

Summary of Results from the 2017-2018 Somerville High School Health Survey

Submitted to:

The City of Somerville, Massachusetts

Submitted by:

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Alcohol and Other Drug Use, Issues Related to Substance Use, Violence and Safety, Mental Health, Physical Health

BACKGROUND

REPORT FORMAT

In February of 2018, 754 Somerville high school students (grades 9-12) took part in the 2017-2018 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, 2013-2014, and 2015-2016 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, the Somerville Police Department, 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 2018 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
184	218	202	145	5	754

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 Centers for Disease Control and Prevention. Methodology of the Youth Risk Behavior Surveillance System – 2013. MMWR 2013;62 [RR-1]).

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, 2016, and 2018.

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 2017 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?

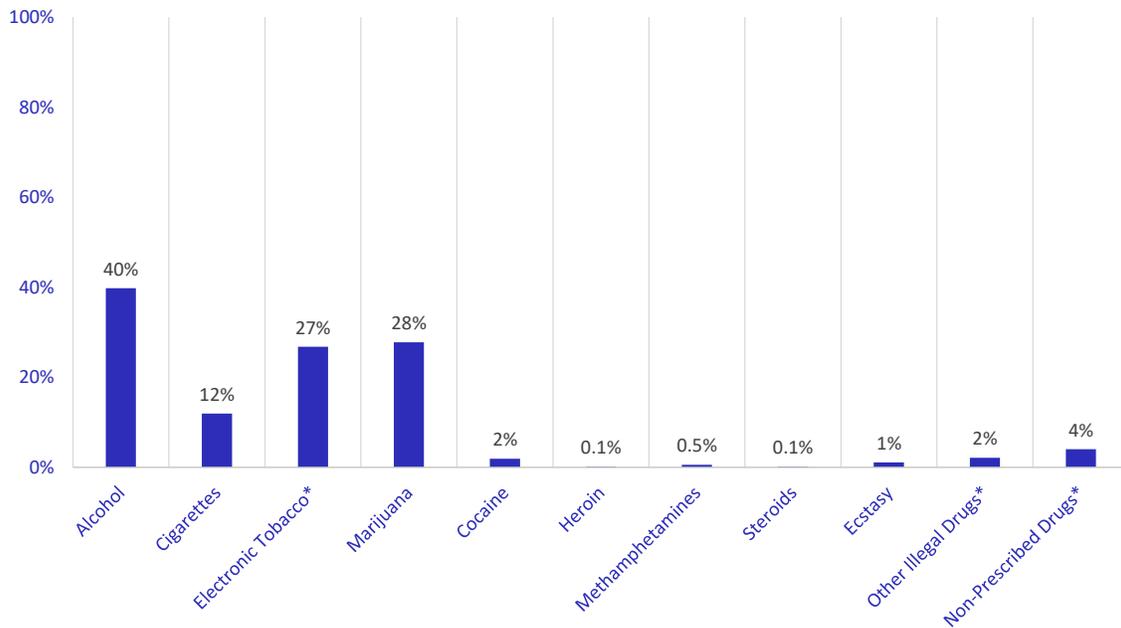
How does use change as youth age?

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 (2018)



* 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).”

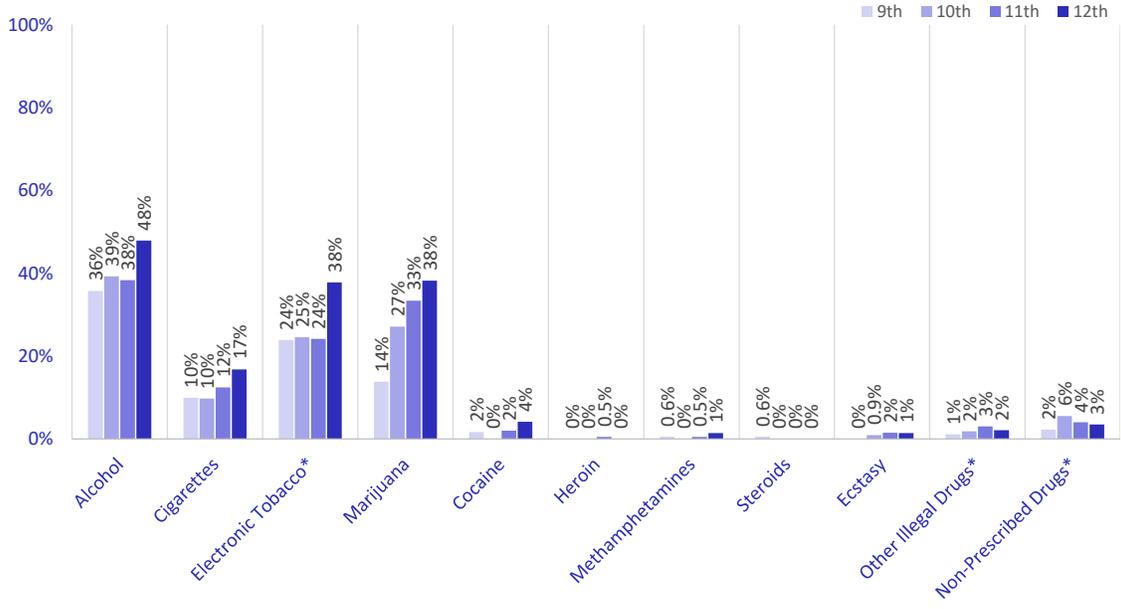
* Other Illegal Drugs – (italics indicates language added in 2016) “used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.).”

* 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 40% of Somerville high school students reporting that they had consumed alcohol in their lifetime.
- While approximately one-tenth of students (12%) reported ever smoking cigarettes, 27% 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 a similar 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 (1%), and 2% reporting using any other illegal drug.
- Four percent (4%) 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 (2018)

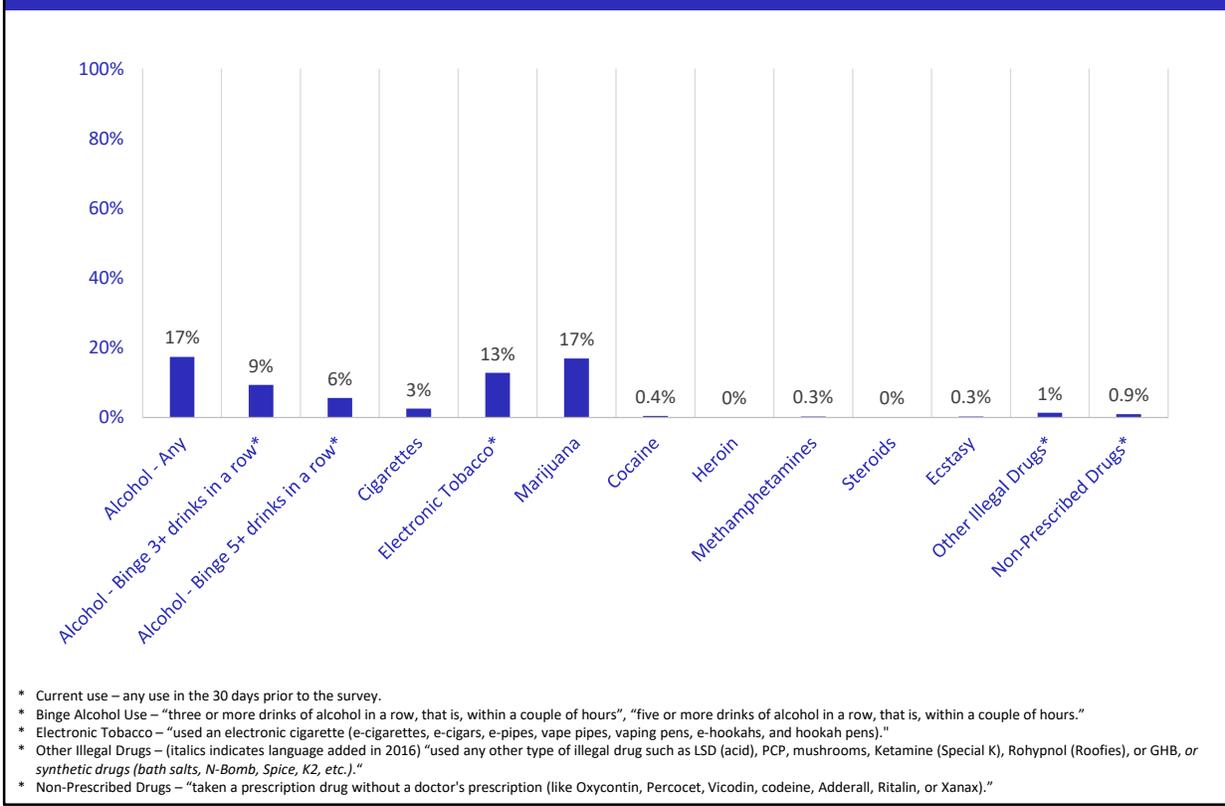


* Lifetime Use – any use in one’s lifetime.
 * Electronic Tobacco – “used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens).”
 * Other Illegal Drugs – (italics indicates language added in 2016) “used any other type of illegal drug such as LSD (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

- Overall, the percentage of students who reported ever using substances increased with age/grade between grades 9 and 12. For example, 14% of Somerville 9th graders reported ever using marijuana, compared to 38% of 12th graders.

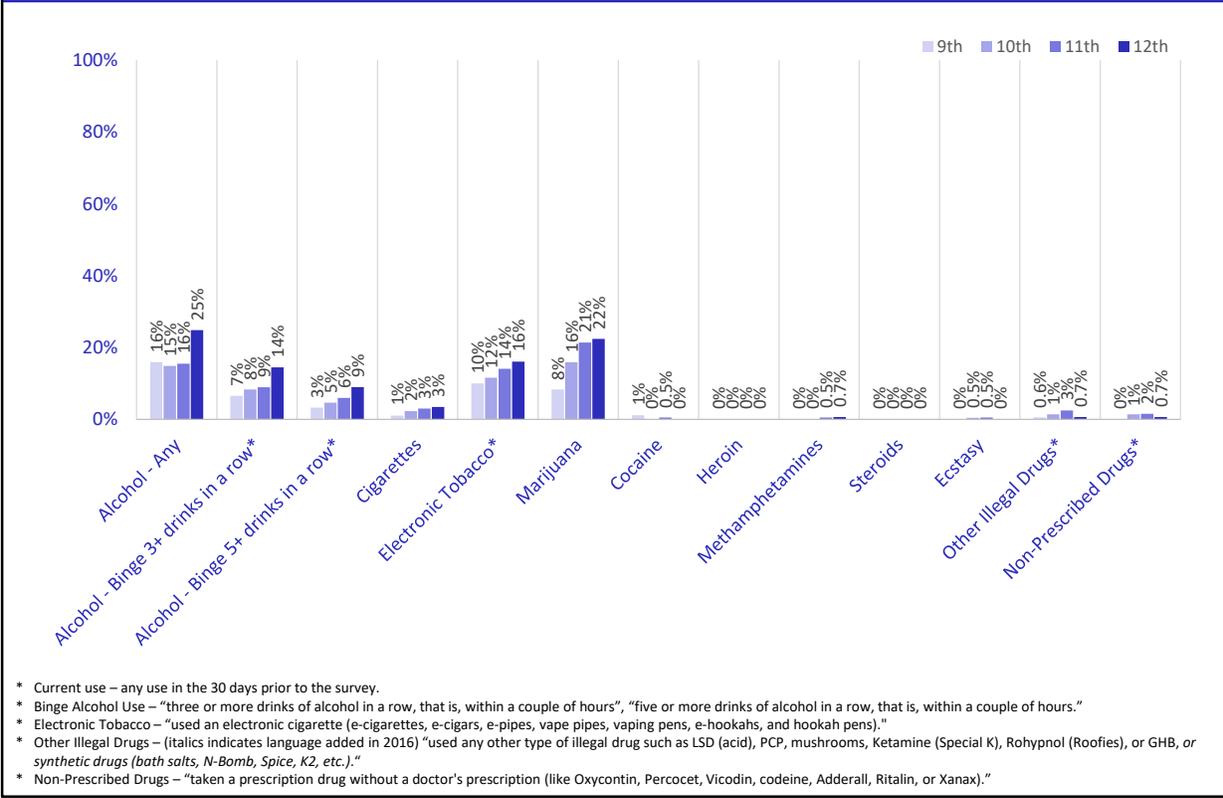
Current* Substance Use for Somerville High School Students (2018)



SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol and marijuana are the substances of choice, with 17% of Somerville high school students reporting that they consumed alcohol and/or used marijuana in the 30 days prior to the survey.
- Nine percent (9%) of respondents reporting binge drinking by consuming 3+ drinks in a row, while 6% consumed 5+ drinks in a row. This means that over half of those who drank in the past 30 days engaged in binge drinking at the 3+ level (53%) and just over one-third engaged in binge drinking at the 5+ level (35%).
- Note that the rate of current marijuana use (17%) is much higher than the rate of current cigarette use (3%) and higher than current electronic tobacco use (13%).
- Current use of illegal drugs other than marijuana is comparatively low.

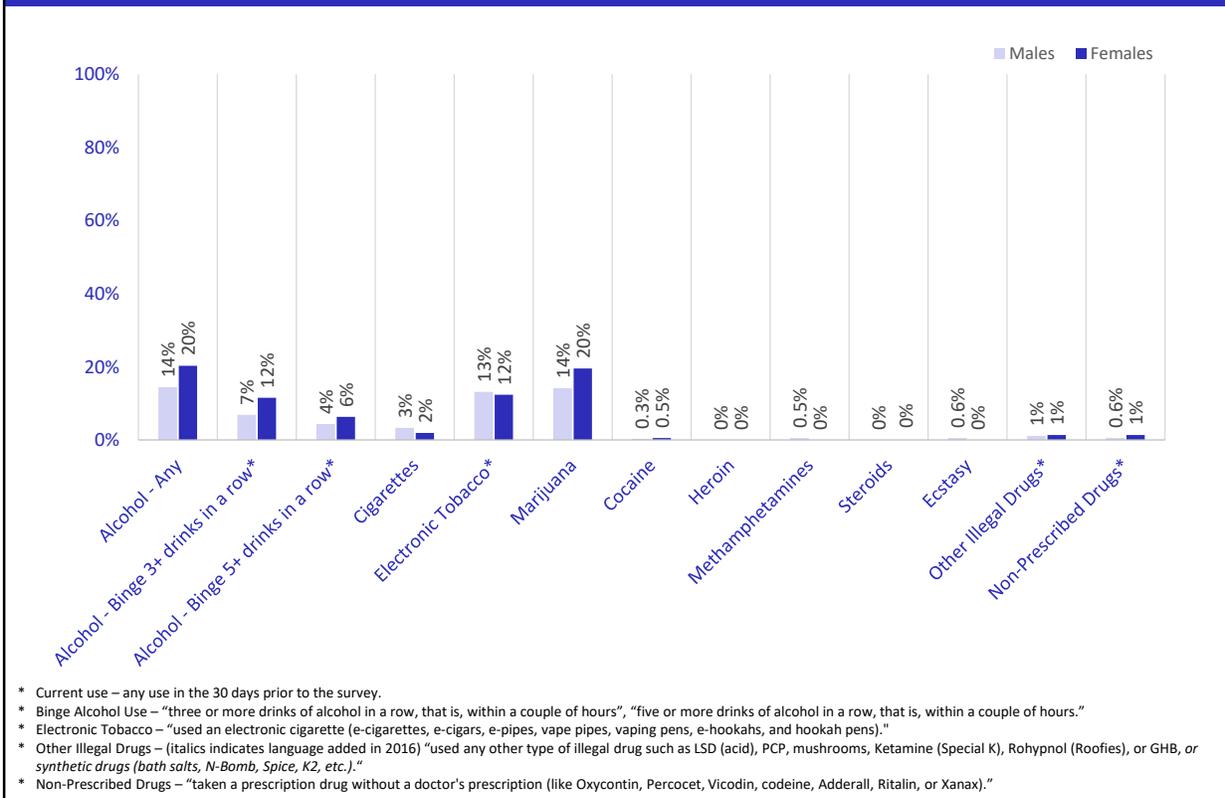
Current* Substance Use for Somerville High School Students, by Grade (2018)



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 marijuana use increased from 8% in 9th grade to 22% in 12th grade.

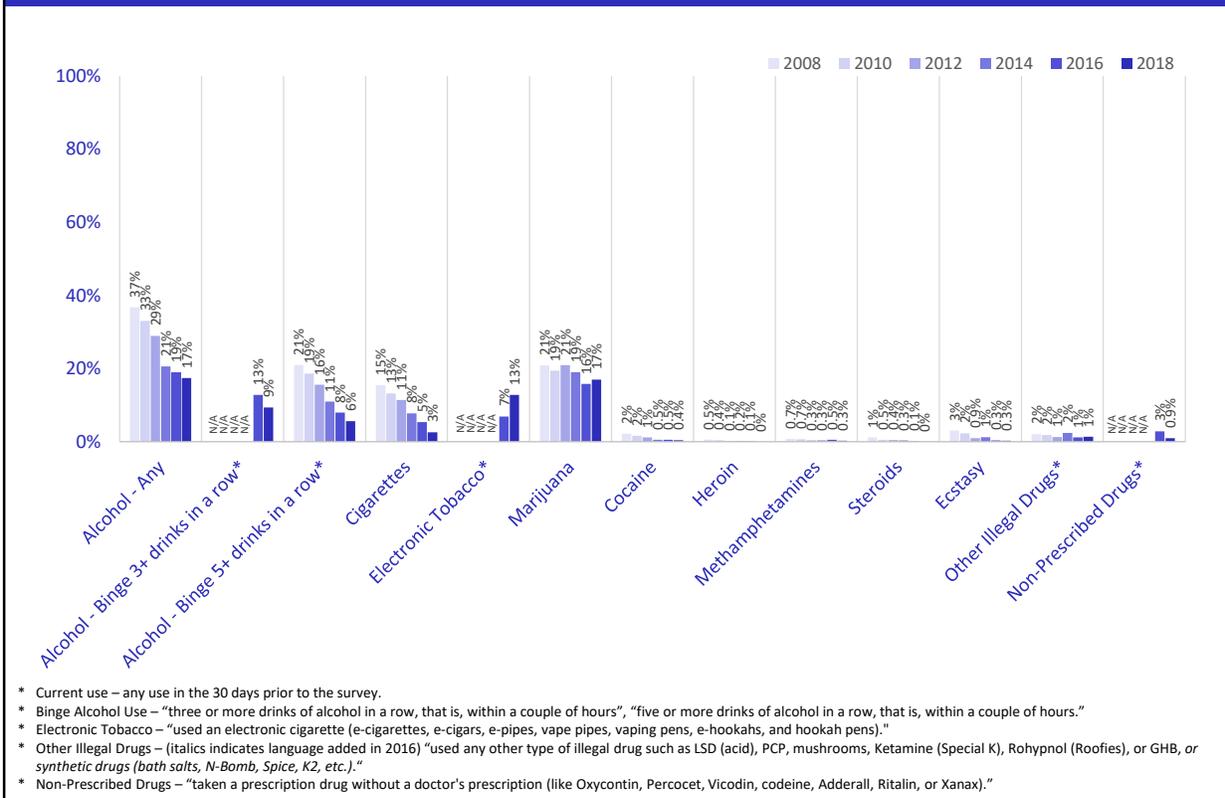
Current* Substance Use for Somerville High School Students, by Gender (2018)



SELECTED POINTS

- Overall, Somerville high school females were slightly more likely than males to report current substance use. For example, 20% of females and 14% of males reported current alcohol use and also reported higher levels of binge alcohol use, and 20% of females and 14% of males reported current marijuana use.

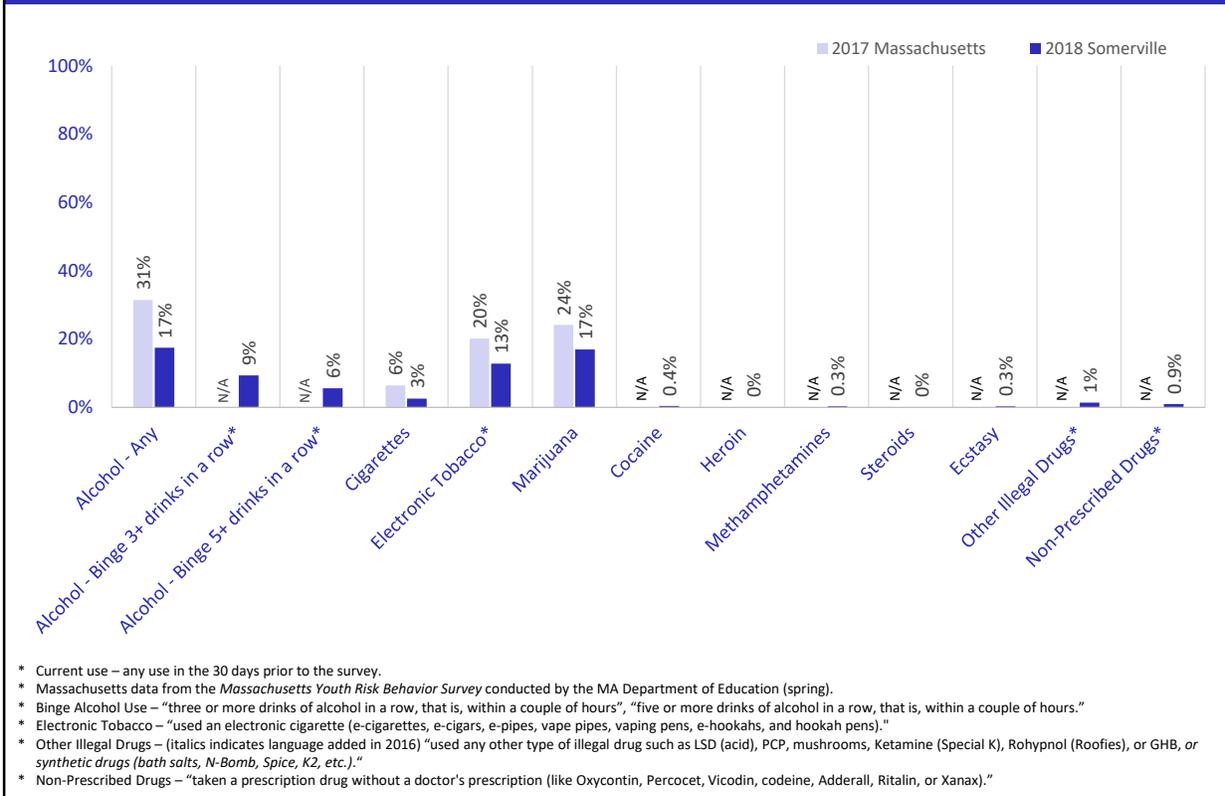
Trends in Current* Substance Use for Somerville High School Students ('08, '10, '12, '14, '16, '18)



SELECTED POINTS

- There was an overall pattern of continued decline between 2016 and 2018 in current substance use among Somerville high school students, with rates at the lowest historical levels observed. For example, current alcohol use decreased from 19% in 2016 to 17% in 2018 (below peak of 37% in 2008), binge drinking at the 3+ level from 13% in 2016 to 9% in 2018 and at the 5+ drinks level from 8% to 6% (below peak of 21% in 2008), and cigarette use from 5% to 3% (below peak of 15% in 2008).
- Current marijuana has remained more consistent since 2008, with little change from 2016 (16%) to 2018 (17%).
- In contrast, current use of electronic tobacco products increased from 7% in 2016 (the first time the substance was addressed in the survey) to 13% in 2018.
- 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.

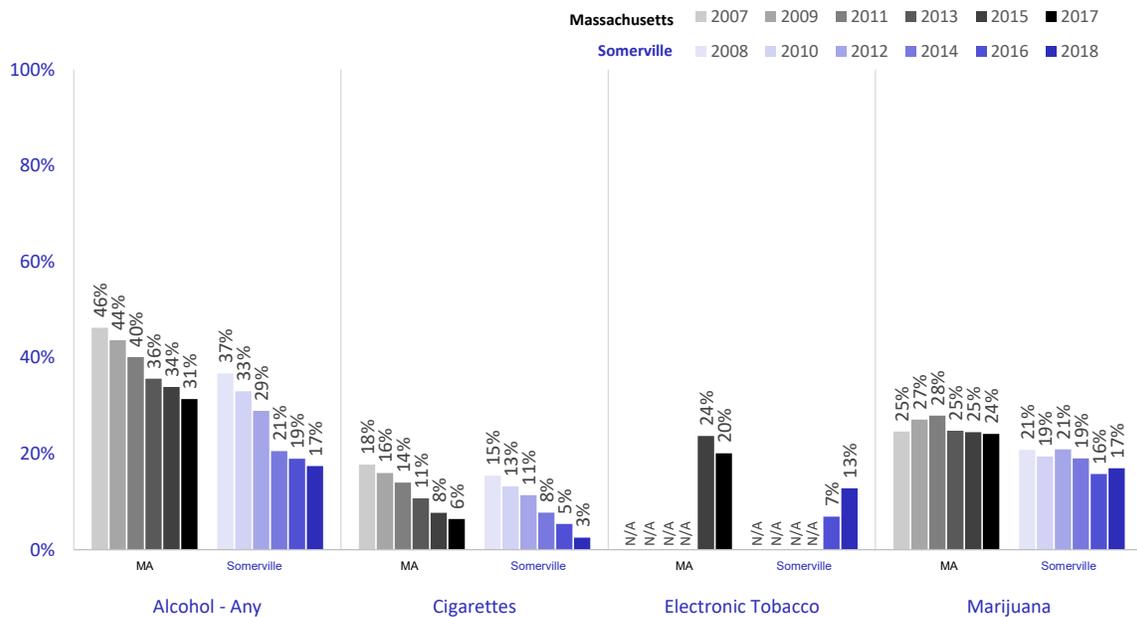
Current* Substance Use for Massachusetts* (2017) and Somerville (2018) High School Students



SELECTED POINTS

- Current use rates for all substances were lower in Somerville than in Massachusetts as a whole (comparing Somerville 2018 to the most recent Massachusetts 2017 data):
 - Alcohol (31% MA vs. 17% Somerville)
 - Cigarettes (6% MA vs. 3% Somerville)
 - Electronic Tobacco (20% MA vs. 13% Somerville)
 - Marijuana (24% MA vs. 17% Somerville)
- 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.

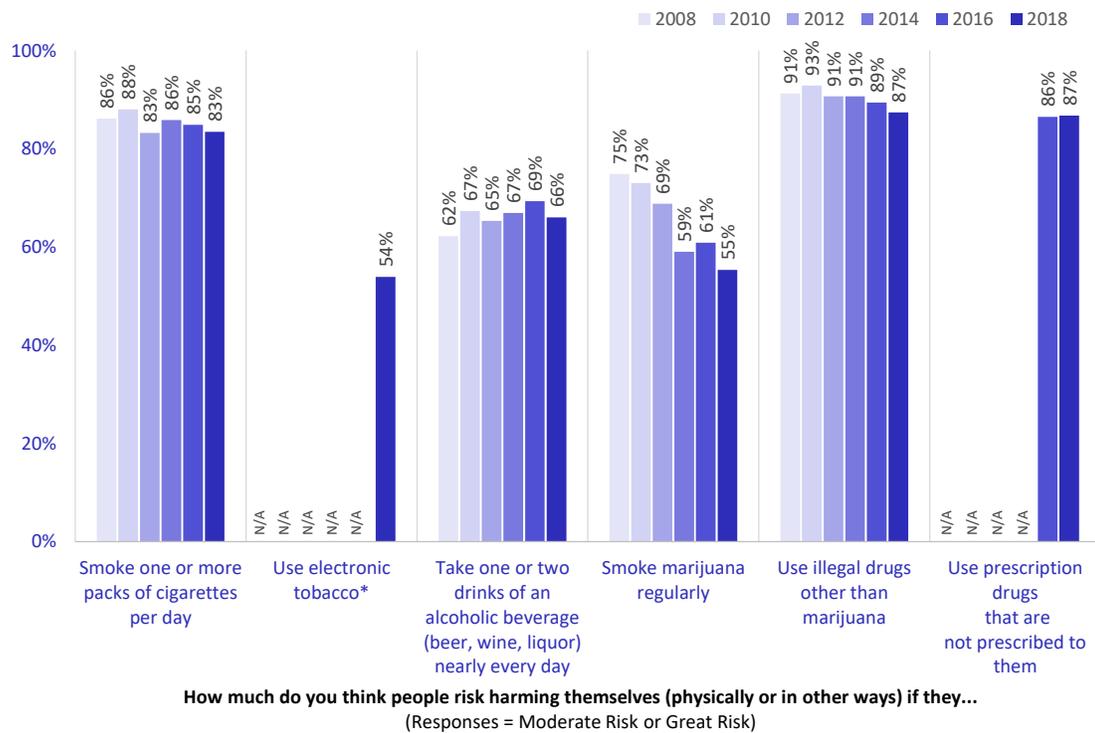
* Massachusetts data from the *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring).

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.
- An exception is current use of electronic tobacco products, which decreased among Massachusetts students (24% in 2015, 20% in 2017) but increased among Somerville students (7% in 2016, 13% in 2018).

Issues Related to Substance Use

Trends in Perceived Risk of Substance Use among Somerville High School Students (2018)

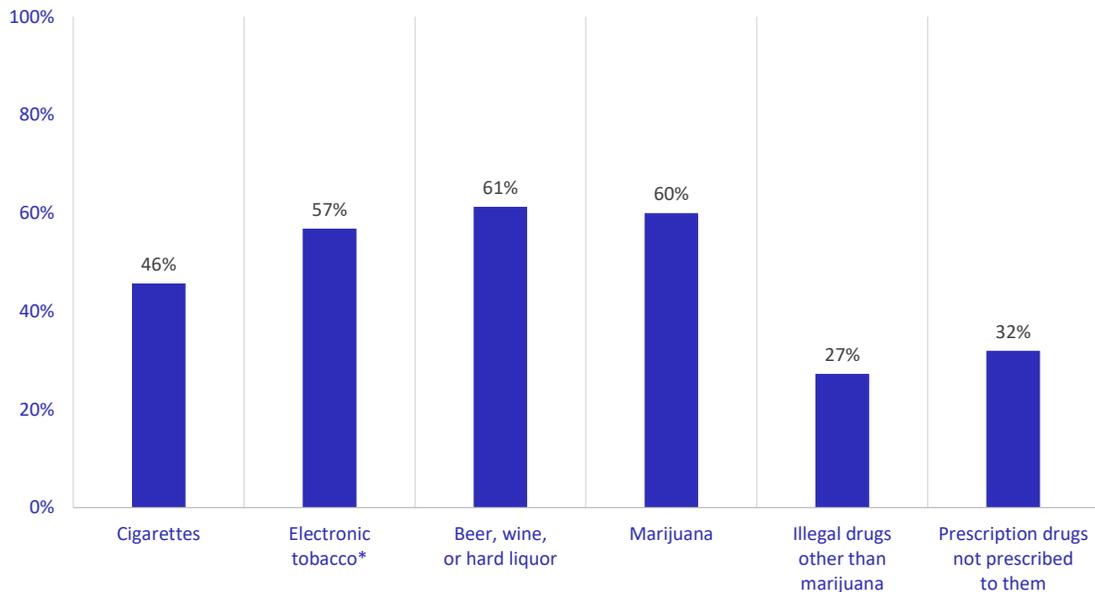


* Electronic Tobacco – “e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens.”

SELECTED POINTS

- Respondents were asked to answer the following question about the use of cigarettes, electronic tobacco products, 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 use of electronic tobacco was added to the survey in 2018 and the question concerning non-medical use of prescription drugs was added in 2016.
- Overall, the largest percentage of respondents perceive use of illegal drugs other than marijuana and non-medical use of prescription drugs as a moderate or great risk (87% respectively in 2018), followed by smoking one or more packs of cigarettes per day (83%), taking 1-2 drinks of alcohol nearly every day (66%), smoking marijuana regularly (55%) and using electronic tobacco (54%).
- With the exception of the stable perceived risk of non-medical use of prescription drugs, the perceived harm of substance use has declined somewhat, most notably for regular marijuana use, which has decreased overall from 75% in 2008 to a low of 55% in 2018, and substantively between 2016 (61%) and 2018 (55%).

Perceived Ease of Obtaining Substances among Somerville High School Students (2018)



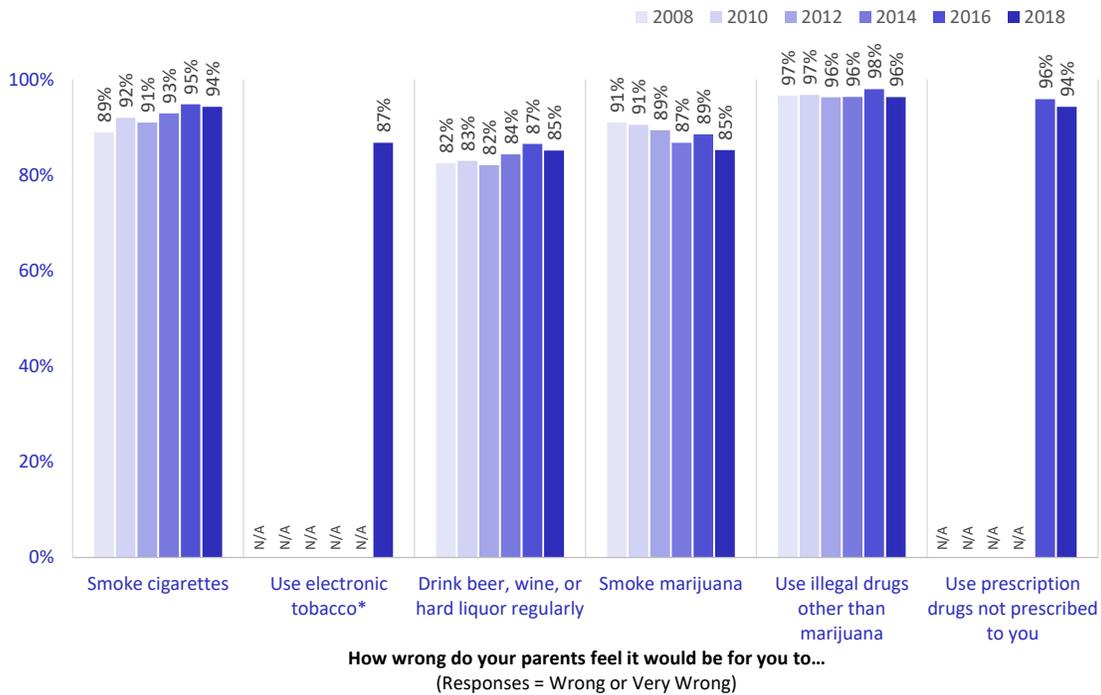
How easy would it be if you wanted to get...
(Responses = Sort of Easy or Very Easy)

* Electronic Tobacco – "e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens."

SELECTED POINTS

- Respondents were asked to answer the following question about obtaining cigarettes, electronic tobacco, alcohol, marijuana, illegal drugs other than marijuana, and prescription drugs that are not prescribed to them: "If you wanted to get the following substances, how easy would it be for you to get some?" Displayed are the percentage of respondents who answered *sort of easy* or *very easy*.
- These questions were added to the survey in 2018.
- Alcohol and marijuana are perceived as the easiest substances to obtain, followed by electronic tobacco, and cigarettes, while illegal drugs other than marijuana and non-prescribed drugs are considered harder to acquire.

Trends in Perceived Parental Disapproval of Substance Use among Somerville High School Students (2018)

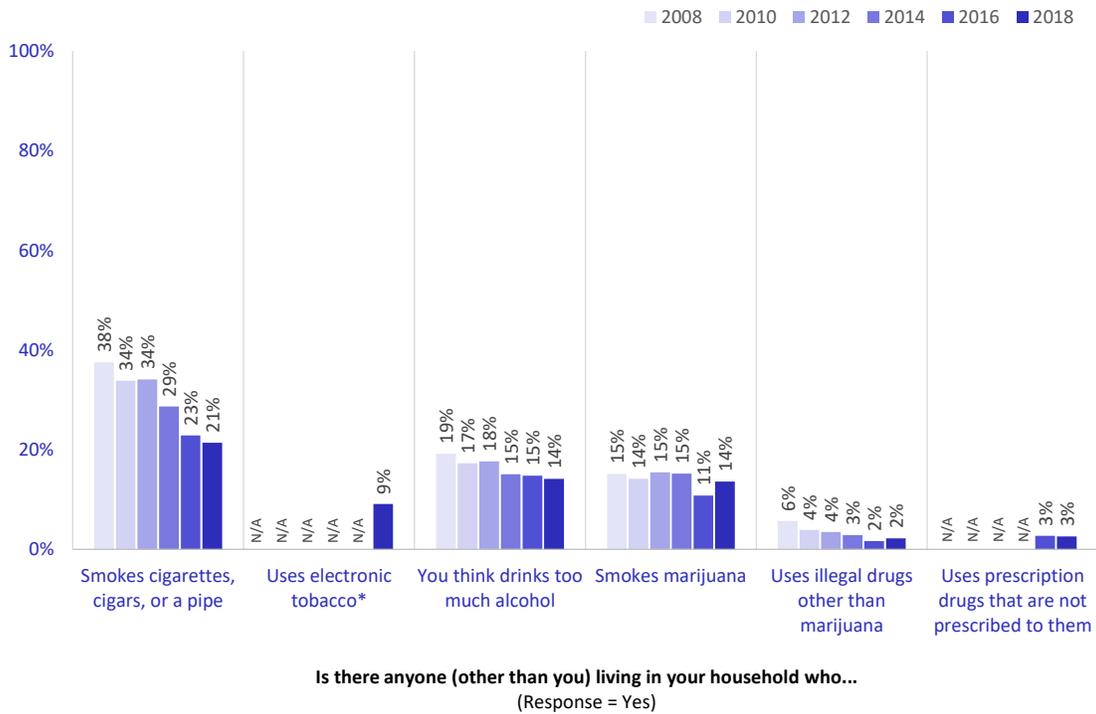


* Electronic Tobacco – “e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens.”

SELECTED POINTS

- Respondents were asked to answer the following question about how their parents would view their use of cigarettes, electronic tobacco, 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 use of electronic tobacco was added to the survey in 2018 and the question concerning non-medical use of prescription drugs was added 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 (96% in 2018), followed by smoking cigarettes and non-medical use of prescription drugs (94% respectively), using electronic tobacco (87%), and both drinking alcohol regularly and smoking marijuana (85% respectively).
- While perceived parental disapproval of substance use has shown little historical change, there have been slight but consistent increases in perceived disapproval of smoking cigarettes (89% in 2008, 94% in 2018) and decreases in disapproval of marijuana use (91% in 2008, 85% in 2018).

Trends in Exposure to Substance Use at Home among Somerville High School Students (2018)



* Electronic Tobacco – “e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens.”

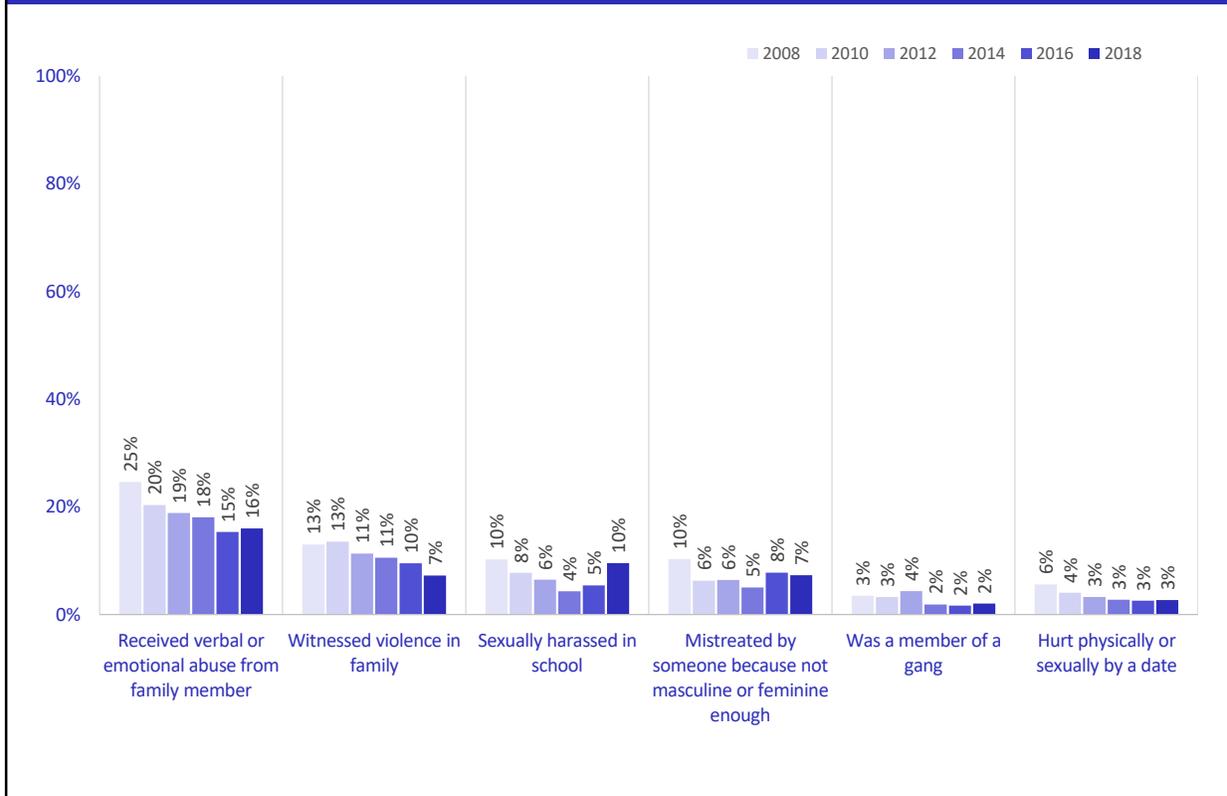
SELECTED POINTS

- Somerville high school students were asked if they live with someone who: (1) smokes cigarettes, cigars, or a pipe; (2) uses electronic tobacco, (3) they think drinks too much alcohol; (4) smokes marijuana; (5) uses illegal drugs other than marijuana; and/or (6) uses prescription drugs that are not prescribed to them.
- The question concerning use of electronic tobacco was added to the survey in 2018 and the question concerning non-medical use of prescription drugs was added in 2016.
- 2018 respondents were most likely to report living with someone who smokes cigarettes (21%), followed by someone who they think drinks too much alcohol and/or smokes marijuana (14% respectively), someone who uses electronic tobacco (9%), someone who uses prescription drugs that are not prescribed to them (3%), and someone who uses illegal drugs other than marijuana (2%).
- Overall levels of exposure to substance use at home have declined since 2008, most notably exposure to cigarette use which declined from 38% in 2008 to 21% in 2018.



**Violence
and Safety**

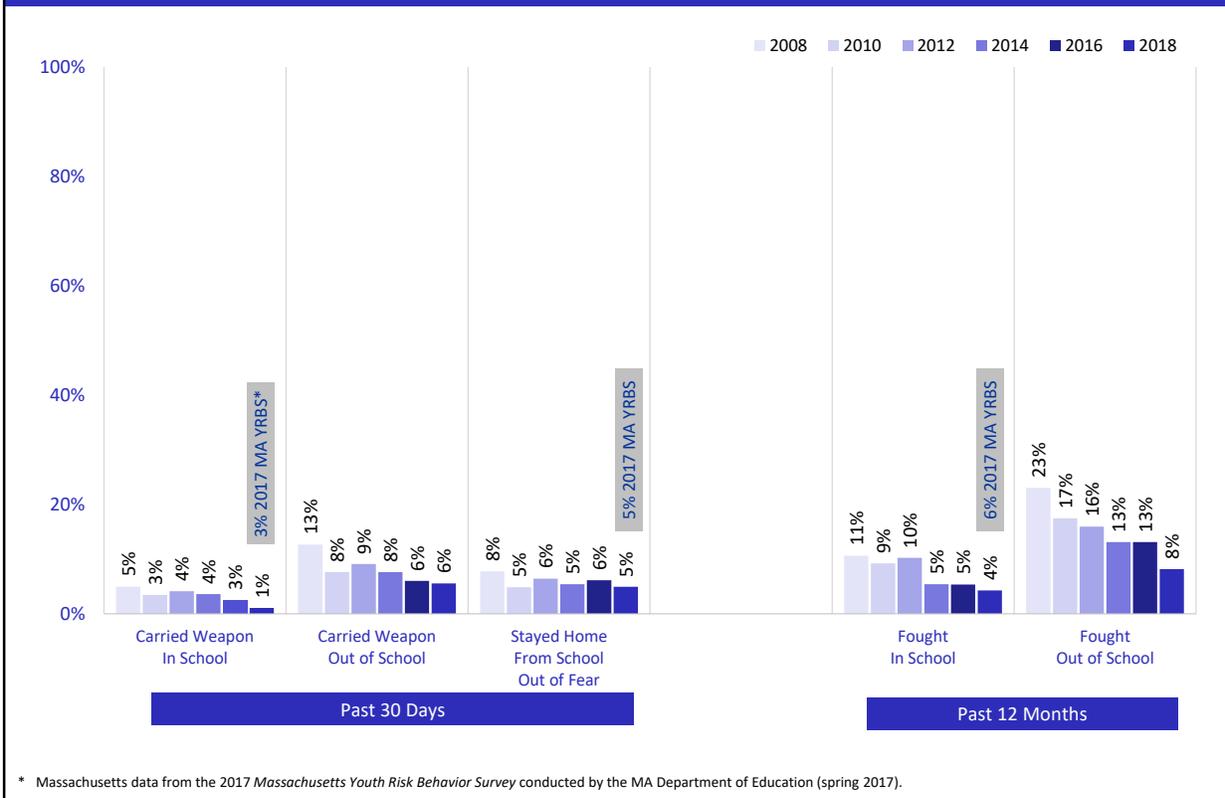
Percent of Somerville High School Students Who Experienced Family or Personal Violence in the Past 12 Months ('08, '10, '12, '14, '16, '18)



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. Sixteen percent (16%) of 2018 Somerville high school students reported being verbally or emotionally abused by a family member, 7% witnessed family violence, 10% were sexually harassed in school, 7% 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 has, however, been an increase since 2014 in the percentage of respondents who reported being sexually harassed in school (4% in 2014, 5% in 2016, 10% in 2018), 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, although both were almost equally likely to have been mistreated because of their perceived masculinity/femininity: verbally/emotionally abused (9% males, 23% females), witnessed family violence (5%, 9%), sexually harassed in school (2%, 16%), mistreated for being perceived as not masculine/feminine enough (7%, 6%), being a gang member (3%, 0.8%), hurt by a date (1%, 3%).
- **Grade:** Overall, rates remained fairly consistent across grades with unsystematic variation. See Appendix A for details.

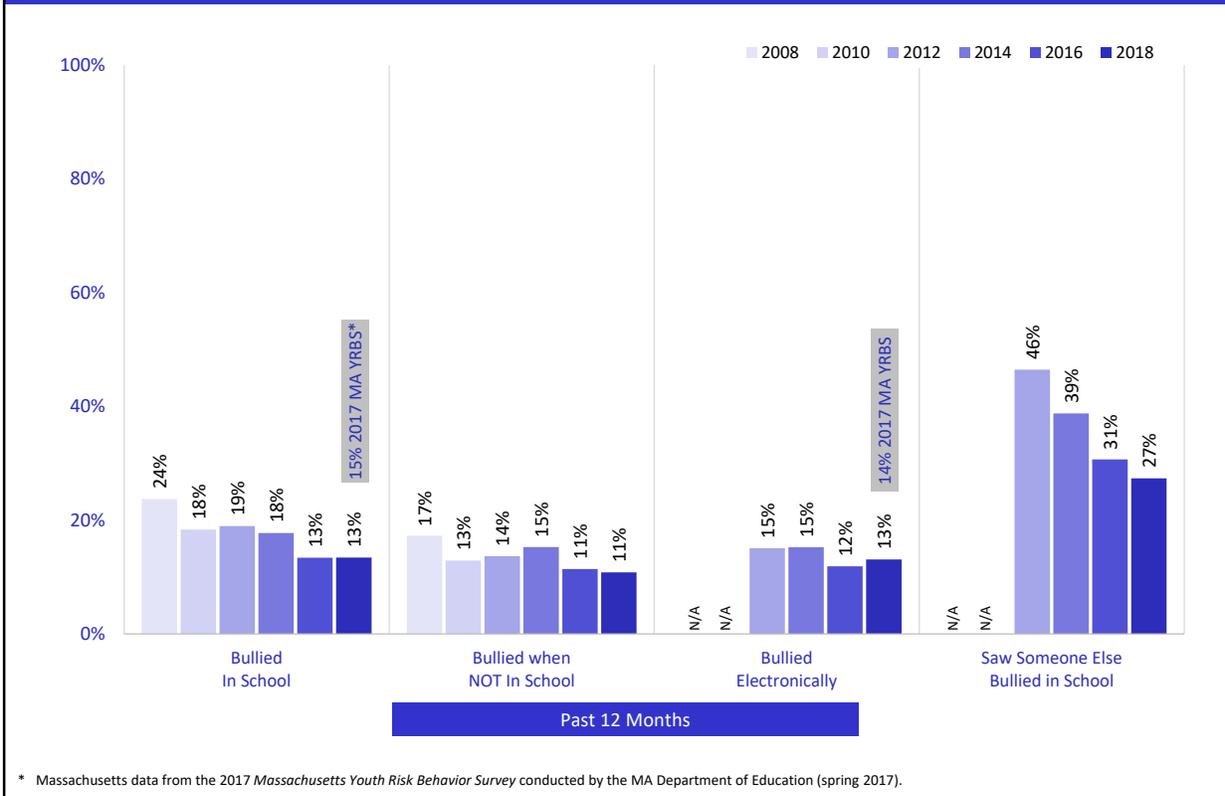
Violence and Safety-Related Experiences Among Somerville High School Students ('08, '10, '12, '14, '16, '18)



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 declines between 2016 and 2018 in these issues among Somerville youth, with levels remaining below higher rates previously observed.
- **Comparisons:** Rates of these issues were slightly lower among 2018 Somerville than 2017 Massachusetts youth: carried a weapon on school property (3% MA, 1% Somerville), stayed home from school out of fear for safety (5% MA, 5% Somerville), in a physical fight at school (6% MA, 4% Somerville). *MA data from the 2017 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.

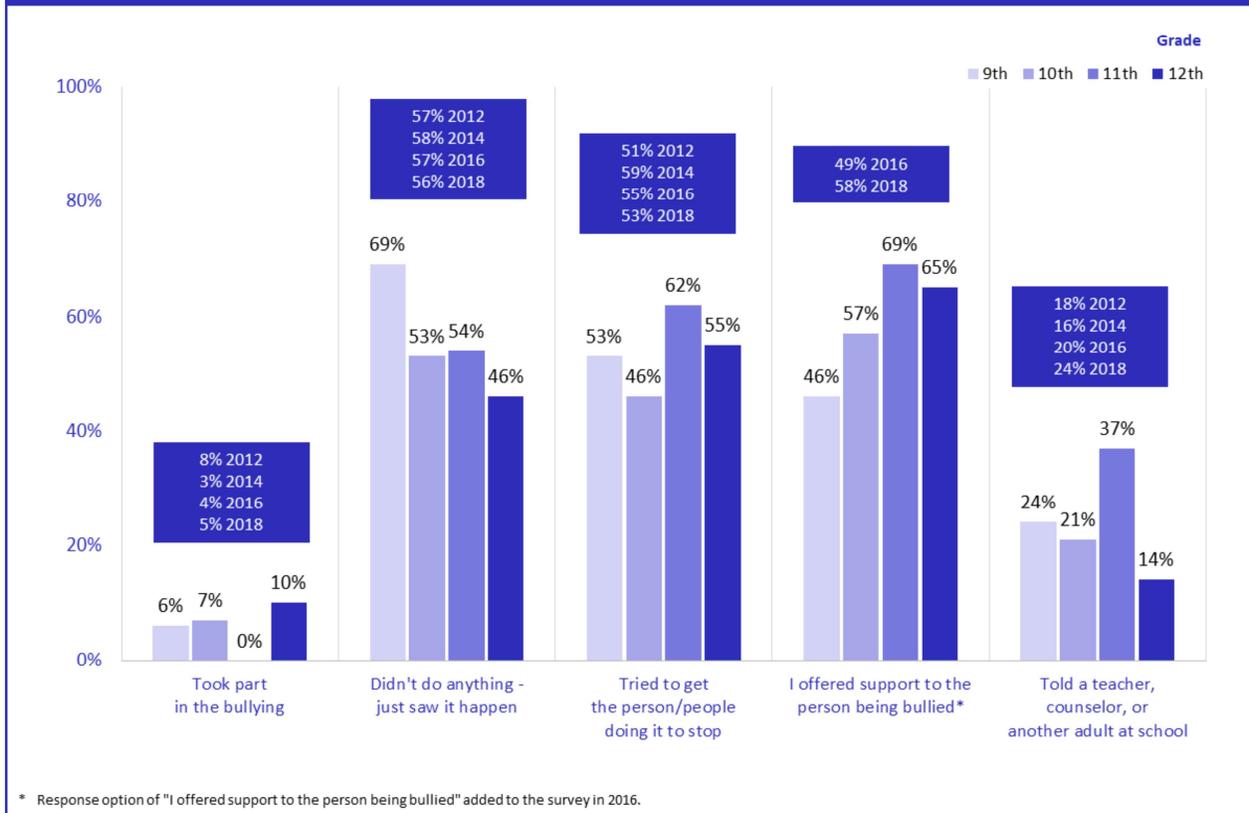
Percent of Somerville High School Students Who Reported Being Bullied and Seeing Someone Else Bullied in the Past 12 Months ('08, '10, '12, '14, '16, '18)



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. Thirteen percent (13%) had been bullied electronically (cyber-bullied) in that period (through texting, e-mail, or social media like Facebook, Twitter, or Instagram).
- Twenty-seven percent (27%) of Somerville high school students reported that they saw someone else bullied in school in the 12 months prior to the survey.
- **Trends:** Rates of reported bullying have declined since 2008 and remained largely level between 2016 and 2018, although the percentage of students who reported seeing someone else bullied decreased: bullied in school (13% in 2016, 13% in 2018), bullied when not in school (11%, 11%), bullied electronically (12%, 13%), saw someone else bullied in school (31%, 27%).
- **Comparisons:** Rates of being bullying at school (15% MA, 13% Somerville) and electronically (14% MA, 13% Somerville) are slightly higher among Massachusetts students. *MA data from the 2017 MA Youth Risk Behavior Survey.*
- **Gender:** Female students were more likely than males to report each of these bullying experiences: bullied in school (12% males, 14% females), bullied when not in school (7%, 14%), bullied electronically (11%, 14%), saw someone else bullied in school (24%, 31%).
- **Grade:** The percentage of students who reported bullying generally decreased throughout the high school grades: bullied in school (18% 9th grade, 14% 10th grade, 12% 11th grade, 8% 12th grade); bullied when not in school (12%, 12%, 10%, 8%), bullied electronically (10%, 16%, 14%, 11%), saw someone else bullied in school (31%, 31%, 24%, 24%).

Response Last Time They Saw Someone Else Bullied In School in the Past 12 Months, by Grade – Multiple Responses Possible (2018)



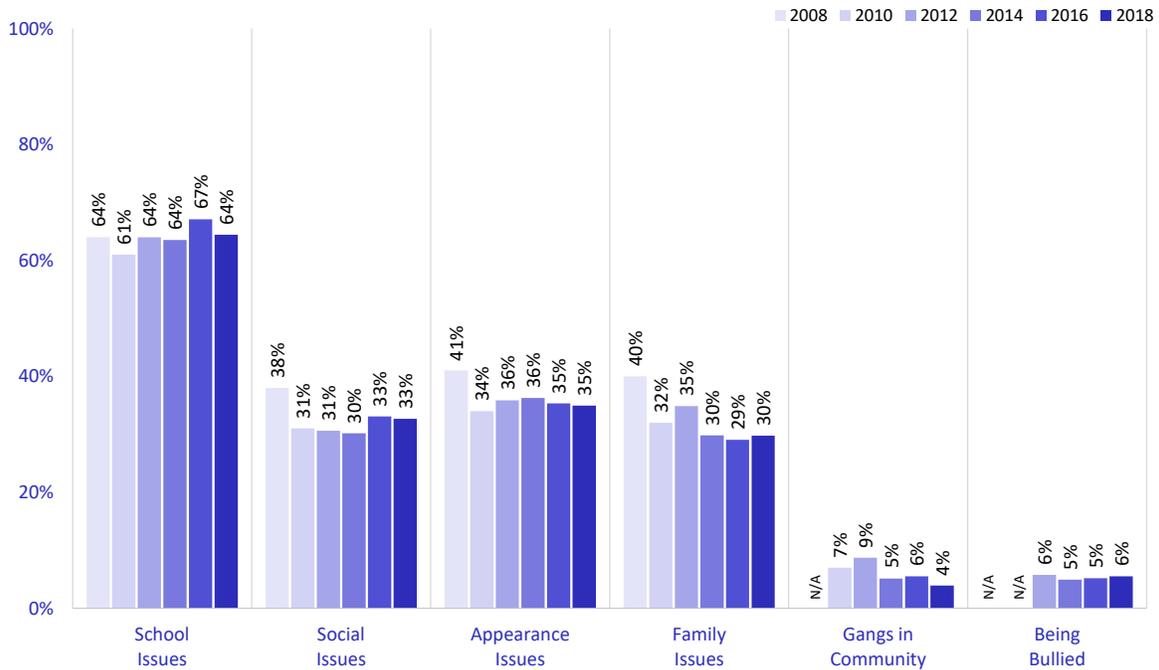
SELECTED POINTS

- Respondents who saw 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 were generally most likely to report offering support to the person being bullied, followed by not doing anything (just seeing it happen), trying to get the person/people doing it to stop, telling a school adult, and taking part in the bullying.
- **Trends:** While the proportion of students reporting each of these responses has remained largely consistent over time, there were increases between 2016 and 2018 in the percentage who offered support to the person being bullied (49% in 2016, 58% in 2018) and who told a school adult (20%, 24%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely than males to actively intervene in bullying that they observed and offer support to the victim, but there was little difference by gender in other responses: took part in the bullying (7% males, 5% females); did nothing (55% males, 57% females); tried to get the person/people doing it to stop (44% males, 61% females); offered support to the person being bullied (50% males, 65% females); told a teacher, counselor, or another adult at school (26% males, 24% females).
- **Grade:** As displayed in the chart, responses to observed bullying varied by grade.



Mental Health

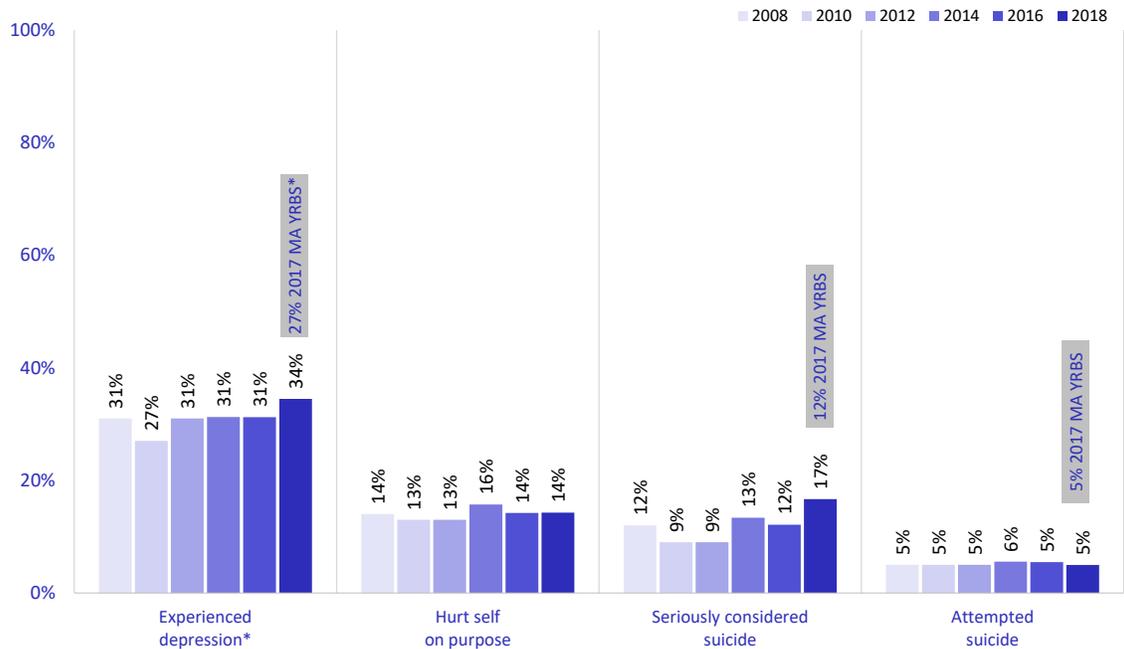
Percent of Somerville High School Students Who Worry About Issues "Fairly Often" or "Very Often" ('08, '10, '12, '14, '16, '18)



SELECTED POINTS

- In 2018, Somerville high school students reported worrying most about school issues (64%), followed by appearance issues (35%), social issues (33%), family issues (30%), being bullied (6%), and gangs in the community (4%).
- **Trends:** Concern about these issues has remained largely consistent since 2010, with little change between 2016 and 2018. Encouragingly, the slight increases observed in 2016 in the percentage who worried about school issues and social issues did not persist.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2018 were more likely than males to report frequent worrying about each of these issues: school issues (54% males, 75% females), social issues (24% males, 40% females), appearance issues (23% males, 46% females), family issues (20% males, 39% females), gangs in the community (4% males, 4% females), being bullied (5% males, 6% females).
- **Grade:** Frequent worrying varied with age/grade, often peaking in grade 11: school issues (54%, 65%, 74%, 65%), social issues (28%, 33%, 38%, 30%), appearance issues (31%, 38%, 36%, 34%), family issues (27%, 26%, 36%, 29%), gangs in the community (6%, 3%, 4%, 3%), being bullied (5%, 8%, 4%, 5%).

Self-Harm, Depression, and Suicidal Ideation and Behavior in the Past 12 Months Among Somerville High School Students ('08, '10, '12, '14, '16, '18)



* Massachusetts data from the 2017 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2017).

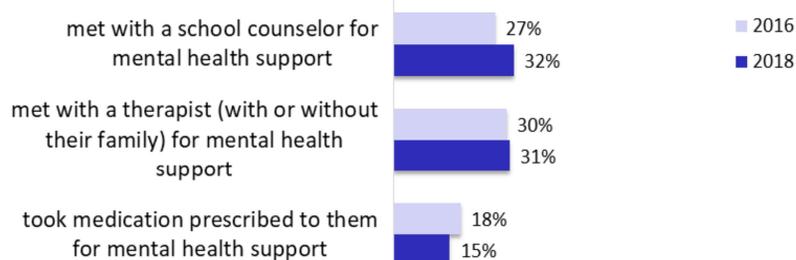
* Depression is defined in the survey as feeling "so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities."

SELECTED POINTS

- Thirty-four percent (34%) of 2018 Somerville high school students reported experiencing *depression* in the 12 months prior to the survey, while 14% reported hurting themselves on purpose, 17% *seriously considered* suicide, and 5% *attempted* suicide.
- **Trends:** Rates of these mental health concerns among Somerville high school students remained consistent or increased between 2016 and 2018, with rates of reported depression and suicidal ideation at their highest levels since 2008: reported *depression* (31% in 2016, 34% in 2018), hurt self on purpose (14%, 14%), *seriously considered* suicide (12%, 17%), *attempted* suicide (5%, 5%).
- **Comparisons:** Rates of these mental health concerns among 2018 Somerville high school students were at or above rates among 2017 Massachusetts high school students: reported *depression* (27% MA, 34% Somerville), hurt self on purpose (MA data not available), *seriously considered* suicide (12% MA, 17% Somerville), *attempted* suicide (5% MA, 5% Somerville). *MA data from the 2017 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 2018: reported *depression* (25% males, 42% females), self-harm (7%, 20%), *seriously considered* suicide (10%, 22%), *attempted* suicide (3%, 7%).
- **Grade:** Reports of these mental health issues varied with age/grade (see Appendix A). For example, the percentage of respondents who reported *self-harm* declined between grades 9 and 12 (20%, 15%, 12%, 9%), while the percentage who reported *depression* increased (30%, 33%, 36%, 40%), and the percentage who *considered* suicide (15%, 16%, 20%, 16%) and *attempted* suicide (5%, 5%, 6%, 3%) increased through grade 11 and then declined.

Percent of Somerville High School Students Who Sought Support When Experiencing a Mental Health Concern ('16, '18)

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



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

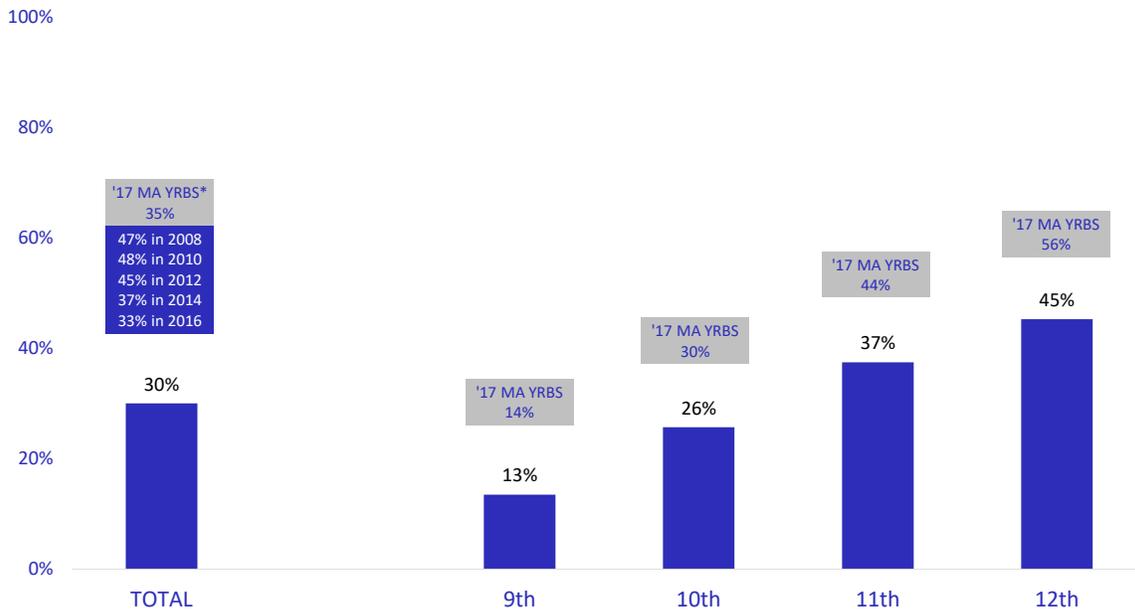


SELECTED POINTS

- Of those 2018 Somerville high school students who reported that they had experienced depression and/or had considered suicide in the past 12 months, 32% said that they met with a school counselor during that time for mental health support, 31% met with a therapist (with or without their family), and 15% took medication prescribed to them. Respondents could choose any/all of these options.
- Of those 2018 Somerville high school students who reported that they had attempted suicide in the past 12 months, 31% spoke with a trusted adult about it.
- **Trends:** While there was little change between 2016 and 2018 in support access by those who experienced depression and/or considered suicide, the percentage of those who attempted suicide who spoke with a trusted adult about their attempt declined from 50% to 31%.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Somerville 2018 females who experienced mental health concerns were more likely than males to report accessing adult support during that time: met with a school counselor (16% males, 43% females), met with a therapist (20% males, 36% females), took prescription medication prescribed to them (11% males, 17% females), spoke with a trusted adult about a suicide attempt (13% males, 40% 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 (2018)



* Massachusetts data from the 2017 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2017).

SELECTED POINTS

- Thirty percent (30%) of all 2018 Somerville high school students reported ever having sexual intercourse: 13% of 9th graders, 26% of 10th graders, 37% of 11th graders, and 45% of 12th graders.
- **Trends:** Rates of lifetime sexual intercourse decreased in 2018, continuing a decline previously observed: 47% in 2008, 48% in 2010, 45% in 2012, 37% in 2014, 33% in 2016, 30% in 2018.
- **Comparisons:** Rates of lifetime sexual intercourse among 2018 Somerville high school students were below the 2017 Massachusetts rate both overall (35% MA, 30% Somerville) and by grade: 9th (14% MA, 13% Somerville), 10th (30% MA, 26% Somerville), 11th (44% MA, 37% Somerville), 12th (56% MA, 45% Somerville). *MA data from the 2017 MA Youth Risk Behavior Survey.*
- **Gender:** A larger percentage of 2018 Somerville high school males (31%) than females (28%) reported ever having sexual intercourse.
- **Grade:** The percentage of Somerville students who reported having sexual intercourse increased with age/grade (13% in 9th grade to 45% 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 (2018)



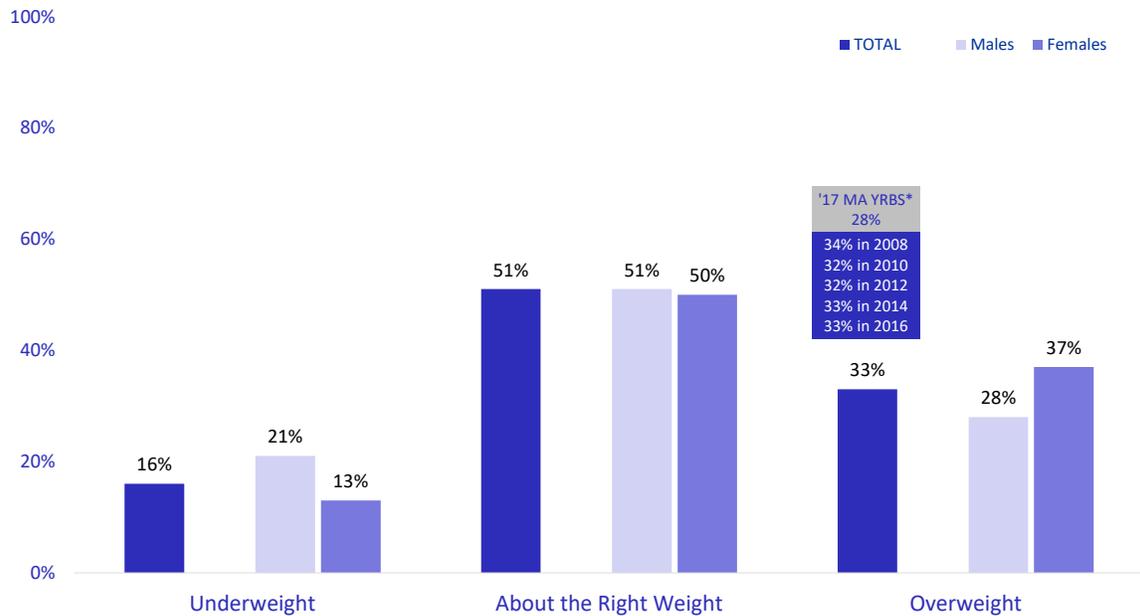
* Massachusetts data from the 2017 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2017).

SELECTED POINTS

- Of those 2018 Somerville high school students who reported ever having sexual intercourse, 57% 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 in 2018 to 57%, compared to 69% in 2008, 68% in 2010, 68% in 2012, 71% in 2014, and 60% in 2016.
- **Comparisons:** A slightly lower percentage of 2018 Somerville high school students (57%) than 2017 Massachusetts students (58%) reported using a condom at their last sexual intercourse, and this pattern held across grades: 9th (MA data not available), 10th (68% MA, 63% Somerville), 11th (55% MA, 54% Somerville), 12th (57% MA, 52% Somerville). *MA data from the 2017 MA Youth Risk Behavior Survey.*
- **Gender:** Male Somerville high school students (58%) and females (57%) were almost equally likely 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 (52%).

Weight and Physical Activity

Perception of Body Weight by Somerville High School Students, Total and by Gender (2018)

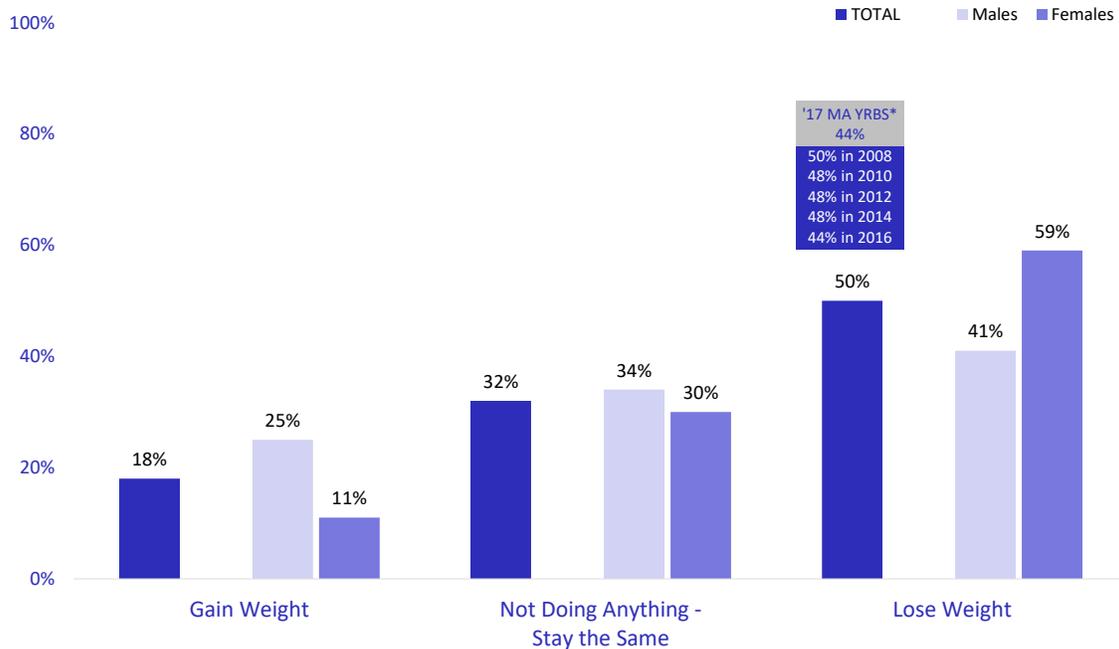


* Massachusetts data from the 2017 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2017).

SELECTED POINTS

- Sixteen percent (16%) of 2018 Somerville high school students described themselves as *underweight*, 51% as *about the right weight*, and 33% as *overweight*.
- Thirteen percent (13%) of Somerville high school females described themselves as *underweight* compared to 21% of males, 50% as *about the right weight* compared to 51% of males, and 37% as *overweight* compared to 28% of males.
- **Trends:** The percentage of Somerville high school students who described themselves as *overweight* has remained largely consistent: 34% in 2008, 32% in 2010, 32% in 2012, 33% in 2014, 33% in 2016, 33% in 2018.
- **Comparisons:** Somerville 2018 high school students (33%) were more likely than 2017 Massachusetts (28%) high school students to describe themselves as *overweight*. *MA data from the 2017 MA Youth Risk Behavior Survey.*
- **Grade:** There were no consistent differences by age/grade in 2018 Somerville high school students' perception of whether they were *overweight* (9th grade – 26%, 10th grade – 38%, 11th grade – 32%, 12th grade – 35%).

Percent of Somerville High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2018)

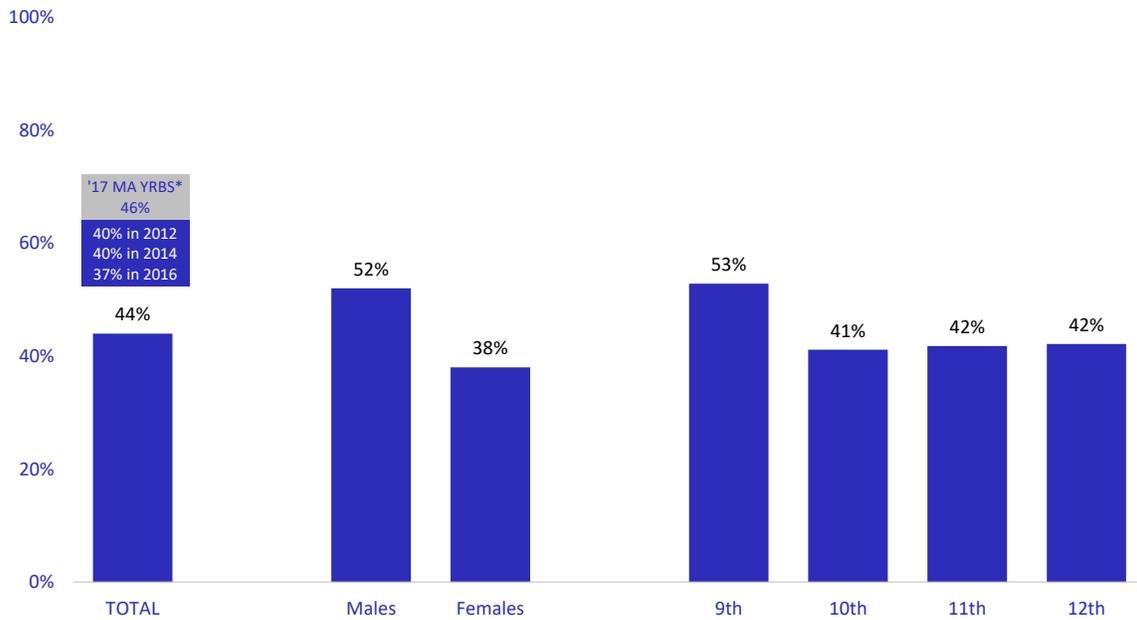


* Massachusetts data from the 2015 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2017).

SELECTED POINTS

- Eighteen percent (18%) of 2018 Somerville high school students reported that they were trying to *gain weight*, 32% were trying to *stay the same weight*, and 50% were trying to *lose weight*.
- Somerville high school males were more likely than females to report that they were trying to *gain weight* (25% males, 11% females) or *stay the same weight* (34%, 30%), while females were far more likely to report trying to *lose weight* (41% males, 59% 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: 50% in 2008, 48% in 2010, 48% in 2012, 48% in 2014, 44% in 2016, 50% in 2018.
- **Comparisons:** A higher percentage of 2018 Somerville (50%) than 2017 Massachusetts (44%) high school students reported that they were trying to *lose weight*. *MA data from the 2017 MA Youth Risk Behavior Survey.*
- **Grade:** The percentage of 2018 Somerville high school students who reported that they were trying to *lose weight* varied only slightly with age/grade (9th grade – 46%, 10th grade – 52%, 11th grade – 49%, 12th grade – 53%).

Recommended Level of Physical Activity Among Somerville High School Students in the Past 7 Days, Total and by Gender & Grade (2018)



* Massachusetts data from the 2017 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2017).

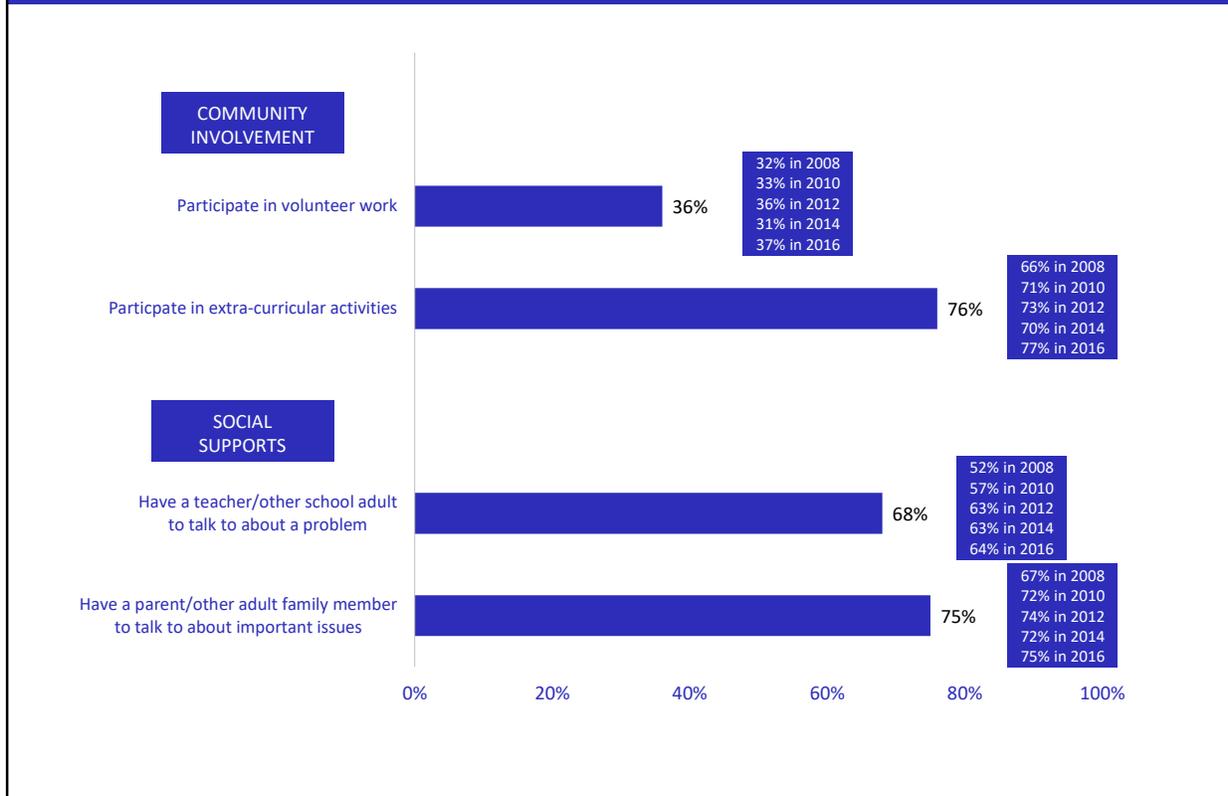
* Defined as participating in "physical activity that increased your heart rate and made you breathe hard some of the time" on at least 5 of the prior 7 days.

SELECTED POINTS

- Forty-four percent (44%) 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 increased from 37% in 2016 to 44% in 2018, with levels remaining at approximately 40% over time.
- **Comparisons:** The Somerville rate of reported physical activity (44%) is slightly below the Massachusetts high school average (46%). *MA data from the 2017 MA Youth Risk Behavior Survey.*
- **Gender:** Somerville males were more likely than females to report engaging in this level of activity (52% males, 38% females).
- **Grade:** The percentage of Somerville high school students who reported engaging in the recommended level of physical activity was highest among 9th graders (53%, 41%, 42%, 42%).

Resiliency

Percent of Somerville High School Students Reporting Potential Protective Factors (2018)



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 and access to adult social supports remained relatively consistent between 2016 and 2018, sustaining increases observed since 2008: volunteer work (37% to 36%), extra-curricular activities (77% to 76%), school adult confidant (64% to 68%), family adult confidant (75% to 75%).
- **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 (75% males, 77% females), volunteering (30%, 41%), having a school adult confidant (67%, 69%), having a family adult confidant (79%, 72%).
- **Grade:** The percentage of Somerville high school students who reported these factors varied with age/grade, with a decrease in extra-curricular participation and an increase in volunteer work and connection to adult confidants: extra-curricular activities (82%, 71%, 76%, 76%), volunteer work (25%, 32%, 38%, 54%), teacher/other school adult confidant (61%, 64%, 73%, 74%), parent or other family adult confidant (74%, 73%, 75%, 77%).

Appendix A:

Selected Data Tables

2017-2018 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Alcohol and Other Drug Use - High School (N=754)

	SOMERVILLE									Massachusetts YRBS								GENDER		GRADE			
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'18 (754)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	'17 (3286)	Females (365)	Males (368)	9th (184)	10th (218)	11th (202)	12th (145)
LIFETIME (any use in lifetime)																							
Alcohol	64.6%	65.5%	62.9%	63.7%	60.8%	52.5%	50.0%	43.6%	39.8%	75.2%	76.4%	72.5%	71.3%	67.5%	63.2%	61.3%	56.2%	45.9%	33.5%	35.7%	39.3%	38.3%	47.9%
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	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	N/A	N/A
Cigarettes	N/A	47.6%	41.5%	40.3%	39.5%	33.6%	28.9%	18.9%	11.9%	53.2%	50.7%	46.4%	43.3%	38.5%	31.6%	27.8%	19.6%	11.6%	12.4%	9.9%	9.8%	12.4%	16.8%
Electronic tobacco ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.3%	26.8%	N/A	N/A	N/A	N/A	N/A	N/A	44.8%	41.1%	25.5%	28.5%	23.9%	24.5%	24.1%	37.8%
Marijuana	N/A	36.9%	33.5%	35.2%	34.3%	33.9%	32.9%	27.8%	27.8%	46.7%	45.2%	41.2%	42.5%	43.1%	41.3%	40.9%	37.9%	30.9%	24.9%	13.8%	27.1%	33.3%	38.2%
Cocaine	N/A	6.5%	4.5%	5.5%	3.1%	2.8%	1.5%	1.9%	1.9%	8.4%	7.9%	8.7%	6.1%	5.0%	3.7%	4.5%	4.1%	1.7%	1.7%	1.7%	0.0%	2.0%	4.2%
Heroin	N/A	1.7%	1.3%	1.3%	0.5%	0.2%	0.4%	0.1%	0.1%	3.0%	2.4%	3.1%	2.1%	2.1%	N/A	1.7%	1.4%	0.0%	0.3%	0.0%	0.0%	0.5%	0.0%
Methamphetamines	N/A	3.1%	1.6%	1.5%	1.2%	0.5%	0.5%	0.5%	0.5%	6.1%	4.4%	4.0%	2.8%	2.7%	1.6%	2.1%	1.7%	0.3%	0.6%	0.6%	0.0%	0.5%	1.4%
Steroids without a prescription	5.2%	2.3%	1.8%	1.5%	0.9%	0.4%	0.4%	0.1%	0.1%	4.6%	4.0%	3.7%	3.3%	2.8%	1.5%	N/A	N/A	0.3%	0.0%	0.6%	0.0%	0.0%	0.0%
Ecstasy	N/A	8.8%	5.4%	7.7%	4.9%	2.7%	2.3%	1.6%	1.1%	9.1%	N/A	N/A	5.9%	5.8%	4.7%	4.3%	2.8%	0.6%	1.4%	0.0%	0.9%	1.5%	1.4%
Other Illegal Drugs ²	N/A	6.7%	4.9%	4.1%	4.1%	3.2%	3.7%	2.3%	2.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.5%	1.4%	1.1%	1.9%	3.0%	2.1%
Prescription Drugs without a prescription	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.8%	4.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.0%	3.0%	2.2%	5.6%	4.0%	3.5%
Pain medication (like OxyContin, Percocet, Vicodin, codeine)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.2%	2.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.5%	1.9%	1.6%	3.2%	1.0%	2.8%
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%	1.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.0%	0.5%	0.5%	2.8%	2.0%	1.4%
Stimulants (like Adderall, Ritalin, or Dexedrine)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.8%	1.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.4%	0.8%	0.0%	0.0%	2.5%	2.1%
CURRENT (any use in past 30 days)																							
Alcohol	42.9%	43.3%	37.4%	36.7%	33.0%	28.9%	20.6%	18.9%	17.4%	45.7%	47.8%	46.2%	43.6%	40.1%	35.6%	33.9%	31.4%	20.3%	14.4%	15.9%	14.9%	15.5%	24.8%
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%	9.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.5%	6.8%	6.6%	8.3%	9.0%	14.5%
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%	5.6%	26.9%	26.5%	27.9%	24.5%	22.2%	18.9%	17.7%	N/A	6.3%	4.4%	3.3%	4.6%	6.0%	9.0%
Cigarettes	20.5%	16.8%	14.2%	15.4%	13.2%	11.4%	7.7%	5.3%	2.5%	20.9%	20.5%	17.7%	16.0%	14.0%	10.7%	7.7%	6.4%	1.9%	3.3%	1.1%	2.3%	3.0%	3.4%
Electronic tobacco ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.9%	12.8%	N/A	N/A	N/A	N/A	N/A	N/A	23.7%	20.1%	12.4%	13.1%	10.0%	11.6%	14.1%	16.1%
Marijuana	27.9%	18.9%	19.0%	20.8%	19.4%	20.9%	19.0%	15.8%	16.9%	27.7%	26.2%	24.6%	27.1%	27.9%	24.8%	24.5%	24.1%	19.6%	14.2%	8.3%	15.9%	21.4%	22.4%
Cocaine	N/A	2.8%	2.6%	2.1%	1.6%	1.1%	0.5%	0.5%	0.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.5%	0.3%	1.1%	0.0%	0.5%	0.0%
Heroin	N/A	1.0%	0.5%	0.5%	0.4%	0.1%	0.2%	0.1%	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Methamphetamines	N/A	1.9%	0.5%	0.7%	0.7%	0.3%	0.3%	0.5%	0.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.5%	0.0%	0.0%	0.5%	0.7%
Steroids without a prescription	N/A	1.6%	1.3%	1.2%	0.5%	0.4%	0.3%	0.1%	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Ecstasy	N/A	3.6%	2.2%	3.0%	2.3%	0.9%	1.2%	0.3%	0.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.6%	0.0%	0.5%	0.5%	0.0%
Other Illegal Drugs ²	N/A	2.7%	2.8%	2.1%	1.8%	1.2%	2.4%	1.2%	1.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.4%	1.1%	0.6%	1.4%	2.5%	0.7%
Prescription Drugs without a prescription	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.8%	0.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.4%	0.6%	0.0%	1.4%	1.5%	0.7%
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	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	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	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.)."

2017-2018 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Issues Related to Substance Use - High School (N=754)

	SOMERVILLE									Massachusetts YRBS							GENDER		GRADE				
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'18 (754)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	'17 (3286)	Females (365)	Males (368)	9th (184)	10th (218)	11th (202)	12th (145)
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%	83.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	83.5%	83.5%	88.4%	86.5%	80.9%	75.7%
Use electronic cigarettes ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	53.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	56.0%	51.3%	56.9%	50.0%	58.5%	48.9%
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%	66.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	70.0%	62.0%	66.7%	63.7%	68.6%	66.4%
Smoke marijuana regularly	N/A	76.8%	75.2%	74.9%	73.0%	68.8%	59.0%	60.9%	55.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	60.1%	51.6%	75.0%	50.5%	50.0%	44.4%
Use illegal drugs other than marijuana	N/A	90.2%	90.5%	91.3%	92.9%	90.7%	90.7%	89.4%	87.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	89.0%	85.9%	90.6%	88.7%	87.7%	80.3%
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%	86.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	88.3%	85.6%	87.3%	87.4%	88.7%	81.9%
EASE OF ACCESS – How easy would it be if you wanted to get... (Responses = Sort of Easy, Very Easy)																							
Cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	45.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.5%	48.9%	37.6%	40.0%	51.0%	58.0%
Electronic cigarettes ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	56.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	57.1%	57.1%	45.6%	54.4%	63.4%	66.7%
Beer, wine, or hard liquor	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	62.7%	59.8%	54.1%	57.2%	64.9%	72.5%
Marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	59.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	62.9%	56.9%	38.5%	58.5%	74.5%	70.3%
Illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	27.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	26.1%	28.0%	12.7%	29.8%	29.8%	39.4%
Prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	31.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	32.4%	30.1%	25.7%	32.1%	33.9%	37.0%
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%	94.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	95.3%	93.3%	93.4%	96.3%	93.3%	94.3%
Use electronic cigarettes ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	86.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	90.2%	83.4%	85.6%	86.4%	86.6%	88.7%
Drink beer, wine, or hard liquor regularly	N/A	85.9%	86.8%	82.5%	83.0%	82.1%	84.3%	86.5%	85.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	84.6%	86.2%	86.8%	85.5%	83.5%	85.1%
Smoke marijuana	N/A	93.9%	92.8%	91.0%	90.5%	89.4%	86.8%	88.5%	85.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.9%	83.1%	91.7%	85.4%	78.8%	85.8%
Use illegal drugs other than marijuana	N/A	96.9%	96.7%	96.6%	96.8%	96.3%	96.4%	98.0%	96.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	97.2%	95.5%	95.6%	97.2%	94.8%	97.9%
Use prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	95.9%	94.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.7%	94.1%	92.3%	94.9%	94.9%	95.0%
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%	21.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	26.1%	17.8%	22.9%	23.5%	17.2%	22.7%
Uses electronic cigarettes ¹	N/A	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	N/A	11.5%	6.9%	11.8%	9.4%	4.7%	11.4%
You think drinks too much alcohol	N/A	19.3%	18.7%	19.2%	17.3%	17.7%	15.1%	14.8%	14.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	17.0%	11.7%	12.8%	15.5%	13.4%	15.0%
Smokes marijuana	N/A	15.7%	13.7%	15.1%	14.1%	15.5%	15.2%	10.8%	13.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.7%	11.0%	10.7%	16.0%	13.9%	13.6%
Uses illegal drugs other than marijuana	N/A	5.4%	5.3%	5.7%	3.9%	3.5%	2.8%	1.7%	2.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.0%	2.6%	1.7%	2.4%	2.6%	2.2%
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%	2.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	3.2%	1.7%	5.2%	0.5%	2.9%

¹ Electronic cigarettes were described in the survey as "e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens."

2017-2018 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Violence and Safety - High School (N=754)

	SOMERVILLE									Massachusetts YRBS							GENDER		GRADE				
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'18 (754)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	'17 (3286)	Females (365)	Males (368)	9th (184)	10th (218)	11th (202)	12th (145)
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%	7.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.4%	5.2%	9.3%	9.3%	5.0%	5.0%
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%	16.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.8%	9.4%	16.8%	15.0%	17.5%	14.8%
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%	7.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.9%	6.6%	6.0%	7.4%	7.6%	8.5%
Sexually harassed in school (12 months)	4.5%	12.4%	9.4%	10.2%	7.8%	6.5%	4.3%	5.4%	9.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.1%	2.2%	9.9%	8.8%	11.6%	7.7%
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%	2.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.3%	1.1%	1.6%	3.7%	3.5%	1.4%
Were a member of a gang (12 months)	N/A	6.0%	5.9%	3.5%	3.3%	4.3%	1.9%	1.6%	2.0%	10%	10%	9%	7%	6%	N/A	N/A	N/A	0.8%	3.3%	2.2%	3.7%	1.5%	0.0%
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%	13.4%	N/A	N/A	N/A	19.4%	18.1%	16.6%	15.6%	14.6%	14.2%	12.1%	18.1%	14.4%	12.4%	7.7%
Bullied when NOT at school (12 months)	N/A	15.4%	13.7%	17.2%	12.9%	13.7%	15.3%	11.4%	10.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.0%	7.2%	12.1%	12.1%	10.1%	7.8%
Bullied electronically (12 months)	N/A	N/A	N/A	N/A	N/A	15.1%	15.3%	11.9%	13.1%	N/A	N/A	N/A	N/A	N/A	13.8%	13.0%	13.6%	14.0%	11.3%	10.4%	16.3%	13.6%	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%	27.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	30.5%	23.9%	30.9%	30.7%	23.6%	23.7%
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%	4.3%	10.2%	10.2%	9.1%	8.7%	7.1%	4.6%	5.6%	5.8%	2.2%	6.3%	4.4%	7.4%	2.5%	2.1%
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%	8.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.1%	10.2%	10.3%	9.8%	5.0%	7.6%
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%	1.1%	5.0%	5.8%	5.0%	4.4%	3.7%	3.1%	3.2%	2.7%	1.1%	1.1%	1.1%	1.4%	1.0%	0.7%
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%	5.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.1%	6.5%	3.8%	5.1%	9.0%	4.1%
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%	4.9%	4.6%	4.0%	4.7%	4.0%	4.8%	3.6%	4.8%	4.5%	6.3%	3.0%	3.8%	4.6%	5.9%	4.8%

2017-2018 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Mental Health - High School (N=754)

	SOMERVILLE									Massachusetts YRBS							GENDER		GRADE				
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'18 (754)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	'17 (3286)	Females (365)	Males (368)	9th (184)	10th (218)	11th (202)	12th (145)
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%	7.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.8%	4.3%	6.7%	8.3%	5.6%	8.6%
Family moved	9.8%	13.3%	14.7%	13.6%	12.7%	12.5%	10.7%	13.5%	12.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.1%	10.4%	14.0%	11.7%	12.8%	13.1%
Family member or close friend died	28.7%	41.7%	38.4%	32.2%	36.9%	32.4%	30.8%	33.1%	36.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43.1%	29.1%	33.9%	40.2%	37.1%	35.0%
Ran away from home	5.2%	4.9%	6.2%	6.5%	5.5%	5.5%	3.4%	3.5%	3.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.7%	2.6%	4.5%	2.0%	3.1%	3.6%
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%	64.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	75.2%	53.6%	53.8%	65.4%	74.1%	64.6%
Social issues (friendships, dating, teasing, etc.)	N/A	N/A	N/A	38.0%	31.0%	30.6%	30.2%	33.1%	32.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	40.2%	24.3%	28.4%	33.2%	38.0%	30.1%
Appearance issues (your weight, how you look, etc.)	N/A	N/A	N/A	41.5%	34.2%	35.9%	36.3%	35.3%	34.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	45.7%	23.2%	31.1%	38.1%	35.7%	34.3%
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%	29.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	39.3%	20.2%	27.3%	26.3%	36.2%	29.2%
Gangs in the community	N/A	N/A	N/A	N/A	6.9%	8.7%	5.2%	5.5%	3.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.9%	3.9%	5.5%	2.8%	3.5%	3.5%
Being bullied by other students	N/A	N/A	N/A	N/A	N/A	5.8%	4.9%	5.2%	5.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.1%	4.7%	5.4%	7.9%	3.5%	4.9%
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%	41.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	55.6%	26.9%	33.5%	42.3%	43.0%	49.3%
Hurt/injured self on purpose (12 months)	N/A	N/A	N/A	13.5%	12.9%	12.6%	15.7%	14.2%	14.3%	18%	19%	17%	17%	18%	N/A	N/A	N/A	20.0%	7.1%	19.8%	15.2%	12.4%	9.0%
Depressed ² (12 months)	38.4%	31.6%	30.7%	31.0%	26.9%	31.2%	31.3%	31.2%	34.5%	28.0%	26.7%	24.0%	24.0%	25.2%	21.7%	27.4%	27.4%	42.3%	25.4%	30.4%	32.9%	36.3%	40.1%
Seriously considered suicide (12 months)	21.0%	13.5%	13.6%	11.5%	9.1%	9.0%	13.4%	12.1%	16.7%	16.3%	12.7%	12.5%	13.5%	13.3%	12.0%	14.9%	12.4%	21.6%	10.5%	14.8%	16.2%	19.8%	16.0%
Made plan to commit suicide (12 months)	19.5%	11.8%	9.0%	10.6%	8.3%	8.6%	12.0%	11.0%	N/A	12.5%	11.7%	10.6%	11.1%	12.2%	11.0%	11.9%	10.9%	N/A	N/A	N/A	N/A	N/A	N/A
Attempted suicide (12 months)	14.1%	6.6%	5.8%	5.3%	4.7%	4.5%	5.6%	5.5%	5.0%	8.4%	6.4%	7.6%	6.8%	6.8%	5.5%	7.0%	5.4%	7.1%	2.5%	4.9%	5.1%	6.0%	3.5%
<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%	31.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	40.0%	12.5%	44.4%	50.0%	16.7%	0.0%
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%	74.7%	N/A	N/A	81%	84%	83%	83%	N/A	N/A	71.6%	78.7%	74.3%	73.5%	74.6%	76.9%
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%	67.6%	N/A	N/A	67%	69%	71%	71%	N/A	N/A	69.1%	66.7%	61.4%	64.4%	73.0%	73.9%
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%	31.9%	N/A	N/A	48%	N/A	N/A	N/A	N/A	N/A	32.2%	31.5%	31.1%	27.4%	36.8%	32.9%
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%	19.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.7%	10.3%	15.4%	22.5%	19.5%	20.7%
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%	17.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.7%	10.8%	17.6%	15.0%	18.0%	21.5%
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%	8.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.7%	5.3%	6.1%	10.4%	6.0%	9.0%

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."

2017-2018 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Physical Health - High School (N=754)

	SOMERVILLE									Massachusetts YRBS							GENDER		GRADE				
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'18 (754)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	'17 (3286)	Females (365)	Males (368)	9th (184)	10th (218)	11th (202)	12th (145)
SEXUAL BEHAVIOR																							
Ever had sexual intercourse	50.8%	49.8%	49.1%	47.3%	48.0%	45.4%	37.3%	33.1%	29.7%	41.0%	45.4%	44.4%	46.4%	42.0%	38.1%	36.4%	35.3%	27.9%	30.6%	13.5%	25.7%	37.4%	45.3%
Condom use at last intercourse ¹	N/A	71.4%	66.2%	68.5%	67.8%	68.1%	71.4%	60.4%	57.1%	57.4%	65.0%	61.1%	57.5%	57.7%	57.6%	62.5%	57.8%	57.4%	57.8%	66.7%	63.0%	53.6%	52.5%
Alcohol/drugs at last intercourse ¹	N/A	17.1%	16.4%	16.7%	14.3%	17.5%	14.6%	14.3%	8.1%	24.8%	23.2%	24.6%	23.5%	22.7%	23.5%	21.8%	18.2%	9.0%	6.9%	20.8%	5.5%	7.2%	6.6%
Ever been/gotten someone pregnant	8.1%	5.2%	4.4%	5.7%	4.5%	3.8%	2.4%	1.2%	1.5%	4%	5%	5%	6%	5%	N/A	N/A	N/A	0.8%	2.0%	2.8%	0.5%	1.6%	1.4%
Ever sexual contact against will	N/A	8.0%	8.1%	8.3%	8.2%	5.6%	4.6%	9.5%	10.6%	10%	10%	11%	11%	10%	N/A	N/A	N/A	14.3%	5.8%	10.0%	10.4%	12.5%	9.6%
Ever had an STD	2.8%	1.6%	1.1%	1.6%	2.1%	1.7%	1.7%	1.1%	1.1%	6%	5%	3%	2%	2%	N/A	N/A	N/A	1.4%	0.9%	0.6%	0.0%	1.5%	2.9%
Ever taught about AIDS/HIV in school	89.2%	87.7%	87.3%	87.0%	86.7%	81.3%	84.4%	83.1%	80.6%	92%	93%	89%	87%	84%	85%	N/A	N/A	84.4%	76.6%	81.7%	81.3%	79.4%	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%	39.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	38.6%	40.5%	45.3%	38.2%	39.9%	36.7%
WEIGHT																							
Describe self as slightly/very overweight	28.5%	30.4%	32.1%	34.5%	31.6%	32.3%	33.1%	32.6%	33.0%	30.9%	31.2%	29.3%	28.8%	27.6%	29.4%	31.5%	28.1%	36.8%	28.3%	26.1%	37.6%	32.1%	35.3%
Trying to lose weight	50.7%	47.8%	50.8%	50.2%	47.8%	47.9%	48.5%	44.0%	49.9%	45.9%	46.7%	45.6%	45.0%	45.3%	44.5%	46.0%	43.8%	59.1%	40.6%	46.4%	51.6%	49.0%	52.9%
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%	12.5%	12%	11%	11%	8%	10%	10%	N/A	N/A	17.4%	7.1%	12.7%	16.4%	10.4%	9.4%
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%	3.9%	7%	5%	6%	5%	4%	3%	N/A	N/A	7.1%	0.9%	2.8%	2.8%	5.2%	5.1%
Vomited/took laxatives	3.4%	5.0%	4.2%	4.3%	3.5%	3.3%	4.8%	2.5%	3.9%	6%	6%	5%	5%	5%	4%	N/A	N/A	6.2%	1.1%	3.4%	4.7%	3.7%	3.6%
Tried a fad/trend diet	1.6%	8.0%	8.0%	6.8%	3.3%	9.2%	8.1%	6.8%	7.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.3%	2.3%	6.7%	9.8%	6.8%	3.6%
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%	44.3%	N/A	N/A	41.0%	N/A	N/A	44.3%	45.2%	45.7%	37.5%	52.2%	52.8%	41.1%	41.8%	42.1%
Watched TV or used electronic devices 3 or more hours per day ²	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54.9%	31.3%	32.8%	28.4%	30.4%	28.4%	25.0%	N/A	N/A	54.7%	55.3%	63.2%	58.7%	48.9%	47.9%

¹ Of those who had sexual intercourse.

² Prior to 2018, the survey contained separate items regarding watching TV and using other electronic devices. These items were combined in the 2018 survey.