	N/A	13.7%	27.7%	24.1%	17.1%	21.9%	19.8%
Community service, in or out of school	N/A	N/A	N/A	44.7%	38.7%	36.5%	38.2%	43.5%	49.6%	46.1%	48.1%	51.5%	N/A	N/A	45.7%	57.3%	39.9%	48.6%	62.4%	56.9%
School organized or interscholastic sports	N/A	N/A	N/A	N/A	N/A	N/A	44.4%	50.9%	52.7%	55.5%	56.7%	53.3%	N/A	N/A	58.3%	48.6%	58.3%	54.7%	52.2%	46.0%
Community organized youth sports	N/A	N/A	N/A	N/A	N/A	N/A	25.0%	29.2%	29.6%	27.7%	27.6%	25.8%	N/A	N/A	33.9%	17.9%	32.3%	25.6%	23.7%	20.4%
HOME COMPUTER ACCESS																				
Have Internet access at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	93.2%	N/A	N/A	90.8%	95.6%	92.9%	93.1%	94.1%	93.2%