

Summary of Results from the 2016-2017 Cambridge Middle Grades Health Survey

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 2017, a total of 1,078 Cambridge middle grades students (grades 6-8) took part in the 2016-2017 Cambridge Middle Grades 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 eleventh administration of the Middle Grades Health Survey (the survey was also administered in 1997, 1999, 2001, 2003, 2005, 2007, 2009, 2011, 2013, and 2015). A similar survey of Cambridge high school students has also been conducted biennially since 1992 – the most recent one was conducted in 2016.

This report summarizes results from the Cambridge Middle Grades Health Survey. It is designed to provide an overview of key survey data, focusing on three 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)?; and (3) How have the data changed since the last several administrations of the survey? The summary presents an overview of findings grouped according to the following themes: Substance Use, Violence and Safety, Mental Health, Sexual Health, 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 2017 to all Cambridge public school students in grades 6 through 8. The number of respondents in each grade is as follows:

6 th	7 th	8 th	TOTAL
377	380	321	1,078

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 health, 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 Middle Grades 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.

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 eleventh administration of the Cambridge Middle Grades 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.

WHO HAS THE PROBLEM?

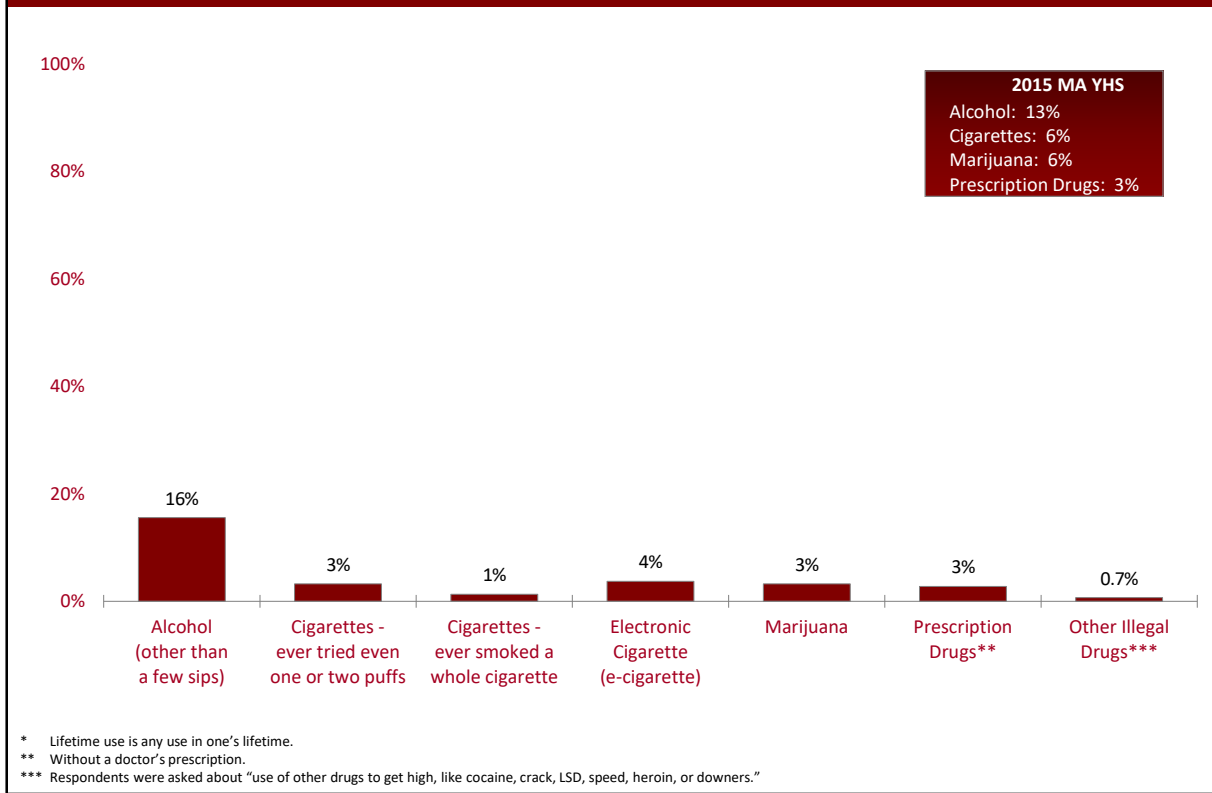
Although this survey was administered to middle grades students, this does not mean that the problems addressed are confined solely to youth. In fact, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this survey is designed primarily to assess risky behaviors and does not address all of the 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 those addressed in the survey are not school problems; they are community problems that require the attention of all community members and organizations.

Alcohol, Tobacco, & Other Drugs

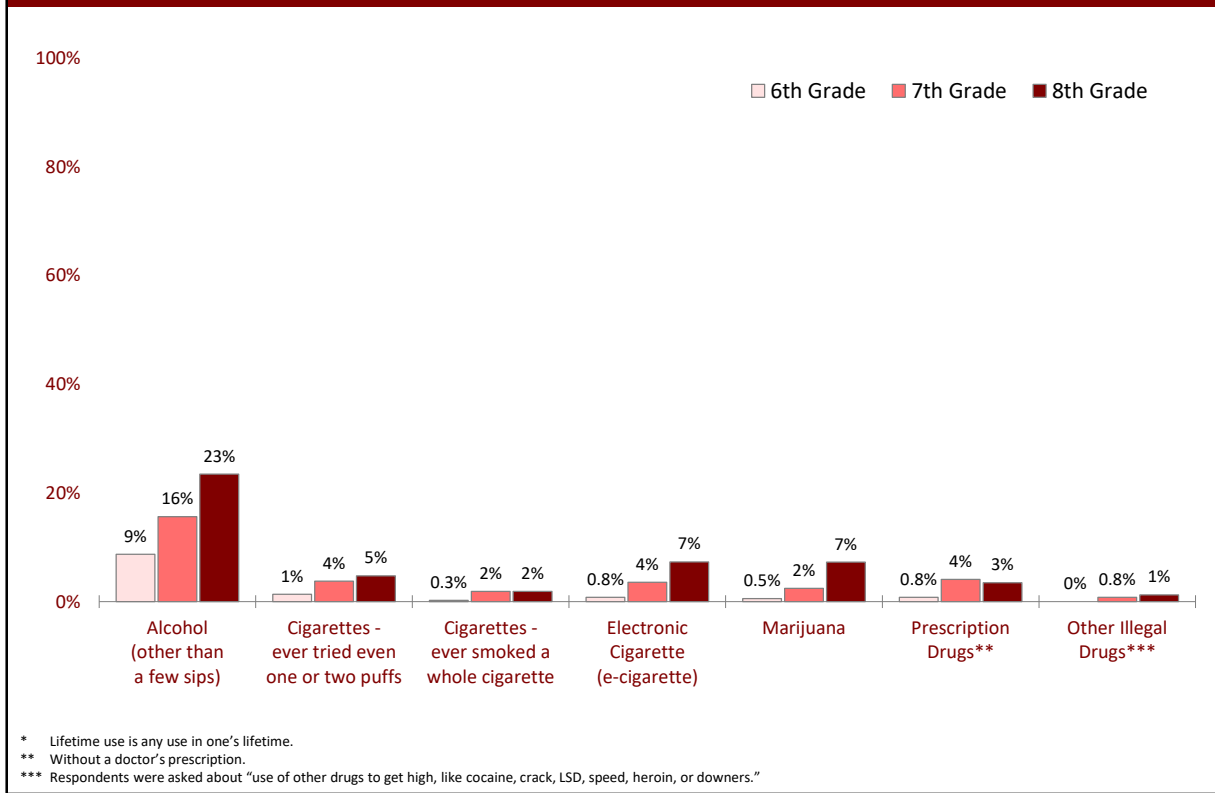
Lifetime* Substance Use for Cambridge Middle Grades Students (2017)



SELECTED POINTS

- Lifetime substance use is any use during one's lifetime. The alcohol questions were preceded by the following statement, "The next questions are about drinking alcohol. This 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 16% of Cambridge middle grades students in 2017 reporting that they had consumed alcohol in their lifetime. Three percent (3%) reported that they ever tried cigarette smoking, even one or two puffs. One percent (1%) reported ever smoking a whole cigarette, 4% ever using an electronic cigarette, 3% ever using marijuana, and 3% ever using prescription drugs without a doctor's prescription. Less than one percent (0.7%) reported ever using other drugs like cocaine, crack, LSD, speed, heroin, or downers to get high.
- **Trends** Lifetime use was stable between 2015 and 2017 and continues to represent some of the lowest reported rates on record.
- **Comparisons:** In 2015, lifetime use of alcohol was slightly higher in Cambridge than in the state (14.3% Cambridge; 12.9% MA). Lifetime use of cigarettes (5.3% Cambridge; 6.1% MA), marijuana (4.6% Cambridge; 5.9% MA), and non-medical use of prescription drugs (1.7% Cambridge; 3.4% MA) were all slightly lower in Cambridge than in the state. Data from the 2017 MA Youth Health Survey were not available as of the writing of this report. *MA data from the 2015 Youth Health Survey.*

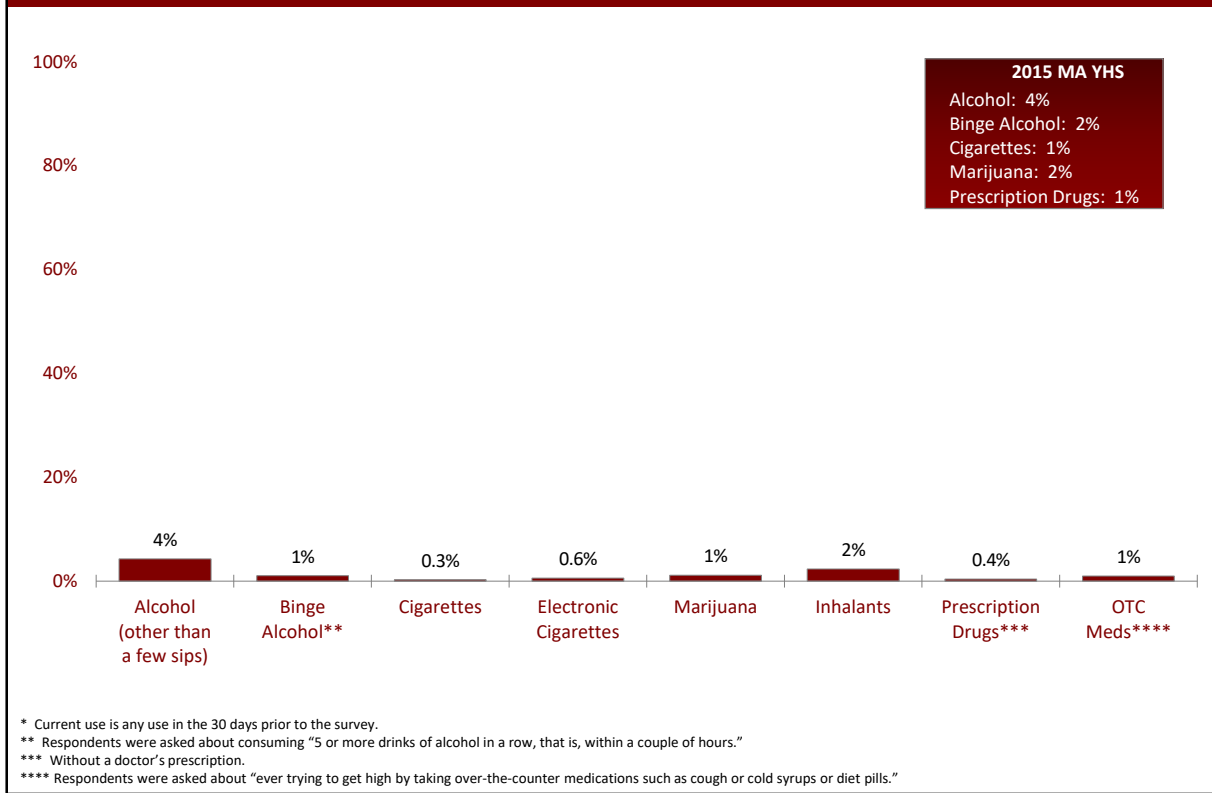
Lifetime* Substance Use for Cambridge Middle Grades Students, by Grade (2017)



SELECTED POINTS

- **Grade:** The percentage of Cambridge middle grades 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 9% in 6th grade to 23% in 8th grade.
- **Gender (not shown):** Lifetime use of all substances was similar by gender.

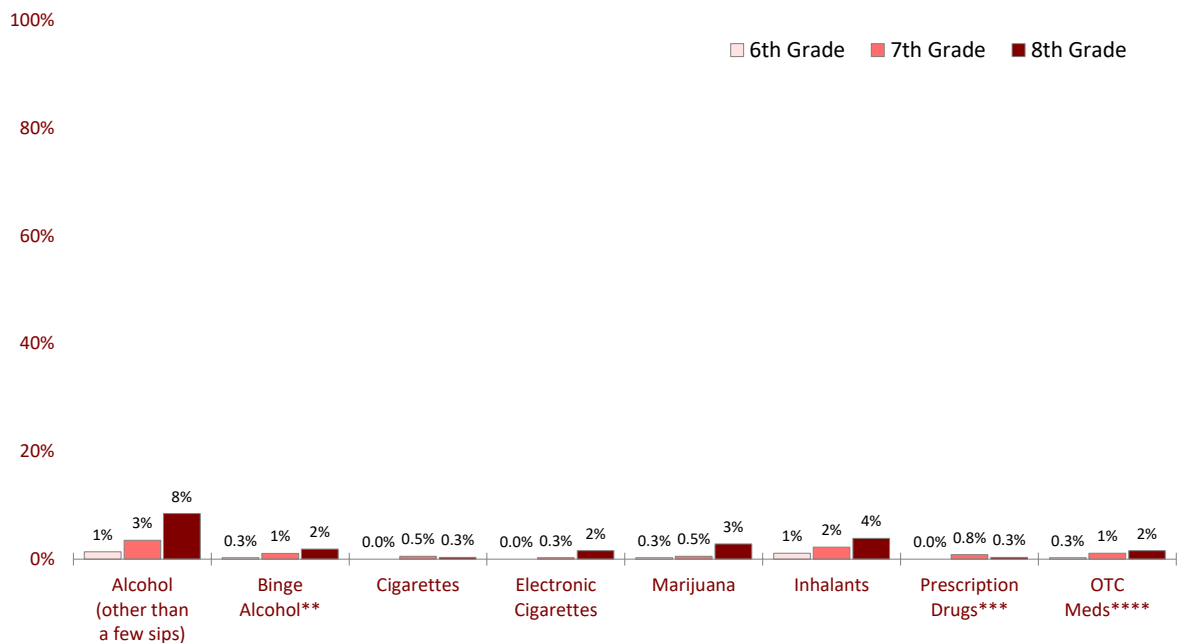
Current* Substance Use for Cambridge Middle Grades Students (2017)



SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 4% of students reporting that they consumed alcohol in the 30 days prior to the survey.
- One percent of all respondents (1%) reported binge drinking (consuming five or more drinks in a row) during the same time period. Of those who reported that they consumed alcohol in the 30 days prior to the survey, 22% reported binge drinking.
- Current use of alcohol was followed by current use of inhalants (2%), marijuana (1%), and over-the-counter medication to get high (1%). Fewer than 1% of respondents reported current use of electronic cigarettes (0.6%), prescription drugs without a prescription (0.4%), and cigarettes (0.3%).
- **Comparisons:** In 2015, current use of alcohol (3.6% Cambridge; 4.4% MA), binge alcohol (0.7% Cambridge; 1.5% MA), cigarettes (0.7% Cambridge; 1.4% MA), marijuana (1.8% Cambridge; 2.4% MA), and non-medical use of prescription drugs (0.3% Cambridge; 1.3% MA) were all slightly lower in Cambridge than in the state. Data from the 2017 MA Youth Health Survey were not available as of the writing of this report. *MA data from the 2015 Youth Health Survey.*

Current* Substance Use for Cambridge Middle Grades Students, by Grade (2017)



* 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."

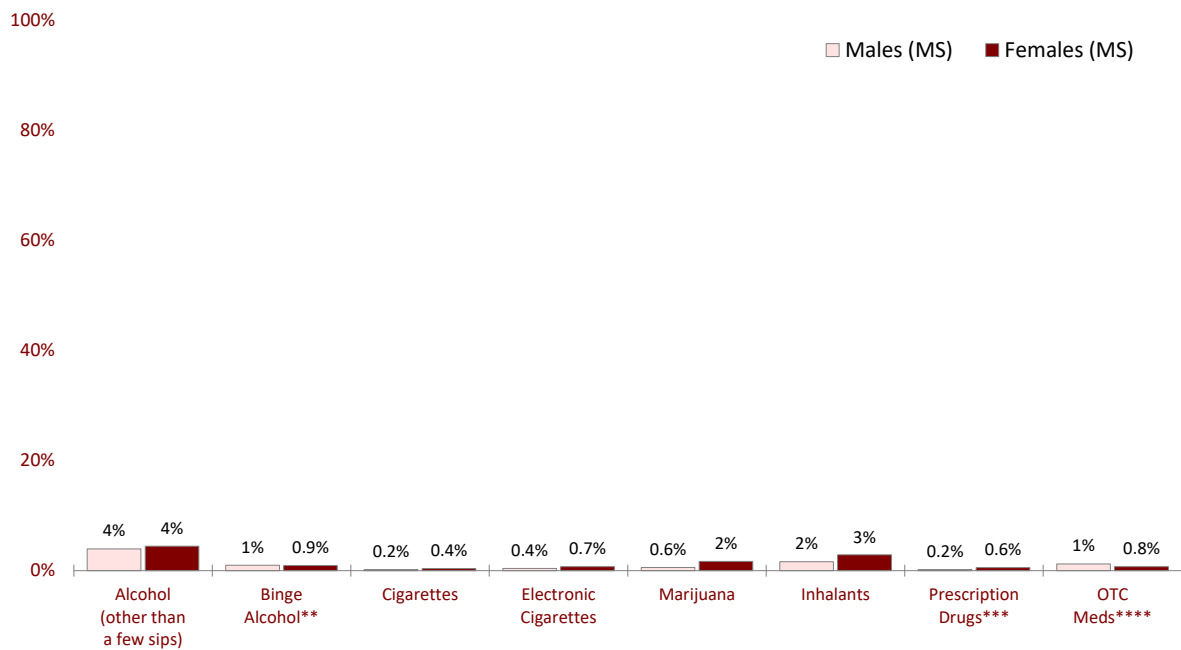
*** Without a doctor's prescription.

**** Respondents were asked about "ever trying to get high by taking over-the-counter medications such as cough or cold syrups or diet pills."

SELECTED POINTS

- The percentage of Cambridge middle grades youth 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 1% in 6th grade to 8% in 8th grade.

Current* Substance Use for Cambridge Middle Grades Students, by Gender (2017)



* 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."

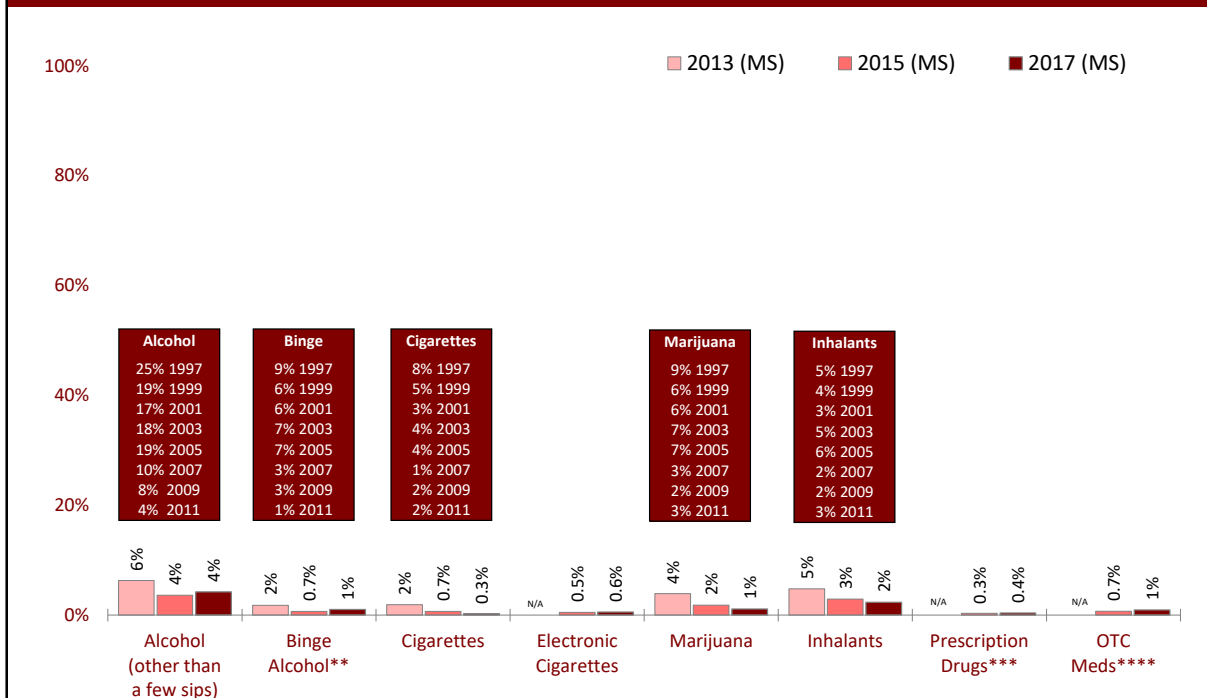
*** Without a doctor's prescription.

**** Respondents were asked about "ever trying to get high by taking over-the-counter medications such as cough or cold syrups or diet pills."

SELECTED POINTS

- Cambridge middle grades males and females reported similar levels of use of all substances.

Trends in Current* Substance Use for Cambridge Middle Grades Students (2013-2017)

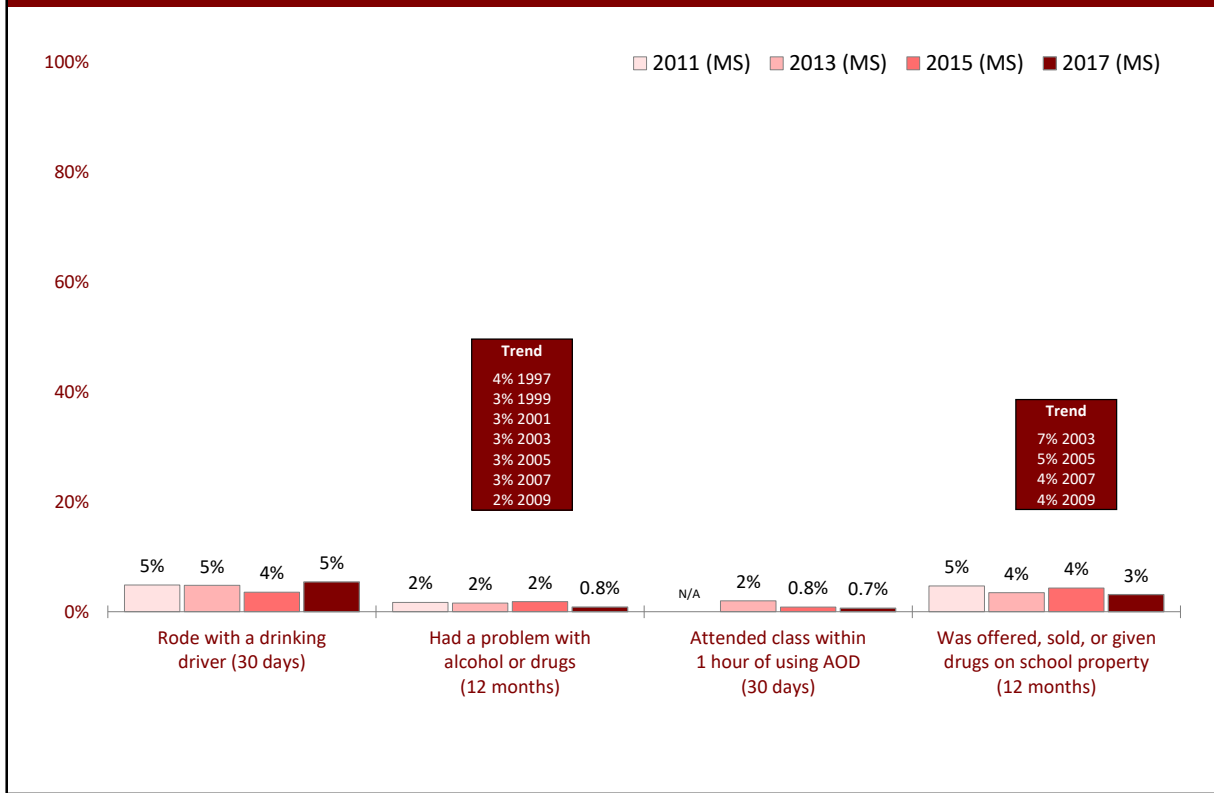


* Current use is any use in the 30 days prior to the survey.
 ** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."
 *** Without a doctor's prescription.
 **** Respondents were asked about "ever trying to get high by taking over-the-counter medications such as cough or cold syrups or diet pills."

SELECTED POINTS

- The short-term trend for current substance use in Cambridge has been stable. There were declines in current use of marijuana (4%, 2%, 1%) and inhalants (5%, 3%, 2%) between 2013 and 2017.
- Current alcohol use was highest during 1997 (25%) and lowest during 2015 (3.6%).
- Binge alcohol use was highest during 1997 (9%) and lowest during 2015 (0.7%).
- Current cigarette use was highest during 1997 (8%) and lowest during 2017 (0.3%).
- Current marijuana use was highest during 1997 (8%) and lowest during 2015 (1.1%).
- Current use of inhalants was highest during 2005 (6%) and lowest in 2017 (2.3%).

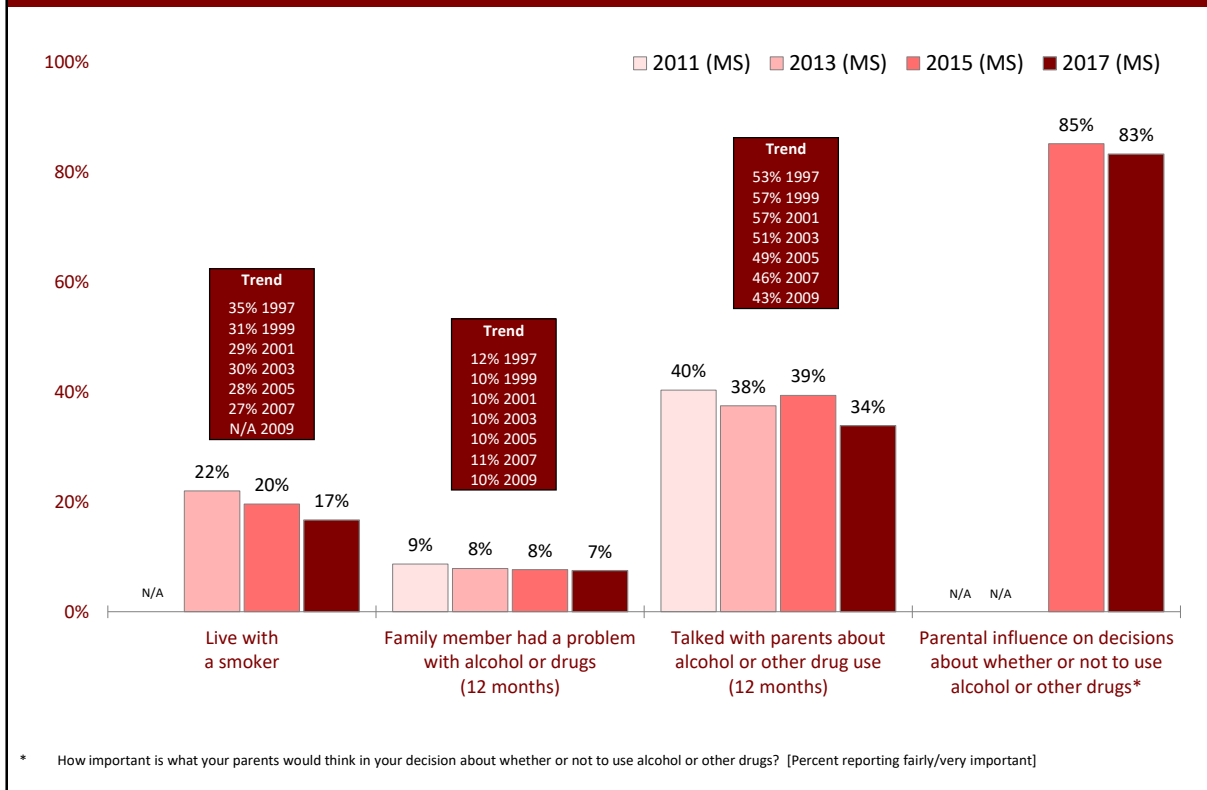
Alcohol and Other Drug-Related Issues Among Cambridge Middle Grades Students (2011-2017)



SELECTED POINTS

- Five percent (5%) of Cambridge middle grades students reported in 2017 that they rode with a driver in the past 30 days who had been drinking, 0.8% had a problem with alcohol or other drugs in the past 12 months, 0.7% attended class during the past 30 days within 1 hour of using alcohol, pot, or other drugs, and 3% were offered, sold, or given drugs in the past 12 months while on school property.
- **Trends:** The percentage of students who reported that they had a problem during the past 12 months with alcohol or drugs and the percentage who were offered, sold, or given drugs during the past 12 months on school property have both declined over time. These four items were largely stable between 2011 and 2017.
- **Gender:** Females were more likely than males to report that they rode with a driver during the past 30 days who had been drinking (7% females; 4% males). None of the other items varied by gender.
- **Grade:** Each of these four items increased with the age/grade of the respondent.

Selected Alcohol and Other Drug Environmental Factors Among Cambridge Middle Grades Students (2011-2017)

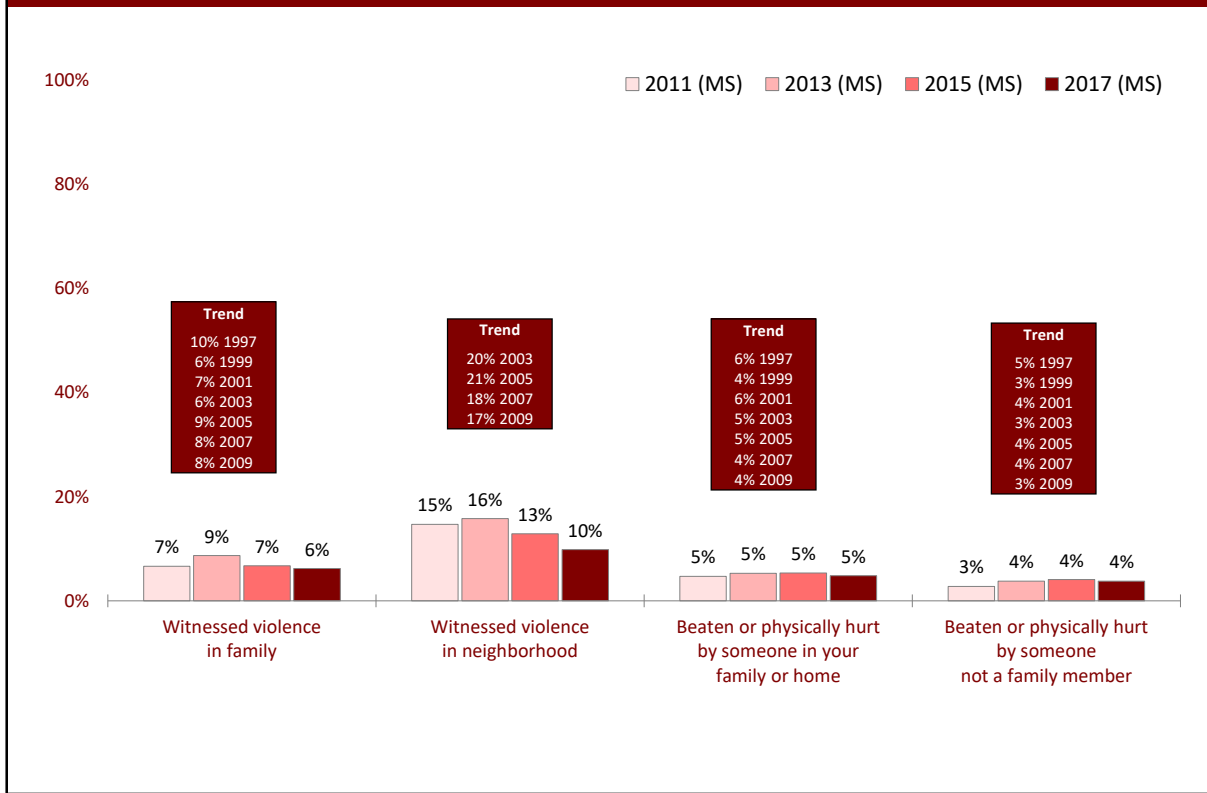


SELECTED POINTS

- Seventeen percent (17%) of Cambridge middle grades students reported in 2017 that they live with a smoker, 7% had a family member who had a problem with alcohol or other drugs during the past 12 months, 34% talked with their parents during the past 12 months about alcohol or other drugs, and 83% indicated that their parents play a fairly/very important role in their decision about whether or not to use alcohol or other drugs.
- **Trends:** There has been a steady decline since 1997 in the percentage of students who report that they live with a smoker and the percentage who report that they have a family member who had a problem with alcohol or other drugs during the past 12 months. Reports of talking with parents during the past 12 months about alcohol or other drugs has been decreasing since 2001 – the 2017 level (34%) was the lowest on record.
- **Gender:** There were few variations by gender for any of these four items.
- **Grade:** Reports of living with a smoker (13%, 17%, 21%) and having a family member who had a problem with alcohol or drugs in the past 12 months (6%, 6%, 11%) each increased with age/grade. Parental influence over decisions about whether or not to use alcohol or other drugs declined with age/grade (89%, 85%, 75%). There was no difference by age/grade in reports of talking with parents about alcohol or other drug use (34%, 35%, 33%).

Violence and Safety

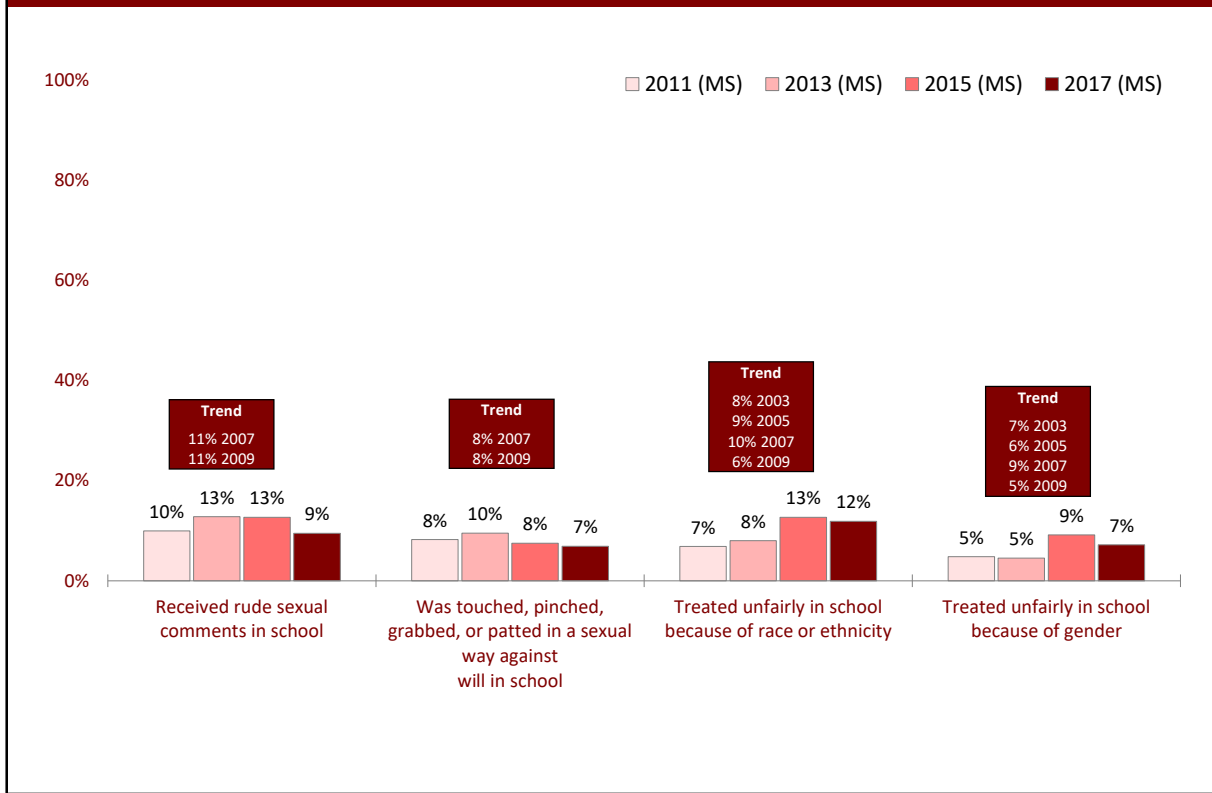
Violence-Related Experiences in the Past 12 Months Among Cambridge Middle Grades Students (2011-2017)



SELECTED POINTS

- These data illustrate violence-related experiences that respondents reported happened to them at least once in the 12 months prior to the survey.
- Six percent (6%) of Cambridge middle grades students reported in 2017 that they witnessed violence in their family, 10% witnessed violence in their neighborhood, 5% were beaten or physically hurt by someone in their family or home, and 4% were beaten or physically hurt by someone not a family member.
- Two new items (not shown) that were added in 2017 asked about receiving verbal or emotional abuse by someone in their family (7%) and receiving verbal or emotional abuse by someone they were going out with (2%). Data on these two new items appear in the data appendix.
- **Trends:** Trend data reveal similar reports between 1997 and 2017 in violence-related experiences among Cambridge youth. There has been a downward trend over time in the percent of students who report that they witnessed violence in their neighborhood from a high of 21% in 2005 to a low of 10% in 2017.
- **Gender:** Males and females were similar in their reports of violence-related experiences. Males (6%) were more likely than females (2%) to report that they had been beaten or physically hurt by someone not a family member during the 12 months prior to the survey.
- **Grade:** The only item that varied by age/grade was witnessing violence in the neighborhood (6th: 6%; 7th: 12%, 8th: 11%).

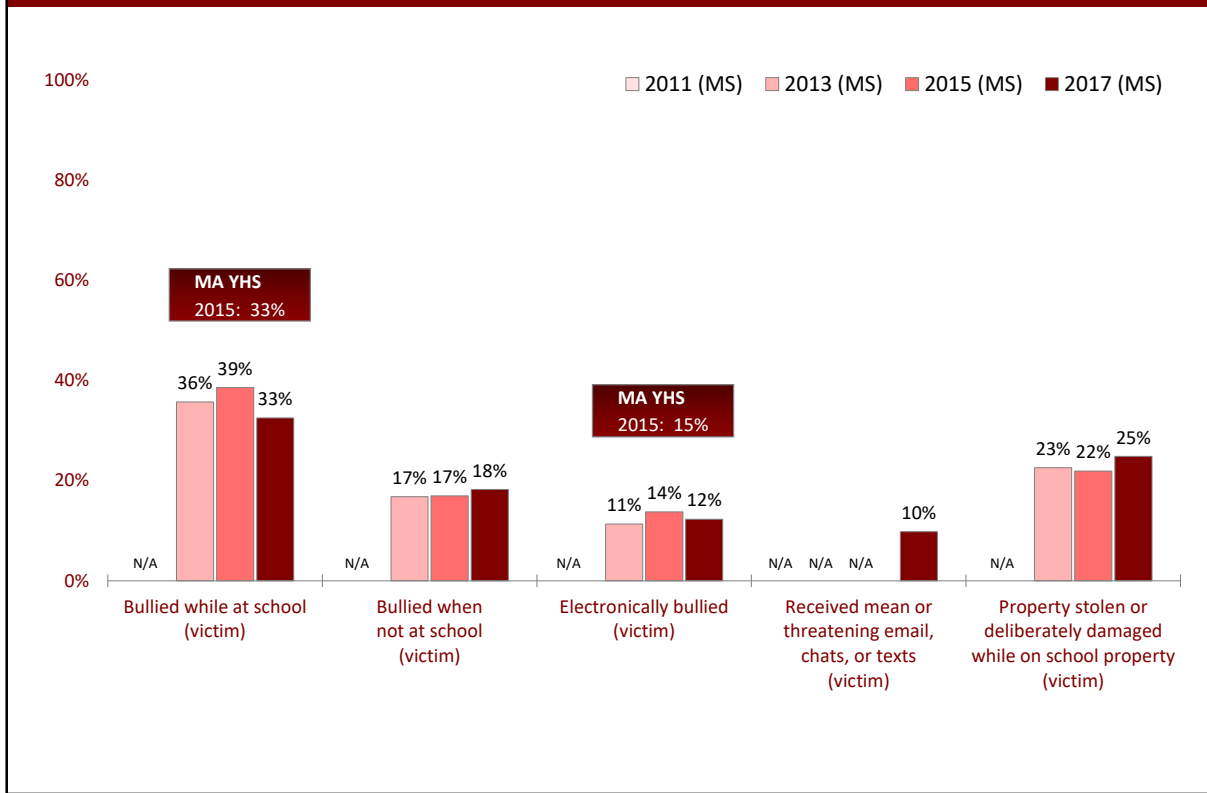
Violence-Related Experiences IN SCHOOL in the Past 12 Months Among Cambridge Middle Grades Students (2011-2017)



SELECTED POINTS

- These data illustrate violence-related experiences that respondents report happened to them in school at least once in the 12 months prior to the survey.
- Nine percent (9%) of Cambridge middle grades students reported in 2017 that they received rude sexual comments in school, 7% were touched, pinched, grabbed, or patted in a sexual way against their will in school, 12% feel they were treated unfairly in school because of their race or ethnicity, and 7% feel they were treated unfairly in school because of their gender.
- A new item (not shown) that was added in 2017 asked students if they feel that they were treated unfairly in school because of their sexual orientation (2%). Data on this new item appears in the data appendix.
- **Trends:** There was a decrease from 2015 to 2017 in the percentage of Cambridge middle grades students who reported receiving rude sexual comments in school (2015: 13%; 2017: 9%) – a return to 2011 levels following an increase. The other items were largely stable between 2015 and 2017.
- **Gender:** In 2017, Cambridge females were more likely than males to report that they received rude sexual comments in school (12% females; 7% males); were touched, pinched, grabbed, or patted in a sexual way against their will in school (9% females; 5% males); feel that they were treated unfairly in school because of their race or ethnicity (14% females; 10% males); and who feel they were treated unfairly in school because of their gender (11% females; 3% males).
- **Grade:** Reports of receiving rude sexual comments in school (7%; 7%; 14%); being touched, pinched, or grabbed in a sexual way against their will in school (4%; 7%; 11%); and feeling treated unfairly in school because of their race or ethnicity (8%; 13%; 16%) each increased with age/grade.

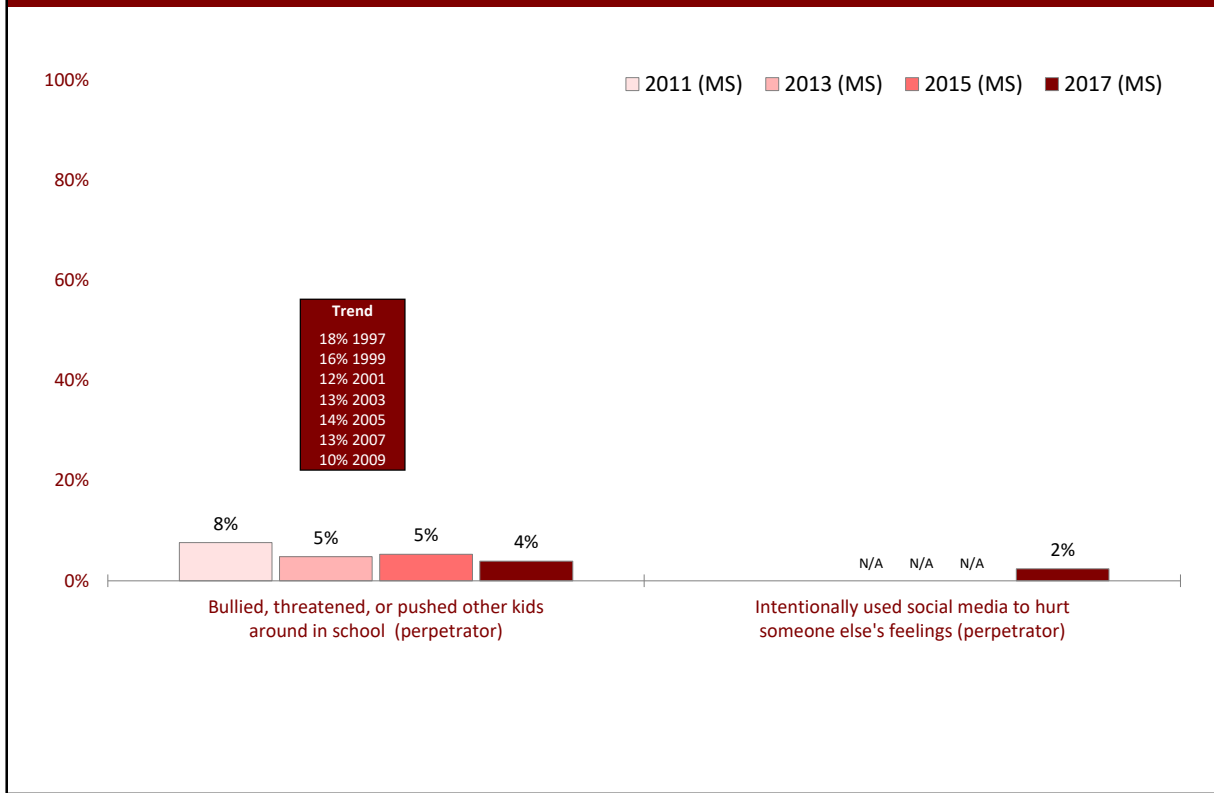
Bullying Victimization in the Past 12 Months Among Cambridge Middle Grades Students (2011-2017)



SELECTED POINTS

- These data illustrate bullying victimization in the past 12 months among Cambridge middle grades students. *Bullying* was defined in the survey as, “being repeatedly teased, called names, threatened, hit, kicked, or excluded by another student or group of students.” *Electronic bullying* was defined as, “being bullied through email, instant messaging, social networking sites such as Facebook, Twitter, Kik, Instagram, Snapchat, or texting.”
- Thirty-three percent (33%) of Cambridge middle grades students reported in 2017 that they were bullied while at school; 18% were bullied when not at school; 12% were electronically bullied (cyber bullied); 10% received mean or threatening email, chats, or texts; and 25% had their property stolen or damaged while on school property.
- A new item (not shown) that was added in 2017 asked students if they stayed home from school due to fear for safety in the past 30 days (8%). Data on this new item appears in the data appendix.
- **Trends:** There was a decrease from 2015 to 2017 in reports of being bullied while at school (2015: 39%; 2017: 33%). The other items were largely stable between 2015 and 2017.
- **Gender:** Females were more likely than males to report that they were victims of bullying in school (35% females; 30% males) and victims of cyber bullying (15% vs. 10%). Males were more likely to report having had their property stolen or damaged while on school property (28% males; 21% females).
- **Grade:** Reports of being bullied while at school (36%, 31%, 30%) and being bullied when not at school (21%, 18%, 15%) both decreased with age/grade. Reports of being a victim of cyber bullying (10%, 11%, 16%) increased with age/grade.

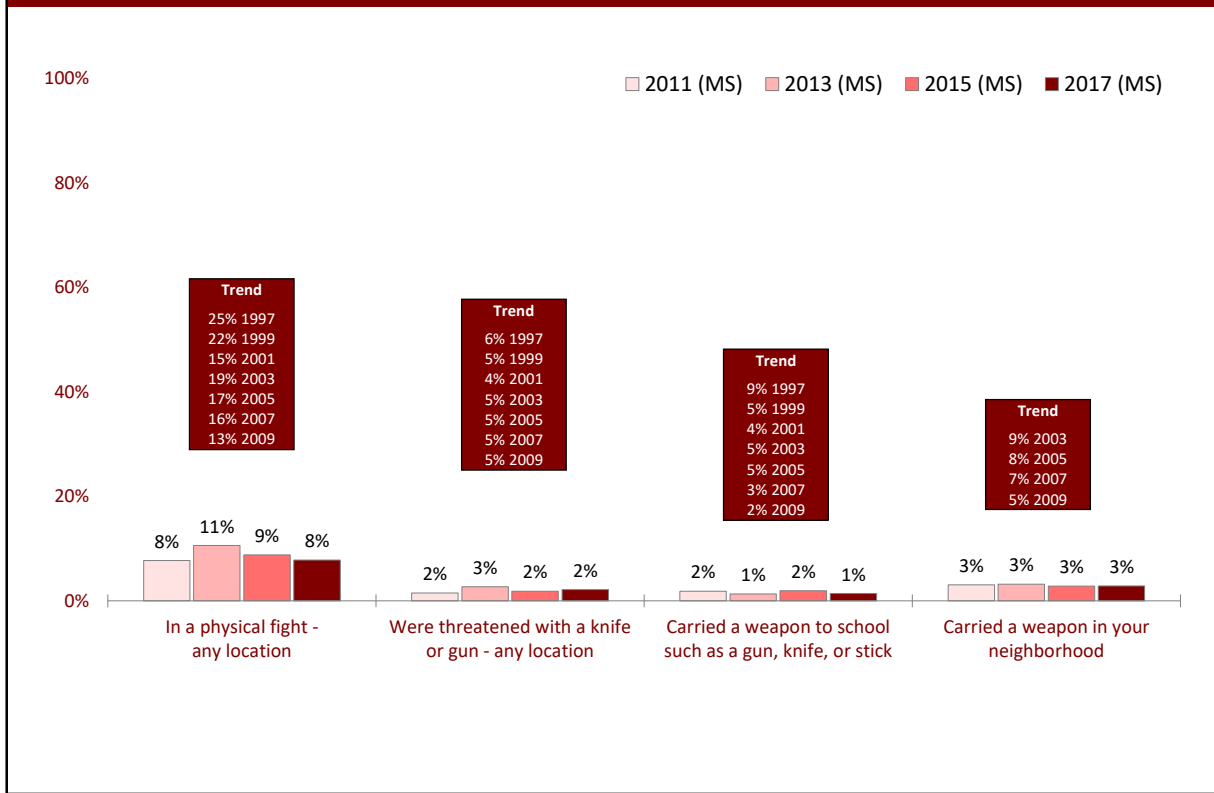
Bullying Perpetration in the Past 12 Months Among Cambridge Middle Grades Students (2011-2017)



SELECTED POINTS

- These data illustrate bullying perpetration in the past 12 months.
- Four percent (4%) of Cambridge middle grades students reported in 2017 that they bullied, threatened, or pushed *other* kids around in school. Two percent (2%) of Cambridge middle grades students reported in 2017 that they intentionally used social media to hurt someone else’s feelings.
- **Trends:** Reports of bullying other kids around in school has decreased from a high of 18% in 1997 to a low of 4% in 2017.
- **Gender:** Neither of these behaviors varied substantially by gender.
- **Grade:** Neither of these behaviors varied substantially by age/grade.

Fighting and Weapons Carrying in the Past 12 Months Among Cambridge Middle Grades Students (2011-2017)

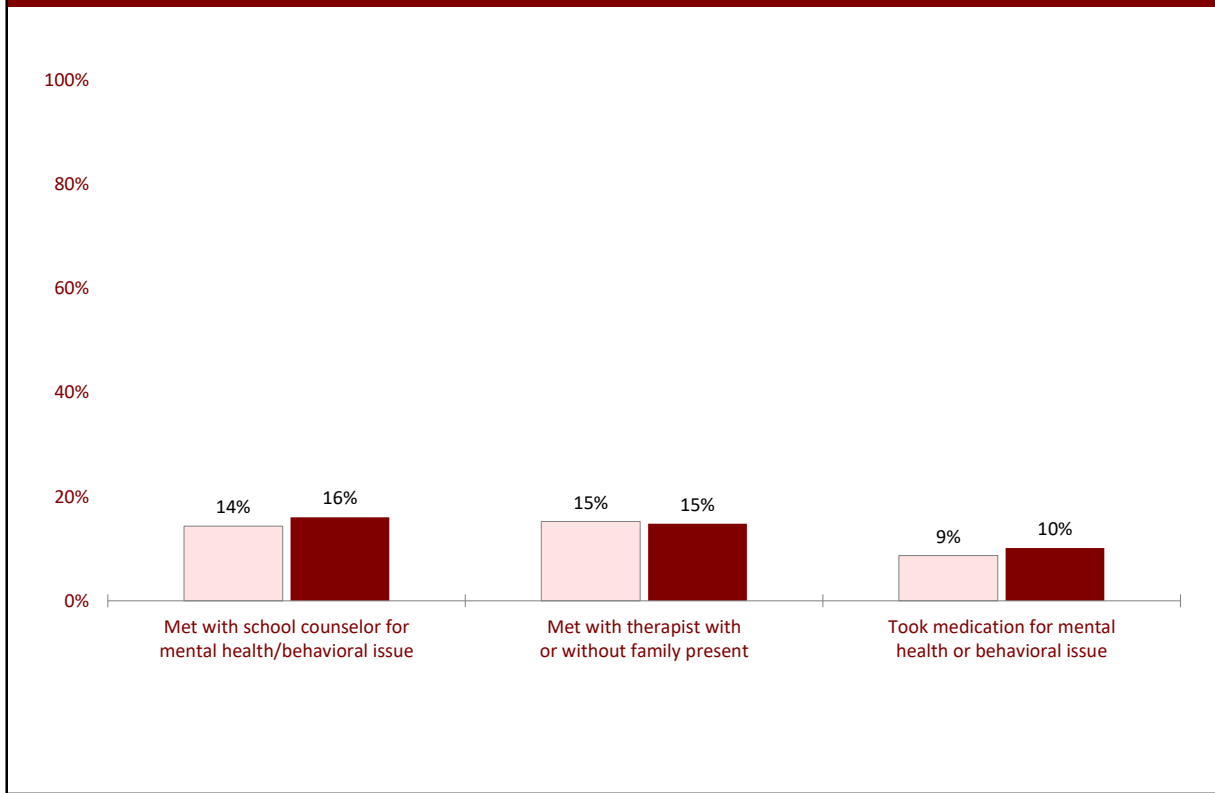


SELECTED POINTS

- These data illustrate fighting and weapon carrying in the past 12 months among Cambridge middle grades students.
- Eight percent (8%) of Cambridge middle grades students reported in 2017 that they were in a physical fight (any location) during the past 12 months, 2% were threatened with a knife or gun (any location), 1% carried a weapon to school, and 3% carried a weapon in their neighborhood.
- **Trends:** There has been a decrease in all of these items between 1997 and 2017. The 2015 and 2017 data points were similar to one another.
- **Gender:** In 2017, Cambridge males were more likely than females to report all of these behaviors. For example, 14% of males reported physical fighting in the past 12 months compared to 2% of females.
- **Grade:** In general, the occurrence of each of these behaviors tended to increase with age/grade. For example, reports of carrying a weapon in their neighborhood increased from 0.8% in 6th grade to 5% in 8th grade.

Mental Health

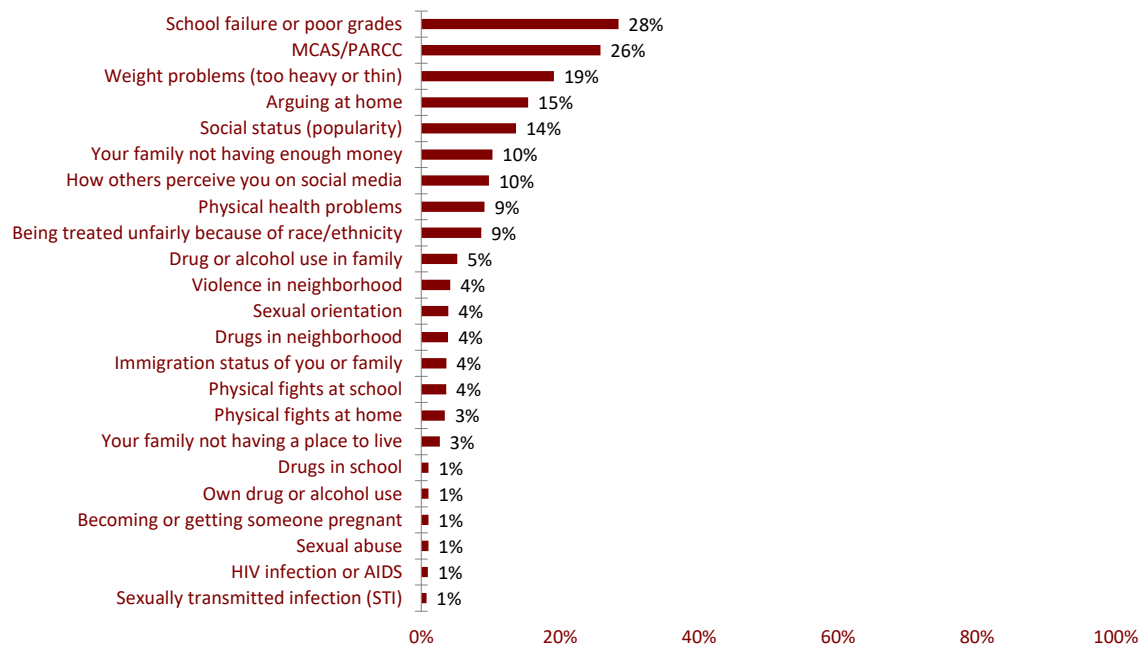
Counseling and Medication in the Past 12 Months Among Cambridge Middle Grades Students (2017)



SELECTED POINTS

- Sixteen percent (16%) of Cambridge middle grades students in 2017 reported that they met with a school counselor in the 12 months prior to the survey for a mental health/behavioral issue, 15% met with a therapist with or without their family present, and 10% took medication for a mental health or behavioral issue.
- **Trends:** These items were added to the survey for the first time in 2015. There were no large changes for any of these items between 2015 and 2017.
- **Gender:** There were no consistent effects by gender for any of these items.
- **Grade:** There were no consistent effects by age/grade for any of these items.

Percent of Cambridge Middle Grades Students Who Report Worrying* About Various Issues in the Past 12 Months (2017)

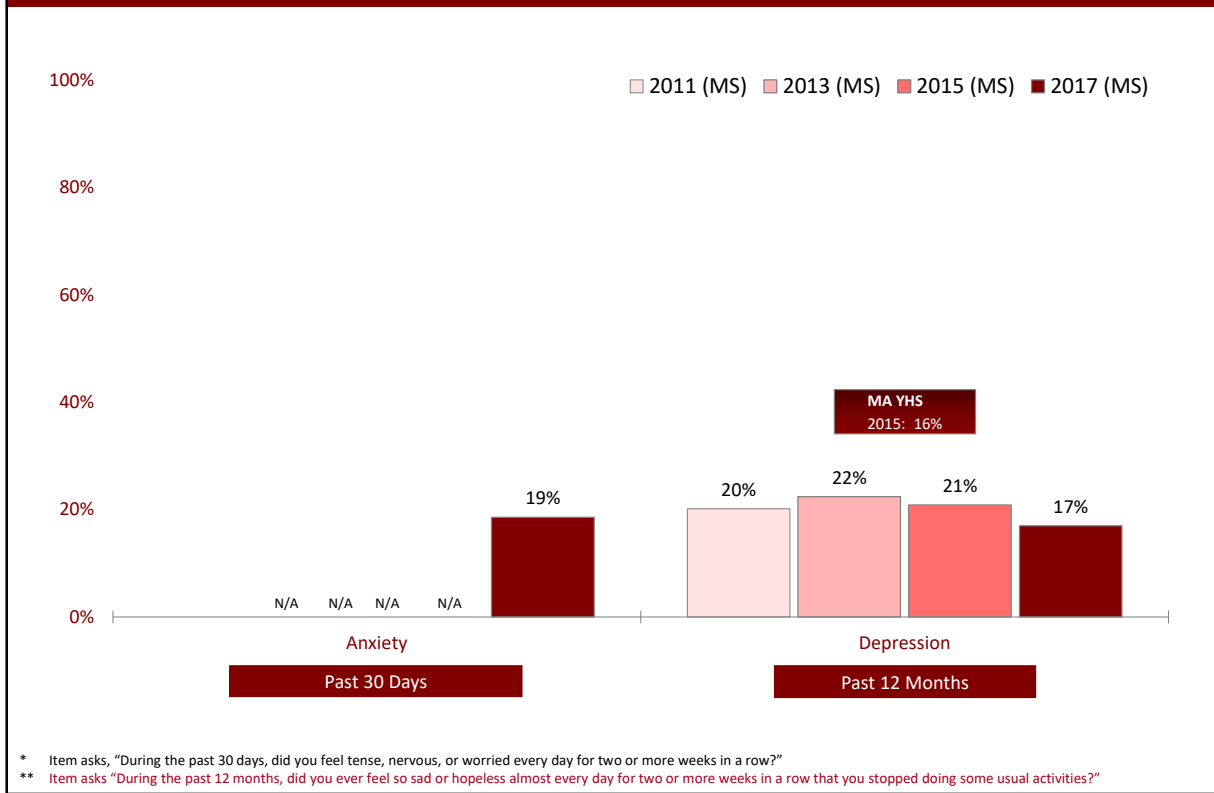


* Chart displays students who reported worrying "fairly often" or "most of the time" about these issues on a 4-point scale.

SELECTED POINTS

- Students were asked to report how much they worried about issues in the past 12 months on a four-point scale: *Never, Once in a While, Fairly Often, Most of the Time*. The chart shows the percentage of students who reported worrying about these issues "fairly often" or "most of the time."
- Cambridge middle grades students in 2017 reported worrying the most about school failure or poor grades (28%), MCAS/PARCC (26%), weight problems (19%), arguing at home (15%), social status – popularity (14%), how others perceive them on social media (10%), and their family not having enough money to get by (10%).
- **Trends:** There were no large scale differences in these items between 2015 and 2017.
- **Gender:** Female respondents were more likely than males to report worrying about most of these items. The difference was largest for: weight problems (females: 24%; males: 14%), school failure or poor grades (33% vs. 24%), MCAS/PARCC (30% vs. 21%), and arguing at home (18% vs. 12%).
- **Grade:** Differences on the worrying items were both small and inconsistent across age/grade. The only exceptions were increases for worrying about school failure or poor grades (21%, 30%, 36%), being treated unfairly because of race/ethnicity (5%, 8%, 14%), worrying about family not having enough money (7%, 10%, 14%), and weight problems (17%, 18%, 23%). Each of these items increased with the age/grade of the respondent.

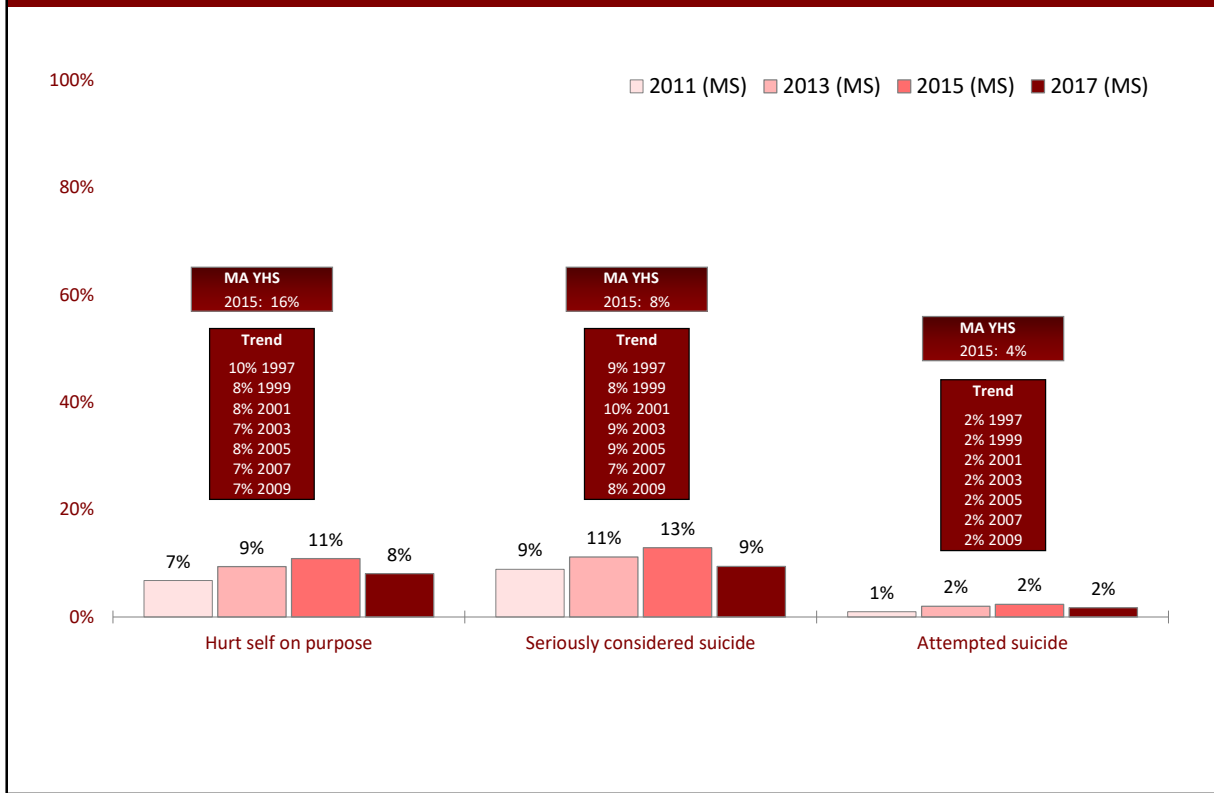
Anxiety* and Depression** Among Cambridge Middle Grades Students (2011-2017)



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 2017, 19% of Cambridge middle grades 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 17% 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:** The anxiety item was added to the survey in 2017. Reports of depression declined slightly between 2015 (21%) and 2017 (17%).
- **Comparisons:** Cambridge students in 2015 were more likely than Massachusetts students in 2015 to report depression in the past 12 months (21% Cambridge; 16% MA). Massachusetts data from 2017 were not available when this report was written.
- **Gender:** Females were much more likely than males to report anxiety (females: 23%; males: 14%) and depression (females: 23%; males: 11%).
- **Grade:** Both items tended to increase between 6th grade and 8th grade: anxiety (16%, 18%, 23%), depression (14%, 17%, 21%).

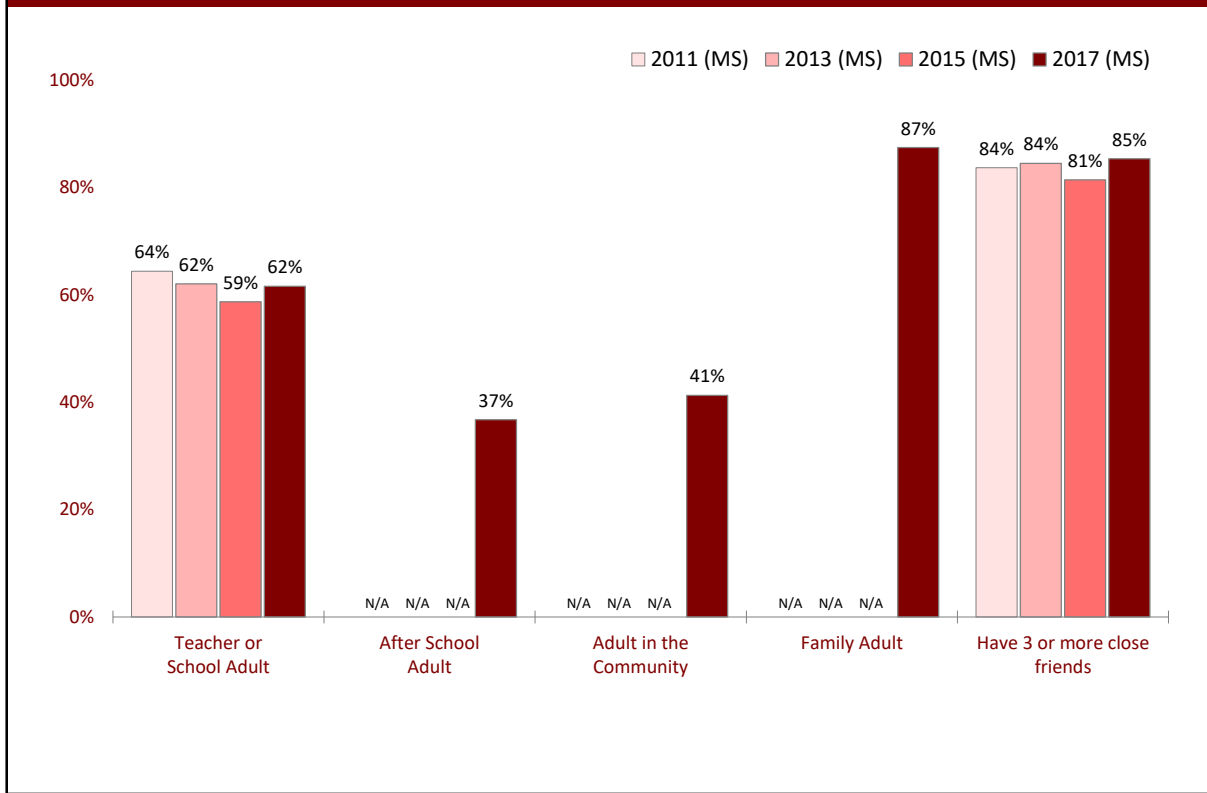
Trends in Self-Harm and Suicide in the Past 12 Months Among Cambridge Middle Grades Students (2011-2017)



SELECTED POINTS

- Eight percent (8%) of Cambridge middle grades students in 2017 reported hurting themselves on purpose in the past 12 months, 9% seriously considered suicide, and 2% actually attempted suicide.
- **Trends:** Reports of hurting oneself on purpose and seriously considering suicide both declined in 2017 following increases between 2011 and 2015.
- **Gender:** Cambridge middle grades females were more likely than their male counterparts to report each of these issues in 2017: *hurting themselves on purpose* (12% females; 4% males); *seriously considered suicide* (12%; 6%), *attempted suicide* (3%; 0.2%).
- **Grade:** There were no consistent differences on these items by age/grade.

Social Supports Among Cambridge Middle Grades Students (2011-2017)

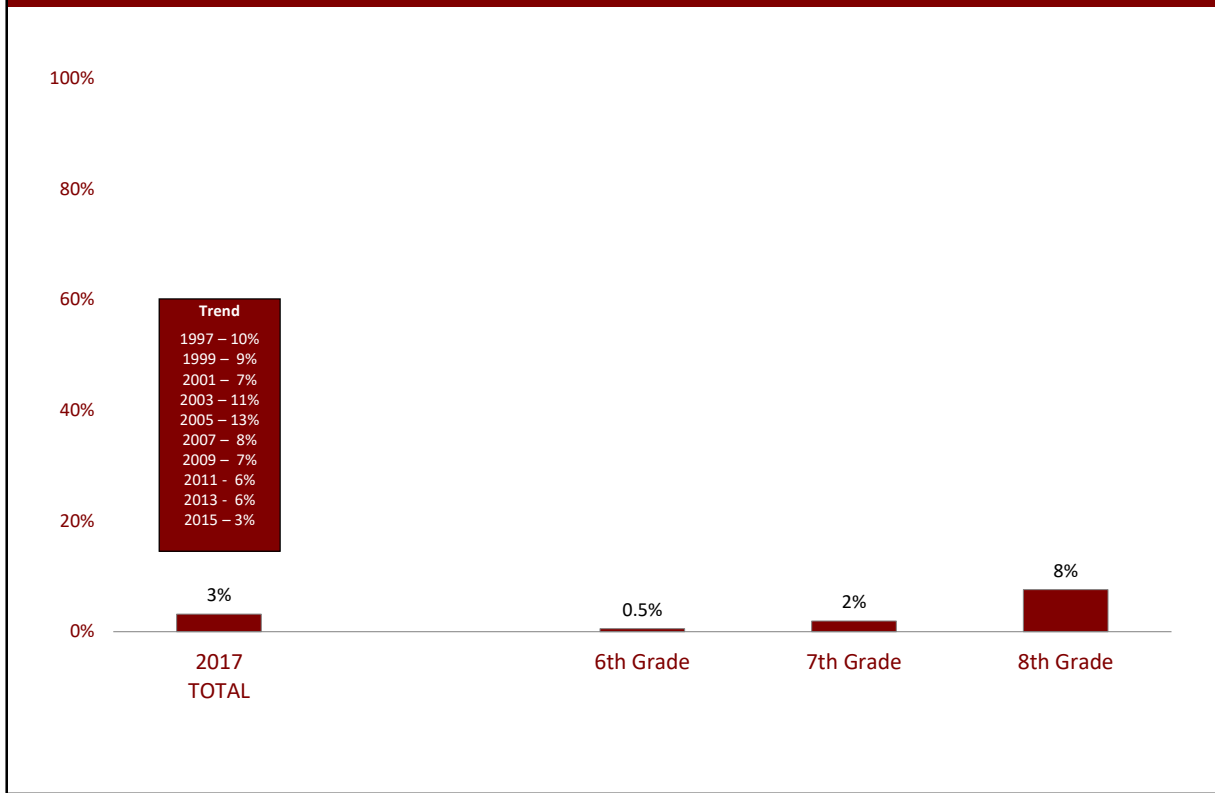


SELECTED POINTS

- In 2017, a total of 62% of Cambridge middle grades students reported that they had a teacher or other school adult staff member to talk to about a problem, 37% had an adult after school to talk to, 41% had an adult in the community to talk to, 87% had a family adult to talk to, and 85% had three or more close friends.
- **Trends:** There has been little change over time in reports of having a teacher or school adult to talk to (2003: 61%, 2005: 59%, 2007: 61%, 2009: 57%, 2011: 64%, 2013: 62%, 2015: 59%) and reports of having 3 or more close friends (1997: 84%, 1999: 82%, 2001: 83%, 2003: 86%, 2005: 84%, 2007: 84%, 2009: 83%, 2011: 84%, 2013: 85%, 2015: 81%). Changes to these questions in 2017 limit the ability to examine trends for the other items.
- **Gender:** Each of these items were similar by gender.
- **Grade:** Each of these items tended to decrease by age/grade of the respondent. For example, the percentage of respondents who reported that they had a family adult to talk to about a problem was 93% among 6th graders, 85% among 7th graders, and 84% among 8th graders.

Sexual Health

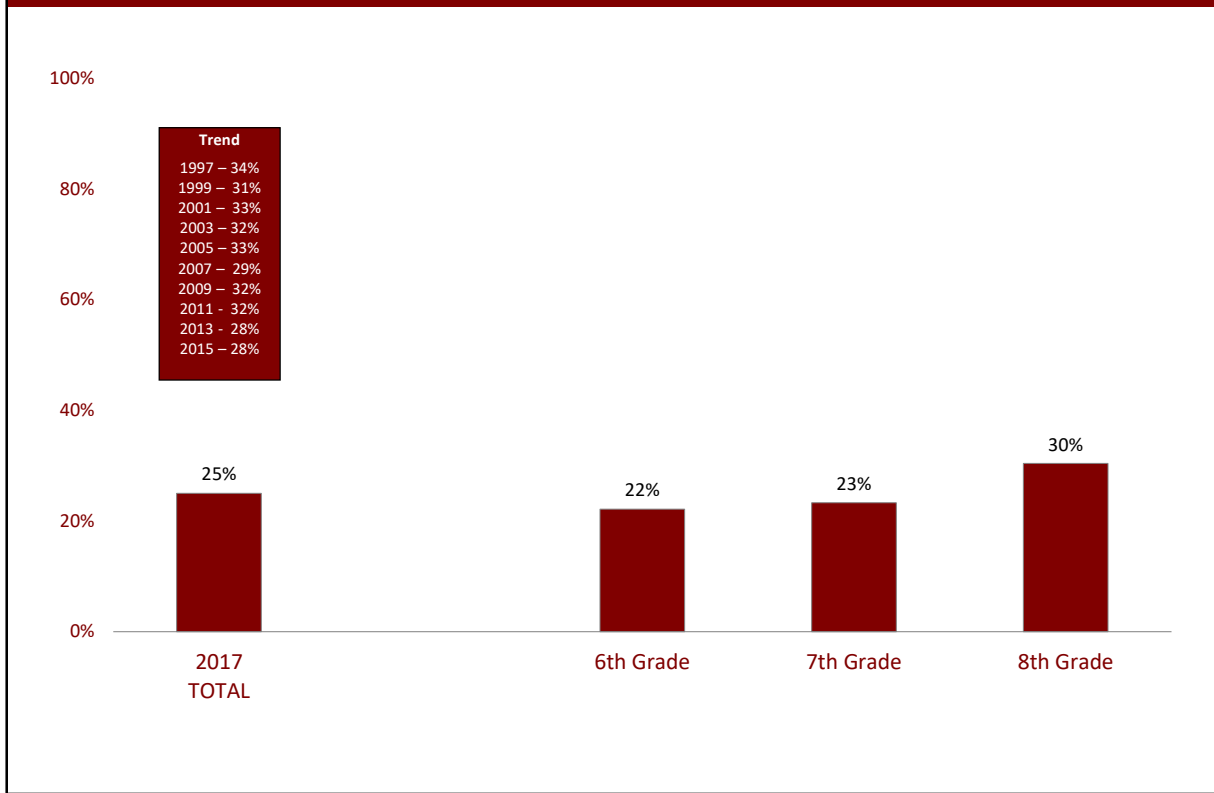
Percent of Cambridge Middle Grades Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2017)



SELECTED POINTS

- Three percent (3%) of all Cambridge middle grades students reported ever having sexual intercourse in 2017: 0.5% of 6th graders, 2% of 7th graders, and 8% of 8th graders.
- **Trends:** The percentage of Cambridge middle grades students who reported ever having sexual intercourse decreased from 1997 to 2001, increased from 2001 to 2005, and fell between 2005 and 2015. The 2015 (3%) and 2017 (3%) data points were the lowest on record.
- **Gender:** In 2017, a larger percentage of Cambridge middle grades males (6%) than females (1%) reported ever having sexual intercourse.
- **Grade:** As displayed in the chart, the percentage of 2017 Cambridge middle grades students who reported ever having sexual intercourse increased from 0.5% in 6th grade to 8% in 8th grade.

Percent of Cambridge Middle Grades Students Who Talked with their Parents About Sex in the Past 12 Months, Total and by Grade (2017)

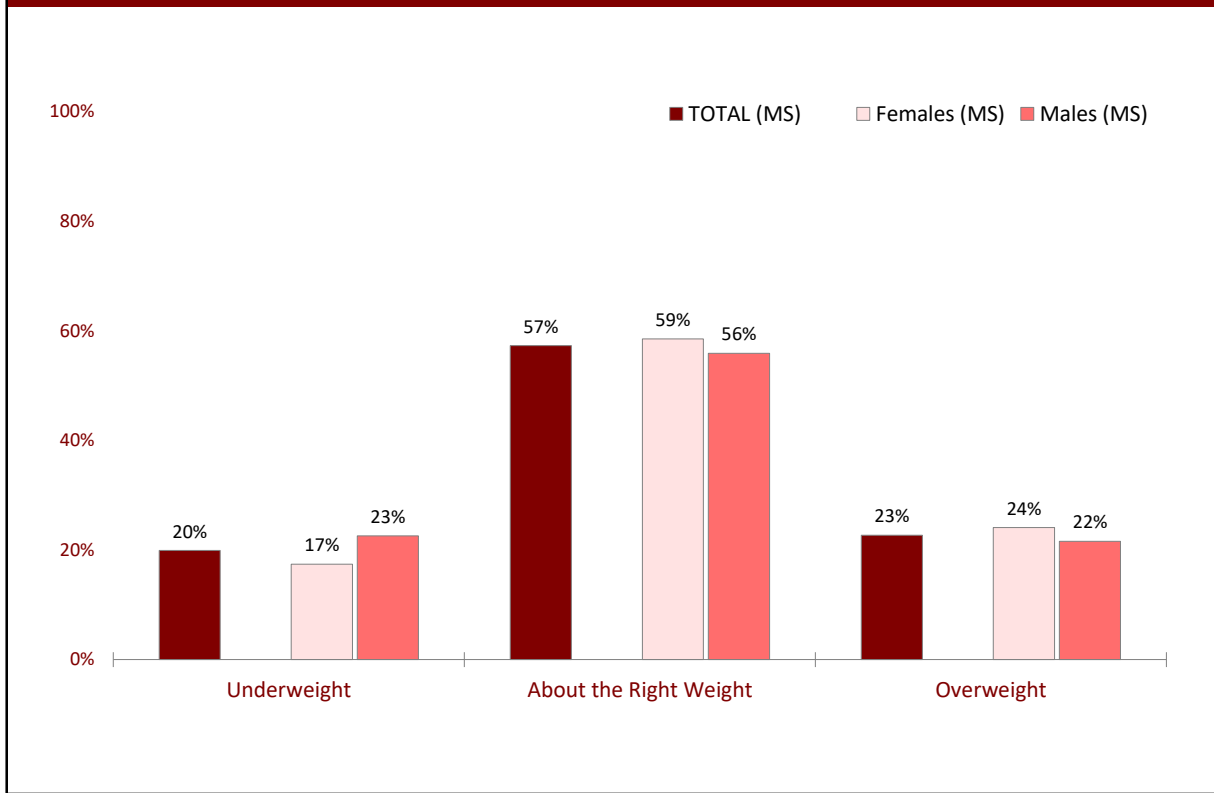


SELECTED POINTS

- Twenty-five percent (25%) of all Cambridge middle grades students in 2017 reported that they talked with their parents about sex during the 12 months prior to the survey.
- **Trends:** The long-term trend in the percent of Cambridge middle grades students who report talking with their parents about sex during the past 12 months was fairly consistent from 1997 to 2011. The figures in 2013 through 2017 are slightly below the long-term average.
- **Gender:** In 2017, male middle grades students were more likely than female students to report having talked with their parents about sex (28% males; 22% females).
- **Grade:** As displayed in the chart, the percentage of 2017 Cambridge middle grades students who reported that they talked with their parents about sex during the 12 months prior to the survey increased from 22% in 6th grade to 30% in 8th grade.

Weight Perception and Control

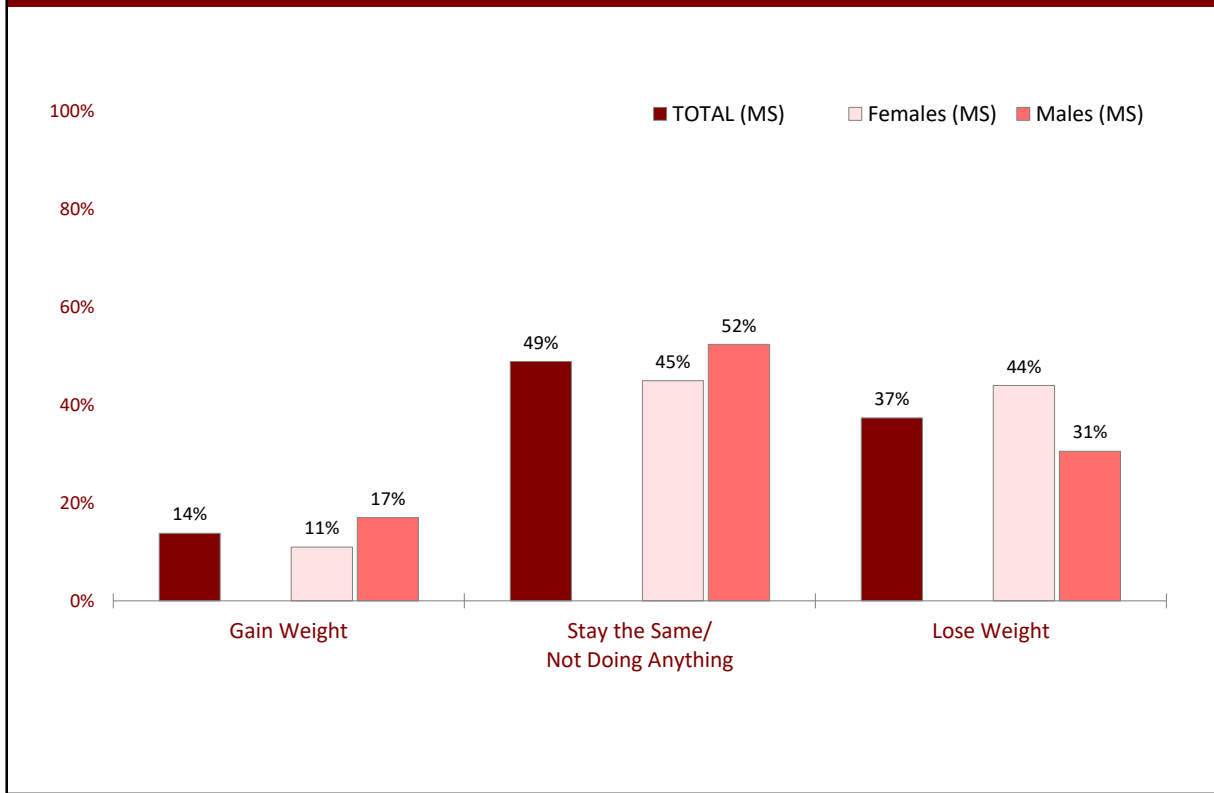
Perception of Body Weight Among Cambridge Middle Grades Students, Total and by Gender (2017)



SELECTED POINTS

- Twenty percent (20%) of 2017 Cambridge middle grades students described themselves as *underweight*, 57% as *about the right weight*, and 23% as *overweight*.
- Seventeen percent (17%) of females and 23% of males described themselves as *underweight*, 59% of females and 56% of males as *about the right weight*, and 24% of females and 22% of males as *overweight*.
- **Trends:** There has been very little change over time in perceptions of weight.
- **Grade:** There was no consistent pattern by age/grade for this item.

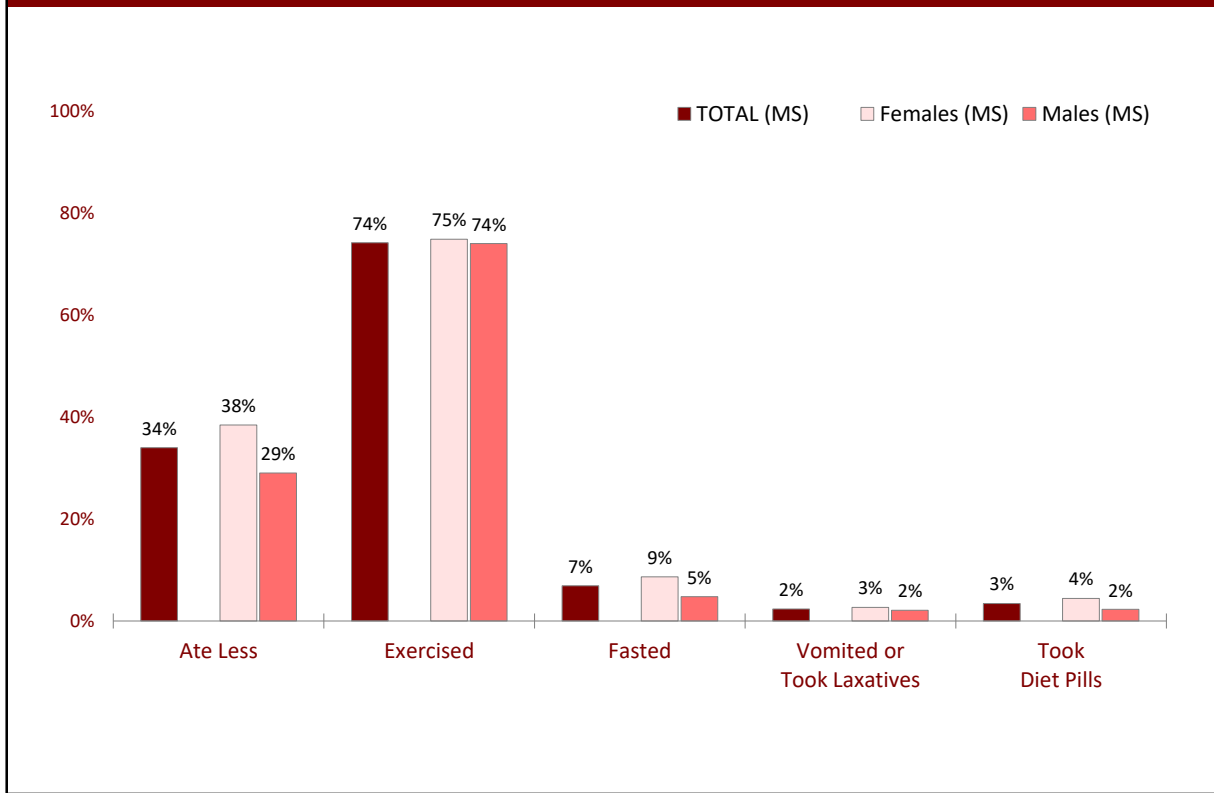
Current Weight Control Goal Among Cambridge Middle Grades Students, Total and by Gender (2017)



SELECTED POINTS

- Fourteen percent (14%) of 2017 Cambridge middle grades students reported that they were trying to *gain weight*, 49% that they were trying to *stay the same weight* or were *not trying to do anything about their weight*, and 37% that they were trying to *lose weight*.
- **Trends:** Overall, there has been very little change over time in reports of attempting to change weight.
- **Grade:** There was no consistent pattern by age/grade for this item.

Weight Loss/Maintenance Methods Used by Cambridge Middle Grades Students in the Past 30 Days, Total and by Gender (2017)

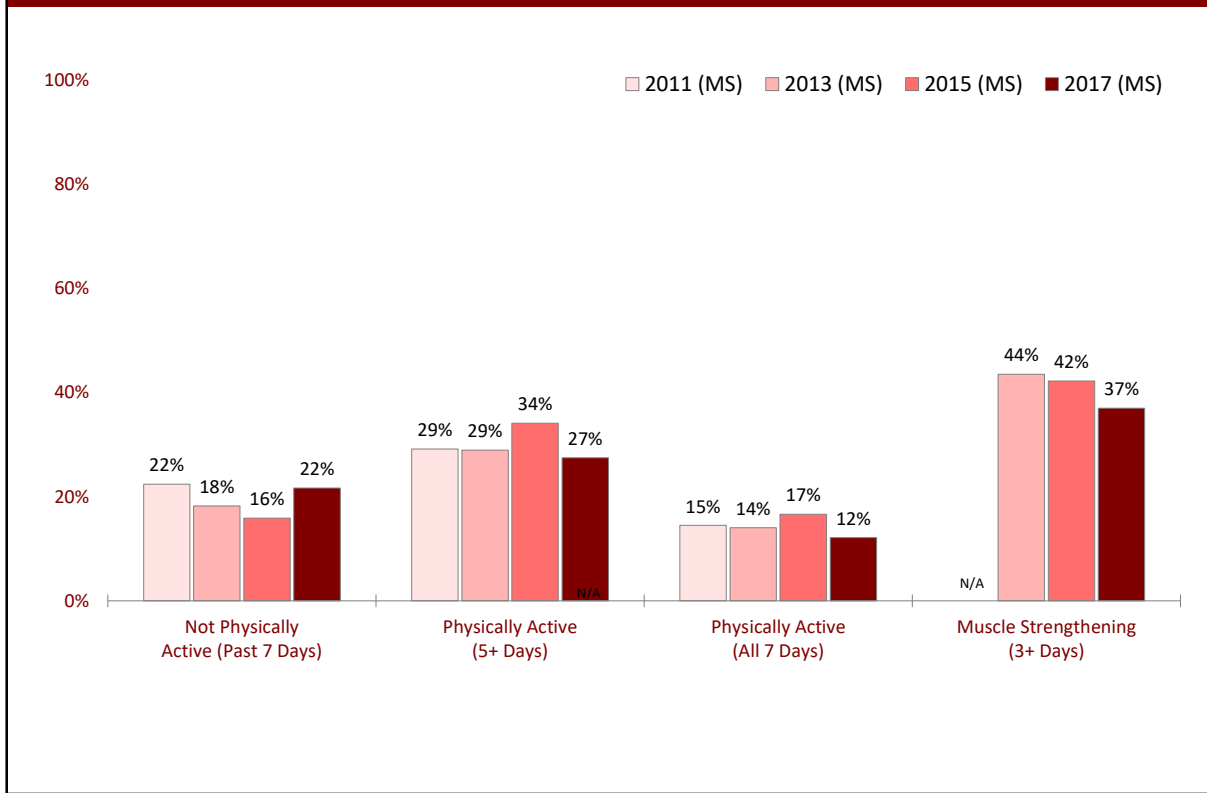


SELECTED POINTS

- Thirty-four percent (34%) of 2017 Cambridge middle grades students reported that they had *eaten less food, fewer calories, or foods low in fat* in the 30 days prior to the survey in order to lose or maintain their weight. Seventy-four percent (74%) had *exercised* to do so, 7% had *gone without eating for 24 hours or more (fasted)*, 2% had *vomited or taken laxatives*, and 3% had *taken diet pills, powders, or liquids*.
- **Trends:** There have been gradual increases between 2007 and 2015 in reports of *exercising* (58%, 70%, 72%, 73%, 76%), *eating less food, fewer calories, or foods low in fat* (31%, 31%, 34%, 37%, 37%), and *fasting* (5%, 6%, 6%, 8%, 8%) to lose/maintain weight. The data were stable between 2015 and 2017.
- **Grade:** There was little consistent difference among these items by age/grade.

Physical Activity and Nutrition

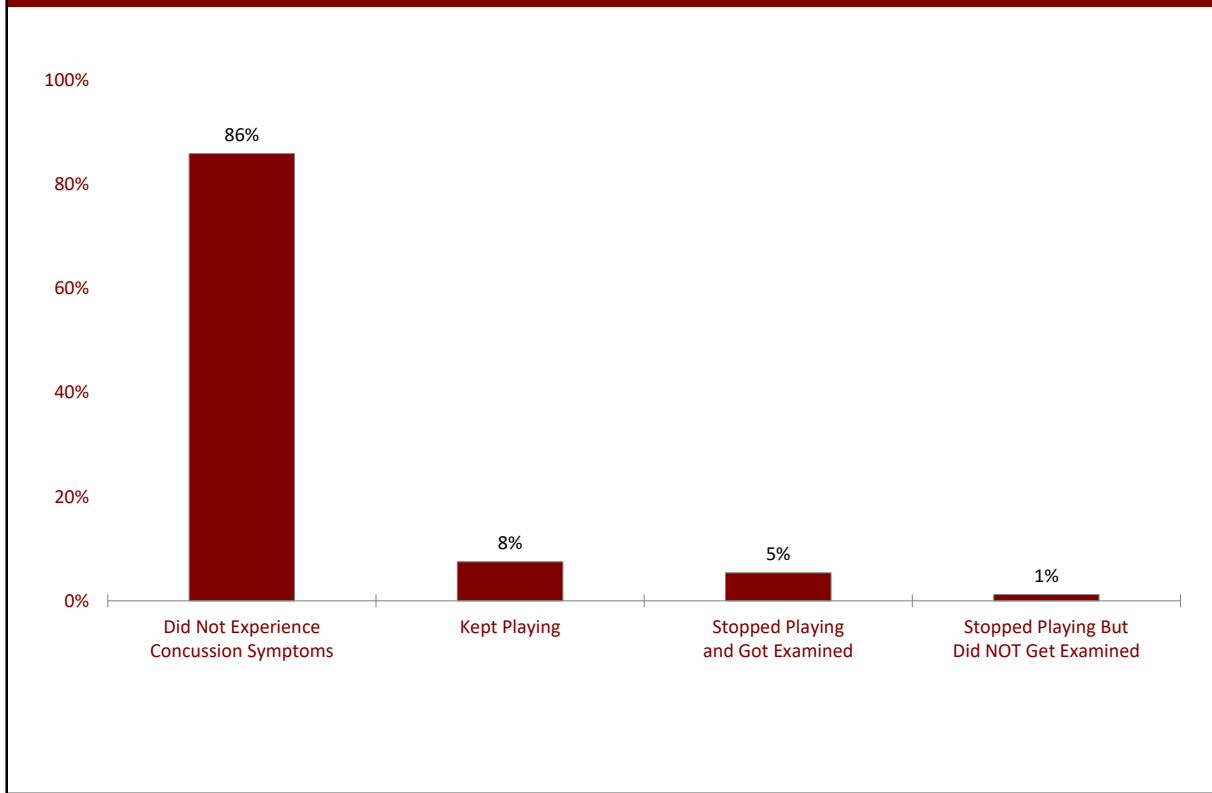
Physical Activity in the Past 7 Days Among Cambridge Middle Grades Students (2011-2017)



SELECTED POINTS

- Physical activity* is defined as any kind of physical activity that increased your heart rate and made you breathe hard some of the time for at least 60 minutes per day. *Muscle strengthening* is defined as exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting.
- In 2017, twenty-two percent (22%) of Cambridge middle grades students reported that they did not participate in physical activity for at least 60 minutes on any of the past 7 days, 27% participated in physical activity for 60 minutes per day on 5 or more of the past 7 days, and 12% participated in physical activity for at least 60 minutes per day on all 7 of the past 7 days. Thirty-seven percent (37%) of students in 2017 engaged in muscle strengthening on 3 or more of the past 7 days.
- Trends:** In general, reports of engaging in physical activity and muscle strengthening decreased between 2015 and 2017.
- Gender:** In 2017, Cambridge males were much more likely than females to report engaging in all forms of physical activity and muscle strengthening.
- Grade:** Differences in these items were inconsistent by age/grade.

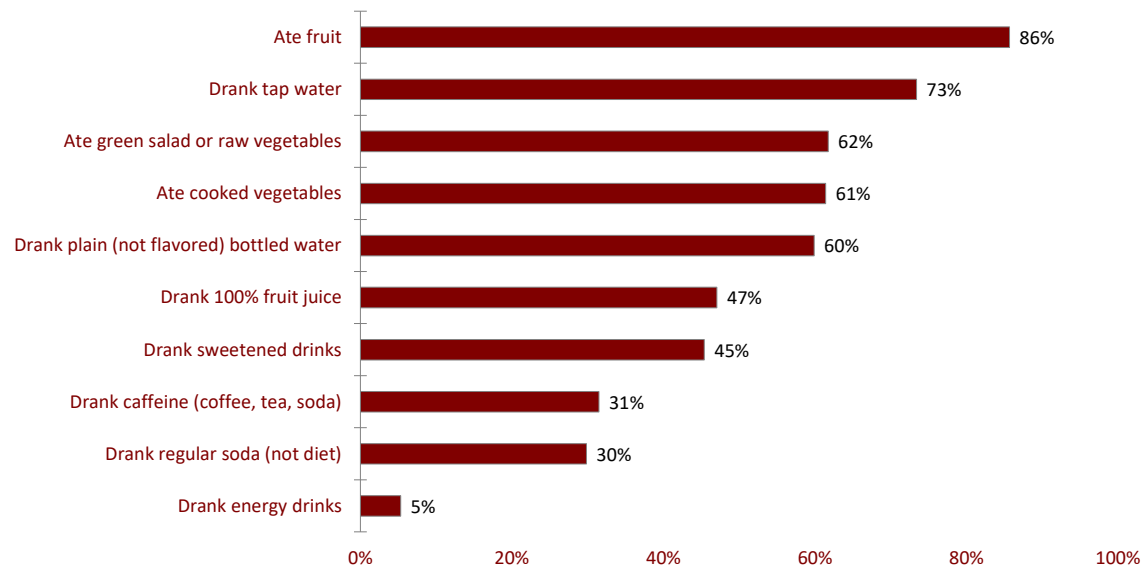
Actions Taken by Student Athletes Who Experienced Symptoms of a Concussion in the Past 12 Months (2017) [ATHLETES ONLY]



SELECTED POINTS

- Fourteen percent (14%) of the 723 students who reported that they played on a sports team in the past 12 months reported that they “suffered a blow or jolt to their head while playing with a sports team (either during a game or during practice) which caused them to get knocked out, have memory problems, double or blurry vision, headaches, pressure in the head, or nausea or vomiting.”
- Among the 14% of student athletes who experienced these symptoms, 8% continued playing and 6% stopped playing. Most students who stopped playing (5%) reported that they got checked by a doctor, nurse, or healthcare provider.
- **Trends:** This was the first year this question was added to the survey.
- **Gender:** In 2017, Cambridge male athletes were slightly more likely than female athletes to report that they kept playing (males: 9%, females: 6%).
- **Grade:** There were no differences by grade for this question.

Foods and Beverages Consumed Yesterday Among Cambridge Middle Grades Students (2017)

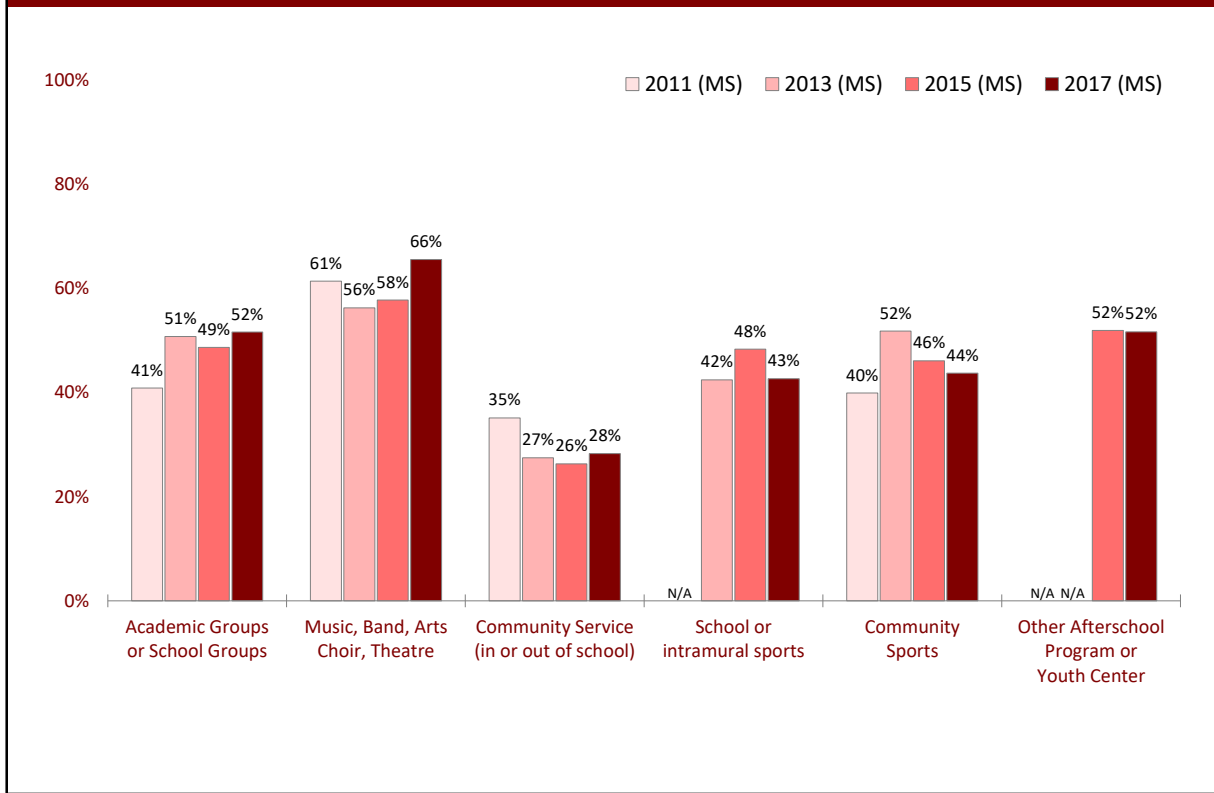


SELECTED POINTS

- Eighty-six percent (86%) of Cambridge middle grades students in 2017 reported that they ate fruit at least one time the day prior to the survey, 73% drank tap water, 62% ate green salad or raw vegetables, 61% ate cooked vegetables, 60% drank plain (not flavored) bottled water, 47% drank 100% fruit juice, 45% drank sweetened drinks like punch, Snapple, iced tea, sports drinks, or other fruit-flavored drinks, 31% drank caffeine, 30% drank regular (not diet) soda, and 5% drank energy drinks.
- **Trends:** There was a decline in reports of drinking 100% fruit juice – from 59% in 2015 to 47% in 2017. This continues a long-term decline in reports of this behavior from a high of 72% in 2003.
- **Gender:** Males were more likely than females to report that they drank sweetened drinks (51% males; 41% females) and drank soda (34% males; 26% females).
- **Grade:** There were decreases by age/grade in reports of eating green salad or raw vegetables (66%, 63%, 56%). There were increases by age/grade in reports of drinking soda (27%, 29%, 35%) and drinking caffeine (27%, 32%, 36%).

Habits and Activities

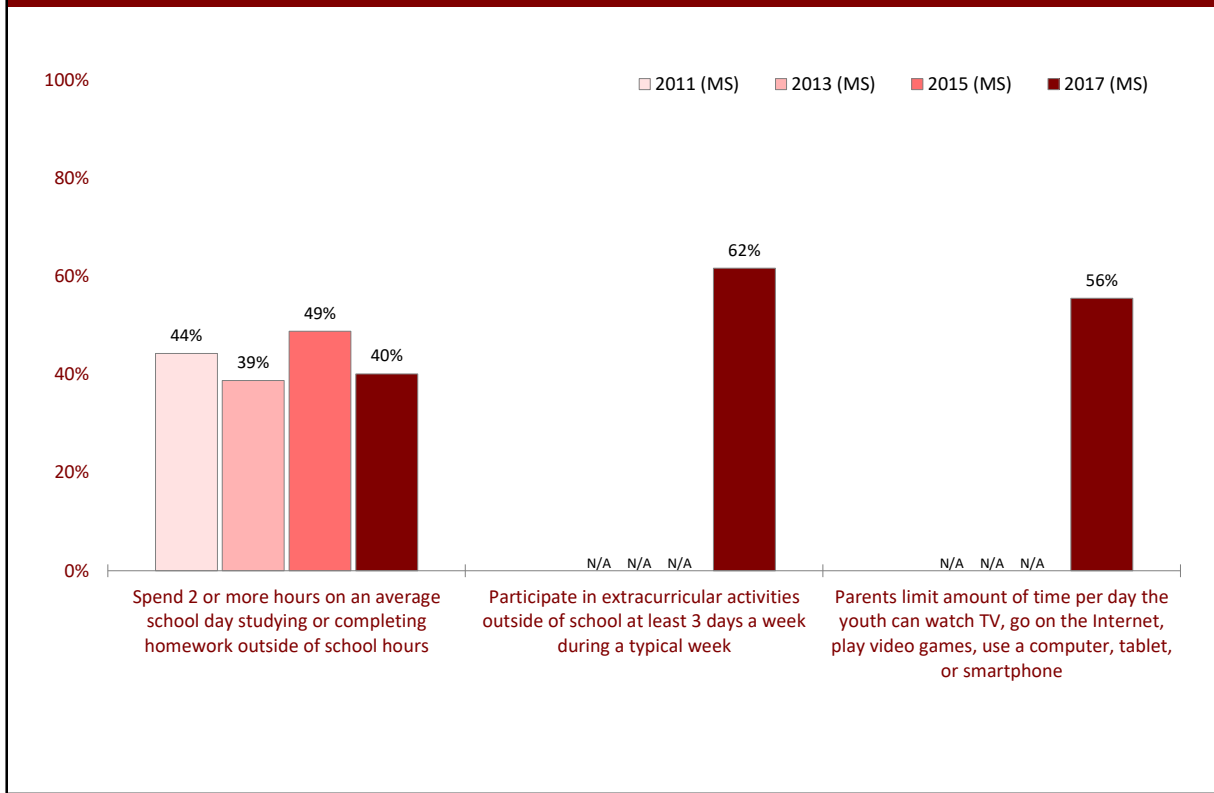
School and Community Participation During the School Year Among Cambridge Middle Grades Students (2011-2017)



SELECTED POINTS

- These data illustrate Cambridge middle grades students who reported engaging in various school and community activities during the academic year.
- **Trends:** Between 2015 and 2017 there was an increase in reports of participating in music, band, arts, choir, or theatre (58% to 66%). There was a decrease between 2015 and 2017 in reports of participating in school or intramural sports (48% to 43%).
- **Gender:** In 2017, female students were more likely than males to report participating in music, band, choir, arts, or theatre (72% females vs. 58% males). Males were more likely than females to report participating in community organized youth sports (52% males vs. 36% females).
- **Grade:** Participation in music, band, choir, arts, or theatre (74%, 65%, 58%) decreased with age/grade. There were increases with age/grade for the percentage of students who reported participating in community service (20%, 20%, 46%).

Time Spent During After School Hours Among Cambridge Middle Grades Students (2011-2017)



SELECTED POINTS

- These data illustrate time spent during after school hours among Cambridge middle grades students during an average school night.
- **Trends:** The percentage of students who reported spending 2 or more hours per night studying or completing homework outside of school hours has fluctuated over time.
- **Gender:** Female students were more likely than males to report spending two or more hours on an average school day studying or completing homework outside of school hours (48% females; 32% males).
- **Grade:** There were decreases in reports of parents limiting time per day on electronic devices by age/grade of the respondent (6th: 66%; 7th: 54%; 8th: 46%).

Appendix A:

Selected Data Tables

2016-2017 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Alcohol, Tobacco, and Other Drug Use - Middle School

	TOTAL											MA 2015 YHS ¹	GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	2017 (1078)		Males (515)	Females (549)	6th (377)	7th (380)	8th (321)
LIFETIME (any use in lifetime)																	
Alcohol (other than a few sips)	N/A	N/A	N/A	N/A	N/A	22.0%	21.1%	20.3%	19.9%	14.3%	15.6%	12.9%	16.0%	14.8%	8.7%	15.6%	23.5%
Cigarettes - ever tried even one or two puffs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.5%	6.2%	5.3%	3.2%	6.1%	3.2%	3.3%	1.4%	3.8%	4.7%
Cigarettes - ever smoked a whole cigarette	N/A	N/A	N/A	N/A	N/A	6.7%	6.0%	6.0%	3.3%	2.6%	1.3%	N/A	1.2%	1.5%	0.3%	1.9%	1.9%
Electronic Cigarette (e-cigarette)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.0%	3.7%	N/A	3.8%	3.7%	0.8%	3.5%	7.3%
Marijuana	N/A	N/A	N/A	N/A	N/A	4.8%	4.7%	6.2%	6.1%	4.6%	3.2%	5.9%	3.0%	3.4%	0.5%	2.4%	7.3%
Prescription Drug (without a doctor's prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	2.8%	3.4%	2.6%	3.0%	0.8%	4.1%	3.5%
Other Illegal Drugs (e.g., cocaine, crack, LSD, speed, heroin, downers)	N/A	N/A	N/A	N/A	N/A	1.3%	0.7%	1.2%	1.4%	0.6%	0.7%	N/A	0.6%	0.6%	0.0%	0.8%	1.3%
CURRENT (any use in past 30 days)																	
Alcohol (other than a few sips)	25.2%	19.2%	17.0%	17.9%	18.6%	9.7%	8.2%	4.3%	6.3%	3.6%	4.2%	4.4%	4.0%	4.5%	1.4%	3.5%	8.5%
Binge Alcohol (5 or more drinks in a row)	9.2%	5.6%	5.6%	6.6%	6.6%	3.4%	3.3%	1.4%	1.8%	0.7%	1.0%	1.5%	1.0%	0.9%	0.3%	1.1%	1.9%
Cigarettes	8.3%	4.9%	3.4%	3.9%	3.8%	1.4%	1.9%	1.9%	1.9%	0.7%	0.3%	1.4%	0.2%	0.4%	0.0%	0.5%	0.3%
Electronic Cigarette (e-cigarette)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.5%	0.6%	N/A	0.4%	0.7%	0.0%	0.3%	1.6%
Marijuana	8.5%	5.6%	5.9%	6.7%	6.5%	3.1%	2.4%	3.2%	3.9%	1.8%	1.1%	2.4%	0.6%	1.7%	0.3%	0.5%	2.8%
Inhalants	5.0%	4.1%	3.3%	4.7%	5.8%	2.3%	2.3%	3.1%	4.8%	2.9%	2.3%	N/A	1.6%	2.9%	1.1%	2.2%	3.9%
Prescription Drug (without a doctor's prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.3%	0.4%	1.3%	0.2%	0.6%	0.0%	0.8%	0.3%
Over-the-Counter Medication (to try to get high)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	1.0%	N/A	1.2%	0.8%	0.3%	1.1%	1.6%
ALCOHOL AND OTHER DRUG-RELATED ISSUES																	
Rode with a drinking driver (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	4.8%	3.6%	5.4%	N/A	4.0%	7.0%	4.1%	4.3%	8.3%
Live with a smoker	34.9%	31.0%	29.4%	30.1%	28.4%	26.8%	N/A	N/A	22.0%	19.6%	16.7%	N/A	17.0%	16.4%	12.6%	16.9%	21.1%
Talked with parents/guardians about alcohol or other drugs (12 months)	52.8%	57.5%	57.2%	50.8%	49.0%	45.6%	42.5%	40.3%	37.5%	39.4%	33.9%	N/A	33.6%	34.1%	33.7%	34.7%	33.1%
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	85.2%	83.3%	N/A	81.8%	85.2%	89.2%	84.9%	74.7%
Had a problem with alcohol or drugs (12 months)	4.4%	3.2%	2.7%	3.4%	2.8%	2.5%	1.9%	1.7%	1.6%	1.8%	0.8%	N/A	0.6%	1.1%	0.3%	0.5%	1.9%
Family member had a problem with alcohol or drugs (12 months)	11.6%	9.9%	9.5%	9.8%	10.4%	10.5%	9.7%	8.7%	7.9%	7.7%	7.5%	N/A	6.6%	8.5%	6.0%	6.2%	10.7%
Attended class within 1 hour of using alcohol, pot, or drugs (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.0%	0.8%	0.7%	N/A	1.0%	0.4%	0.3%	0.3%
Offered, sold, or given drugs on school property (12 months)	N/A	N/A	N/A	6.6%	4.9%	3.6%	3.9%	4.7%	3.5%	4.3%	3.1%	N/A	3.5%	2.9%	0.6%	3.3%	5.8%

¹ Massachusetts Data are from the 2015 Youth Health Survey administered by the Massachusetts Department of Public Health (winter/spring 2015).

2016-2017 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

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

	TOTAL											MA 2015 YHS	GENDER		GRADE			
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	2017 (1078)		Males (515)	Females (549)	6th (377)	7th (380)	8th (321)	
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	7.0%	7.4%	12.4%	9.9%	8.8%	N/A	10.0%	7.8%	10.5%	8.0%	7.8%	
From home	N/A	N/A	N/A	N/A	N/A	N/A	37.2%	35.7%	34.4%	34.9%	34.4%	N/A	35.2%	33.5%	24.1%	34.2%	46.4%	
From an adult 21 years of age or older	N/A	N/A	N/A	N/A	N/A	N/A	17.1%	17.6%	18.0%	18.8%	15.6%	N/A	19.5%	11.7%	12.5%	14.5%	20.3%	
From someone less than 21 years of age	N/A	N/A	N/A	N/A	N/A	N/A	27.3%	26.5%	26.9%	22.8%	22.3%	N/A	23.1%	21.7%	18.1%	19.9%	30.0%	
PERCEPTION OF RISK OF HARM (Moderate Risk/Great Risk)																		
Taking one or two drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	61.7%	64.0%	65.8%	46.6%	51.2%	46.2%	N/A	44.8%	47.6%	49.7%	42.7%	46.0%
Having five or more drinks of alcohol once or twice each weekend	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72.6%	72.9%	71.1%	N/A	71.1%	71.4%	71.7%	68.6%	73.2%	
Smoking one or more packs of cigarettes per day	N/A	N/A	N/A	N/A	N/A	N/A	78.3%	81.5%	80.7%	83.9%	85.6%	84.8%	N/A	82.9%	86.9%	86.0%	83.8%	84.6%
Smoking marijuana regularly	N/A	N/A	N/A	N/A	N/A	N/A	79.6%	80.8%	79.5%	77.2%	80.1%	75.6%	N/A	69.7%	81.3%	80.7%	75.5%	70.0%
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	87.2%	88.5%	N/A	87.2%	90.1%	88.6%	90.4%	86.3%
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	89.6%	93.0%	93.8%	90.8%	93.6%	93.9%	N/A	91.6%	96.0%	95.8%	94.2%	91.4%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	93.6%	95.8%	96.3%	95.1%	96.6%	96.9%	N/A	95.2%	98.5%	96.7%	98.1%	95.9%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A	93.9%	95.7%	95.9%	94.3%	96.6%	96.3%	N/A	94.5%	97.9%	96.9%	96.7%	95.2%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	94.8%	96.6%	96.3%	95.9%	97.2%	97.5%	N/A	96.2%	98.9%	97.8%	98.1%	96.5%
Use prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	96.0%	96.8%	N/A	94.7%	98.7%	97.8%	97.8%	94.6%
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	74.6%	81.9%	80.6%	80.2%	85.6%	85.1%	N/A	84.5%	85.8%	91.7%	86.1%	76.3%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	83.4%	88.8%	87.8%	88.8%	91.9%	91.8%	N/A	89.8%	93.6%	95.0%	93.1%	86.5%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A	84.0%	88.4%	85.6%	83.2%	86.8%	87.8%	N/A	85.0%	90.6%	95.3%	90.4%	76.5%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	88.2%	92.6%	93.0%	93.1%	94.6%	93.9%	N/A	92.3%	95.5%	97.2%	95.3%	88.5%
Use prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	91.3%	92.7%	N/A	90.3%	94.9%	96.4%	92.9%	88.3%

2016-2017 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Violence and Safety - Middle School

	1997	1999	2001	TOTAL								MA	GENDER		GRADE		
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(1056)	(1010)	(1007)	(1078)	2015 YHS	Males (515)	Females (549)	6th (377)	7th (380)	8th (321)
VIOLENCE-RELATED EXPERIENCES (past 12 months)																	
Witnessed violence in family	10.1%	6.3%	7.5%	6.5%	8.6%	8.3%	7.8%	6.7%	8.7%	6.7%	6.2%	N/A	5.5%	7.0%	5.9%	6.5%	6.3%
Witnessed violence in neighborhood	N/A	N/A	N/A	19.9%	21.1%	18.0%	17.0%	14.7%	15.8%	12.9%	9.8%	N/A	11.3%	8.5%	6.3%	12.1%	11.4%
Beaten or physically hurt by someone in your family or home	6.4%	4.5%	6.2%	5.3%	4.9%	4.2%	4.3%	4.7%	5.3%	5.3%	4.8%	N/A	5.8%	4.1%	5.7%	4.0%	4.7%
Beaten or physically hurt by someone not a family member	4.8%	3.1%	4.1%	2.8%	4.0%	3.6%	3.3%	2.8%	3.8%	4.1%	3.8%	N/A	6.0%	1.9%	4.9%	4.6%	1.6%
Verbally or emotionally abused by someone in your family	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.2%	N/A	4.6%	9.6%	5.8%	7.7%	8.5%
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	N/A	2.2%	N/A	0.8%	3.5%	1.4%	0.8%	4.7%
Received rude sexual comments in school	N/A	N/A	N/A	N/A	N/A	11.1%	10.6%	9.9%	12.8%	12.7%	9.5%	N/A	6.5%	11.9%	6.8%	8.6%	13.6%
Was touched, pinched, grabbed, or patted in a sexual way against will in school (past 12 months)	N/A	N/A	N/A	N/A	N/A	8.2%	8.2%	8.2%	9.5%	7.5%	6.9%	N/A	4.9%	8.8%	3.6%	6.6%	11.1%
BULLYING, FIGHTING, & THREATENING (past 12 months)																	
Was bullied while at school (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	35.7%	38.6%	32.5%	32.9%	29.9%	34.9%	36.3%	31.2%	29.7%
Was bullied when not at school (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.8%	17.0%	18.2%	N/A	18.1%	18.1%	21.3%	18.4%	14.6%
Was electronically bullied / cyber bullied (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.3%	13.8%	12.3%	15.2%	9.6%	14.8%	9.9%	11.4%	16.0%
Bullied, threatened, or pushed other kids around in school (perpetrator)	17.6%	16.4%	12.2%	13.4%	13.6%	13.1%	10.1%	7.6%	4.8%	5.3%	3.9%	N/A	5.4%	2.4%	3.0%	4.3%	4.4%
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	N/A	N/A	9.8%	N/A	8.7%	10.7%	8.8%	9.5%	11.3%
Intentionally used social media to hurt someone else's feelings	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.4%	N/A	3.0%	1.9%	1.4%	1.9%	4.1%
Treated unfairly in school because of race or ethnicity	N/A	N/A	N/A	8.2%	8.8%	10.0%	6.1%	6.8%	8.0%	12.7%	11.9%	N/A	10.0%	13.8%	8.0%	12.7%	15.5%
Treated unfairly in school because of gender	N/A	N/A	N/A	7.0%	6.1%	8.6%	5.1%	4.8%	4.5%	9.1%	7.2%	N/A	3.1%	10.9%	6.3%	8.0%	7.3%
Treated unfairly in school because of sexual orientation	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	N/A	0.6%	2.2%	1.4%	2.2%	1.3%
Property stolen or deliberately damaged while on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.6%	21.9%	24.8%	N/A	28.1%	21.3%	23.5%	26.8%	24.1%
In a physical fight - any location	25.4%	21.7%	15.3%	18.7%	16.8%	16.3%	13.3%	7.7%	10.6%	8.8%	7.8%	N/A	14.1%	2.0%	6.1%	9.0%	8.5%
Were threatened with a knife or gun - any location	5.6%	5.3%	4.3%	4.6%	4.5%	5.3%	4.9%	1.5%	2.7%	1.8%	2.2%	N/A	3.6%	0.9%	0.8%	2.5%	3.4%
Stayed home from school due to fear for safety (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.4%	N/A	7.0%	9.7%	5.8%	9.5%	10.2%
WEAPONS CARRYING (past 12 months)																	
Carried a weapon to school such as a gun, knife, or stick	9.3%	5.4%	3.9%	4.5%	4.7%	3.1%	2.4%	1.8%	1.3%	1.9%	1.4%	N/A	2.4%	0.6%	0.3%	1.9%	2.2%
Carried a weapon in your neighborhood	N/A	N/A	N/A	9.4%	8.2%	7.2%	5.5%	3.1%	3.2%	2.8%	2.9%	N/A	4.4%	1.5%	0.8%	3.3%	4.7%

2016-2017 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Mental Health - Middle School

	TOTAL											MA 2015 YHS	GENDER		GRADE			
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	2017 (1078)		2015	Males (515)	Females (549)	6th (377)	7th (380)	8th (321)
PERSONAL EXPERIENCES (past 12 months)																		
Divorce or separation in family	11.0%	10.7%	12.2%	10.6%	13.4%	11.2%	9.3%	10.9%	10.0%	9.8%	9.7%	N/A	8.9%	10.4%	8.4%	11.5%	9.1%	
Family moved	17.1%	14.5%	14.8%	12.8%	15.7%	18.7%	13.1%	11.8%	13.4%	13.3%	13.8%	N/A	14.1%	13.3%	13.4%	16.0%	11.6%	
Ran away from home	3.7%	3.0%	3.1%	3.0%	4.2%	2.7%	2.9%	2.8%	3.9%	2.0%	2.2%	N/A	2.2%	2.2%	2.7%	2.7%	0.9%	
Family members or close friend died	40.9%	41.9%	41.3%	39.0%	38.6%	41.7%	40.3%	39.6%	41.0%	39.4%	31.5%	N/A	29.8%	33.6%	31.9%	33.6%	28.7%	
WORRYING "Fairly Often" or "Most of the Time" (past 12 months)																		
Physical health problems	N/A	N/A	N/A	N/A	9.0%	9.7%	8.7%	6.5%	8.6%	11.5%	9.1%	N/A	7.3%	11.0%	8.1%	8.3%	11.3%	
Weight problems (too heavy or thin)	N/A	N/A	N/A	N/A	19.2%	17.8%	20.5%	19.5%	21.8%	22.8%	19.1%	N/A	13.8%	24.4%	16.5%	18.2%	23.2%	
Sexually transmitted infection (STI)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	0.8%	N/A	0.8%	0.7%	0.8%	0.8%	0.6%	
Sexual abuse	N/A	N/A	N/A	N/A	2.8%	3.2%	1.8%	2.1%	2.0%	2.3%	1.0%	N/A	0.4%	1.7%	0.8%	1.3%	0.9%	
Becoming or getting someone pregnant	N/A	N/A	N/A	N/A	2.8%	3.5%	2.4%	2.4%	2.9%	1.4%	1.0%	N/A	1.0%	1.1%	0.8%	0.8%	1.6%	
HIV infection or AIDS	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	0.9%	N/A	1.2%	0.7%	0.8%	1.4%	0.6%	
School failure or poor grades	N/A	N/A	N/A	N/A	20.3%	21.2%	24.8%	22.5%	29.3%	33.3%	28.4%	N/A	23.7%	33.1%	20.9%	29.8%	35.8%	
MCAS/PARCC	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	23.4%	25.8%	N/A	21.6%	29.6%	26.0%	27.4%	23.6%	
Social status (popularity)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.6%	N/A	13.1%	14.5%	14.5%	14.0%	12.2%	
How others perceive you on social media	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.8%	N/A	7.8%	11.6%	7.7%	11.1%	10.5%	
Drug or alcohol use in family	N/A	N/A	N/A	N/A	4.5%	5.5%	5.3%	4.9%	6.1%	4.7%	5.2%	N/A	4.4%	6.1%	3.8%	3.7%	8.6%	
Own drug or alcohol use	N/A	N/A	N/A	N/A	2.6%	3.1%	1.5%	1.6%	2.0%	1.7%	1.0%	N/A	1.2%	0.9%	0.8%	1.1%	1.3%	
Arguing at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.3%	16.8%	15.4%	N/A	12.4%	18.3%	14.3%	13.6%	18.7%	
Physical fights at home	N/A	N/A	N/A	N/A	3.7%	4.7%	4.2%	3.3%	3.0%	4.4%	3.4%	N/A	3.4%	3.5%	3.8%	3.7%	3.8%	
Physical fights at school	N/A	N/A	N/A	N/A	5.9%	5.9%	4.5%	3.3%	4.5%	4.0%	3.6%	N/A	4.6%	2.8%	3.8%	3.7%	3.2%	
Being treated unfairly because of race/ethnicity	N/A	N/A	N/A	N/A	8.2%	9.1%	4.8%	4.8%	4.5%	8.1%	8.7%	N/A	6.9%	10.4%	4.8%	8.3%	13.6%	
Sexual orientation	N/A	N/A	N/A	N/A	3.6%	3.7%	2.6%	1.5%	2.5%	2.9%	3.9%	N/A	2.8%	4.8%	3.0%	3.2%	5.7%	
Drugs in neighborhood	N/A	N/A	N/A	N/A	8.8%	7.5%	8.7%	6.6%	7.5%	4.8%	3.9%	N/A	4.0%	3.9%	1.6%	5.4%	4.7%	
Drugs in school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.0%	1.0%	N/A	0.6%	1.5%	0.5%	1.1%	1.6%	
Violence in neighborhood	N/A	N/A	N/A	N/A	10.4%	11.7%	10.5%	6.9%	7.3%	6.0%	4.2%	N/A	5.0%	3.4%	2.7%	5.5%	4.4%	
Your family not having enough money	N/A	N/A	N/A	N/A	N/A	6.7%	9.3%	6.7%	6.6%	9.3%	10.2%	N/A	10.0%	10.5%	7.0%	10.1%	14.2%	
Your family not having a place to live	N/A	N/A	N/A	N/A	N/A	3.7%	3.4%	1.9%	2.5%	3.1%	2.7%	N/A	2.6%	2.8%	2.2%	2.7%	3.2%	
Your immigration status or the status of your immediate family	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.6%	N/A	2.4%	4.5%	3.8%	3.3%	3.8%	
DEPRESSION, SELF-HARM, & SUICIDE (past 12 months)																		
Tense, nervous, worried every day for 2 or more weeks in a row (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.6%	N/A	14.3%	22.7%	15.6%	18.0%	22.7%	
Depressed	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.1%	22.4%	20.9%	17.0%	16.1%	10.8%	22.5%	13.9%	16.5%	21.1%
Hurt self on purpose	9.8%	7.6%	7.6%	6.9%	7.9%	7.4%	6.7%	6.8%	9.4%	10.9%	8.1%	15.8%	4.3%	11.6%	6.3%	9.1%	8.9%	
Seriously considered suicide	9.5%	8.1%	9.7%	9.0%	9.1%	6.6%	8.2%	8.9%	11.2%	12.9%	9.4%	8.0%	6.1%	12.4%	7.2%	10.0%	11.4%	
Attempted suicide	2.0%	2.5%	2.3%	2.3%	2.4%	1.8%	1.5%	1.0%	2.0%	2.4%	1.7%	4.0%	0.2%	3.0%	0.8%	2.8%	1.6%	
SOCIAL SUPPORTS																		
Have a teacher or other adult school staff member to talk to about a problem	N/A	N/A	N/A	60.9%	58.9%	60.5%	57.1%	64.4%	62.0%	58.7%	61.6%	N/A	63.2%	60.7%	66.7%	59.9%	57.6%	
Have adult after school to talk to about a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	36.7%	N/A	38.1%	35.8%	37.8%	37.5%	34.6%	
Have an adult in the community to talk to about a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	41.3%	N/A	41.7%	41.0%	46.0%	37.2%	40.6%	
Have a family adult to talk to about a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.4%	N/A	86.5%	88.6%	92.6%	85.1%	84.1%	
Have 3 or more close friends	84.2%	81.9%	83.0%	85.8%	84.1%	84.3%	83.4%	83.7%	84.5%	81.4%	85.3%	N/A	85.7%	85.2%	86.4%	91.2%	77.2%	
Participate regularly in church, synagogue, mosque, or other faith community	N/A	N/A	51.1%	47.0%	46.1%	44.4%	41.4%	40.0%	40.9%	40.9%	38.4%	N/A	33.7%	42.9%	36.1%	41.8%	37.2%	
COUNSELING AND MEDICATION (past 12 months)																		
Met with a school counselor for mental health/behavioral issue	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.4%	16.1%	N/A	15.9%	16.2%	15.0%	16.7%	16.5%	
Met with therapist with or without family present	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.3%	14.8%	N/A	13.9%	15.5%	15.8%	13.7%	15.0%	
Took medication for a mental health or behavioral issue	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.7%	10.1%	N/A	11.2%	9.0%	11.0%	9.5%	9.9%	

2016-2017 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Health - Middle School

	TOTAL											MA 2015 YHS	GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	2017 (1078)		2015 YHS	Males (515)	Females (549)	6th (377)	7th (380)
SEXUAL BEHAVIOR																	
Ever had sexual intercourse	9.7%	8.9%	7.4%	11.1%	12.5%	8.2%	6.8%	5.8%	5.9%	3.2%	3.2%	N/A	5.5%	1.1%	0.5%	1.9%	7.6%
Had conversation with parents about sex (past 12 months)	34.3%	30.6%	32.6%	31.8%	33.4%	28.5%	32.2%	31.9%	28.2%	27.6%	25.0%	N/A	27.7%	22.3%	22.1%	23.3%	30.4%
Had conversation with parents about sexuality or gender identity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.4%	N/A	15.0%	17.7%	16.9%	16.2%	16.1%
Were forced, tricked, or pressured to have unwanted sex (past 12 months)	N/A	N/A	N/A	N/A	2.1%	1.9%	1.6%	1.4%	1.0%	1.0%	0.6%	N/A	0.6%	0.6%	0.0%	0.8%	0.9%
Forced, tricked, or pressured someone into having sex with you (past 12 months)	2.1%	2.0%	1.7%	2.0%	1.6%	1.3%	0.2%	0.5%	0.6%	0.6%	0.3%	N/A	0.4%	0.2%	0.0%	0.3%	0.6%
Were hit, slapped, or physically hurt by a boyfriend or girlfriend (past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.3%	0.8%	1.4%	1.2%	N/A	2.0%	0.6%	0.5%	1.9%	1.3%
HEALTHCARE																	
Saw a doctor or nurse (12 months)	63.7%	63.4%	62.0%	62.6%	63.3%	68.0%	74.8%	76.3%	78.9%	76.6%	78.1%	N/A	76.2%	80.0%	78.8%	77.2%	78.3%
Saw a dentist (12 months)	70.6%	70.6%	69.4%	70.0%	70.6%	74.0%	76.2%	77.1%	77.2%	79.3%	80.2%	N/A	76.7%	83.7%	81.5%	76.7%	82.9%
WEIGHT																	
Describe self as slightly/very overweight	N/A	N/A	N/A	27.0%	27.2%	26.5%	27.8%	27.2%	24.9%	26.4%	22.8%	24.2%	21.6%	24.1%	21.9%	20.3%	26.6%
Trying to lose weight	N/A	N/A	N/A	N/A	42.0%	42.4%	37.4%	38.8%	37.6%	41.0%	37.4%	N/A	30.6%	44.0%	38.1%	36.8%	37.4%
WEIGHT LOSS OR MAINTENANCE ACTIVITIES (past 30 days)																	
Exercised to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	57.5%	69.5%	72.1%	73.0%	76.4%	74.2%	N/A	74.1%	75.0%	76.0%	74.4%	72.0%
Diet pills/powders/liquids to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.5%	2.1%	2.4%	3.4%	2.5%	3.5%	N/A	2.3%	4.4%	3.4%	3.9%	3.0%
Ate less food, fewer calories, or foods low in fat to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	31.2%	31.1%	33.6%	36.5%	37.4%	34.0%	N/A	29.0%	38.5%	32.6%	33.2%	36.5%
Went without eating for 24 hours or more (fasting) to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	5.4%	6.4%	5.8%	7.6%	8.3%	6.9%	N/A	4.8%	8.6%	4.6%	8.9%	7.2%
Vomited or took laxatives to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.3%	2.0%	2.0%	2.2%	2.7%	2.4%	N/A	2.1%	2.7%	2.6%	2.8%	1.6%

2016-2017 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Physical Activity and Nutrition - Middle School

	TOTAL											MA 2015 YHS	GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	2017 (1078)		2015 Males (515)	2015 Females (549)	6th (377)	7th (380)	8th (321)
PHYSICAL ACTIVITY (past 7 days)																	
Did not participate in at least 60 Minutes of physical activity on any day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.4%	18.2%	15.9%	21.7%	N/A	17.6%	25.7%	20.0%	22.1%	23.1%
Physically active at least 60 minutes per day on 5 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.2%	29.0%	34.2%	27.5%	49.2%	35.4%	20.3%	25.8%	29.9%	26.6%
Physically active at least 60 minutes per day on all 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.5%	14.1%	16.6%	12.2%	N/A	18.0%	6.7%	13.3%	12.3%	10.7%
Physically active at least 30 minutes per day on 5 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	44.9%	N/A	49.8%	40.3%	46.0%	46.4%	41.9%
Participated in muscle strengthening activities on 3 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43.6%	42.2%	37.0%	N/A	42.1%	32.5%	35.7%	38.0%	37.3%
Taught in school how to follow a personal fitness plan	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43.1%	N/A	42.9%	43.7%	45.1%	42.3%	41.7%
SPORTS INJURY (past 12 months)																	
Experienced symptoms of a concussion following a blow to the head [Athletes Only]	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.1%	N/A	16.5%	11.7%	13.5%	14.7%	14.2%
NUTRITION (ate or drank yesterday)																	
Drank tap water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.9%	69.9%	73.4%	N/A	71.3%	75.4%	76.6%	71.6%	72.0%
Drank plain (not flavored) water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.4%	65.9%	59.9%	N/A	58.2%	61.4%	61.6%	59.4%	58.6%
Ate green salad or raw vegetables	N/A	N/A	N/A	51.6%	50.0%	54.9%	54.7%	59.7%	56.6%	57.7%	61.8%	N/A	60.2%	63.0%	65.7%	63.1%	55.6%
Ate cooked vegetables	N/A	N/A	N/A	47.7%	52.5%	55.0%	56.9%	60.5%	59.9%	57.4%	61.4%	N/A	60.5%	61.7%	60.1%	62.6%	61.5%
Ate fruit	N/A	N/A	N/A	72.2%	71.1%	79.5%	80.9%	82.8%	81.3%	82.2%	85.7%	N/A	83.6%	87.3%	87.2%	85.9%	83.7%
Drank 100% fruit juice	N/A	N/A	N/A	71.6%	68.7%	71.2%	69.0%	68.4%	63.0%	58.6%	47.1%	N/A	49.4%	44.8%	49.9%	46.5%	44.6%
Drank sweetened drinks	N/A	N/A	N/A	62.4%	60.6%	56.8%	57.9%	52.7%	46.6%	40.4%	45.4%	N/A	50.6%	40.8%	45.6%	44.5%	46.3%
Drank regular soda (not diet)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.5%	36.2%	33.1%	29.9%	N/A	33.7%	26.2%	26.5%	29.0%	34.6%
Drank caffeine (coffee, tea, soda)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	33.8%	31.5%	N/A	31.0%	32.0%	26.6%	32.4%	36.0%
Drank energy drinks (Amp, Red Bull, Full Throttle)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.6%	5.3%	N/A	7.3%	3.2%	3.9%	4.1%	8.4%
OTHER NUTRITION																	
Eat breakfast 6-7 days a week	51.7%	50.2%	50.6%	50.3%	51.9%	55.8%	52.3%	54.3%	54.8%	57.2%	59.8%	N/A	64.0%	55.5%	66.2%	59.3%	52.9%
Hungry in the past 12 months because there was not enough money at home to buy food	4.5%	5.1%	4.6%	4.3%	5.3%	5.3%	4.9%	4.2%	5.6%	6.1%	5.3%	N/A	4.9%	5.5%	4.0%	5.0%	7.1%
Taught in school how to eat healthy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	81.9%	N/A	82.4%	82.0%	79.7%	84.2%	81.8%

2016-2017 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Habits and Activities - Middle School

	TOTAL											MA 2015 YHS	GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	2017 (1078)		Males (515)	Females (549)	6th (377)	7th (380)	8th (321)
SCHOLASTIC ISSUES																	
Received mostly A's or B's in school (12 months)	N/A	N/A	N/A	N/A	73.5%	73.8%	71.7%	73.1%	73.0%	73.4%	79.3%	N/A	76.0%	82.1%	81.4%	77.2%	79.1%
Had one or more failing grades on a report card (12 months)	30.6%	28.4%	27.3%	26.9%	24.0%	21.5%	25.5%	21.6%	25.4%	26.6%	26.5%	N/A	26.9%	26.1%	22.8%	26.8%	30.5%
Skipped or cut school	14.3%	12.6%	11.1%	12.0%	7.9%	7.9%	6.5%	6.0%	6.0%	5.4%	5.5%	N/A	5.8%	4.8%	4.7%	3.0%	9.4%
Suspended from school	11.9%	10.0%	10.7%	11.7%	12.2%	14.9%	10.7%	10.4%	8.6%	7.7%	5.3%	N/A	8.8%	2.2%	2.5%	6.5%	7.3%
AFTER SCHOOL HOURS																	
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	N/A	44.3%	38.8%	48.8%	40.1%	N/A	31.7%	47.5%	39.5%	39.7%	41.3%
Participate in extracurricular activities outside of school at least 3 days a week during a typical week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.7%	N/A	63.8%	59.5%	62.1%	62.3%	60.5%
Parents limit amount of time per day the youth can watch TV, go on the Internet, play video games, use a computer, tablet, or smartphone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	55.6%	N/A	55.8%	54.9%	65.7%	54.2%	45.6%
LEISURE/FAMILY ACTIVITIES (past 7 days)																	
Read (not required for school)	73.5%	68.0%	69.0%	69.2%	72.1%	74.0%	79.5%	79.1%	77.8%	73.8%	76.1%	N/A	75.8%	76.2%	83.0%	77.5%	66.8%
Took care of family responsibilities or chores	82.2%	79.4%	80.6%	78.6%	81.5%	84.4%	82.1%	84.8%	82.5%	85.6%	89.2%	N/A	88.1%	89.9%	89.3%	88.8%	89.5%
Took care of younger siblings or the health of someone in the home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	41.9%	N/A	37.7%	45.5%	38.4%	44.7%	42.7%
Participated in after-school, youth, church, or teen center programs	N/A	N/A	N/A	N/A	52.2%	55.7%	51.9%	56.2%	59.8%	53.1%	62.9%	N/A	62.9%	63.5%	65.0%	60.7%	63.1%
Engaged in enjoyable activities/interests during own time	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	93.4%	92.9%	N/A	92.7%	93.2%	93.4%	92.6%	92.6%
Ate dinner with family (5 or more days a week)	N/A	N/A	N/A	N/A	N/A	63.9%	59.8%	66.9%	64.9%	67.8%	67.0%	N/A	70.3%	64.1%	78.1%	64.3%	57.7%
SCHOOL AND COMMUNITY ACTIVITIES (During 2016-2017 School Year)																	
Participated in academic groups, tutoring, clubs, or student government at school	N/A	N/A	N/A	N/A	42.2%	36.0%	42.0%	40.9%	50.8%	48.7%	51.6%	N/A	49.8%	53.2%	54.1%	49.6%	51.3%
Participated in music, band, choir, arts, or theatre	N/A	N/A	N/A	N/A	44.7%	47.2%	54.7%	61.4%	56.3%	57.8%	65.6%	N/A	58.1%	72.4%	73.7%	64.6%	57.5%
Participated in community service, in or out of school	N/A	N/A	N/A	N/A	24.1%	27.9%	31.4%	35.2%	27.5%	26.3%	28.3%	N/A	23.9%	32.6%	22.0%	19.6%	45.7%
Participated in school organized or intramural sports	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.5%	48.3%	42.6%	N/A	46.2%	39.5%	38.5%	44.6%	45.0%
Participated in community organized youth sports	N/A	N/A	N/A	N/A	N/A	41.7%	40.4%	39.9%	51.8%	46.1%	43.7%	N/A	52.1%	35.9%	41.3%	44.4%	45.7%
Participated in some other afterschool program or youth center	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.9%	51.7%	N/A	51.2%	52.2%	57.8%	45.6%	51.8%
SLEEP																	
Usually get 8 or more hours of sleep during a regular school night	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.4%	N/A	66.5%	66.1%	79.3%	69.0%	48.7%
THEFT (past 12 months)																	
Stole or shoplifted from a store	N/A	22.7%	17.6%	14.1%	14.0%	9.9%	11.9%	7.9%	6.4%	7.3%	7.5%	N/A	7.6%	7.4%	2.5%	6.6%	14.5%
INTERNET/PHONE ACCESS																	
Family can send email or access Internet from home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.0%	94.7%	N/A	93.6%	95.7%	96.0%	94.0%	93.9%
Has own cell phone or smartphone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	84.0%	84.5%	N/A	83.9%	85.3%	78.7%	85.3%	90.3%
Has Internet access on cell phone or smartphone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	71.8%	77.8%	N/A	76.5%	79.3%	70.2%	78.2%	86.0%