

Summary of Results from the 2015-2016 Somerville High School Health Survey

Submitted to:

The City of Somerville, Massachusetts

Submitted by:

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BACKGROUND

REPORT FORMAT

In February of 2016, 868 Somerville high school students (grades 9-12) took part in the 2015-2016 Somerville High School Health Survey. The survey was developed by partners including the Somerville Office of Prevention, the Somerville Public Schools, the Somerville Police Department, and the Cambridge Health Alliance. 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 Somerville, such as substance use, violence and safety, and stress. Similar surveys of Somerville high school students were conducted during the 2001-2002, 2003-2004, 2005-2006, 2007-2008, 2009-2010, 2011-2012, and 2013-2014 school years.

This report summarizes results from the Somerville High School 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 Somerville 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, Weight Perception and Control, Physical Activity, and Resiliency. 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 Somerville Office of Prevention, the Somerville Public Schools, and the Cambridge Health Alliance in collaboration with Social Science Research and Evaluation, Inc. (SSRE), 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 February of 2016 to all Somerville public school students in grades 9 through 12. The number of respondents in each grade is as follows:

9 th	10 th	11 th	12 th	Unknown	TOTAL
270	210	215	163	10	868

School administrators set aside approximately 20-30 minutes for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order. In addition to English, the survey was translated into Spanish, Portuguese, and Haitian.

WHAT DID THE SURVEY ASK ABOUT?

The survey focused 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 Somerville High School 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* (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 (see 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 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. The Somerville High School Health Survey was administered in 2002, 2004, 2006, 2008, 2010, 2012, 2014, and 2016.

COMPARATIVE DATA

A limitation of such data is that it is difficult to compare results from Somerville 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 Somerville data and the most useful comparisons are made by looking at Somerville over time.

In addition to selected trend data for Somerville, limited comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* (YRBS) to a sample of Massachusetts high school students every two years. When possible, comparisons are made to the most recent data available from the 2015 Massachusetts YRBS.

WHO HAS THE PROBLEM?

Although this survey was administered to high school students, this does not mean that the issues addressed are confined solely to youth. For example, 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 while the survey focuses on a number of risky behaviors, it may not fully 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 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.

Substance Use

What substances are used most often by Somerville youth?

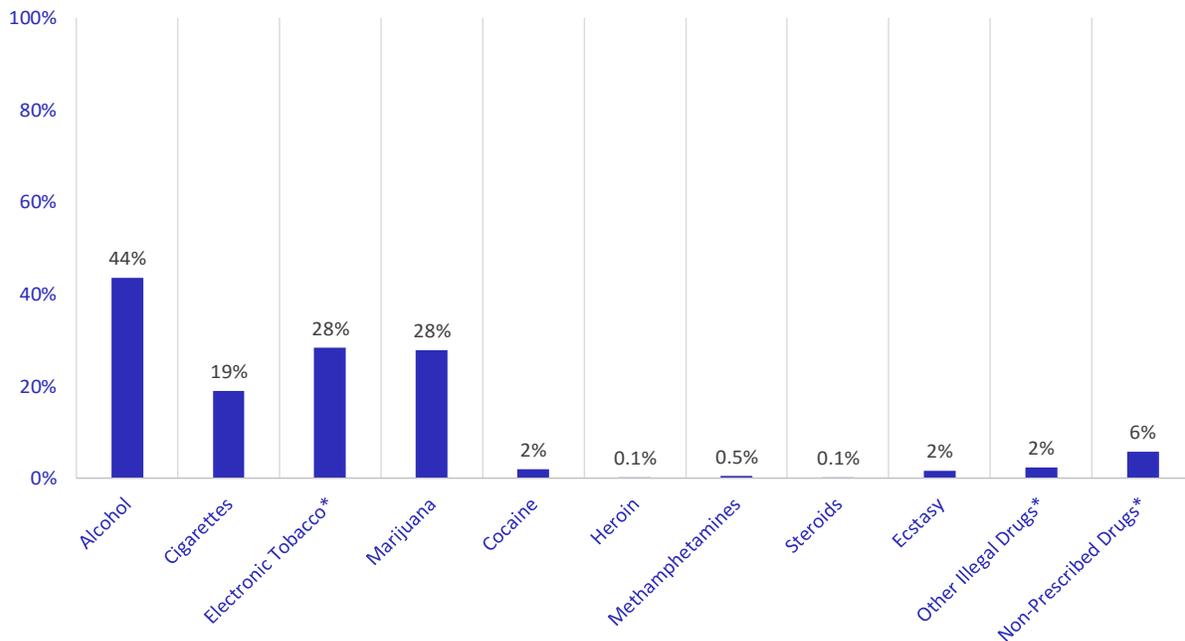
How does use change as youth age?

Are boys or girls more likely to use substances?

How has use changed in Somerville over time?

Are rates of substance use higher or lower in Somerville than in other places?

Lifetime* Substance Use for Somerville High School Students (2016)



* Lifetime Use – any use in one’s lifetime.

* Electronic Tobacco – “used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens).”

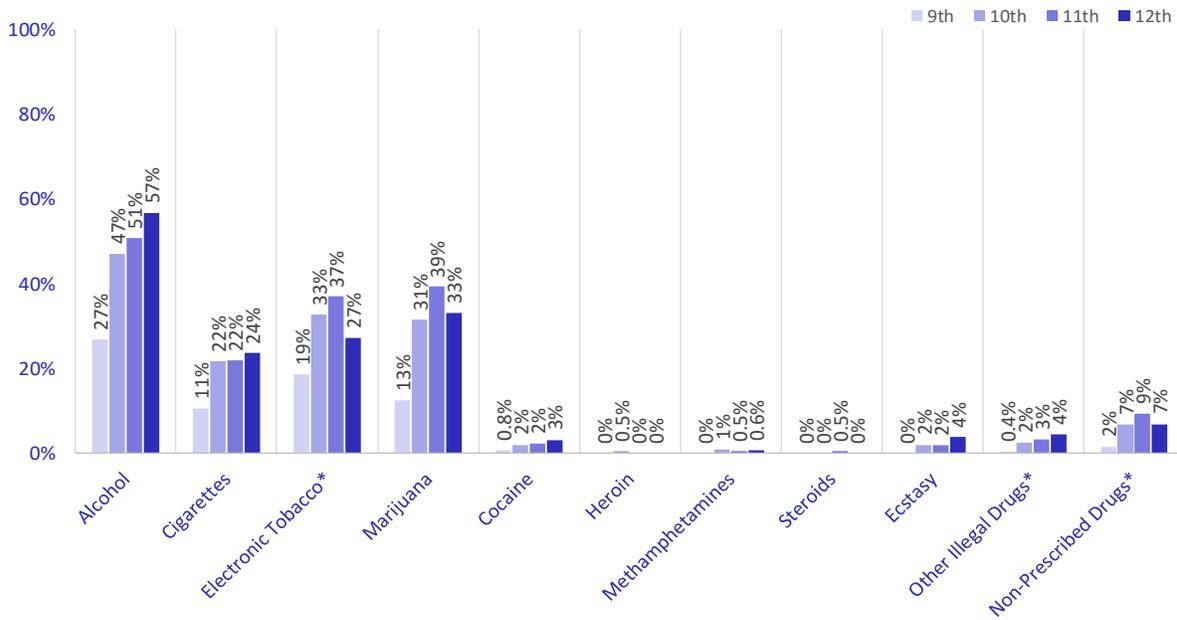
* Other Illegal Drugs – (italics indicates language added in 2016) “used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.).”

* Non-Prescribed Drugs – “taken a prescription drug without a doctor’s prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).”

SELECTED POINTS

- Lifetime substance use is any use in one’s lifetime.
- The questions about alcohol were preceded by the following instruction, “The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, 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 44% of Somerville high school students reporting that they had consumed alcohol in their lifetime.
- While approximately one-fifth of students (19%) reported every smoking cigarettes, 28% reported that they had used *electronic* tobacco products, such as e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, or hookah pens, and the same percentage (28%) reported smoking marijuana.
- Use of illegal drugs other than marijuana is much lower, with 2% or less reporting ever using cocaine (2%), heroin (0.1%), methamphetamines (0.5%), steroids (0.1%), or ecstasy (2%), and 2% reporting using any other illegal drug.
- Six percent (6%) of students reported that they had ever taken a prescription drug *without* a doctor’s prescription, such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax. This is commonly referred to as non-medical use of prescription drugs (NMUPD).

Lifetime* Substance Use for Somerville High School Students, by Grade (2016)



* Lifetime Use – any use in one’s lifetime.

* Electronic Tobacco – “used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens).”

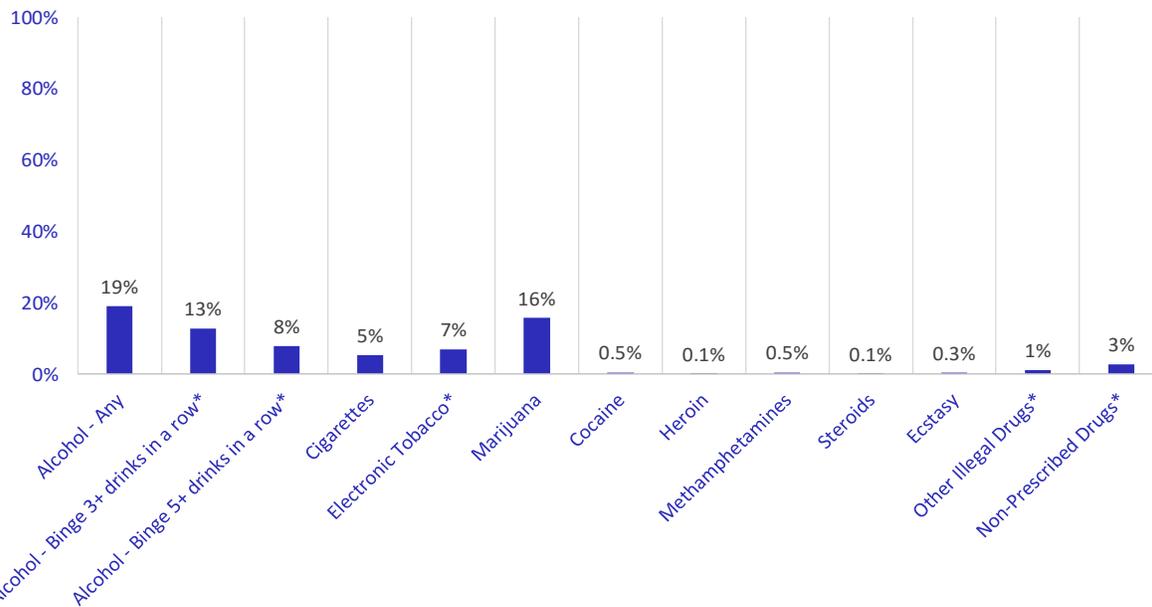
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* Non-Prescribed Drugs – “taken a prescription drug without a doctor’s prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).”

SELECTED POINTS

- Overall, the percentage of students who reported ever using substances increased with age/grade between grades 9 and 12. For example, 27% of Somerville 9th graders reported ever drinking alcohol, compared to 57% of 12th graders.
- Note the substantive difference between use among 9th and 10th graders, and the highest rates generally found among 11th graders.

Current* Substance Use for Somerville High School Students (2016)



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

* Binge Alcohol Use – “three or more drinks of alcohol in a row, that is, within a couple of hours”, “five or more drinks of alcohol in a row, that is, within a couple of hours.”

* Electronic Tobacco – “used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens).”

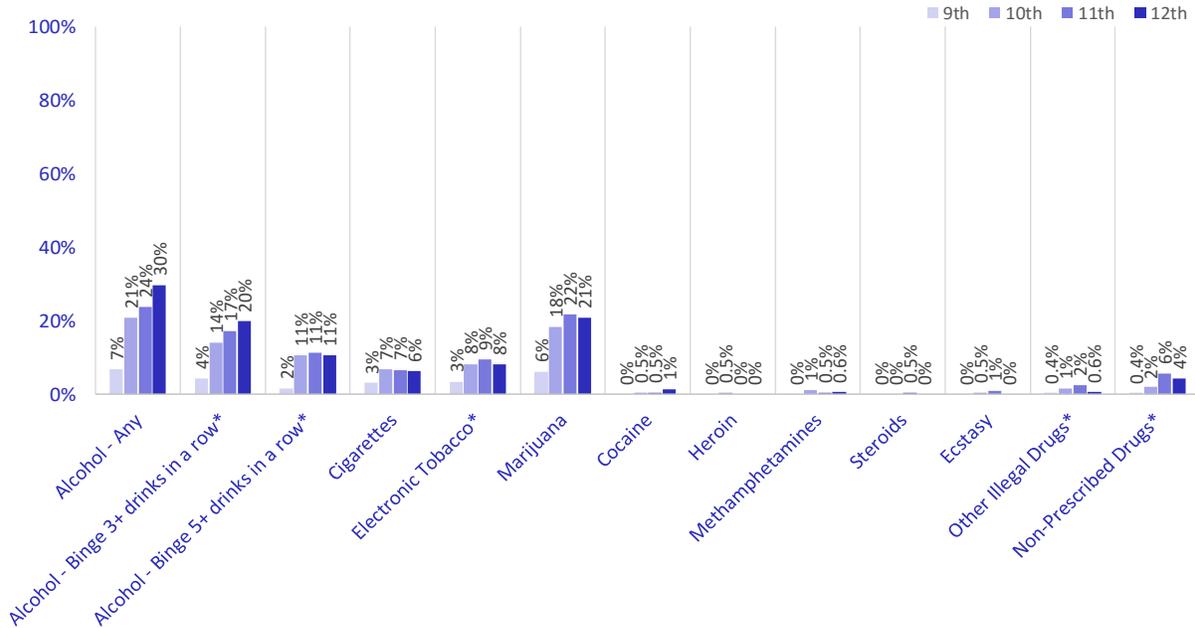
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* Non-Prescribed Drugs – “taken a prescription drug without a doctor’s prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).”

SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 19% of Somerville high school students reporting that they consumed alcohol in the 30 days prior to the survey.
- Thirteen percent (13%) of respondents reporting binge drinking by consuming 3+ drinks in a row, while 8% consumed 5+ drinks in a row. This means that over two-thirds of those who drank in the past 30 days engaged in binge drinking at the 3+ level (68%) and just under half engaged in binge drinking at the 5+ level (42%).
- Note that the rate of current marijuana use (16%) is much higher than the rate of current cigarette use (5%) or current electronic tobacco use (7%).
- While current use of illegal drugs other than marijuana is comparatively low, 3% of respondents indicated that they had engaged in non-medical use of a prescription drug.

Current* Substance Use for Somerville High School Students, by Grade (2016)



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

* Binge Alcohol Use – “three or more drinks of alcohol in a row, that is, within a couple of hours”, “five or more drinks of alcohol in a row, that is, within a couple of hours.”

* Electronic Tobacco – “used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens).”

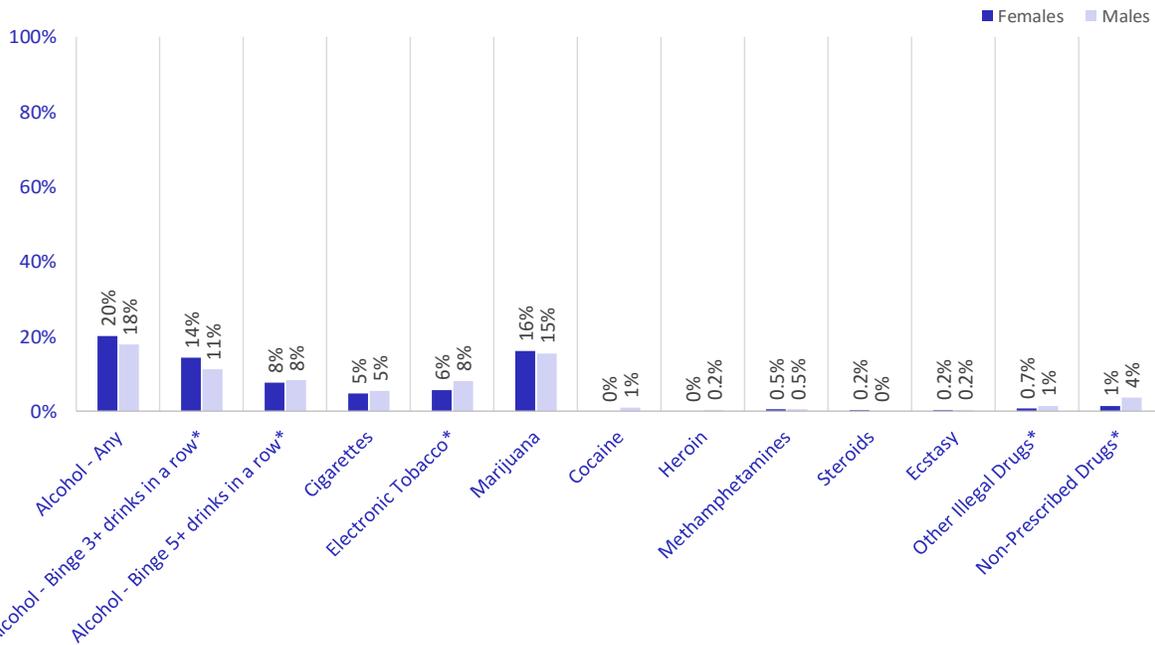
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* Non-Prescribed Drugs – “taken a prescription drug without a doctor’s prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).”

SELECTED POINTS

- The percentage of Somerville high school youth who reported current use of more commonly used substances such as alcohol and marijuana increased with age/grade. For example, the percentage of students who reported current alcohol use increased from 7% in 9th grade to 30% in 12th grade.
- The most substantive difference observed in current use was between grades 9 and 10, with levels remaining fairly consistent in grades 10, 11, and 12.

Current* Substance Use for Somerville High School Students, by Gender (2016)



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

* Binge Alcohol Use – “three or more drinks of alcohol in a row, that is, within a couple of hours”, “five or more drinks of alcohol in a row, that is, within a couple of hours.”

* Electronic Tobacco – “used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens).”

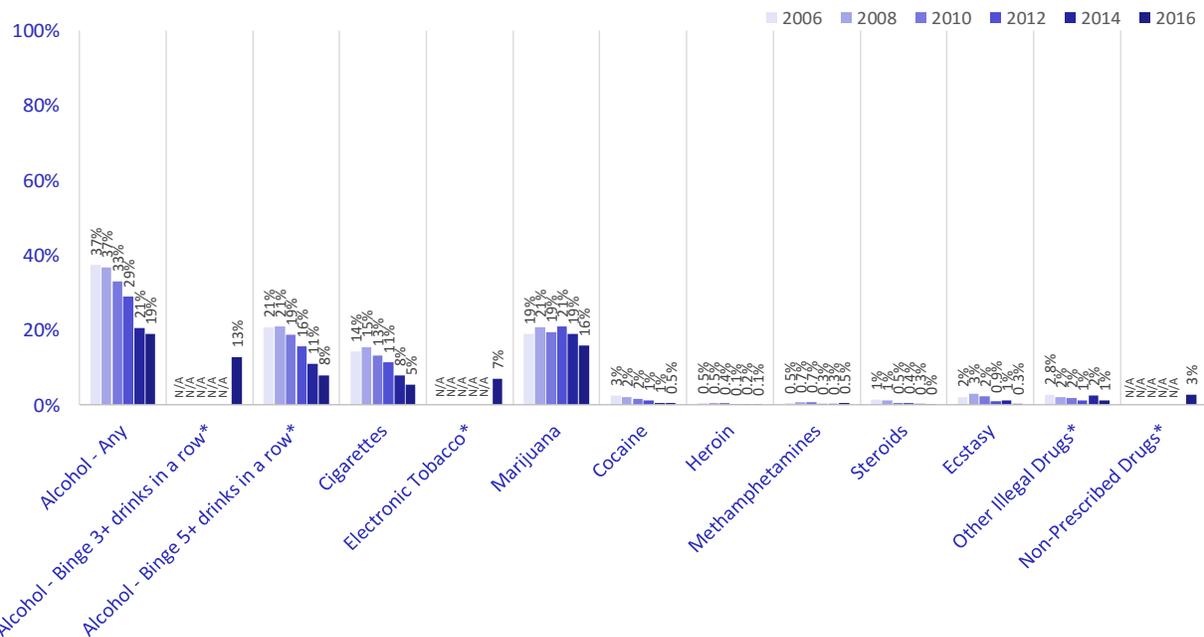
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* Non-Prescribed Drugs – “taken a prescription drug without a doctor’s prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).”

SELECTED POINTS

- Overall, Somerville high school males and females reported very similar rates of current substance use. For example, 20% of females and 18% of males reported current alcohol use, 5% of both males and females reported current cigarette use, and 16% of females and 15% of males reported current marijuana use.
- While overall use was comparatively low, males (4%) were more likely than females (1%) to report current non-medical use of prescription drugs.

Trends in Current* Substance Use for Somerville High School Students ('06, '08, '10, '12, '14, '16)



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

* Binge Alcohol Use – “three or more drinks of alcohol in a row, that is, within a couple of hours”, “five or more drinks of alcohol in a row, that is, within a couple of hours.”

* Electronic Tobacco – “used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens).”

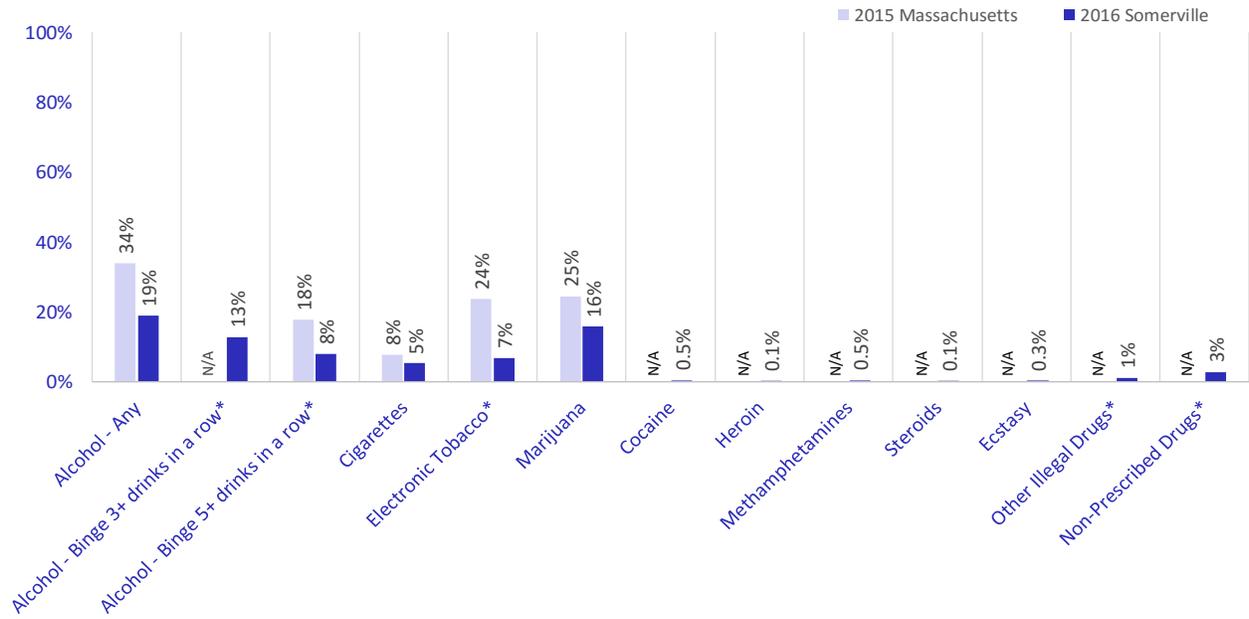
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* Non-Prescribed Drugs – “taken a prescription drug without a doctor’s prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).”

SELECTED POINTS

- Overall, there was a pattern of continued decline between 2014 and 2016 in current substance use among Somerville high school students, with rates at the lowest levels observed since 2006. For example, current alcohol use decreased from 21% in 2014 to 19% in 2016 (below peak of 37% in 2006 and 2008), binge drinking at the 5+ drinks level from 11% to 8% (below peak of 21% in 2006 and 2008), and cigarette use from 8% to 5% (below peak of 15% in 2008).
- While current marijuana has remained largely consistent since 2006, use declined from 19% in 2014 to 16% in 2016.
- Levels of current use of illegal drugs other than marijuana remain consistently lower than use of alcohol, tobacco products, and marijuana, with overall declines over time.

Current* Substance Use for Massachusetts* (2015) and Somerville (2016) High School Students



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

* Massachusetts data from the *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring).

* Binge Alcohol Use – “three or more drinks of alcohol in a row, that is, within a couple of hours”, “five or more drinks of alcohol in a row, that is, within a couple of hours.”

* Electronic Tobacco – “used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens).”

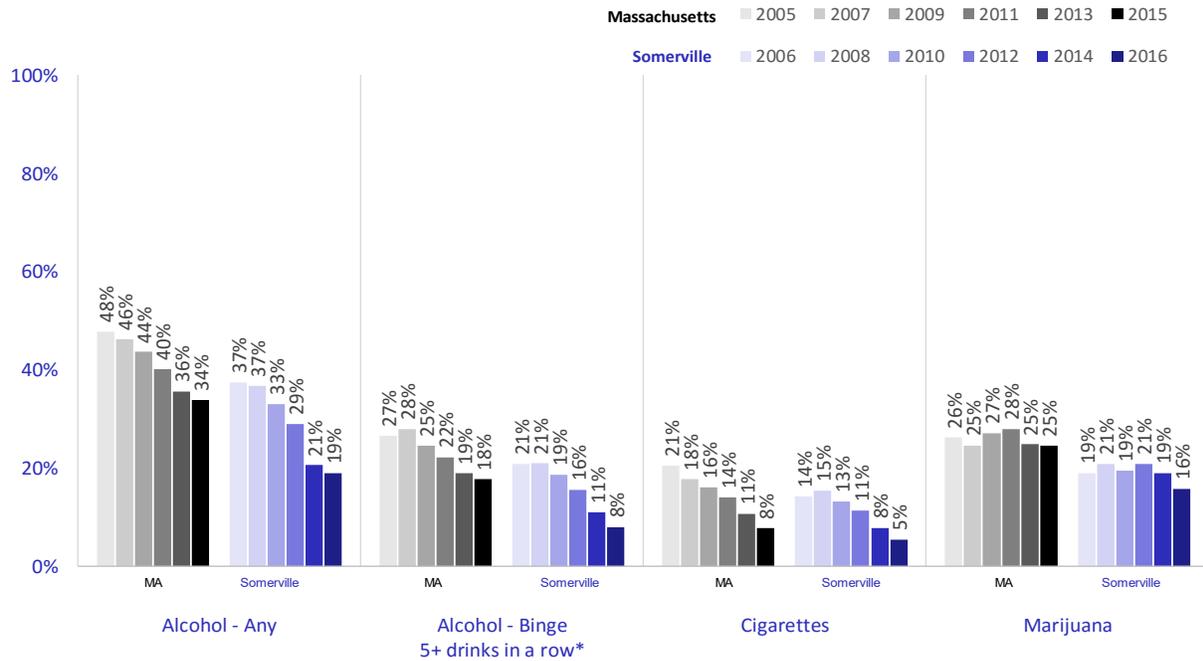
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* Non-Prescribed Drugs – “taken a prescription drug without a doctor’s prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).”

SELECTED POINTS

- Current use rates for all substances were lower in Somerville than in Massachusetts as a whole (comparing Somerville 2016 to the most recent Massachusetts 2015 data):
 - Alcohol (34% MA vs. 19% Somerville)
 - Binge Alcohol at 5+ drinks level (18% vs. 8%)
 - Cigarettes (8% vs. 5%)
 - Electronic Tobacco (24% vs. 7%)
 - Marijuana (25% vs. 16%)
- Comparative data are not available for other substances because the questions were not included in the Massachusetts survey.

Trends in Current* Substance Use for Massachusetts* and Somerville High School Students



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

* Massachusetts data from the *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring).

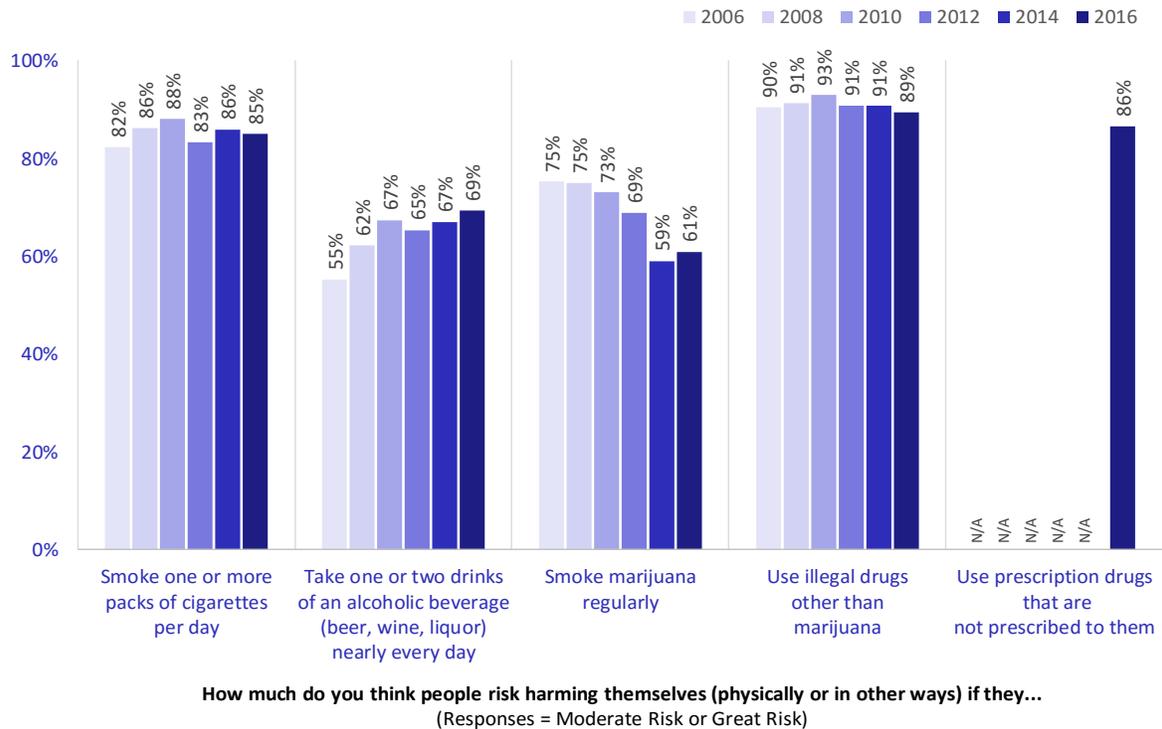
* Binge alcohol use – “five or more drinks of alcohol in a row, that is, within a couple of hours.”

SELECTED POINTS

- This chart displays trend data for Massachusetts high school students (grey-shaded bars) and Somerville high school students (blue-shaded bars). Note that the years of the surveys alternate consecutively by one year.
- In most instances, trends in Somerville are similar to those in Massachusetts as a whole, with levels trending downward. While there has been more consistency in marijuana use among both populations, the Somerville data reveal more substantive recent decreases.

Issues Related to Substance Use

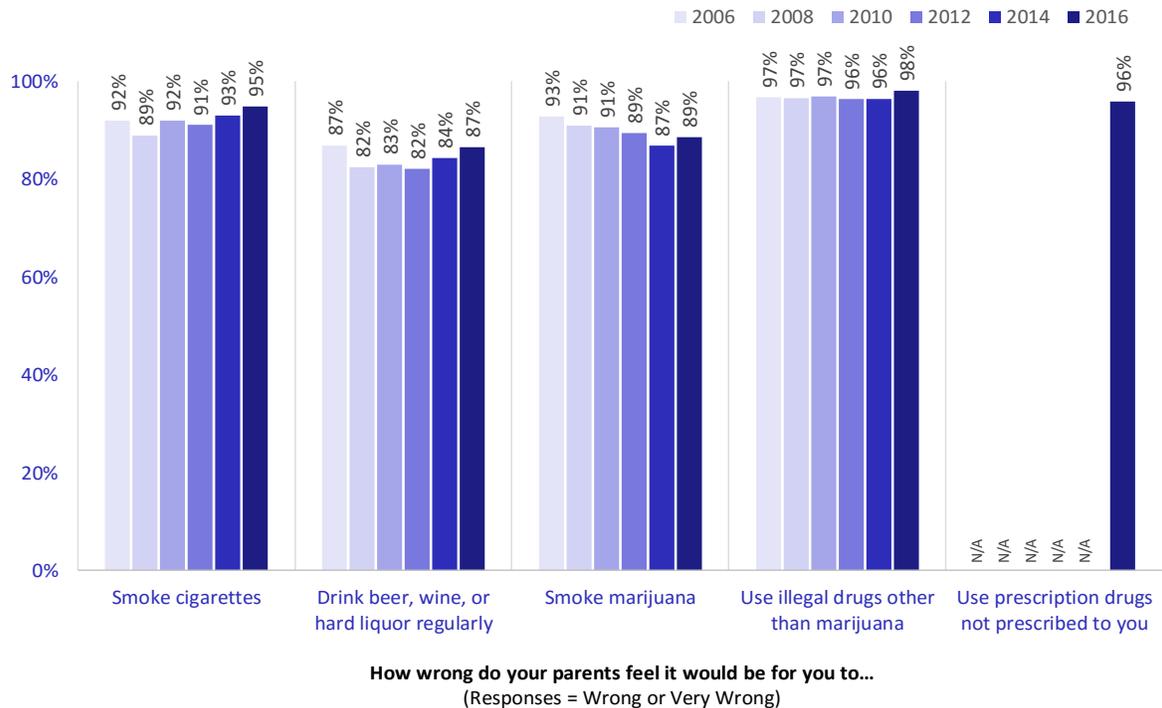
Trends in Perceived Risk of Substance Use among Somerville High School Students (2016)



SELECTED POINTS

- Respondents were asked to answer the following question about the use of cigarettes, alcohol, marijuana, illegal drugs other than marijuana, and prescription drugs that are not prescribed to them: "How much do you think people risk harming themselves (physically or in other ways) if they...". Displayed are the percentage of respondents who answered *moderate risk or great risk*.
- The question concerning non-medical use of prescription drugs was added to the survey in 2016.
- Overall, the largest percentage of respondents perceive use of illegal drugs other than marijuana as a moderate or great risk (89% in 2016), followed by non-medical use of prescription drugs (86%), smoking one or more packs of cigarettes per day (85%), taking 1-2 drinks of alcohol nearly every day (69%), and smoking marijuana regularly (61%).
- While the perceived risk of regular use of cigarettes and illegal drugs other than marijuana has shown little historical change, the perceived risk of regular alcohol use has increased (55% in 2006, 69% in 2016) and the perceived risk of regular marijuana use has decreased (75% in 2006, 61% in 2016).

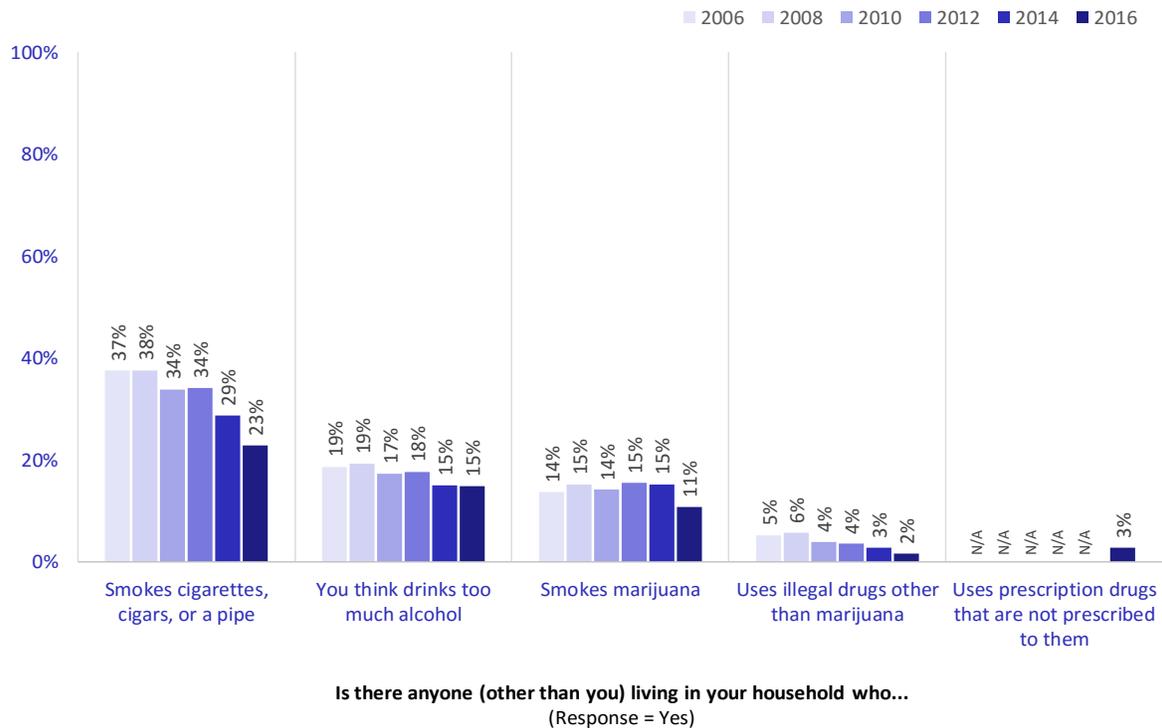
Trends in Perceived Parental Disapproval of Substance Use among Somerville High School Students (2016)



SELECTED POINTS

- Respondents were asked to answer the following question about how their parents would view their use of cigarettes, alcohol, marijuana, illegal drugs other than marijuana, and prescription drugs that are not prescribed to them: "How wrong do your parents feel it would be for you to...". Displayed are the percentage of respondents who answered *wrong* or *very wrong*.
- The question concerning non-medical use of prescription drugs was added to the survey in 2016.
- Overall, most respondents felt that their parents would not approve of their substance use. The largest percentage of respondents perceive parental disapproval of their use of illegal drugs other than marijuana (98% in 2016), followed by non-medical use of prescription drugs (96%), smoking cigarettes (95%), smoking marijuana (89%), and drinking alcohol regularly (87%).
- While perceived parental disapproval of substance use has shown little historical change, recent data reveal slight but consistent increases (cigarettes – 93% in 2014, 95% 2016; alcohol – 84%, 87%; marijuana – 87%, 89%; illegal drugs other than marijuana – 96%, 98%).

Trends in Exposure to Substance Use at Home among Somerville High School Students (2016)

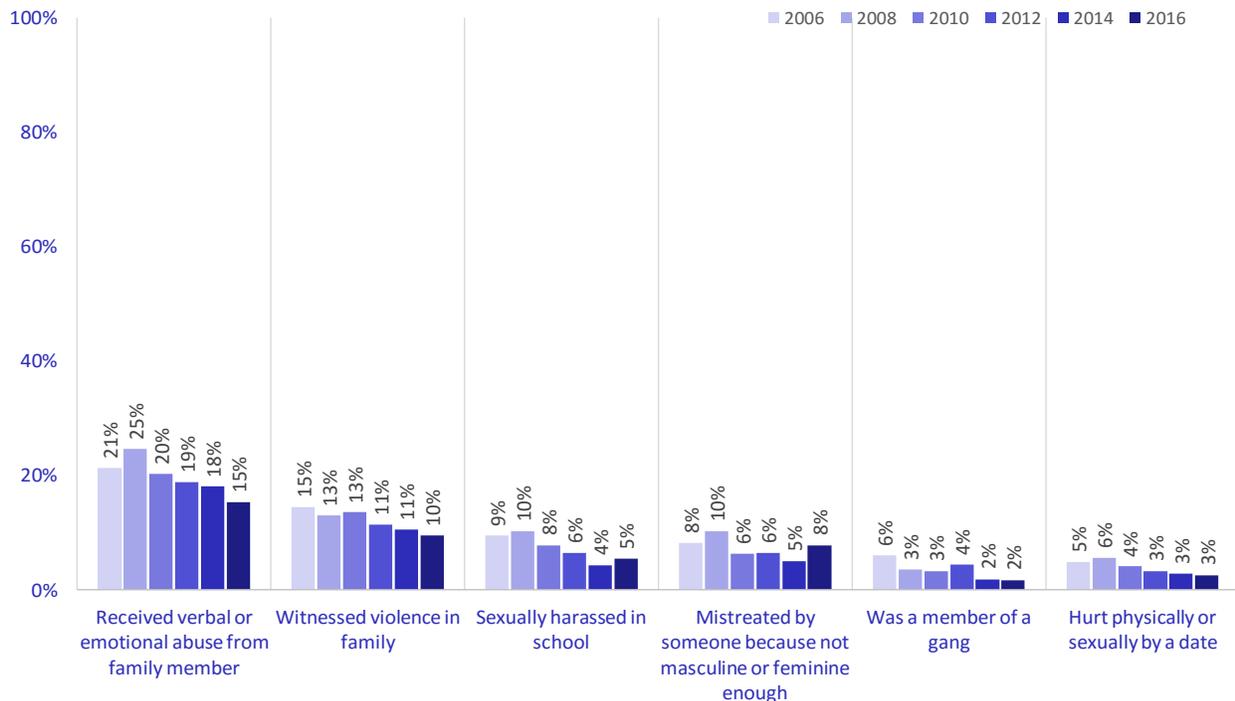


SELECTED POINTS

- Somerville high school students were asked if they live with someone who: (1) smokes cigarettes, cigars, or a pipe; (2) they think drinks too much alcohol; (3) smokes marijuana; (4) uses illegal drugs other than marijuana; and/or uses prescription drugs that are not prescribed to them.
- The question concerning non-medical use of prescription drugs was added to the survey in 2016.
- 2016 respondents were most likely to report living with someone who smokes cigarettes (23%), followed by someone who they think drinks too much alcohol (15%), someone who smokes marijuana (11%), someone who uses prescription drugs that are not prescribed to them (3%), and someone who uses illegal drugs other than marijuana (2%).
- Levels of exposure to substance use at home have declined since 2006, most notably exposure to cigarette use which declined from 37% in 2006 to 23% in 2016.

Violence and Safety

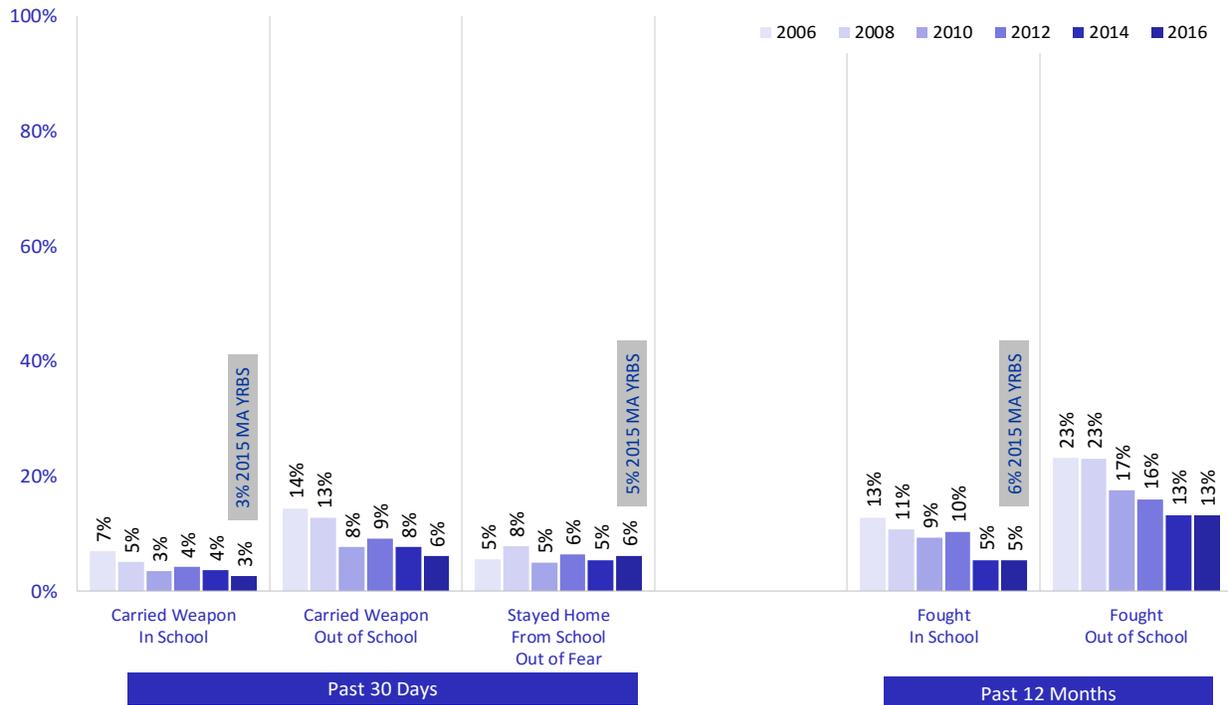
Percent of Somerville High School Students Who Experienced Family or Personal Violence in the Past 12 Months ('06, '08, '10, '12, '14, '16)



SELECTED POINTS

- The data illustrate family and personal violence-related experiences that respondents reported happened to them at least once in the past 12 months. Fifteen percent (15%) of 2016 Somerville high school students reported being verbally or emotionally abused by a family member, 10% witnessed family violence, 5% were sexually harassed in school, 8% were mistreated by someone who thought they weren't masculine or feminine enough, 2% were a member of a gang, and 3% had been physically or sexually hurt by a date.
- **Trends:** Available trend data reveal overall decreases since 2008 in most violence-related experiences among Somerville youth. There were, however, slight increases between 2014 and 2016 in the percentage of respondents who reported being sexually harassed in school (4% to 5%) and being mistreated by someone because they were not masculine or feminine enough (5% to 8%), reversing prior declines.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were slightly more likely than males to have experienced most of these issues: verbally/emotionally abused (11% males, 19% females), witnessed family violence (10%, 9%), sexually harassed in school (4%, 6%), mistreated for being perceived as not masculine/feminine enough (7%, 8%), being a gang member (3%, 0.5%), hurt by a date (1%, 4%).
- **Grade:** Overall, rates remained fairly consistent across grades with unsystematic variation. See Appendix A for details.

Violence and Safety-Related Experiences Among Somerville High School Students ('06, '08, '10, '12, '14, '16)

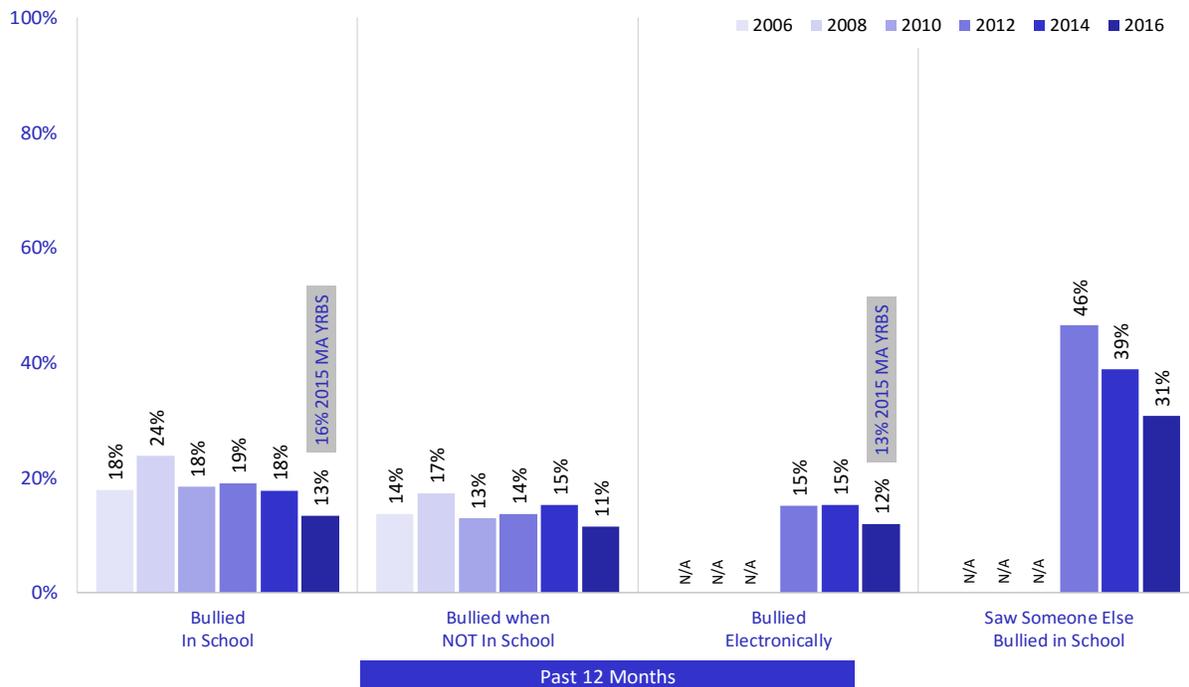


* Massachusetts data from the 2015 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2015).

SELECTED POINTS

- The data illustrate violence and safety-related experiences occurring in the past 30 days (carried a weapon, stayed home from school in fear) or in the past 12 months (in a physical fight), most 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 when they were at school.
- **Trends:** Available trend data reveal consistency between 2014 and 2016 in most of these issues among Somerville youth, with levels remaining below higher rates previously observed.
- **Comparisons:** Rates of these issues were similar among both 2016 Somerville and 2015 Massachusetts youth: carried a weapon on school property (3% Somerville, 3% MA), stayed home from school out of fear for safety (6% Somerville, 5% MA), in a physical fight at school (5% Somerville, 6% MA). *MA data from the 2015 MA Youth Risk Behavior Survey.*
- **Gender:** Males were more likely than females to report behaviors related to weapons carrying and fighting, while females were more likely to report staying home from school out of fear for safety. See Appendix A for details.
- **Grade:** In general, reports of these issues varied inconsistently across ages/grades. See Appendix A for details.

Percent of Somerville High School Students Who Reported Being Bullied and Seeing Someone Else Bullied in the Past 12 Months ('06, '08, '10, '12, '14, '16)

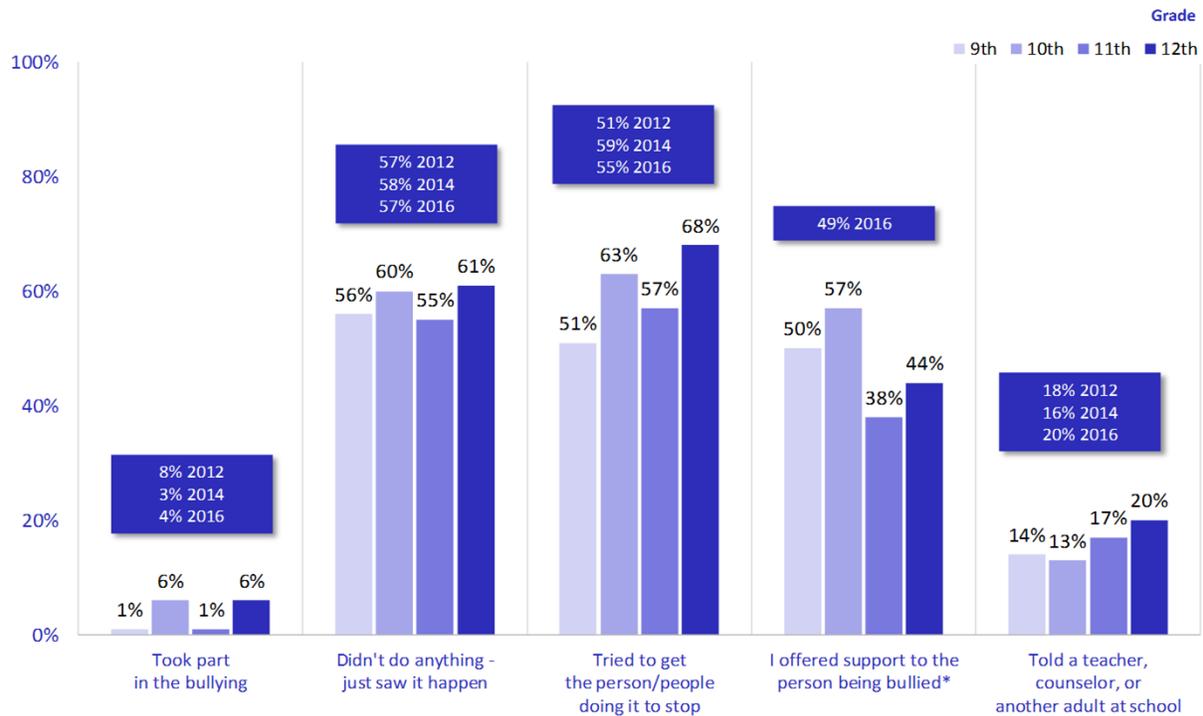


* Massachusetts data from the 2015 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2015).

SELECTED POINTS

- In contrast to safety concerns and fighting, respondents were slightly more likely to report being bullied when they were in school than when they were not in school. Thirteen percent (13%) of Somerville high school students reported that they had been bullied in school in the 12 months prior to the survey, compared to 11% who were bullied when they were not in school. Twelve percent (12%) had been bullied electronically (cyber-bullied) in that period (through texting, e-mail, or social media like Facebook, Twitter, or Instagram).
- Thirty-one percent (31%) of Somerville high school students reported that they saw someone else bullied in school in the 12 months prior to the survey.
- **Trends:** Having previously stayed relatively level since 2006, rates of all reported bullying declined between 2014 and 2016: bullied in school (18% in 2014, 13% in 2016), bullied when not in school (15%, 11%), bullied electronically (15%, 12%), saw someone else bullied in school (39%, 31%).
- **Comparisons:** The rates of being bullying at school (16% MA, 13% Somerville) and electronically (13% MA, 12% Somerville) are slightly higher among Massachusetts students. *MA data from the 2015 MA Youth Risk Behavior Survey.*
- **Gender:** Female students were more likely than males to report each of these bullying experiences: bullied in school (9% males, 17% females), bullied when not in school (7%, 16%), bullied electronically (7%, 17%), saw someone else bullied in school (28%, 33%).
- **Grade:** The percentage of students who reported bullying generally decreased throughout the high school grades: bullied in school (17% 9th grade, 17% 10th grade, 8% 11th grade, 9% 12th grade); bullied when not in school (12%, 16%, 9%, 8%), bullied electronically (13%, 16%, 7%, 11%), saw someone else bullied in school (33%, 38%, 25%, 24%).

Response Last Time They Saw Someone Else Bullied In School in the Past 12 Months, by Grade – Multiple Responses Possible (2016)

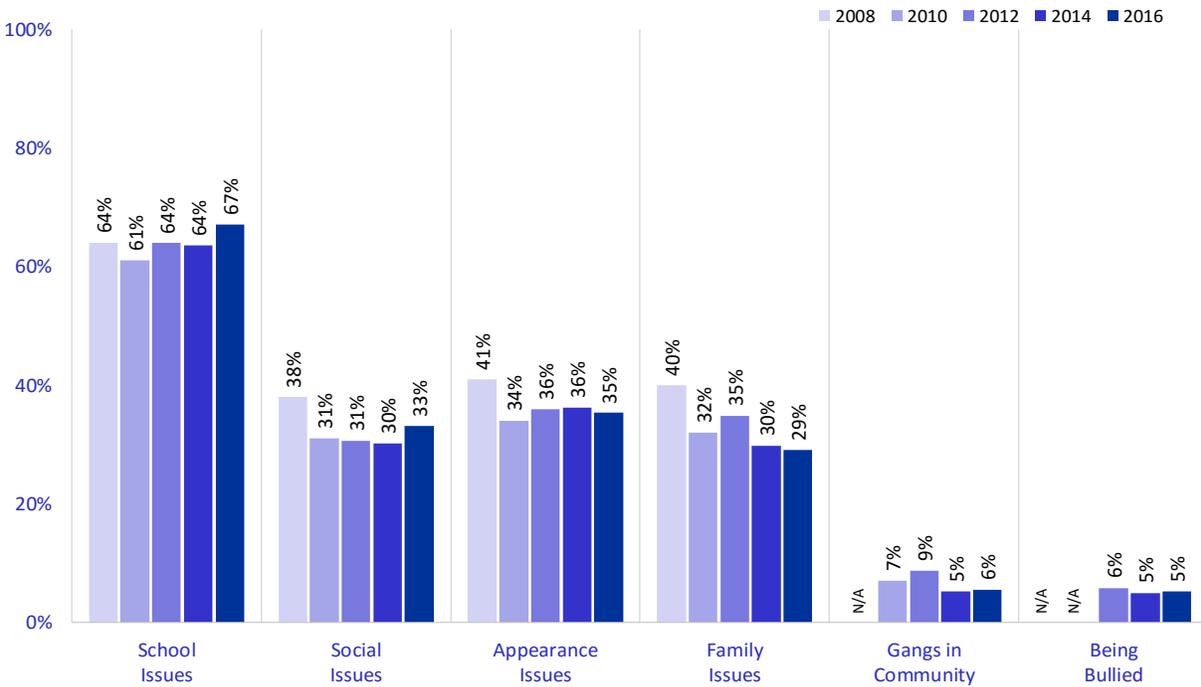


SELECTED POINTS

- Respondents who had seen someone else bullied in school in the 12 months prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Respondents in all grades were generally most likely to report trying to get the person/people doing it to stop and/or not doing anything (just seeing it happen), followed by offering support to the person being bullied, telling a school adult, and taking part in the bullying.
- **Trends:** The proportion of students reporting each of these responses has remained largely consistent over time. The response option of offering support to the person being bullied was added to the survey in 2016.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely than males to report positive responses (intervening, telling a trusted school adult) to bullying that they observed: took part in the bullying (5% males, 4% females); did nothing (58% males, 57% females); tried to get the person/people doing it to stop (49% males, 59% females); offered support to the person being bullied (38% males, 58% females); told a teacher, counselor, or another adult at school (21% males, 20% females).
- **Grade:** As displayed in the chart, responses to observed bullying varied by grade.

Mental Health

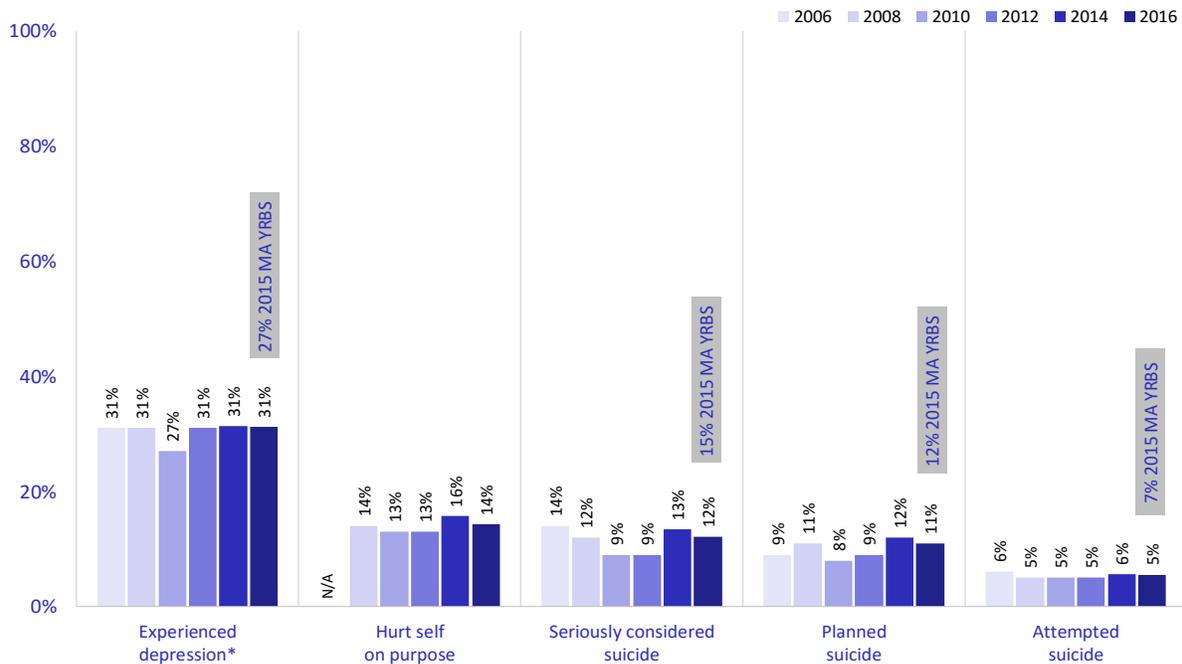
Percent of Somerville High School Students Who Worry About Issues "Fairly Often" or "Very Often" ('08, '10, '12, '14, '16)



SELECTED POINTS

- In 2016, Somerville high school students reported worrying most about school issues (67%), followed by appearance issues (35%), social issues (33%), family issues (29%), gangs in the community (6%), and being bullied (5%).
- **Trends:** While concern about most of these issues remained consistent between 2014 and 2016, with overall levels fairly consistent since 2010, the percentage of students who reported worrying both about school issues (64% in 2014, 67% in 2016) and social issues (30% in 2014, 33% in 2016) increased slightly.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2016 were more likely than males to report frequent worrying about each of these issues: school issues (55% males, 78% females), social issues (25% males, 41% females), appearance issues (22% males, 47% females), family issues (20% males, 38% females), gangs in the community (5% males, 6% females), being bullied (3% males, 7% females).
- **Grade:** Frequent worrying varied with age/grade: school issues (64%, 71%, 61%, 76%), social issues (32%, 32%, 36%, 33%), appearance issues (36%, 35%, 36%, 34%), family issues (23%, 33%, 28%, 34%), gangs in the community (5%, 10%, 5%, 2%), being bullied (6%, 5%, 6%, 2%).

Self-Harm, Depression, and Suicidal Ideation and Behavior in the Past 12 Months Among Somerville High School Students ('06, '08, '10, '12, '14, '16)*



* Massachusetts data from the 2015 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2015).

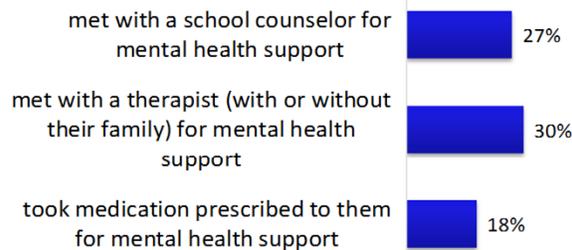
* Depression is defined in the survey as feeling "so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities."

SELECTED POINTS

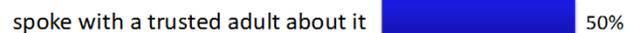
- Thirty-one percent (31%) of 2016 Somerville high school students reported experiencing *depression* in the 12 months prior to the survey, while 14% reported hurting themselves on purpose, 12% *seriously considered* suicide, 11% *planned* to commit suicide, and 5% *attempted* suicide.
- **Trends:** Overall, rates of these mental health concerns among Somerville high school students remained largely consistent with some slight decreases between 2014 and 2016: reported *depression* (level at 31%), hurt self on purpose (16% to 14%), *seriously considered* suicide (13% to 12%), *planned* suicide (12% to 11%), *attempted* suicide (6% to 5%).
- **Comparisons:** With the exception of depression, rates of these mental health concerns among 2016 Somerville high school students were slightly below rates among 2015 Massachusetts high school students: reported *depression* (31% Somerville, 27% MA), hurt self on purpose (14% Somerville, MA data not available), *seriously considered* suicide (12% Somerville, 15% MA), *planned* suicide (11% Somerville, 12% MA), *attempted* suicide (5% Somerville, 7% MA). *MA data from the 2015 MA Youth Risk Behavior Survey.*
- **Gender:** Female Somerville high school students were more likely than their male counterparts to have reported each of these issues in 2016: reported *depression* (21% males, 41% females), self-harm (8%, 20%), *seriously considered* suicide (8%, 16%), *planned* suicide (8%, 14%), *attempted* suicide (3%, 7%).
- **Grade:** There were no consistent differences by grade in reports of these mental health issues (see Appendix A).

Percent of Somerville High School Students Who Sought Support When Experiencing a Mental Health Concern (2016)

Of those who experienced depression and/or considered suicide in the past 12 months...



Of those who attempted suicide in the past 12 months...

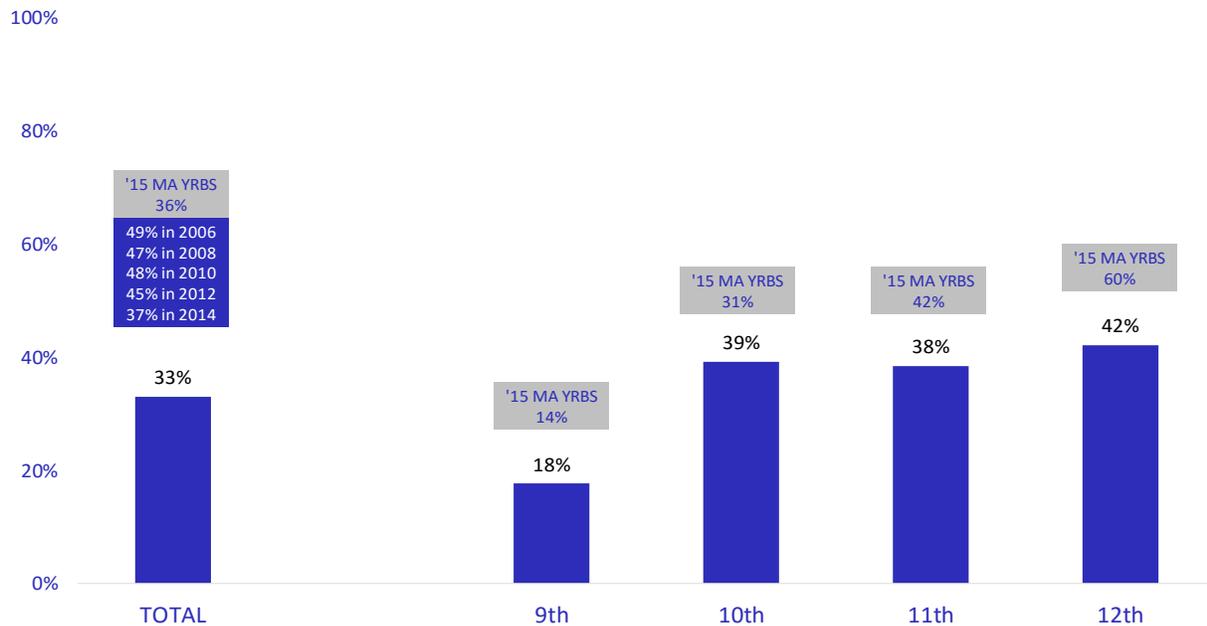


SELECTED POINTS

- Of those 2016 Somerville high school students who reported that they had experienced depression and/or had considered suicide in the past 12 months, 27% said that they met with a school counselor during that time for mental health support, 30% met with a therapist (with or without their family), and 18% took medication prescribed to them. Respondents could choose any/all of these options.
- Of those 2016 Somerville high school students who reported that they had attempted suicide in the past 12 months, 50% spoke with a trusted adult about it.
- **Trends:** Trend data are not available as these items were added to the survey in 2016.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Somerville 2016 females who reported experiencing depression and/or considering suicide were somewhat more likely than males to report accessing adult support during that time: met with a school counselor (24% males, 29% females), met with a therapist (24% males, 31% females), took prescription medication prescribed to them (13% males, 20% females). Males who had attempted suicide, however, were more likely than females to report having spoken with a trusted adult about it (58% males, 45% females).
- **Grade:** Percentage results by grade are not displayed due to the small population denominators (number of cases) in each subgroup.

Sexual Behavior

Percent of Somerville High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2016)*

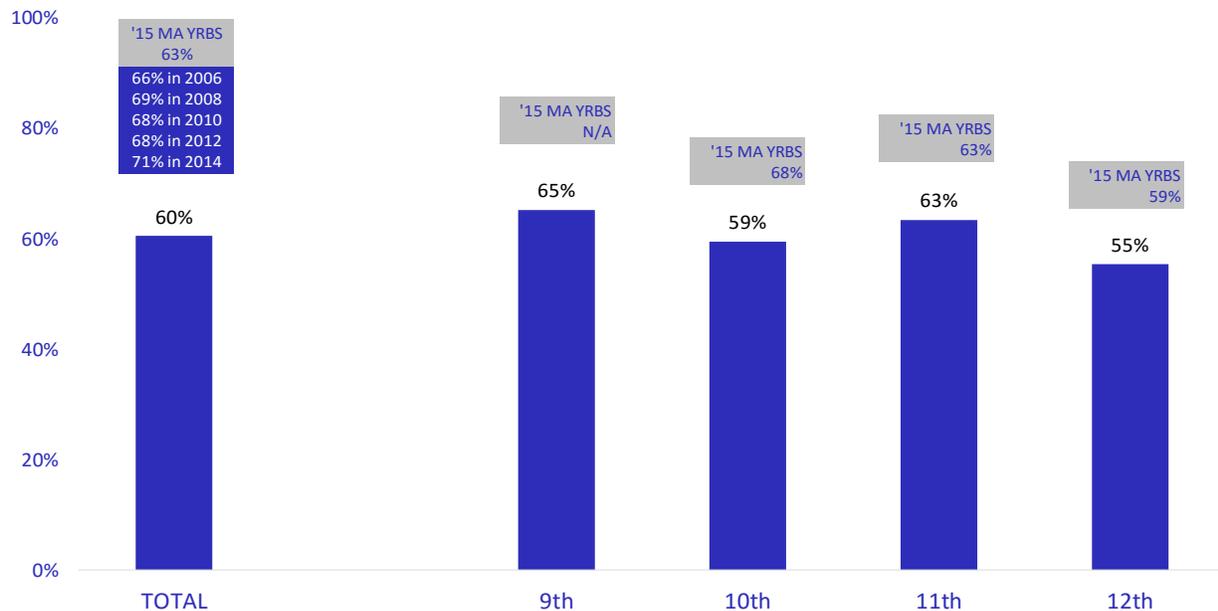


* Massachusetts data from the 2015 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2015).

SELECTED POINTS

- Thirty-three percent (33%) of all 2016 Somerville high school students reported ever having sexual intercourse: 18% of 9th graders, 39% of 10th graders, 38% of 11th graders, and 42% of 12th graders.
- **Trends:** Rates of lifetime sexual intercourse decreased in 2016, continuing a decline previously observed: 49% in 2006, 47% in 2008, 48% in 2010, 45% in 2012, 37% in 2014, 33% in 2016.
- **Comparisons:** The rate of lifetime sexual intercourse among 2016 Somerville high school students (33%) was below the 2015 Massachusetts rate (36%). Rates observed in each grade varied: 9th (18% Somerville vs. 14% MA), 10th (39% vs. 31%), 11th (38% vs. 42%), 12th (42% vs. 60%). *MA data from the 2015 MA Youth Risk Behavior Survey.*
- **Gender:** A larger percentage of 2016 Somerville high school males (36%) than females (30%) reported ever having sexual intercourse.
- **Grade:** The percentage of Somerville students who reported having sexual intercourse increased with age/grade (18% in 9th grade to 42% in 12th grade).

Percent of Sexually Active Somerville High School Students Who Used a Condom at the Last Time They Had Sex, Total and by Grade (2016)*



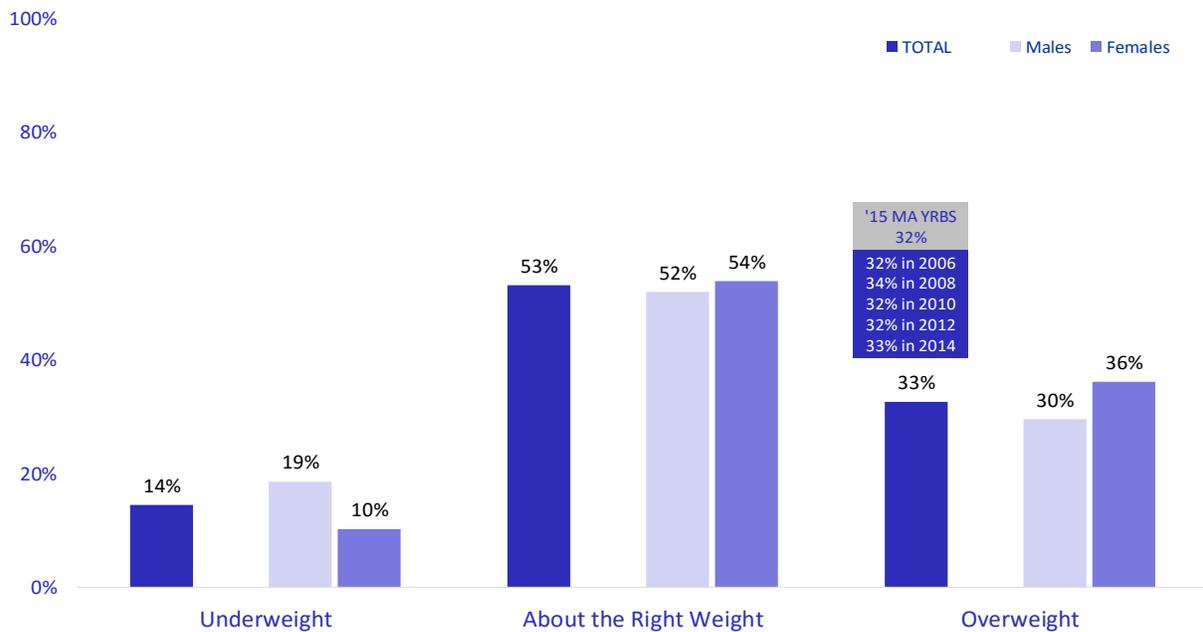
* Massachusetts data from the 2015 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2015).

SELECTED POINTS

- Of those 2016 Somerville high school students who reported ever having sexual intercourse, 60% reported using a condom the last time they did so.
- **Trends:** The percentage of sexually active Somerville high school students who reported that they or their partner used a condom the last time they had sexual intercourse decreased substantially in 2016 to 60%, compared to 66% in 2006, 69% in 2008, 68% in 2010, 68% in 2012, and 71% in 2014.
- **Comparisons:** A smaller percentage of 2016 Somerville high school students (60%) than 2015 Massachusetts students (63%) reported using a condom at their last sexual intercourse, and this pattern held across grades: 9th (65% Somerville, MA data not available), 10th (59% vs. 68%), 11th (63% vs. 63%), 12th (55% vs. 59%). *MA data from the 2015 MA Youth Risk Behavior Survey.*
- **Gender:** Male Somerville high school students (68%) were more likely than females (53%) to report that they or their partner used a condom the last time they had intercourse.
- **Grade:** The percentage of Somerville high school students who reported using a condom during their last sexual intercourse declined overall across grades and was lowest among 12th graders (55%).

Weight and Physical Activity

Perception of Body Weight by Somerville High School Students, Total and by Gender (2016)*

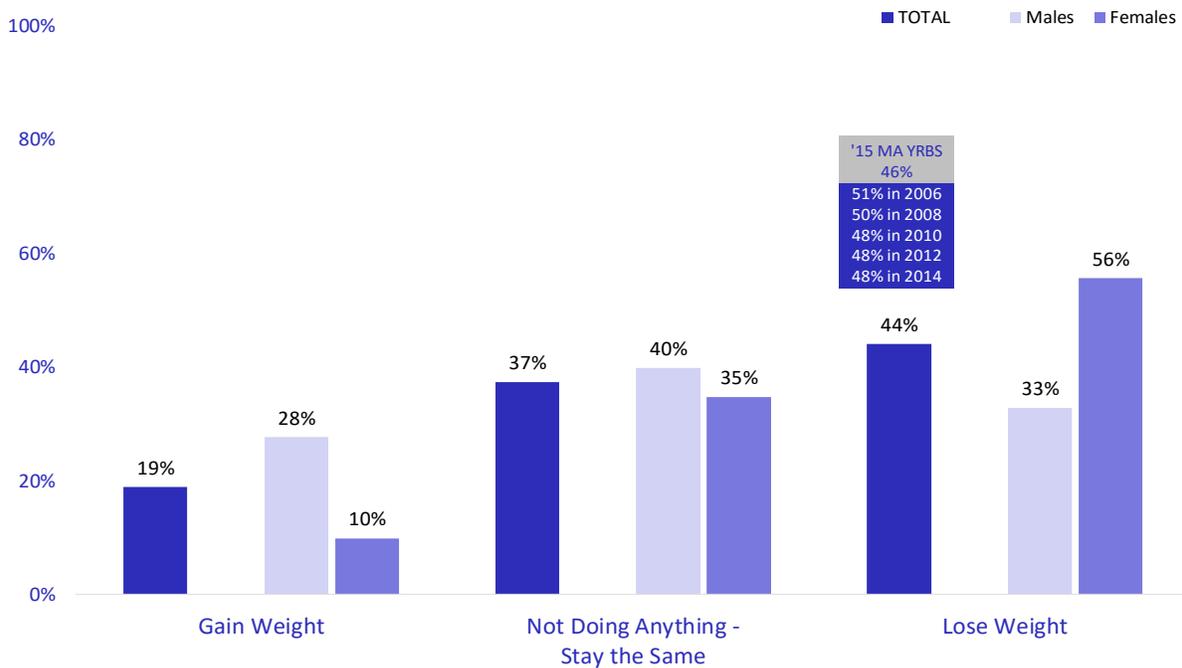


* Massachusetts data from the 2015 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2015).

SELECTED POINTS

- Fourteen percent (14%) of 2016 Somerville high school students described themselves as *underweight*, 53% as *about the right weight*, and 33% as *overweight*.
- Ten percent (10%) of Somerville high school females described themselves as *underweight* compared to 19% of males, 54% as *about the right weight* compared to 52% of males, and 36% as *overweight* compared to 30% of males.
- **Trends:** The percentage of Somerville high school students who described themselves as *overweight* has remained largely consistent: 32% in 2006, 34% in 2008, 32% in 2010, 32% in 2012, 33% in 2014, 33% in 2016.
- **Comparisons:** Somerville 2016 high school students (33%) were almost equally likely as 2015 Massachusetts (32%) high school students to describe themselves as *overweight*. *MA data from the 2015 MA Youth Risk Behavior Survey.*
- **Grade:** There were no consistent differences by age/grade in 2016 Somerville high school students' perception of whether they were *overweight* (9th grade – 36%, 10th grade – 34%, 11th grade – 28%, 12th grade – 32%).

Percent of Somerville High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2016)*

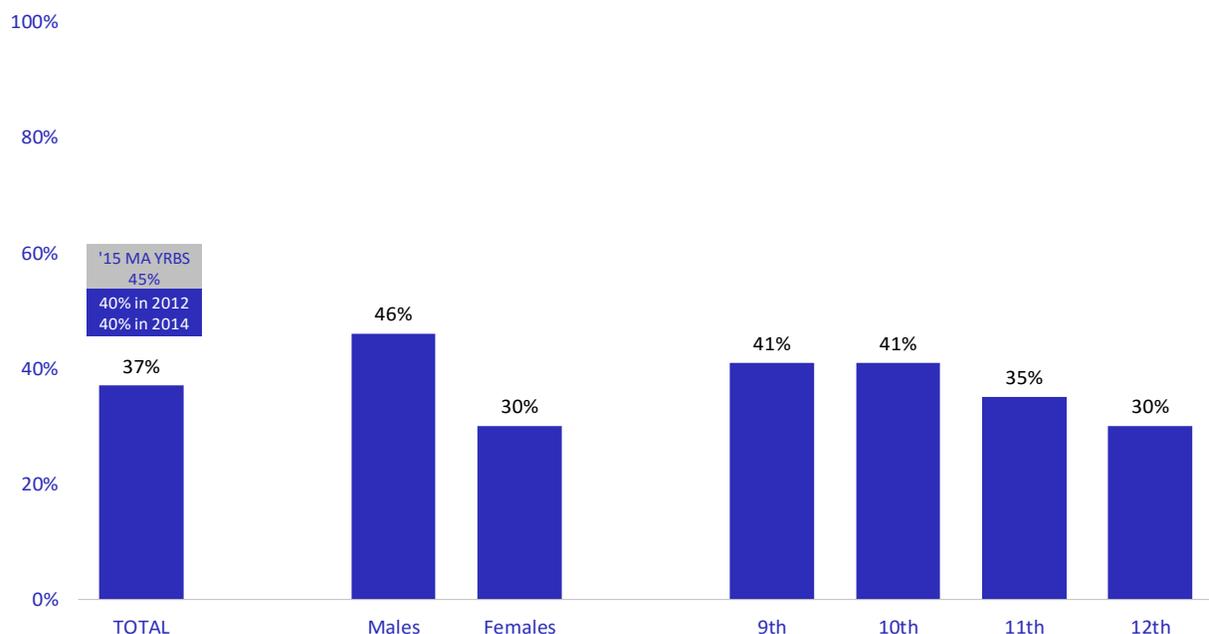


* Massachusetts data from the 2015 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2015).

SELECTED POINTS

- Nineteen percent (19%) of 2016 Somerville high school students reported that they were trying to *gain weight*, 37% were trying to *stay the same weight*, and 44% were trying to *lose weight*.
- Somerville high school males were more likely than females to report that they were trying to *gain weight* (28% males, 10% females) or *stay the same weight* (40%, 35%), while females were far more likely to report trying to *lose weight* (33% males, 56% females).
- **Trends:** The overall percentage of Somerville high school students who reported that they were trying to *lose weight* has remained largely consistent and close to 50% over time, declining somewhat in 2016: 51% in 2006, 50% in 2008, 48% in 2010, 48% in 2012, 48% in 2014, 44% in 2016.
- **Comparisons:** A similar percentage of 2016 Somerville (44%) and 2015 Massachusetts (46%) high school students reported that they were trying to *lose weight*. *MA data from the 2015 MA Youth Risk Behavior Survey.*
- **Grade:** The percentage of 2016 Somerville high school students who reported that they were trying to *lose weight* varied only slightly with age/grade (9th grade – 45%, 10th grade – 43%, 11th grade – 42%, 12th grade – 48%).

Recommended Level of Physical Activity Among Somerville High School Students in the Past 7 Days, Total and by Gender & Grade (2016)*



* Massachusetts data from the 2015 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2015).

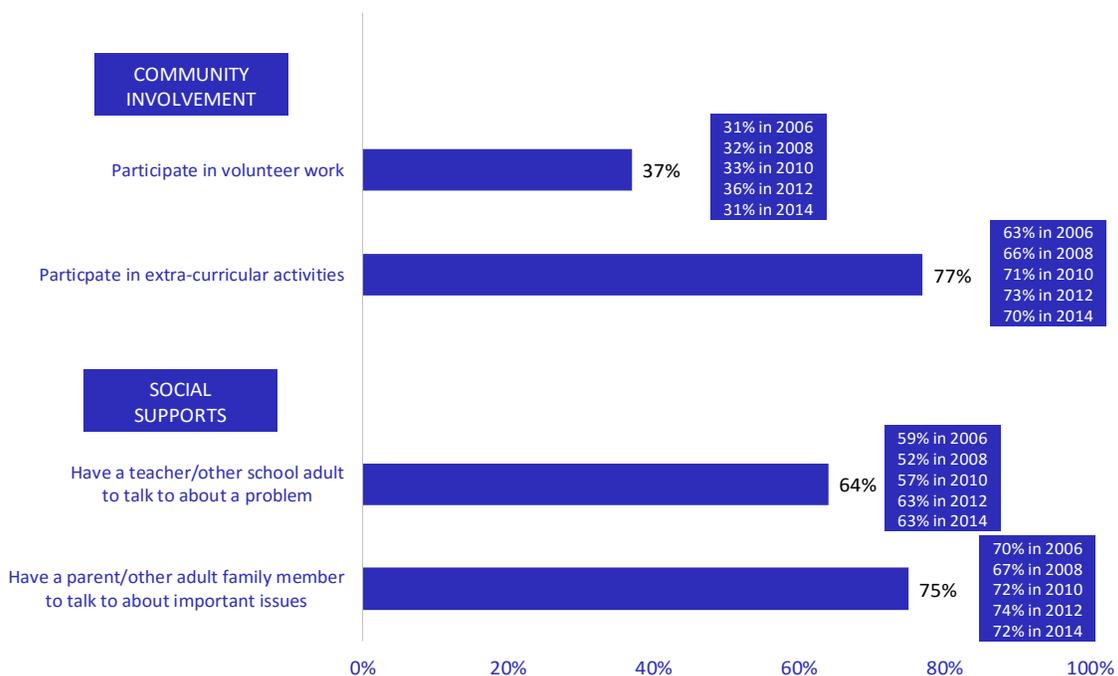
* Defined as participating in "physical activity that increased your heart rate and made you breathe hard some of the time" on at least 5 of the prior 7 days.

SELECTED POINTS

- Thirty-seven percent (37%) of Somerville high school students reported engaging in 60 or more minutes of physical activity at least 5 of the prior 7 days (recommended level of activity).
- Physical activity was defined in the survey as participating in physical activities that increased their heart rate and made them breathe hard some of the time.
- **Trends:** The percent of Somerville high school students who reported engaging in the recommended level of physical activity dropped slightly from 40% in 2012 and 2014 to 37% in 2016.
- **Comparisons:** The Somerville rate of reported physical activity (37%) is below the Massachusetts high school average (45%). *MA data from the 2015 MA Youth Risk Behavior Survey.*
- **Gender:** Somerville males were more likely than females to report engaging in this level of activity (46% males, 30% females).
- **Grade:** The percentage of Somerville high school students who reported engaging in the recommended level of physical activity declined with age/grade (41%, 41%, 35%, 30%).

Resiliency

Percent of Somerville High School Students Reporting Potential Protective Factors (2016)



SELECTED POINTS

- While the Somerville survey focused on many risk behaviors, it also contained items designed to measure the strength of certain protective factors such as social support and community attachment.
- **Trends:** The percentage of Somerville high school students who reported community involvement increased between 2014 and 2016, reversing a decrease observed in 2014: volunteer work (31% to 37%), extra-curricular activities (70% to 77%). Rates of reported access to adult social supports remained fairly consistent – school adult confidant (63% to 64%), family adult confidant (72% to 75%) – sustaining increases observed since 2008.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Rates of these positive factors by gender were largely similar, although females were more likely to report volunteering: participating in extracurricular activities (77% males, 77% females), volunteering (34%, 40%), having a school adult confidant (63%, 66%), having a family adult confidant (76%, 75%).
- **Grade:** The percentage of Somerville high school students who reported these factors tended to increase with age/grade: extra-curricular activities (78%, 74%, 77%, 81%), volunteer work (28%, 33%, 42%, 51%), teacher/other school adult confidant (63%, 56%, 64%, 76%), parent or other family adult confidant (75%, 77%, 75%, 71%).

Appendix A:

Selected Data Tables

2015-2016 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Alcohol and Other Drug Use - High School (N=868)

	SOMERVILLE								Massachusetts YRBS								GENDER		GRADE		
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	Females (425)	Males (427)	9th (270)	10th (210)	11th (215)	12th (163)
LIFETIME (any use in lifetime)																					
Alcohol	64.6%	65.5%	62.9%	63.7%	60.8%	52.5%	50.0%	43.6%	75.2%	76.4%	72.5%	71.3%	67.5%	63.2%	61.3%	46.4%	40.9%	26.8%	47.1%	50.7%	56.7%
Binge alcohol use - 3 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Binge alcohol use - 5 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Cigarettes	N/A	47.6%	41.5%	40.3%	39.5%	33.6%	28.9%	18.9%	53.2%	50.7%	46.4%	43.3%	38.5%	31.6%	27.8%	16.6%	21.1%	10.6%	21.7%	21.9%	23.6%
Electronic tobacco ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.3%	N/A	N/A	N/A	N/A	N/A	N/A	0.4%	28.7%	28.1%	18.6%	32.7%	36.9%	27.2%
Marijuana	N/A	36.9%	33.5%	35.2%	34.3%	33.9%	32.9%	27.8%	46.7%	45.2%	41.2%	42.5%	43.1%	41.3%	40.9%	28.4%	27.0%	12.5%	31.4%	39.3%	33.1%
Cocaine	N/A	6.5%	4.5%	5.5%	3.1%	2.8%	1.5%	1.9%	8.4%	7.9%	8.7%	6.1%	5.0%	3.7%	4.5%	0.5%	3.1%	0.8%	1.9%	2.3%	3.1%
Heroin	N/A	1.7%	1.3%	1.3%	0.5%	0.2%	0.4%	0.1%	3.0%	2.4%	3.1%	2.1%	2.1%	N/A	1.7%	0.0%	0.2%	0.0%	0.5%	0.0%	0.0%
Methamphetamines	N/A	3.1%	1.6%	1.5%	1.2%	0.5%	0.5%	0.5%	6.1%	4.4%	4.0%	2.8%	2.7%	1.6%	2.1%	0.5%	0.5%	0.0%	1.0%	0.5%	0.6%
Steroids without a prescription	5.2%	2.3%	1.8%	1.5%	0.9%	0.4%	0.4%	0.1%	4.6%	4.0%	3.7%	3.3%	2.8%	1.5%	N/A	0.2%	0.0%	0.0%	0.0%	0.5%	0.0%
Ecstasy	N/A	8.8%	5.4%	7.7%	4.9%	2.7%	2.3%	1.6%	9.1%	N/A	N/A	5.9%	5.8%	4.7%	4.3%	1.9%	1.2%	0.0%	1.9%	1.9%	3.8%
Other Illegal Drugs ²	N/A	6.7%	4.9%	4.1%	4.1%	3.2%	3.7%	2.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	2.9%	0.4%	2.4%	3.3%	4.3%
Prescription Drugs without a prescription	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.5%	6.4%	1.5%	6.8%	9.3%	6.8%
Pain medication (like OxyContin, Percocet, Vicodin, codeine)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.6%	3.5%	1.1%	3.8%	6.5%	1.8%
Anti-anxiety or depressant medication (like Ativan, Valium, Xanax, Klonopin, Ambien)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.8%	1.2%	0.0%	1.9%	4.2%	3.1%
Stimulants (like Adderall, Ritalin, or Dexedrine)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	1.9%	0.0%	1.9%	2.3%	4.3%
CURRENT (any use in past 30 days)																					
Alcohol	42.9%	43.3%	37.4%	36.7%	33.0%	28.9%	20.6%	18.9%	45.7%	47.8%	46.2%	43.6%	40.1%	35.6%	33.9%	20.1%	17.7%	6.8%	20.7%	23.7%	29.6%
Binge alcohol use - 3 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.2%	11.1%	4.1%	13.9%	17.2%	19.8%
Binge alcohol use - 5 or more drinks in a row	26.3%	25.5%	20.8%	20.9%	18.6%	15.5%	11.0%	7.9%	26.9%	26.5%	27.9%	24.5%	22.2%	18.9%	17.7%	7.6%	8.3%	1.5%	10.6%	11.2%	10.6%
Cigarettes	20.5%	16.8%	14.2%	15.4%	13.2%	11.4%	7.7%	5.3%	20.9%	20.5%	17.7%	16.0%	14.0%	10.7%	7.7%	4.7%	5.5%	3.0%	6.8%	6.5%	6.2%
Electronic tobacco ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.9%	N/A	N/A	N/A	N/A	N/A	N/A	23.7%	5.7%	8.1%	3.4%	8.2%	9.3%	8.0%
Marijuana	27.9%	18.9%	19.0%	20.8%	19.4%	20.9%	19.0%	15.8%	27.7%	26.2%	24.6%	27.1%	27.9%	24.8%	24.5%	16.0%	15.4%	6.1%	18.3%	21.7%	20.9%
Cocaine	N/A	2.8%	2.6%	2.1%	1.6%	1.1%	0.5%	0.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	1.0%	0.0%	0.5%	0.5%	1.2%
Heroin	N/A	1.0%	0.5%	0.5%	0.4%	0.1%	0.2%	0.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.2%	0.0%	0.5%	0.0%	0.0%
Methamphetamines	N/A	1.9%	0.5%	0.7%	0.7%	0.3%	0.3%	0.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.5%	0.5%	0.0%	1.0%	0.5%	0.6%
Steroids without a prescription	N/A	1.6%	1.3%	1.2%	0.5%	0.4%	0.3%	0.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.2%	0.0%	0.0%	0.0%	0.5%	0.0%
Ecstasy	N/A	3.6%	2.2%	3.0%	2.3%	0.9%	1.2%	0.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.2%	0.2%	0.0%	0.5%	0.9%	0.0%
Other Illegal Drugs ²	N/A	2.7%	2.8%	2.1%	1.8%	1.2%	2.4%	1.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	1.4%	0.4%	1.4%	2.3%	0.6%
Prescription Drugs without a prescription	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.4%	3.6%	0.4%	1.9%	5.6%	4.3%
Pain medication (like OxyContin, Percocet, Vicodin, codeine)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Anti-anxiety or depressant medication (like Ativan, Valium, Xanax, Klonopin, Ambien)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Stimulants (like Adderall, Ritalin, or Dexedrine)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

¹ Respondents were asked if they had "used an electronic cigarette (e-cigarettes, e-cigs, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)."

² Respondents were asked about their use of (italics indicates language added in 2016) "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.)."

2015-2016 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Issues Related to Substance Use - High School (N=868)

	SOMERVILLE								Massachusetts YRBS						GENDER		GRADE				
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	Females (425)	Males (427)	9th (270)	10th (210)	11th (215)	12th (163)
PERCEIVED HARM – How much do you think people risk harming themselves (physically or in other ways) if they... (Responses = Moderate Risk, Great Risk)																					
Smoke one or more packs of cigarettes per day	N/A	81.7%	82.2%	86.1%	88.0%	83.2%	85.8%	84.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	83.3%	86.5%	87.1%	78.3%	85.7%	88.7%
Take one or two alcoholic drinks nearly every day	N/A	55.1%	55.2%	62.2%	67.3%	65.3%	66.9%	69.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	73.1%	65.0%	70.5%	66.5%	72.4%	66.5%
Smoke marijuana regularly	N/A	76.8%	75.2%	74.9%	73.0%	68.8%	59.0%	60.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	63.3%	58.7%	71.2%	56.4%	56.2%	55.8%
Use illegal drugs other than marijuana	N/A	90.2%	90.5%	91.3%	92.9%	90.7%	90.7%	89.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	89.7%	88.9%	90.9%	87.7%	88.1%	90.8%
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	86.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.5%	85.5%	87.5%	84.0%	86.2%	89.7%
PERCEPTION OF PARENTAL RESPONSE – How wrong do your parents feel it would be for you to... (Responses = Wrong, Very Wrong)																					
Smoke cigarettes	N/A	92.7%	92.0%	88.9%	92.0%	91.0%	92.9%	94.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	95.0%	94.7%	96.6%	92.8%	95.7%	94.3%
Drink beer, wine, or hard liquor regularly	N/A	85.9%	86.8%	82.5%	83.0%	82.1%	84.3%	86.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	89.7%	83.5%	92.8%	82.3%	87.7%	80.6%
Smoke marijuana	N/A	93.9%	92.8%	91.0%	90.5%	89.4%	86.8%	88.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	89.9%	87.5%	92.8%	88.5%	86.2%	85.4%
Use illegal drugs other than marijuana	N/A	96.9%	96.7%	96.6%	96.8%	96.3%	96.4%	98.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	98.8%	97.1%	98.9%	96.6%	98.6%	98.1%
Use prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	95.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	96.7%	95.0%	97.4%	93.3%	97.2%	95.6%
EXPOSURE TO SUBSTANCE USE – Is there anyone (other than you) living in your household who... (Responses = Yes)																					
Smokes cigarettes, cigars, or a pipe	45.4%	39.5%	37.5%	37.6%	33.8%	34.1%	28.7%	22.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	26.7%	19.6%	20.1%	22.9%	25.2%	25.0%
You think drinks too much alcohol	N/A	19.3%	18.7%	19.2%	17.3%	17.7%	15.1%	14.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.1%	11.8%	9.5%	20.4%	16.8%	13.8%
Smokes marijuana	N/A	15.7%	13.7%	15.1%	14.1%	15.5%	15.2%	10.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.5%	9.0%	6.1%	12.7%	12.4%	13.4%
Uses illegal drugs other than marijuana	N/A	5.4%	5.3%	5.7%	3.9%	3.5%	2.8%	1.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.0%	1.5%	1.2%	2.4%	1.4%	1.3%
Uses prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.8%	1.5%	2.3%	2.9%	2.9%	2.5%

2015-2016 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Violence and Safety - High School (N=868)

	SOMERVILLE								Massachusetts YRBS						GENDER		GRADE				
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	Females (425)	Males (427)	9th (270)	10th (210)	11th (215)	12th (163)
VIOLENCE-RELATED EXPERIENCES IN THE PAST 12 MONTHS																					
Witnessed violence in your family (12 months)	9.8%	13.6%	14.5%	13.0%	13.5%	11.3%	10.5%	9.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.1%	10.0%	8.6%	10.7%	10.9%	7.5%
Received verbal or emotional abuse from someone in your family (12 months)	15.3%	21.6%	21.3%	24.6%	20.3%	18.8%	18.1%	15.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.6%	11.5%	14.1%	16.5%	12.9%	20.1%
Mistreated by someone who thought you were not masculine or feminine enough (12 months)	4.6%	8.0%	8.2%	10.3%	6.3%	6.4%	5.0%	7.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.2%	6.7%	9.8%	7.3%	4.3%	9.4%
Sexually harassed in school (12 months)	4.5%	12.4%	9.4%	10.2%	7.8%	6.5%	4.3%	5.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.5%	3.6%	6.8%	6.8%	3.8%	3.1%
Hurt physically or sexually by a date or someone you were going out with (12 months)	10.9%	5.0%	4.9%	5.6%	4.0%	3.2%	2.8%	2.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.8%	1.4%	1.1%	2.5%	3.3%	4.3%
Were a member of a gang (12 months)	N/A	6.0%	5.9%	3.5%	3.3%	4.3%	1.9%	1.6%	10%	10%	9%	7%	6%	N/A	N/A	0.5%	2.9%	1.5%	1.5%	2.4%	0.6%
BULLYING AND FIGHTING IN THE PAST 12 MONTHS																					
Bullied at school (12 months)	N/A	19.9%	17.8%	23.7%	18.4%	19.0%	17.8%	13.4%	N/A	N/A	N/A	19.4%	18.1%	16.6%	15.6%	17.3%	9.5%	17.4%	17.2%	8.0%	8.6%
Bullied when NOT at school (12 months)	N/A	15.4%	13.7%	17.2%	12.9%	13.7%	15.3%	11.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.6%	7.2%	11.8%	16.1%	8.5%	8.0%
Bullied electronically (12 months)	N/A	N/A	N/A	N/A	N/A	15.1%	15.3%	11.9%	N/A	N/A	N/A	N/A	N/A	13.8%	13.0%	16.9%	6.6%	13.4%	16.4%	6.6%	10.6%
Saw someone else bullied at school (12 months)	N/A	N/A	N/A	N/A	N/A	46.4%	38.8%	30.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	33.3%	28.0%	33.2%	38.2%	25.2%	24.1%
In a physical fight on school property (12 months)	N/A	15.0%	12.8%	10.6%	9.2%	10.2%	5.4%	5.4%	10.2%	10.2%	9.1%	8.7%	7.1%	4.6%	5.6%	4.3%	6.4%	7.2%	4.3%	6.5%	1.9%
In a physical fight when NOT on school property (12 months)	N/A	24.0%	23.1%	23.0%	17.4%	15.9%	13.1%	13.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.8%	17.7%	15.7%	12.5%	13.6%	8.6%
WEAPONS CARRYING AND STAYING HOME FROM SCHOOL IN THE PAST 30 DAYS																					
Carried a weapon such as a gun, knife, or club on school property (30 days)	N/A	5.8%	6.9%	5.0%	3.4%	4.1%	3.6%	2.5%	5.0%	5.8%	5.0%	4.4%	3.7%	3.1%	3.2%	1.2%	4.0%	2.2%	2.4%	3.3%	1.2%
Carried a weapon such as a gun, knife, or club when NOT on school property (30 days)	N/A	12.7%	14.4%	12.7%	7.6%	9.1%	7.6%	6.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.5%	8.5%	5.2%	8.1%	7.0%	2.5%
Stayed home from school because of fear for safety (30 days)	7.2%	6.6%	5.5%	7.8%	4.9%	6.4%	5.4%	6.1%	4.6%	4.0%	4.7%	4.0%	4.8%	3.6%	4.8%	7.8%	4.5%	7.0%	8.6%	4.2%	3.1%

2015-2016 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Mental Health - High School (N=868)

	SOMERVILLE								Massachusetts YRBS						GENDER		GRADE				
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	Females (425)	Males (427)	9th (270)	10th (210)	11th (215)	12th (163)
PERSONAL EXPERIENCES IN PAST 12 MONTHS																					
Divorce or separation in family	6.5%	6.9%	8.2%	8.5%	8.3%	7.1%	6.9%	8.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.2%	6.1%	7.7%	10.4%	8.2%	6.3%
Family moved	9.8%	13.3%	14.7%	13.6%	12.7%	12.5%	10.7%	13.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.7%	13.4%	11.1%	15.9%	14.1%	13.7%
Family member or close friend died	28.7%	41.7%	38.4%	32.2%	36.9%	32.4%	30.8%	33.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	38.6%	26.8%	30.4%	36.8%	32.7%	30.6%
Ran away from home	5.2%	4.9%	6.2%	6.5%	5.5%	5.5%	3.4%	3.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.1%	2.7%	3.1%	5.9%	2.4%	2.5%
ISSUES THAT CAUSE WORRY - Percent of students who report worrying "fairly often" or "very often" about issues in past month																					
School issues (grades, homework, tests, etc.)	N/A	N/A	N/A	63.9%	60.7%	64.0%	63.5%	67.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	78.2%	55.3%	64.0%	71.0%	60.7%	76.1%
Social issues (friendships, dating, teasing, etc.)	N/A	N/A	N/A	38.0%	31.0%	30.6%	30.2%	33.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	40.5%	24.8%	32.1%	32.1%	35.8%	33.3%
Appearance issues (your weight, how you look, etc.)	N/A	N/A	N/A	41.5%	34.2%	35.9%	36.3%	35.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	47.3%	22.5%	35.7%	35.4%	36.3%	34.2%
Family issues (relationship with your parent[s], family's financial situation, family health concerns, etc.)	N/A	N/A	N/A	39.7%	32.3%	34.9%	29.8%	29.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	38.3%	19.6%	22.8%	33.5%	28.4%	34.2%
Gangs in the community	N/A	N/A	N/A	N/A	6.9%	8.7%	5.2%	5.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.0%	5.2%	4.6%	10.1%	5.2%	1.9%
Being bullied by other students	N/A	N/A	N/A	N/A	N/A	5.8%	4.9%	5.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.9%	3.3%	6.5%	5.3%	6.2%	1.9%
ANXIETY, SELF-HARM, DEPRESSION, AND SUICIDE																					
Experienced anxiety ¹ (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	36.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	50.1%	22.4%	35.9%	35.0%	32.6%	44.7%
Hurt/injured self on purpose (12 months)	N/A	N/A	N/A	13.5%	12.9%	12.6%	15.7%	14.2%	18%	19%	17%	17%	18%	N/A	N/A	19.6%	7.8%	14.2%	18.2%	14.4%	8.6%
Depressed ² (12 months)	38.4%	31.6%	30.7%	31.0%	26.9%	31.2%	31.3%	31.2%	28.0%	26.7%	24.0%	24.0%	25.2%	21.7%	27.4%	40.9%	21.1%	28.4%	32.7%	31.9%	33.7%
Seriously considered suicide (12 months)	21.0%	13.5%	13.6%	11.5%	9.1%	9.0%	13.4%	12.1%	16.3%	12.7%	12.5%	13.5%	13.3%	12.0%	14.9%	15.8%	7.8%	11.7%	14.4%	10.8%	11.7%
Made plan to commit suicide (12 months)	19.5%	11.8%	9.0%	10.6%	8.3%	8.6%	12.0%	11.0%	12.5%	11.7%	10.6%	11.1%	12.2%	11.0%	11.9%	13.8%	7.8%	11.0%	14.4%	8.4%	9.9%
Attempted suicide (12 months)	14.1%	6.6%	5.8%	5.3%	4.7%	4.5%	5.6%	5.5%	8.4%	6.4%	7.6%	6.8%	6.8%	5.5%	7.0%	7.4%	3.3%	5.7%	8.1%	3.7%	4.3%
<i>If attempted suicide in past 12 months, spoke with trusted adult about it</i>	N/A	N/A	N/A	N/A	N/A	N/A	N/A	50.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	45.2%	58.3%	50.0%	28.6%	42.9%	100.0%
SOCIAL SUPPORTS																					
Have a parent or other adult family member to talk to about important issues	N/A	68.3%	69.8%	66.6%	71.5%	74.2%	72.4%	75.1%	N/A	N/A	81%	84%	83%	83%	N/A	74.9%	76.3%	75.3%	77.0%	75.5%	71.1%
Have a teacher or other adult school staff member to talk to about a problem	N/A	52.7%	59.3%	51.9%	56.9%	62.5%	63.3%	64.3%	N/A	N/A	67%	69%	71%	71%	N/A	66.1%	62.5%	62.8%	56.3%	64.0%	76.4%
Have another adult outside of school to talk to about important issues	N/A	38.3%	39.6%	39.1%	40.3%	35.6%	32.8%	29.1%	N/A	N/A	48%	N/A	N/A	N/A	N/A	30.8%	27.3%	25.1%	30.1%	30.2%	34.0%
Met with a school counselor for mental health support (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.1%	8.4%	10.0%	13.1%	14.8%	12.3%
Met with a therapist (with or without your family) for mental health support (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	19.1%	10.8%	13.0%	13.6%	17.2%	19.0%
Took medication prescribed for you for mental health support (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.8%	7.1%	8.1%	11.0%	8.1%	10.4%

¹ Anxiety was described in the survey as feeling "tense, nervous, or worried every day for two or more weeks in a row."

² Depression was described in the survey as feeling "so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities."

2015-2016 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Physical Health - High School (N=868)

	SOMERVILLE								Massachusetts YRBS						GENDER		GRADE				
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	Females (425)	Males (427)	9th (270)	10th (210)	11th (215)	12th (163)
SEXUAL BEHAVIOR																					
Ever had sexual intercourse	50.8%	49.8%	49.1%	47.3%	48.0%	45.4%	37.3%	33.1%	41.0%	45.4%	44.4%	46.4%	42.0%	38.1%	36.4%	30.0%	36.1%	17.6%	39.1%	38.5%	42.1%
Condom use at last intercourse ¹	N/A	71.4%	66.2%	68.5%	67.8%	68.1%	71.4%	60.4%	57.4%	65.0%	61.1%	57.5%	57.7%	57.6%	62.5%	52.8%	68.0%	65.2%	59.5%	63.4%	55.4%
Alcohol/drugs at last intercourse ¹	N/A	17.1%	16.4%	16.7%	14.3%	17.5%	14.6%	14.3%	24.8%	23.2%	24.6%	23.5%	22.7%	23.5%	21.8%	12.9%	16.0%	2.2%	15.6%	19.0%	16.7%
Ever been/gotten someone pregnant	8.1%	5.2%	4.4%	5.7%	4.5%	3.8%	2.4%	1.2%	4%	5%	5%	6%	5%	N/A	N/A	1.4%	1.0%	0.8%	2.4%	1.0%	0.0%
Ever sexual contact against will	N/A	8.0%	8.1%	8.3%	8.2%	5.6%	4.6%	9.5%	10%	10%	11%	11%	10%	N/A	N/A	10.3%	8.3%	6.9%	11.9%	9.6%	10.5%
Ever had an STD	2.8%	1.6%	1.1%	1.6%	2.1%	1.7%	1.7%	1.1%	6%	5%	3%	2%	2%	N/A	N/A	0.7%	1.4%	0.4%	1.0%	1.4%	1.9%
Ever taught about AIDS/HIV in school	89.2%	87.7%	87.3%	87.0%	86.7%	81.3%	84.4%	83.1%	92%	93%	89%	87%	84%	85%	N/A	82.9%	82.9%	80.3%	86.1%	85.2%	82.1%
Ever talked with parents or other family adults about AIDS/HIV infection	51.3%	48.5%	53.3%	48.8%	47.8%	46.7%	45.7%	40.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	38.9%	41.9%	42.2%	41.8%	44.5%	29.9%
WEIGHT																					
Describe self as slightly/very overweight	28.5%	30.4%	32.1%	34.5%	31.6%	32.3%	33.1%	32.6%	30.9%	31.2%	29.3%	28.8%	27.6%	29.4%	31.5%	36.1%	29.5%	35.8%	34.5%	28.0%	32.3%
Trying to lose weight	50.7%	47.8%	50.8%	50.2%	47.8%	47.9%	48.5%	44.0%	45.9%	46.7%	45.6%	45.0%	45.3%	44.5%	46.0%	55.5%	32.7%	44.5%	43.1%	42.2%	48.1%
WEIGHT LOSS OR MAINTENANCE ACTIVITIES IN PAST 30 DAYS																					
Fasted for 24 hours or more	9.8%	11.9%	13.1%	11.6%	8.7%	8.8%	10.0%	10.2%	12%	11%	11%	8%	10%	10%	N/A	16.3%	4.1%	13.0%	8.9%	9.1%	8.1%
Took diet pills/powders/liquids without a doctor's advice	6.3%	6.5%	6.7%	5.5%	2.8%	4.8%	4.5%	2.4%	7%	5%	6%	5%	4%	3%	N/A	3.2%	1.4%	1.1%	3.0%	2.9%	3.1%
Vomited/took laxatives	3.4%	5.0%	4.2%	4.3%	3.5%	3.3%	4.8%	2.5%	6%	6%	5%	5%	5%	4%	N/A	3.7%	1.2%	4.2%	2.0%	1.9%	0.6%
Tried a fad/trend diet	1.6%	8.0%	8.0%	6.8%	3.3%	9.2%	8.1%	6.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.0%	2.7%	8.8%	7.4%	3.9%	6.3%
PHYSICAL ACTIVITY IN PAST 7 DAYS																					
Physically active for 60 minutes per day on 5 or more days in the past week (updated measure)	N/A	N/A	N/A	N/A	N/A	40.1%	39.5%	37.3%	N/A	N/A	41.0%	N/A	N/A	44.3%	45.2%	29.5%	45.7%	40.9%	41.1%	35.1%	30.4%
Watched television 3 or more hours per day	N/A	47.8%	47.0%	38.4%	37.3%	37.3%	34.0%	26.8%	31.3%	32.8%	28.4%	30.4%	28.4%	25.0%	N/A	29.5%	24.5%	26.9%	24.0%	30.1%	24.7%
Used electronic devices 3 or more hours per day	N/A	32.7%	35.9%	38.2%	41.2%	40.8%	39.1%	38.9%	N/A	N/A	29.0%	29.9%	32.0%	38.8%	43.2%	36.1%	41.4%	44.2%	37.0%	35.1%	36.9%

¹ Of those who had sexual intercourse.