

Summary of Results from the 2009-2010 Cambridge Teen Health Survey (Grades 9-12)

Submitted to:

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

Submitted by:

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BACKGROUND

REPORT FORMAT

In April of 2010, 1,273 Cambridge high school students (grades 9-12) took part in the 2009-2010 Cambridge Teen Health Survey. Based on surveys such as the *Youth Risk Behavior Survey* (Centers for Disease Control and Prevention), *Monitoring the Future* (NIDA, University of Michigan), *Profiles of Student Life – Attitudes and Behaviors*, and the *Survey of Student Resources and Assets* (America’s Promise and Search Institute), the questionnaire was designed to gather information on some of the important issues facing youth in Cambridge, such as substance use, violence and safety, and dietary behavior. This is the tenth administration of the Teen Health Survey (the survey was also administered in 1992, 1994, 1996, 1998, 2000, 2002, 2004, 2006, and 2008). A similar survey of Cambridge middle school students has also been conducted biennially since 1997.

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

WHO CONDUCTED THE SURVEY?

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

HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in April of 2010 to all Cambridge 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 | Other/ Unknown | TOTAL |
|-----------------|------------------|------------------|------------------|-------------------|-------|
| 360 | 337 | 320 | 246 | 10 | 1,273 |

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

WHAT DID THE SURVEY ASK ABOUT?

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

VALIDITY

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

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

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

NON-RESPONDENTS

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

TRENDS

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

COMPARATIVE DATA

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

Limited comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent administration of this survey occurred in the Spring of 2009.

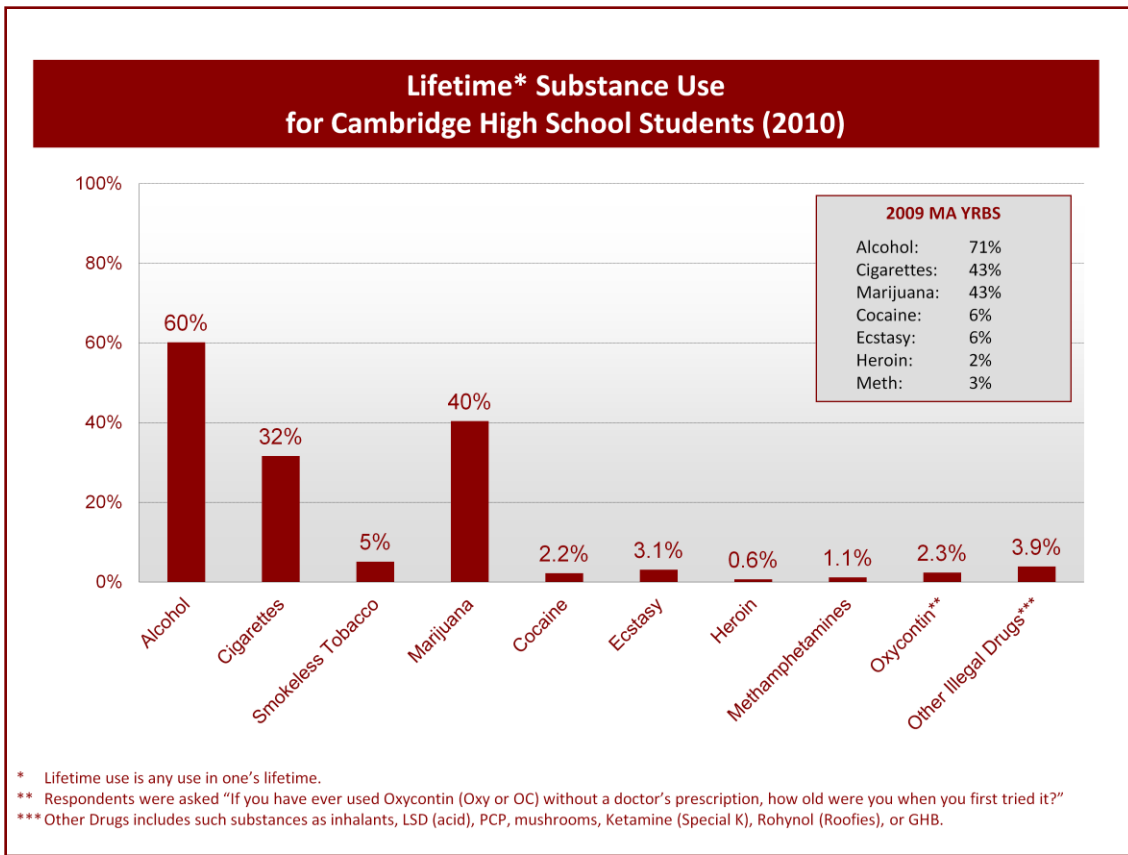
WHO HAS THE PROBLEM?

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

WHO IS RESPONSIBLE?

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

Substance Use

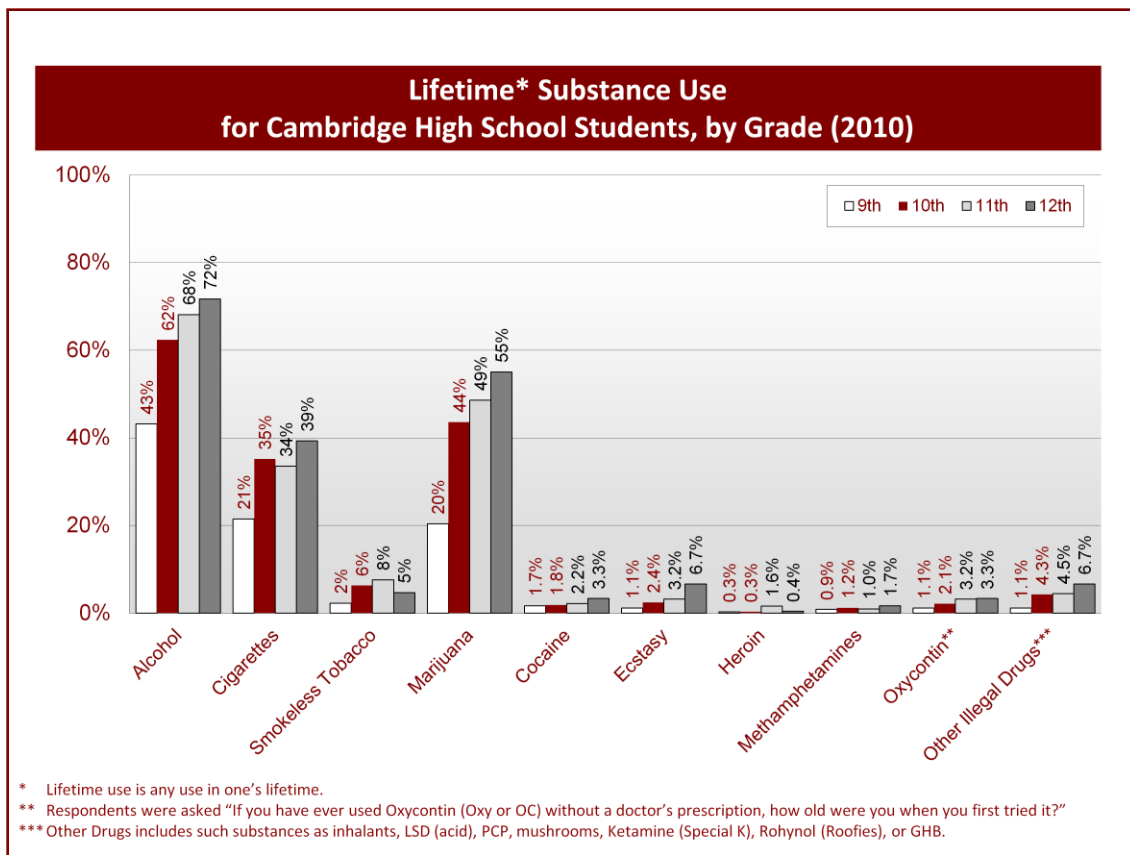


SELECTED POINTS

- Lifetime use is any use in one's lifetime.
- The alcohol questions were preceded by, "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, hard lemonade, or cider, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does **NOT** include drinking a few sips of wine for religious purposes.
- Alcohol is the substance of choice, with 60% of Cambridge high school students in 2010 reporting that they have consumed alcohol in their lifetime. Forty percent (40%) reported ever using marijuana, 32% ever smoking cigarettes, 5% ever using smokeless tobacco, 3%, ever using ecstasy, 2% ever using Oxycontin (without a doctor's prescription), 2% ever using cocaine, 1% ever using methamphetamines, 0.6% ever using heroin, and 4% ever using other illegal drugs.
- **Trends:** Between 2008 and 2010 there was a decrease in lifetime alcohol (62% to 60%) and Oxycontin use (3% to 2%). Lifetime use of marijuana was unchanged (40%) and lifetime use of cigarettes increased (28% to 32%).

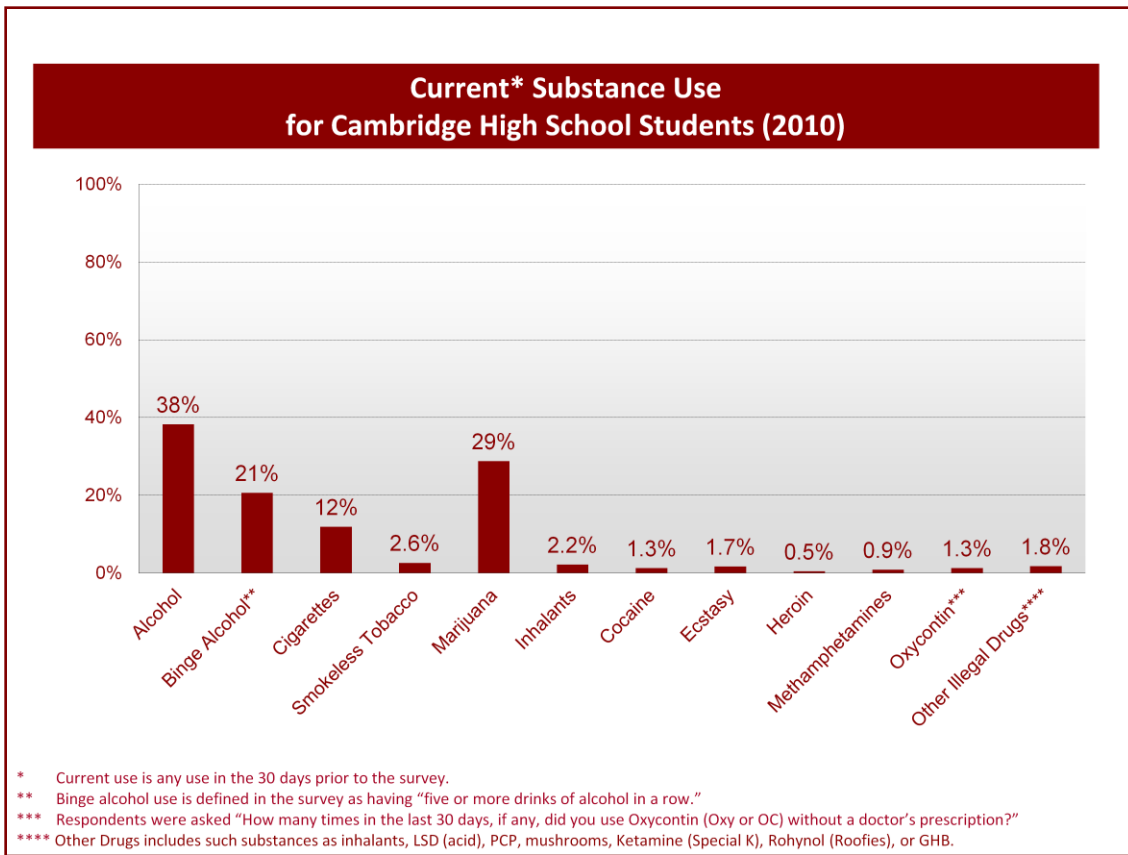
Alcohol – (1992: 73%, 1994: 76%, 1996: 78%, 1998: 82%, 2000-2004: N/A, 2006: 65%, 2008: 62%, 2010: 60%).
 Cigarettes – ('92: 50%, '94: 47%, '96: 47%, '98: 53%, '00: 50%, '02: 40%, '04: 35%, '06: 34%, '08: 28%, '10: 32%).
 Smokeless Tobacco – (1994: 12%, 1996: 11%, 1998: 11%, 2000-2008: N/A, 2010: 5%).
 Marijuana – (1992: 26%, 1994: 33%, 1996: 44%, 1998: 49%, 2000-2004: N/A, 2006: 41%, 2008: 40%, 2010: 40%).
 Cocaine – (1992: 4%, 1994: 3%, 1996: 4%, 1998: 4%, 2000-2008: N/A, 2010: 2%).
 Heroin – (1992: 3%, 1994: 2%, 1996: 3%, 1998: 2%, 2000-2008: N/A, 2010: 0.6%)
 Oxycontin – (1992-2004: N/A, 2006: 2%, 2008: 3%, 2010: 2%).

- **Comparison:** Lifetime use of all substances was lower in Cambridge than among Massachusetts high school students (MA Data from the Massachusetts Youth Risk Behavior Survey, Spring 2009).



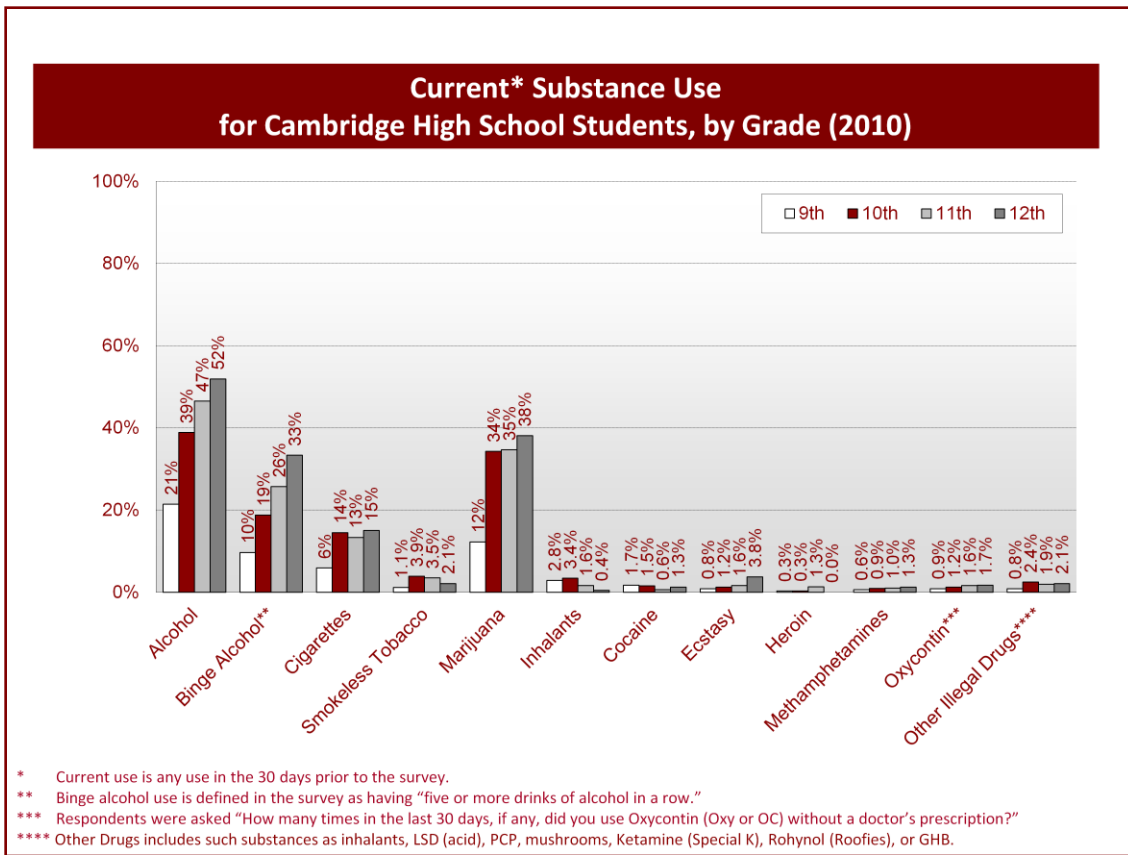
SELECTED POINTS

- Grade:** The percentage of Cambridge high school students who reported ever using each of these substances tended to increase with age/grade. For example, the percentage of students who reported ever using alcohol increased from 43% in 9th grade to 72% in 12th grade.
- Lifetime use of alcohol, cigarettes, and marijuana was much more common among 10th graders than among 9th graders
 - Alcohol: 43% among 9th graders vs. 62% among 10th graders
 - Cigarettes: 21% among 9th graders vs. 35% among 10th graders
 - Marijuana use: 20% among 9th graders vs. 44% among 10th graders.
- Gender:** Differences in lifetime use based on gender are as follows:
 - Lifetime use of alcohol (male: 60%; female: 60%), cigarettes (male: 32%; female: 32%), ecstasy (male: 2.8%; female: 3.1%), and methamphetamines (male: 1.1%; female: 1.1%) was either identical or similar.
 - Lifetime use of smokeless tobacco (male: 7.6%; female: 2.4%), marijuana (male: 45%; female: 35%), cocaine (male: 2.5%; female: 1.8%), and heroin (male: 0.8%; female: 0.5%) was more common among males.
 - Lifetime use of Oxycontin (male: 1.8%; female: 2.9%) and other illegal drugs (male: 3.1%; female: 4.5%) was more common among females.



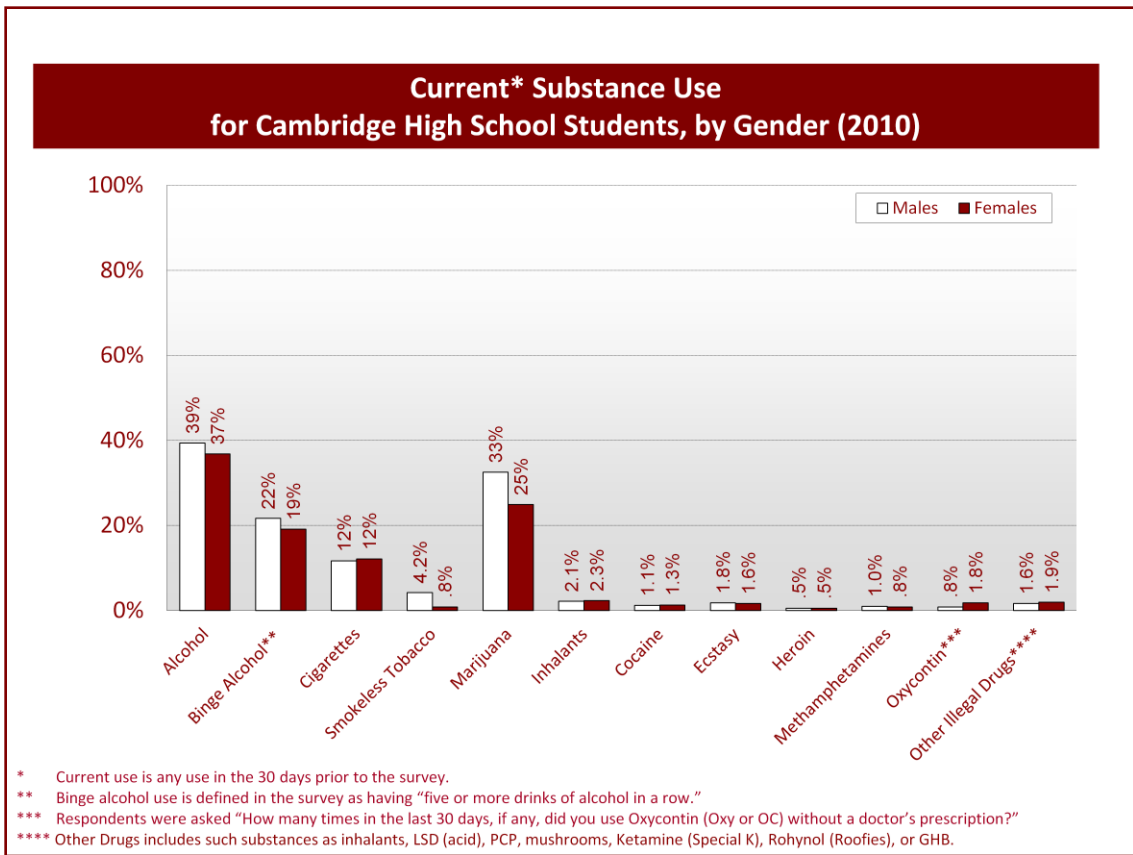
SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 38% of high school students reporting that they consumed alcohol in the 30 days prior to the survey.
- Twenty-one percent (21%) of all respondents reported binge drinking (consuming five or more drinks in a row) during the past 30 days. This means that of those who reported that they consumed alcohol in the 30 days prior to the survey, over half (55%) reported binge drinking at least once in that time period.
- Respondents were more likely to report current use of marijuana (29%) than cigarettes (12%).
- Fewer than 3% of respondents reported current use of smokeless tobacco (2.6%), inhalants (2.2%), cocaine (1.3%), ecstasy (1.7%), heroin (0.5%), methamphetamines (0.9%), Oxycontin without a doctor’s prescription (1.3%), and other illegal drugs (1.8%).



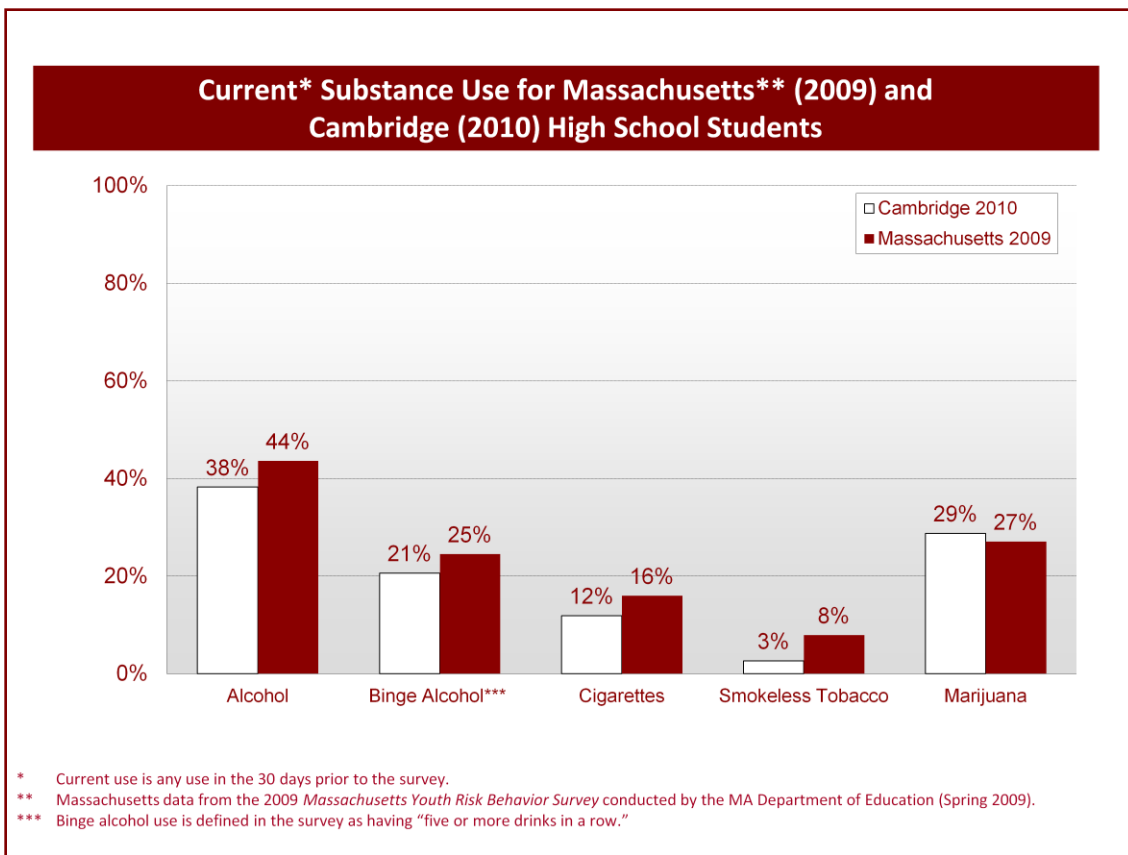
SELECTED POINTS

- The percentage of Cambridge high school students who reported current use of each of these substances tended to increase with age/grade. For example, the percentage of students who reported current alcohol use increased from 21% in 9th grade to 52% in 12th.
- Current use of smokeless tobacco (9th: 1.1%, 10th: 3.9%, 11th: 3.5%, 12th: 2.1%) and inhalants (9th: 2.8%, 10th: 3.4%, 11th: 1.6%, 12th: 0.4%) both peaked during 10th grade and declined in each subsequent grade.
- Current use of alcohol, cigarettes, and marijuana was much more common among 10th graders than among 9th graders
 - Alcohol: 21% among 9th graders vs. 39% among 10th graders
 - Cigarettes: 6% among 9th graders vs. 14% among 10th graders
 - Marijuana use: 12% among 9th graders vs. 34% among 10th graders.
- Current use of alcohol rose in each grade while current use of cigarettes and marijuana were more similar across students in 10th, 11th, and 12th grade.



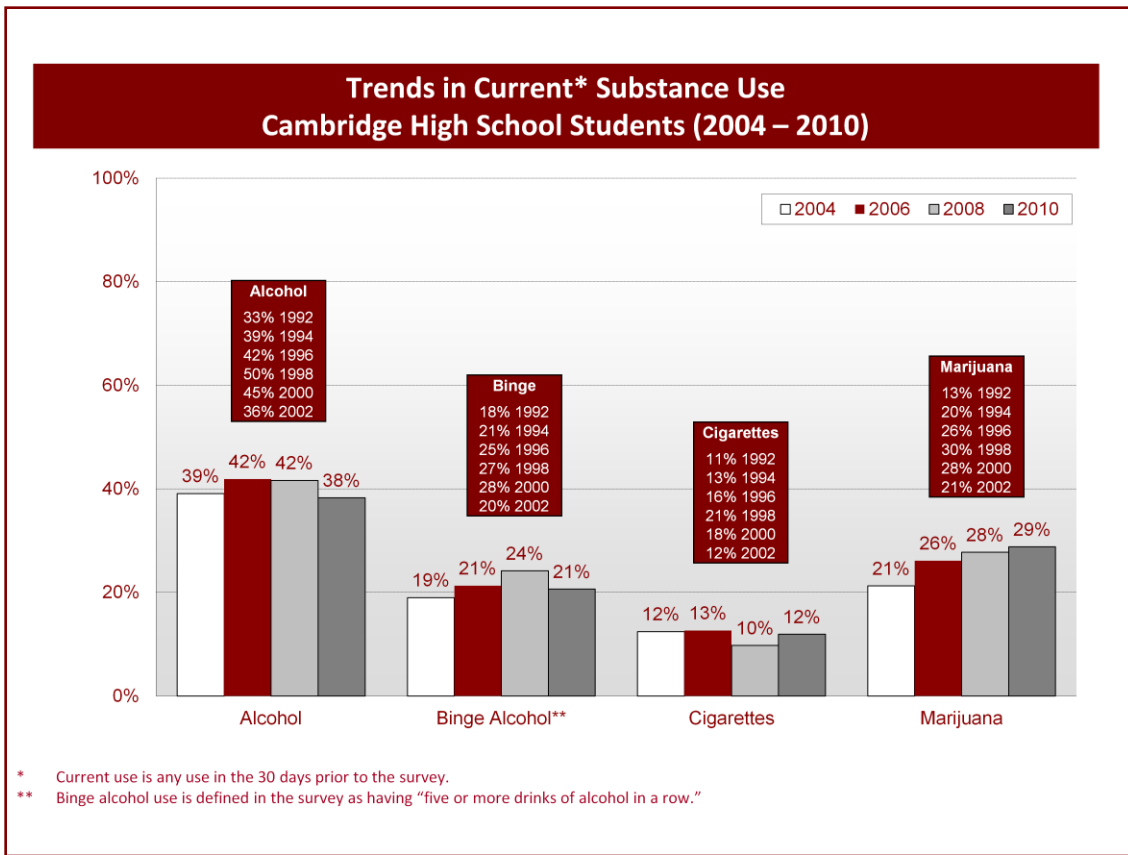
SELECTED POINTS

- Cambridge high school males and females reported similar levels of current use for alcohol, binge alcohol, cigarettes, inhalants, cocaine, ecstasy, heroin, methamphetamines, and other illegal drugs.
- Males were more likely to report current use of smokeless tobacco (4.2% males; females 0.8%) and marijuana (33% males; 25% females).
- Females were more likely to report current use of Oxycontin without a doctor's prescription (1.8% females; 0.8% males).



SELECTED POINTS

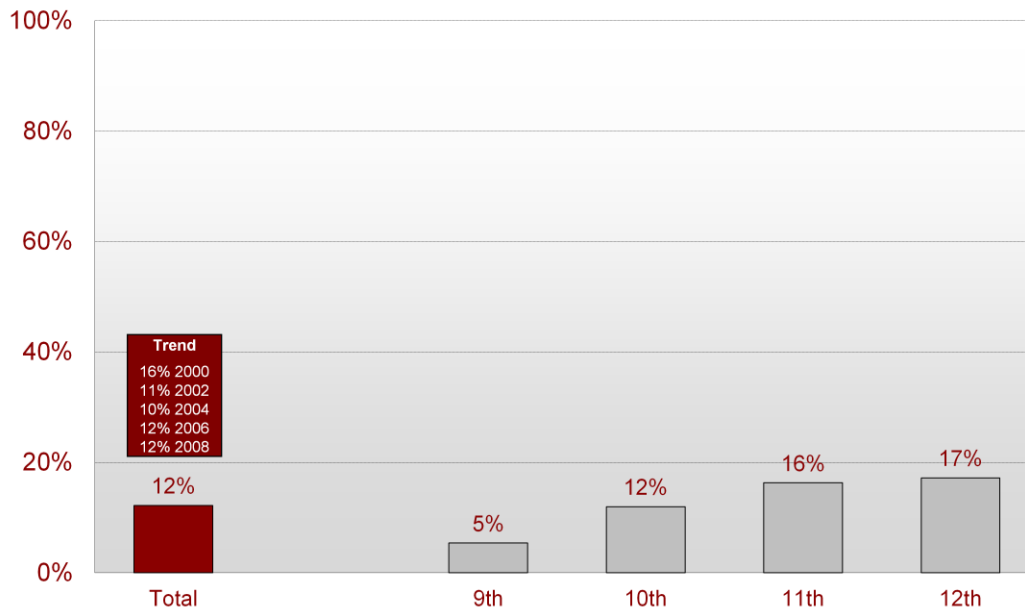
- Massachusetts high school data displayed here and elsewhere in this summary are from the 2009 Massachusetts Youth Risk Behavior Survey, which was implemented during the Spring of the 2009 school year.
- Available comparative data reveal lower rates of current substance use in Cambridge than statewide for alcohol (38% Cambridge, 44% MA), binge alcohol (21% Cambridge, 25% MA), cigarettes (12% Cambridge, 16% MA), and smokeless tobacco (3% Cambridge, 8% MA).
- Current use of marijuana was higher in Cambridge (29%) than Massachusetts as a whole (27%). In Cambridge, current marijuana use rose between 2004 and 2010 (2004: 21%, 2006: 26%, 2008: 28%, 2010: 29%). In Massachusetts, current marijuana use declined between 2003 and 2007 (2003: 28%, 2005: 26%, 2007: 25%) and rose in 2009 to 27%.



SELECTED POINTS

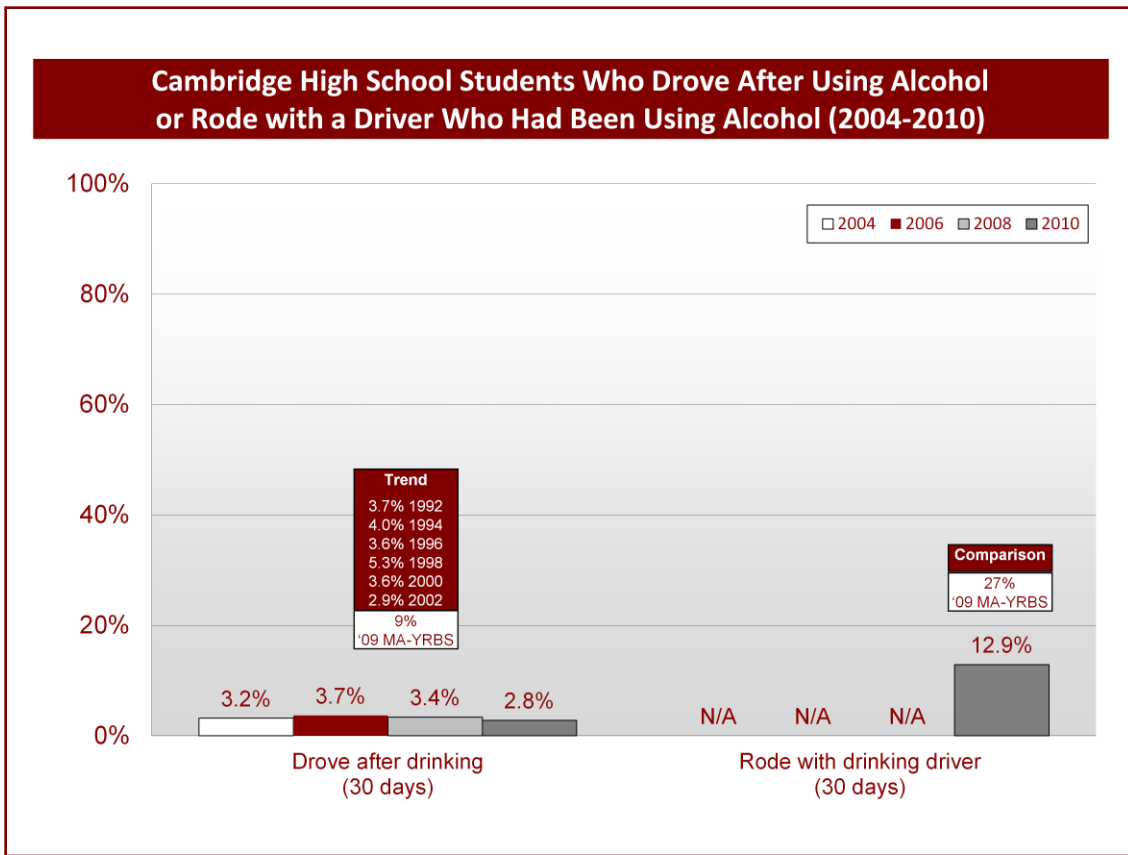
- Trends in current substance use among Cambridge high school students vary by substance.
- Current **alcohol** use rose from a low in 1992 (33%) to a high in 1998 (50%), declined between 1998 and 2002 (36%), rose between 2004 and 2008 (42%), and declined in 2010 to 38%.
- **Binge** alcohol use rose from 1992 (18%) to a high in 2000 (28%), declined in 2002 and 2004 (19%), rose in 2006 and 2008 (24%), and declined in 2010 to 21%.
- Current **cigarette** use rose from 1992 (11%) to a high in 1998 (21%), declined between 2000 and 2008 to a low of 10% and rose in 2010 to 12%.
- Current **marijuana** use rose from a low in 1992 (13%) to a high in 1998 (30%), declined between 2000 and 2004 (21%), and rose between 2006 and 2010 to 29%.
- Current use of **inhalants** (2.2%), **cocaine** (1.3%), **heroin** (0.5%), and **Oxycontin** (1.3%) have remained low over time.

Cambridge High School Students Who Attended Class Within 1 Hour of Using Alcohol, Marijuana, or Other Drugs (Past 30 Days), Total and by Grade (2010)



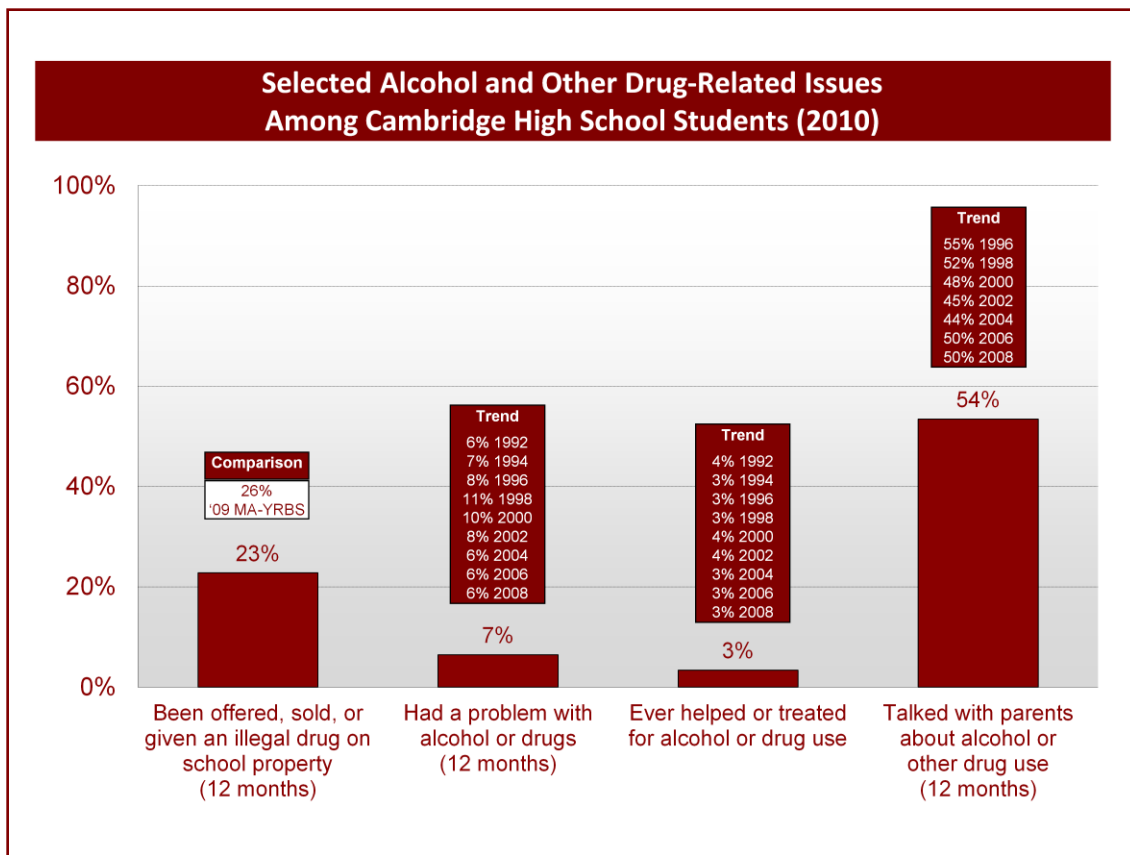
SELECTED POINTS

- Twelve percent (12%) of Cambridge high school students reported in 2010 that they attended class within one hour of using alcohol, marijuana, or other drugs at least once in the 30 days prior to the survey.
- **Trends:** The percentage of Cambridge high school students who reported attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days declined from a high of 16% in 2000 to a low of 10% in 2004, and has been stable at 12% since 2006.
- **Gender:** Males were more likely than females to report that they attended class within one hour of using alcohol, marijuana, or other drugs in the past 30 days (males: 13%, females: 11%).
- **Grade:** The proportion of students who reported attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days increased with age/grade (9th: 5%, 10th: 12%, 11th: 16%, 12th: 17%).



SELECTED POINTS

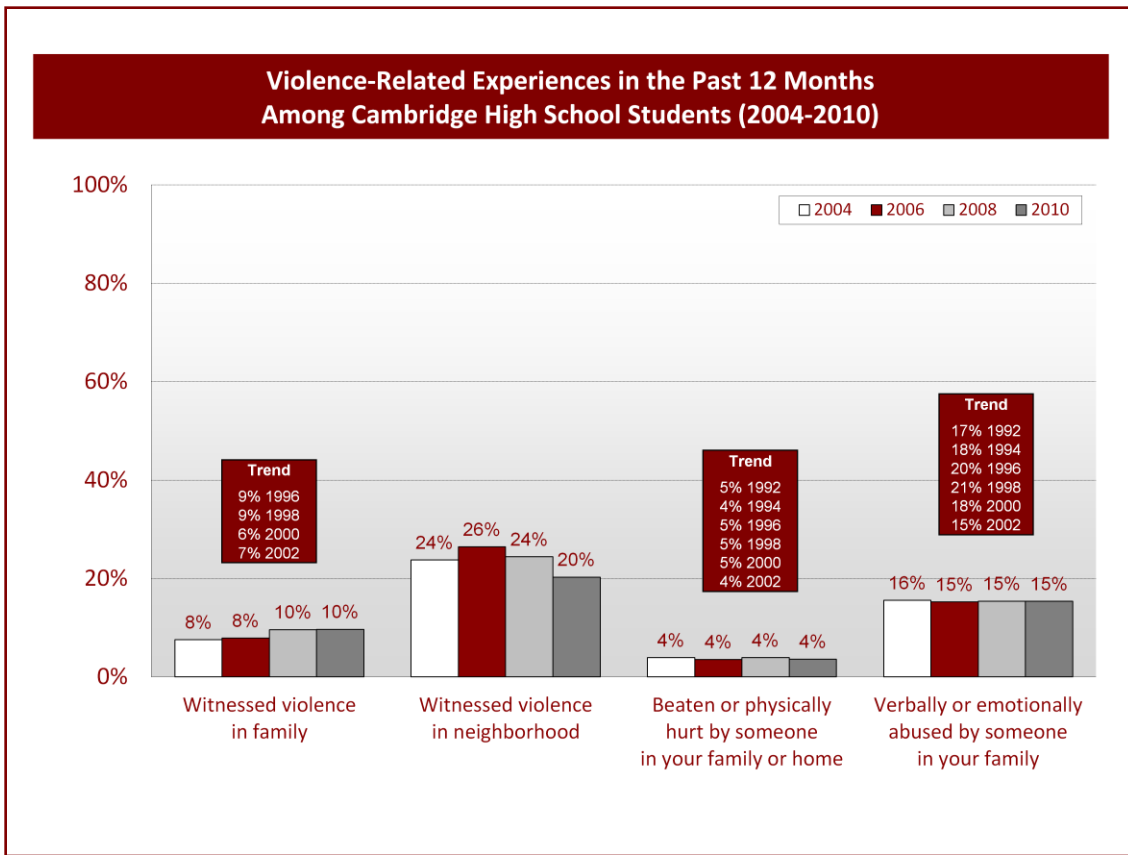
- Three percent of Cambridge high school students in 2010 reported driving after drinking alcohol and 13% reported riding with a driver who had been drinking in the 30 days prior to the survey.
- **Trends:** The percentage of Cambridge high school students who reported driving after using alcohol peaked at 5.3% in 1998 and was at a low of 2.8% in 2010. The wording of the item asking about riding with a drinking driver was changed in 2010 to correspond to the language used in the state YRBS survey, as a result, trend data could not be calculated for this item.
- **Comparisons:** Cambridge high school students in 2010 were less likely than Massachusetts students in 2009 to report driving after drinking (3% Cambridge, 9% MA) and riding with a driver who had been drinking (13% Cambridge, 27% MA). *MA data from the 2009 MA Youth Risk Behavior Survey.*
- **Gender:** Males and females were equally likely to report both driving after drinking and riding with a drinking driver in the past 30 days.
- **Grade:** The percentage of students who reported driving after drinking (9th: 0.8%, 10th: 1.5%, 11th: 4.1%, 12th: 5.9%) and riding with a driver who had been drinking (9th: 9.9%, 10th: 10.6%, 11th: 16.5%, 12th: 16.0%) both tended to increase with age/grade.



SELECTED POINTS

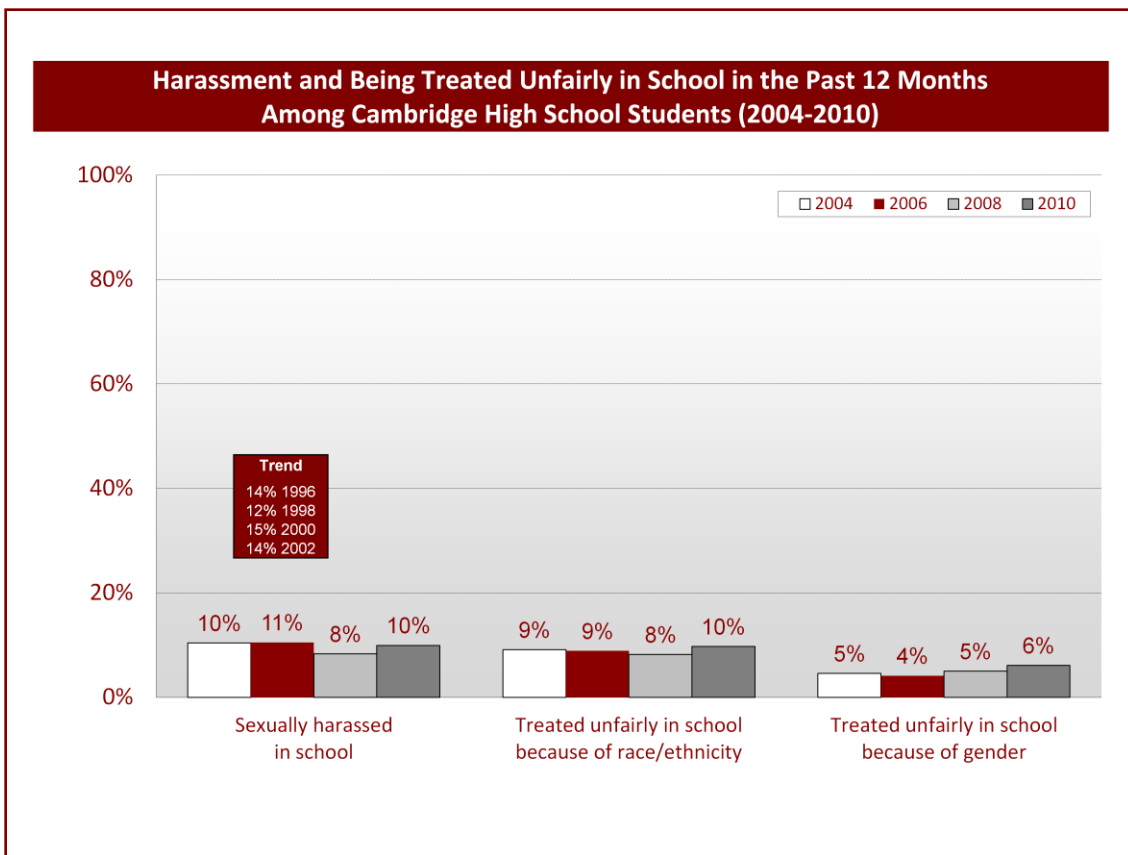
- Twenty-three percent (23%) of Cambridge high school students reported in 2010 that they had been offered, sold, or given an illegal drug on school property in the past 12 months, 7% had a problem with alcohol or drugs in the past 12 months, 3% had ever been helped or treated for alcohol or drug use, and 54% had talked with their parents about alcohol or other drug use in the past 12 months.
- **Trends:** The percentage of students who had a problem with alcohol or drugs in the past 12 months rose between 1992 (6%) and 1998 (11%), declined to 6% between 2000 and 2008, and was 7% in 2010. The percentage of students who have ever been helped or treated for alcohol or drug use has been stable over time. The percentage of students who talked with their parents about alcohol or other drug use in the past 12 months declined between 1996 (55%) and 2004 (44%) and rose between 2006 and 2010 (54%).
- **Gender:** Males were more likely than females to report that they had been offered, sold, or given an illegal drug on school property in the past 12 months (25% males, 20% females). Females were more likely than males to report that they were ever helped or treated for alcohol or drug use (4.3% females, 2.6% males) and that they talked with their parents about alcohol or other drug use in the past 12 months (females: 54%, males: 52%).
- **Grade:** The proportion of students who report that they were offered, sold, or given an illegal drug on school property in the past 12 months was highest among 10th graders (9th: 18%, 10th: 28%, 11th: 26%, 12th: 20%). There were no consistent patterns by grade for any of the other items.

Violence and Safety



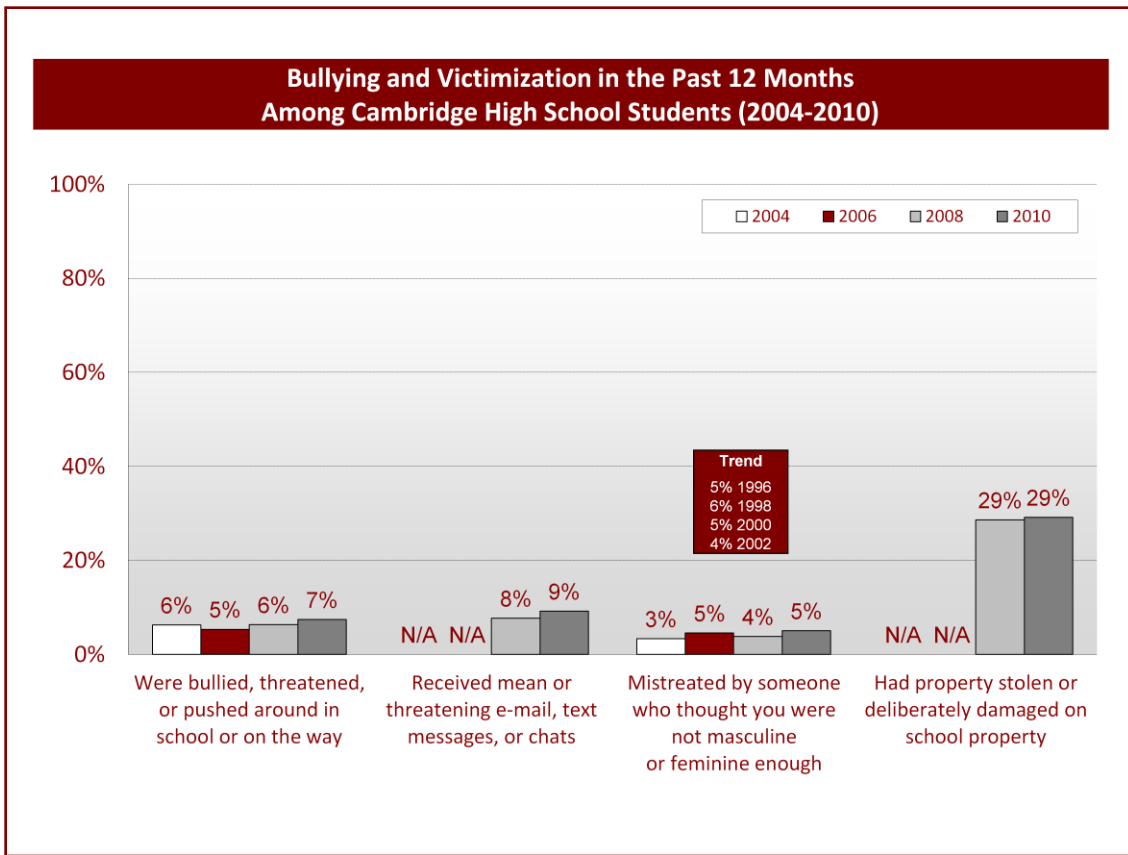
SELECTED POINTS

- Ten percent (10%) of Cambridge high school students in 2010 reported that they witnessed violence in their family in the past 12 months, 20% witnessed violence in their neighborhood, 4% were beaten or physically hurt by someone in their family or home, and 15% received verbal or emotional abuse by someone in their family.
- **Trends:** Reports of witnessing violence in the family were up from a low of 6% in 2000 to a high of 10% in 2010. Witnessing violence in the neighborhood was down from a high of 26% in 2006 to a low of 20% in 2010. Reports of being beaten or physically hurt by someone in the family or at home have been stable over time. Receiving verbal or emotional abuse from someone in the family was down from a high of 21% in 1998 to a low of 15% in 2010.
- **Gender:** Males were more likely than females to report that they witnessed violence in their neighborhood in the past 12 months (males: 23%, females: 17%). Females were more likely than males to report witnessing violence in the family (females: 11%, males: 8%) and being verbally or emotionally abused by someone in their family (females: 22%, males: 8%).
- **Grade:** There were no consistent patterns for any of these items by age/grade.



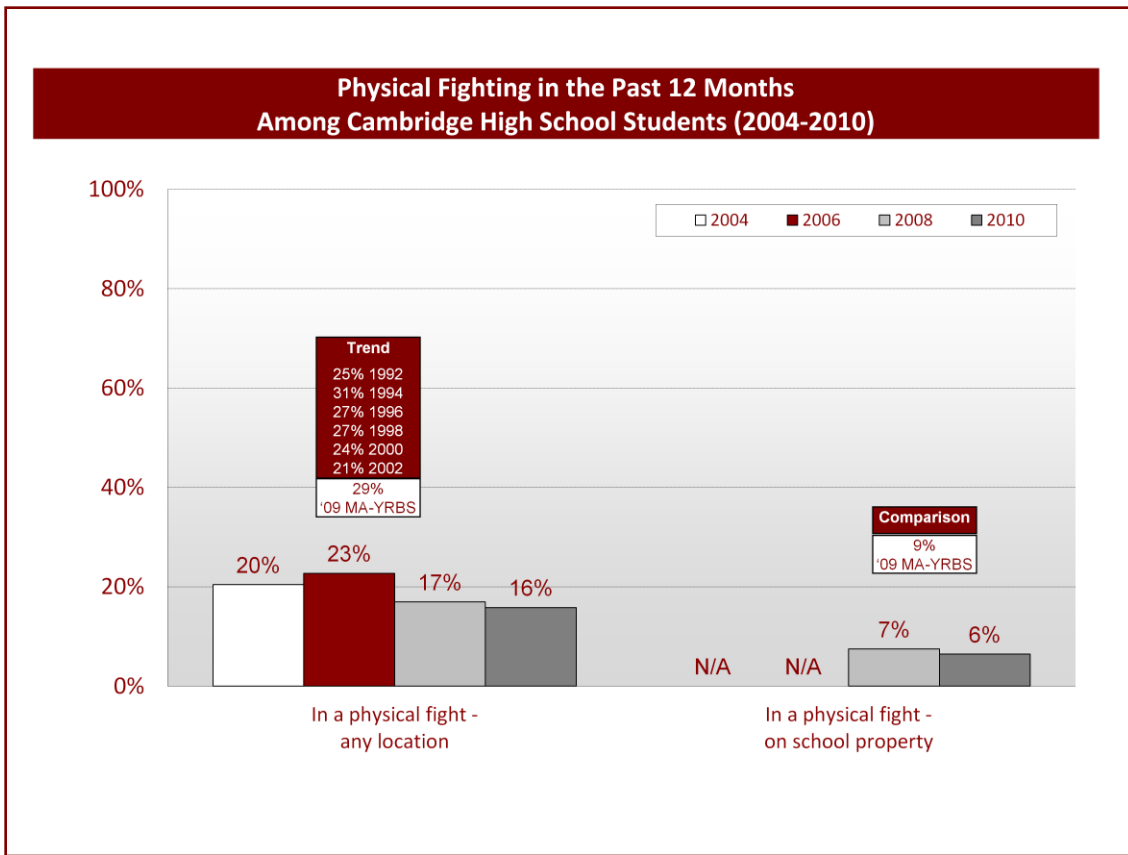
SELECTED POINTS

- Ten percent (10%) of Cambridge high school students reported in 2010 that they were sexually harassed in school in the past 12 months, 10% were treated unfairly in school because of their race/ethnicity, and 6% were treated unfairly in school because of their gender.
- **Trends:** Reports of being sexually harassed in school peaked at 15% in 2000 and were at 10% in 2010. Reports of being treated unfairly in school because of race/ethnicity or gender have been stable over time.
- **Gender:** Females were more likely than males to report each of these issues: sexually harassed in school (females: 15%, males: 5%), treated unfairly in school because of race/ethnicity (females: 11%, males: 8%), treated unfairly in school because of gender (females: 7%, males: 4%).
- **Grade:** Reports of experiencing each of these issues decreased with age grade: sexually harassed in school (9th: 13%, 10th: 11%, 11th: 8%, 12th: 8%), treated unfairly in school because of race/ethnicity (9th: 11%, 10th: 12%, 11th: 9%, 12th: 5%), treated unfairly in school because of gender (9th: 9%, 10th: 8%, 11th: 4%, 12th: 3%).



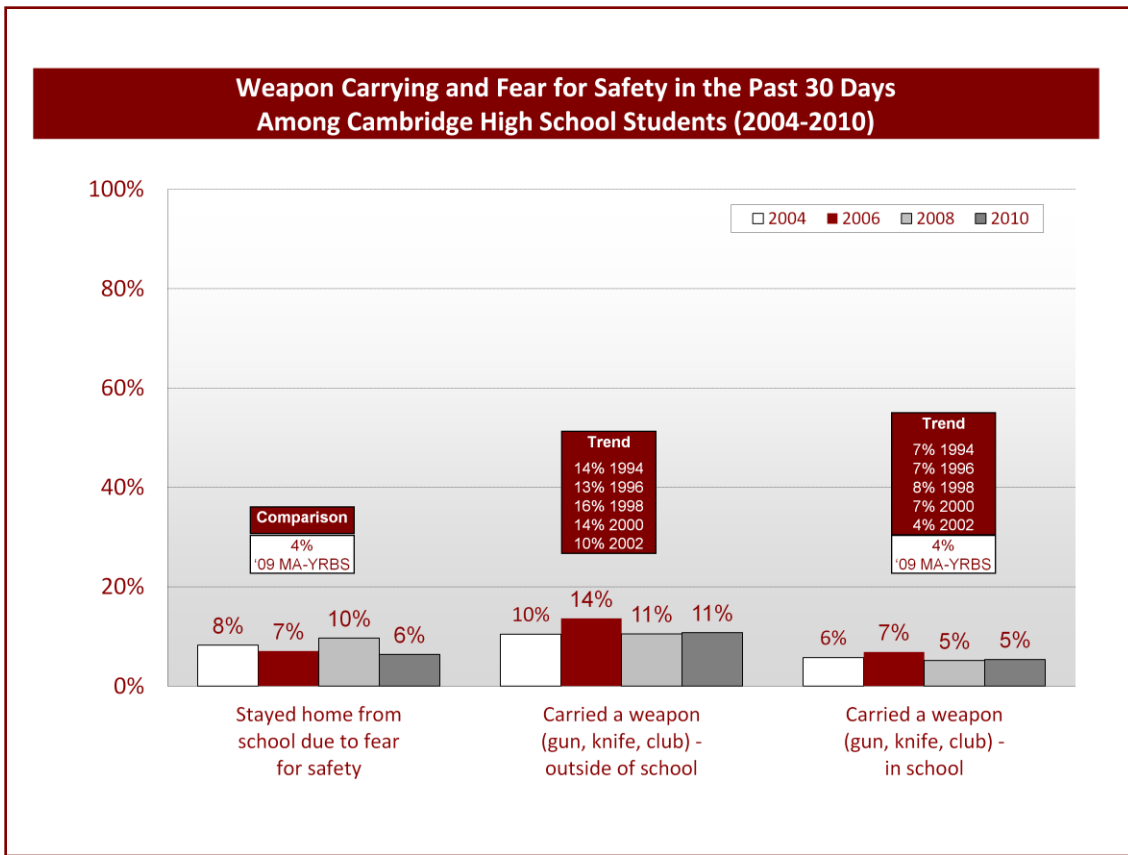
SELECTED POINTS

- Seven percent (7%) of Cambridge high school students in 2010 reported being bullied or threatened in school or on the way to school in the past 12 months, 9% received mean or threatening e-mail, text messages, or chats, 5% were mistreated by someone who thought they were not masculine or feminine enough, and 29% had their property stolen or deliberately damaged on school property.
- **Trends:** There has been little change in any of these items over time.
- **Gender:** Females were more likely than males to report that they received mean or threatening e-mail, text messages, or chats (females: 12%, males: 6%).
- **Grade:** Reports of experiencing each of these issues tended to decrease with age/grade: were bullied (9th: 11%, 10th: 8%, 11th: 6%, 12th: 3%), received mean or threatening e-mail, text messages, or chats (9th: 11%, 10th: 11%, 11th: 9%, 12th: 6%), mistreated because someone thought they were not masculine or feminine enough (9th: 7%, 10th: 8%, 11th: 2%, 12th: 3%), had property stolen or deliberately damaged on school property (9th: 31%, 10th: 37%, 11th: 27%, 12th: 20%).



SELECTED POINTS

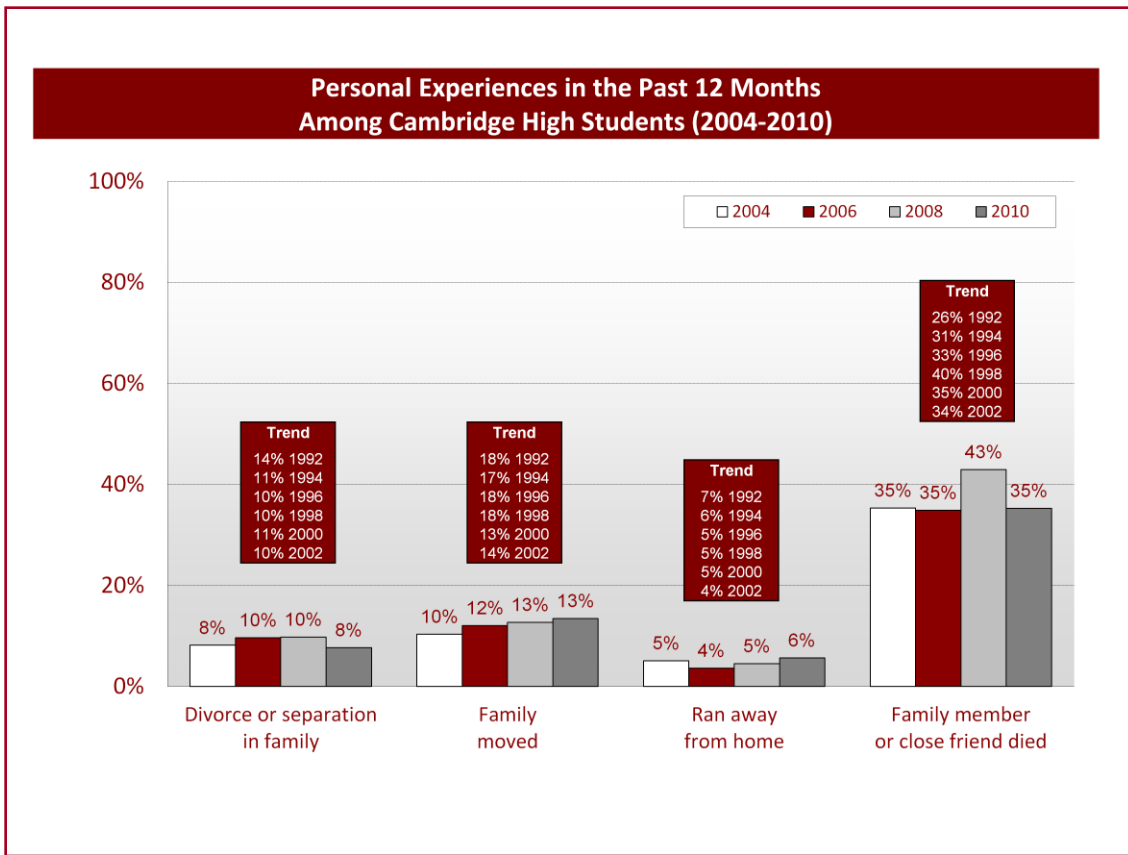
- Sixteen percent (16%) of Cambridge high school students in 2010 reported that they were in a physical fight in any location in the past 12 months and 6% reported that they were in a physical fight on school property in the past 12 months.
- **Trends:** Physical fighting in any location was down from a high of 31% in 1994 to a low of 16% in 2010. Physical fighting on school property in the past 12 months was stable between 2008 (7%) and 2010 (6%).
- **Comparisons:** Cambridge high school students in 2010 were less likely than Massachusetts students in 2009 to report physical fighting in any location in the past 12 months (Cambridge: 16%, MA: 29%) or fighting on school property (Cambridge: 6%, MA: 9%). *MA data from the 2009 MA Youth Risk Behavior Survey.*
- **Gender:** Males were more likely than females to report fighting in any location (males: 21%, females: 11%) or on school property (males: 8%, females: 4%).
- **Grade:** Reports of physical fighting decreased with age/grade: any location (9th: 20%, 10th: 17%, 11th: 17%, 12th: 8%), on school property (9th: 11%, 10th: 7%, 11th: 5%, 12th: 2%).



SELECTED POINTS

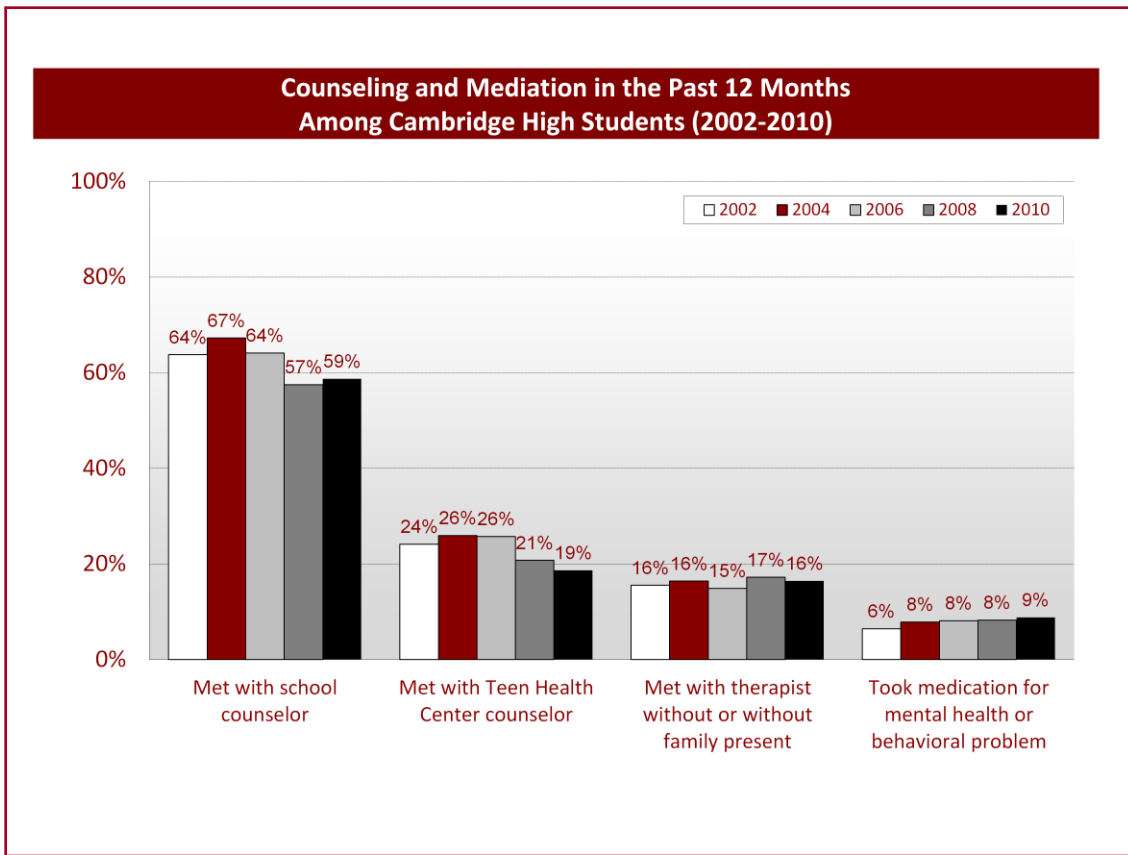
- Six percent (6%) of Cambridge high school students in 2010 reported that they stayed home from school due to fear for safety in the past 30 days, 11% carried a weapon outside of school, and 5% carried a weapon in school. Respondents were twice as likely to report carrying a weapon outside of school than when they were on school property.
- **Trends:** Reports of staying home from school due to fear for safety peaked in 2008 at 10% and were at a low of 6% in 2010. Reports of carrying a weapon outside of school peaked at 16% in 1998 and were at 11% in 2010. Reports of carrying a weapon in school peaked in 1998 at 7% and were at 5% in 2010.
- **Comparisons:** Cambridge high school students in 2010 more likely than Massachusetts students in 2009 to stay home from school out of fear for safety (Cambridge: 6%, MA: 4%) and were similar to Massachusetts students in reports of carrying a weapon on school property (Cambridge: 5%, MA: 4%). *MA data from the 2009 MA Youth Risk Behavior Survey.*
- **Gender:** Males were more likely than females to report carrying a weapon outside of school (males: 15%, females: 7%).
- **Grade:** In general, reports of weapon carrying both in and outside of school decreased with age/grade: outside of school (9th: 12%, 10th: 11%, 11th: 12%, 12th: 8%), in school (9th: 8%, 10th: 5%, 11th: 6%, 12th: 3%).

Mental Health



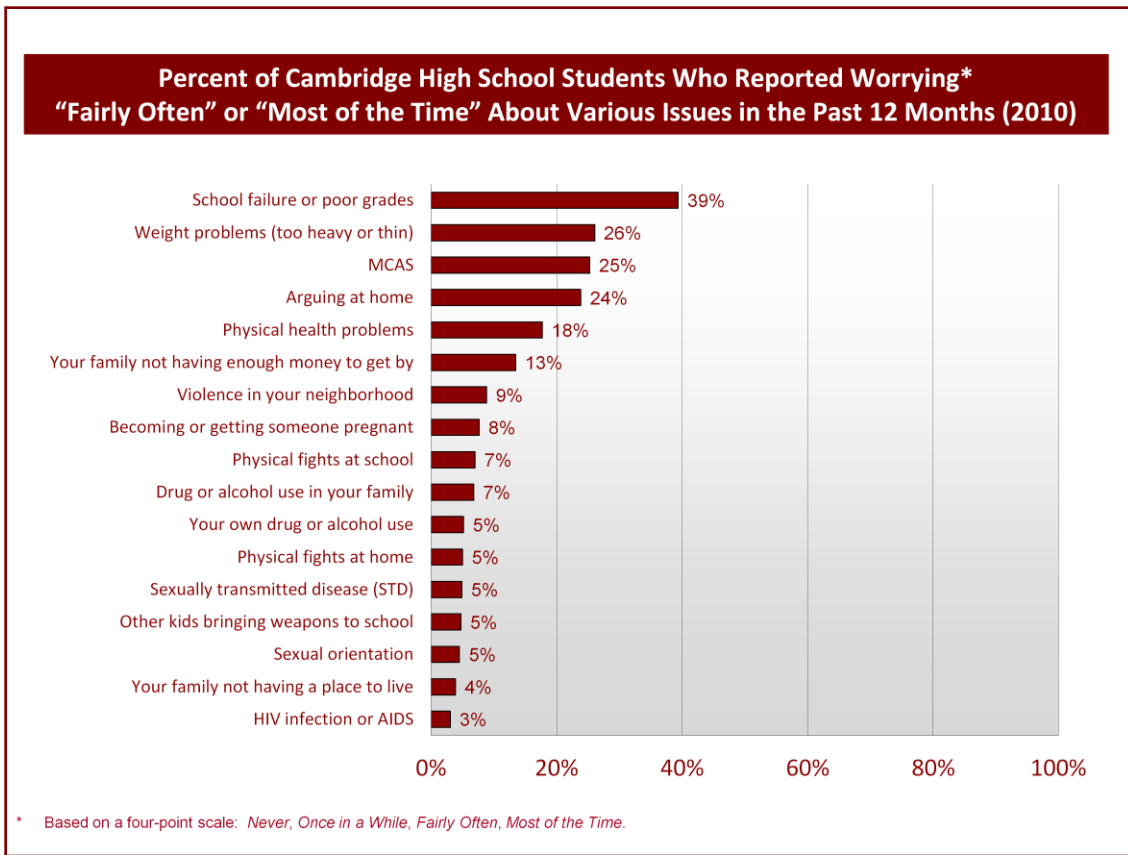
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- Eight percent (8%) of Cambridge high school students in 2010 reported that there was a divorce or separation in their family in the past 12 months, 13% reported that their family moved in the past 12 months, 6% ran away from home, and 35% had a family member or close friend die.
- **Trends:** Reports of divorce in the family peaked at 14% in 1992 and were at a low of 8% in 2010. The proportion of students who reported that their family moved in the past 12 months rose from a low of 10% in 2004 to 13% in 2010. Reports of running away from home have been stable over time. Reports of a family member or close friend dying were at a high in 2008 at 43% and were at 35% in 2010.
- **Gender:** Females were more likely than males to report that they had a family member or close friend die in the past 12 months (females: 39%, male: 32%).
- **Grade:** There were no consistent effects by age/grade for any of these items with the exception of reports of running away from home which decreased with age/grade (9th: 7%, 10th: 6%, 11th: 6%, 12th: 3%).



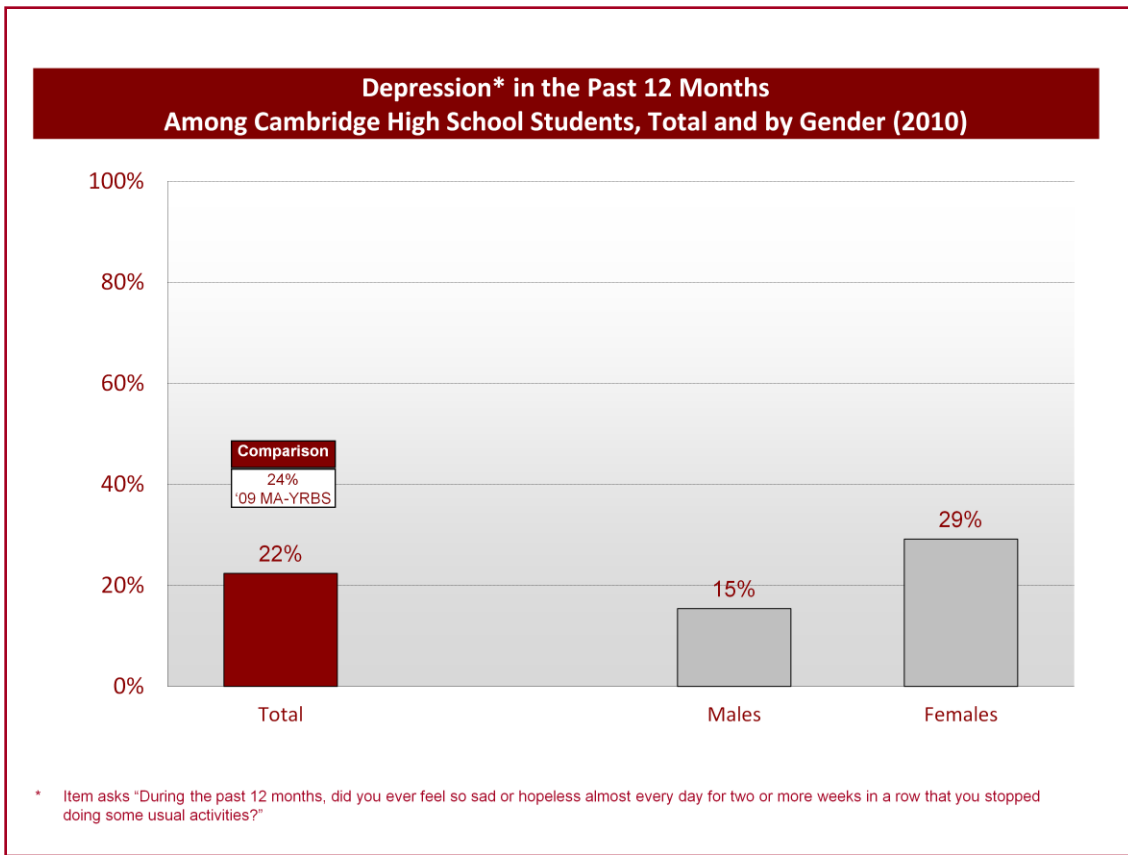
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- Fifty-nine percent (59%) of Cambridge high school students in 2010 reported that they met with a school counselor in the 12 months prior to the survey, 19% met with a Teen Health Center counselor, 16% met with a therapist with or without their family present, and 9% took medication for mental health or behavioral problems.
- **Trends:** Reports of meeting with a school counselor peaked at 67% in 2004 and were at 59% in 2010. Reports of meeting with a Teen Health Center counselor peaked at 26% in 2006 and were at a low of 19% in 2010. The percentage of students who met with a therapist have been stable over time. Reports of taking medication for mental health or behavioral problems rose from a low of 6% in 2002 to a high of 9% in 2010.
- **Gender:** Males were more likely than females to report meeting with a school counselor (males: 61%, females: 56%). Females were more likely to report meeting with a Teen Health Center counselor (females: 25%, males: 13%) or with a therapist (females: 20%, males: 13%). There was no difference in medication use by gender.
- **Grade:** There were no consistent effects by age/grade for any of these items with the exception of reports of meeting with a Teen Health Center counselor, which increased from 9th grade to 11th grade (9th: 9%, 10th: 21%, 11th: 26%, 12th: 19%).



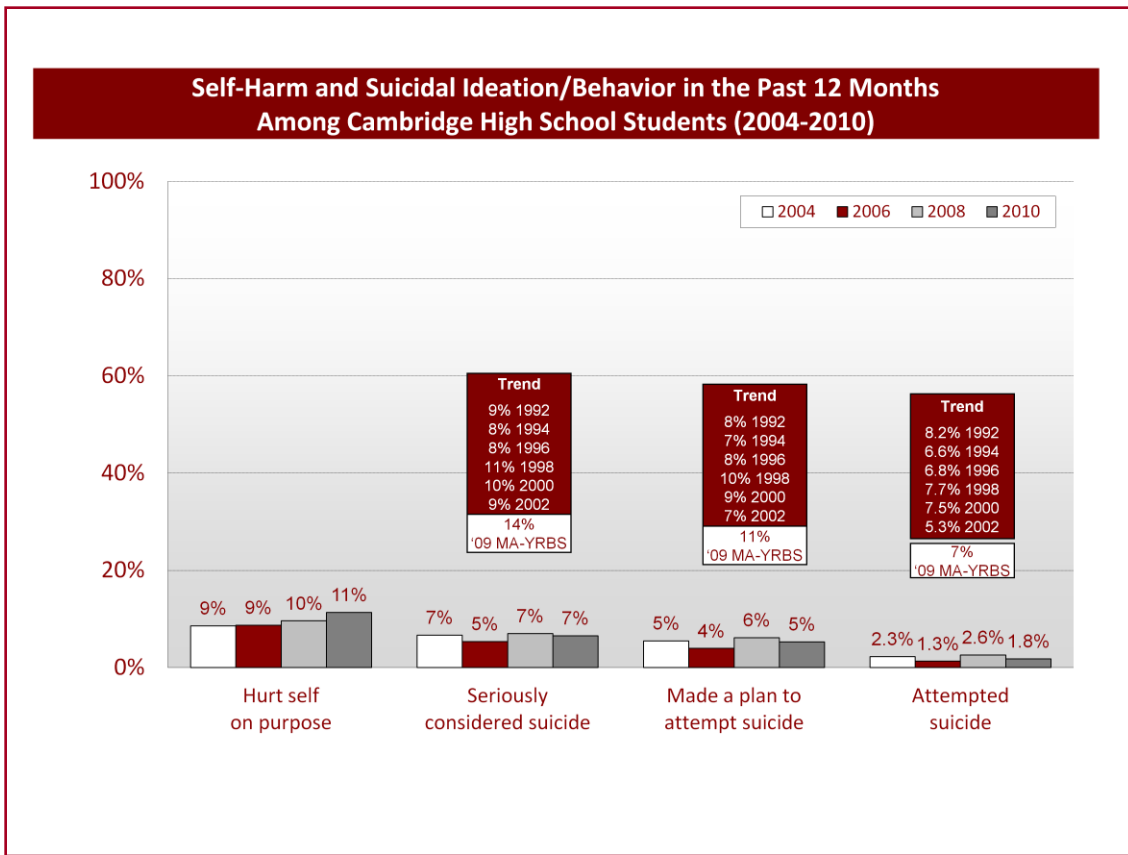
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- Students were asked to report how much they worried about various issues in the past 12 months using a four-point scale: *Never, Once in a While, Fairly Often, Most of the Time.* The chart above shows the percentage of students who reported worrying about these issues “fairly often” or “most of the time.”
- Cambridge high school students in 2010 reported worrying the most about school failure or poor grades (39%), weight problems (26%), MCAS (25%), arguing at home (24%), physical health problems (18%), and their family not having enough money to get by (13%).
- **Trends:** Overall, there was little change in these items between 2008 and 2010. The three items with the most movement were: arguing at home (2008: 20%, 2010: 24%), MCAS (2008: 21%, 2010: 25%), and school failure or poor grades (2008: 35%, 2010: 39%).
- **Gender:** Female respondents were more likely than males to report worrying about their family not having enough money to get by (females: 18%, males: 9%), physical health problems (22% vs. 13%), arguing at home (30% vs. 17%), MCAS (29% vs. 22%), weight problems (39% vs. 12%), and school failure or poor grades (44% vs. 34%).
- **Grade:** Differences on the worrying items were both small and inconsistent across age/grade. The two exceptions were worrying about violence in the neighborhood (9th: 11%, 10th: 10%, 11th: 8%, 12th: 6%) and MCAS (9th: 40%, 10th: 36%, 11th: 15%, 12th: 4%), both of which decreased with age/grade.



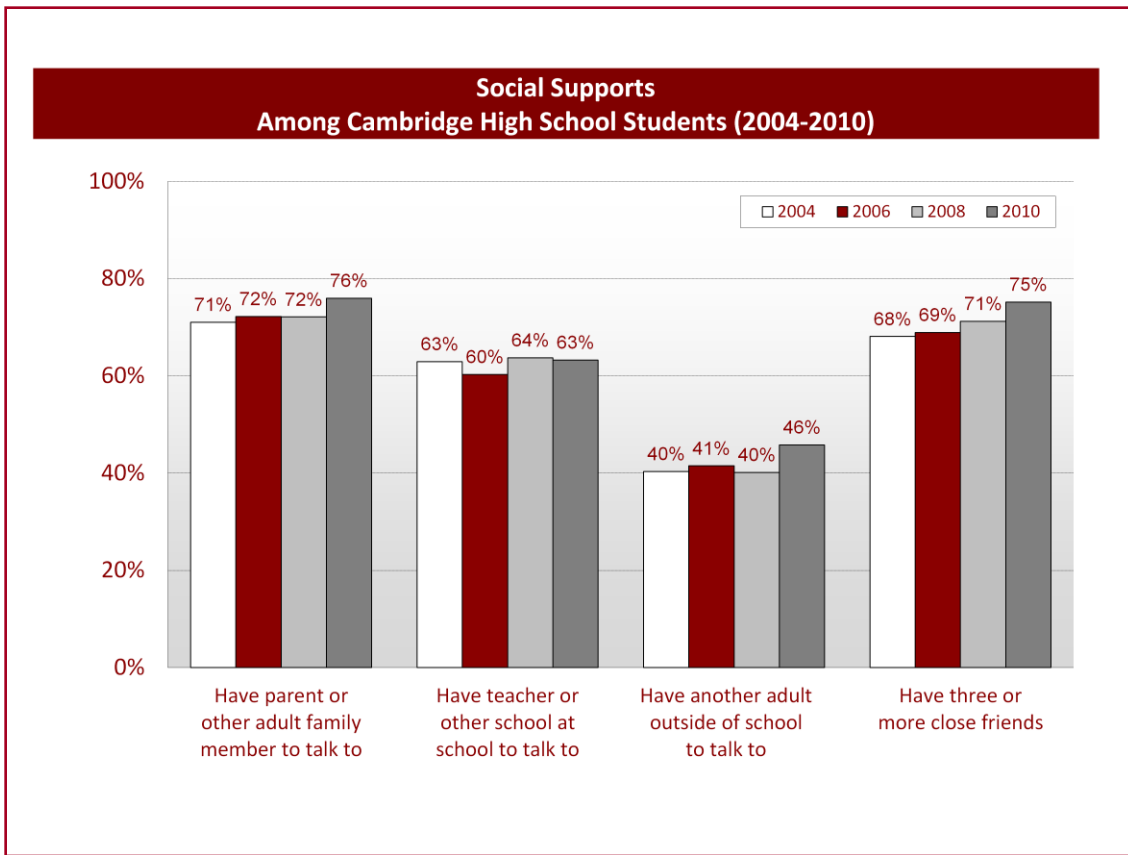
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- In 2010, one in five Cambridge high school students (22%) reported that they felt depressed (sad or hopeless almost every day for two or more weeks in a row to the point that it caused them to stop doing some usual activities) during the past 12 months.
- **Comparisons:** Fewer Cambridge students in 2010 reported that they felt depressed in the past 12 months than Massachusetts students in 2009 (Cambridge: 22%, Massachusetts: 24%). *MA data from the 2009 Massachusetts Youth Risk Behavior Survey.*
- **Gender:** Cambridge high school female students in 2010 were much more likely than their male counterparts to report feeling depressed (29% females vs. 15% males).
- **Grade:** There was no consistent pattern to these data based on age/grade.



SELECTED POINTS

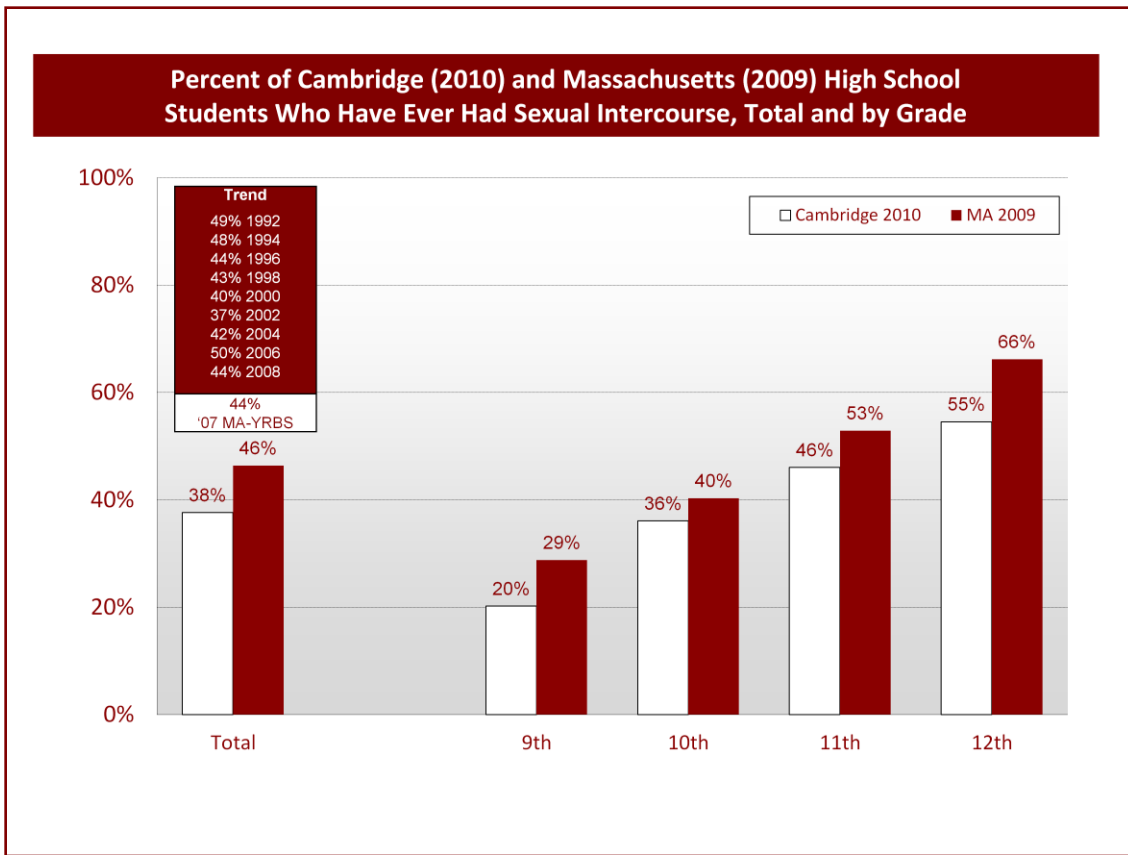
- Eleven percent (11%) of Cambridge high school students in 2010 reported hurting themselves on purpose in the past 12 months, 7% seriously considered suicide, 5% made a plan to attempt suicide, and 1.8% actually attempted suicide.
- **Trends:** Reports of hurting oneself on purpose rose from a low of 9% in 2004 to a high of 11% in 2010. Reports of seriously considering suicide peaked in 1998 at 11% and were at 7% in 2010. The percentage of students who reported that they made a plan to attempt suicide peaked at 10% in 1998 and were at 5% in 2010. Reports of actually attempting suicide have dropped from a high of 8.2% in 1992 to 1.8% in 2010.
- **Comparisons:** Cambridge students in 2010 were much less likely than Massachusetts students in 2009 to report each of these behaviors: seriously considered (Cambridge: 7%, MA: 14%), made a plan (Cambridge: 5%, MA: 11%), attempted suicide (Cambridge: 1.8%, MA: 7%).
- **Gender:** There were no consistent differences in these items based on gender.
- **Grade:** Reports of hurting oneself on purpose in the past 12 months decreased with age/grade (9th: 15%, 10th: 11%, 11th: 10%, 12th: 8%).



SELECTED POINTS

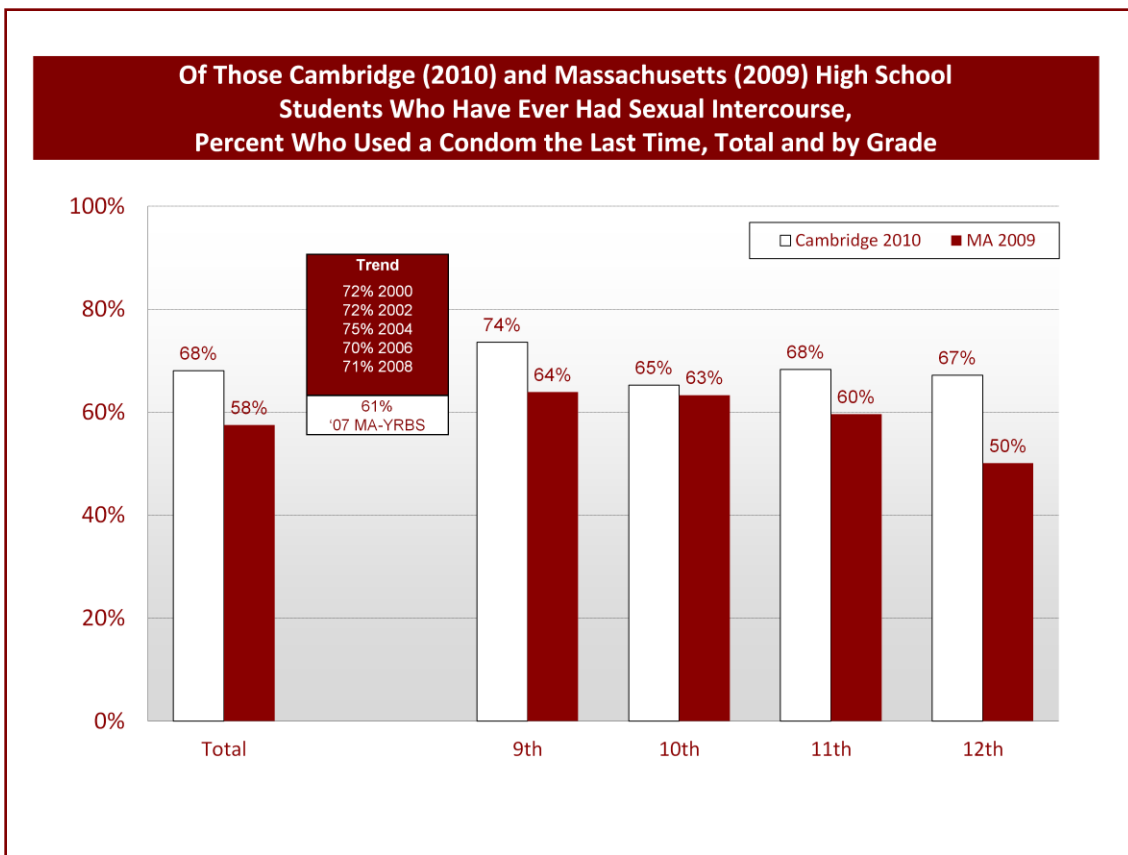
- Seventy-six percent (76%) of Cambridge high school students in 2010 reported having a parent or other adult family member to talk to about important issues, 63% had a teacher or other school adult to talk to, 46% had another adult outside of school (not a family member) to talk to, and 75% had three or more close friends.
- **Trends:** Between 2004 and 2010 there was an increase in the proportion of students who reported having a family adult to talk to, an adult outside of school to talk to, and three or more close friends. The proportion of students who reported having a teacher to talk to about important issues has been stable over time.
- **Gender:** Males were more likely than females to report having a family adult to talk to (males: 79%, females: 73%), a school adult to talk to (males: 67%, females: 60%), and three or more close friends (males: 80%, females: 71%). Females were more likely than males to report having an adult outside of school to talk to (females: 49%, males: 43%).
- **Grade:** Reports of having a family member, school adult, and adult outside of school to talk to about important issues each increased with age/grade.

Sexual Behavior



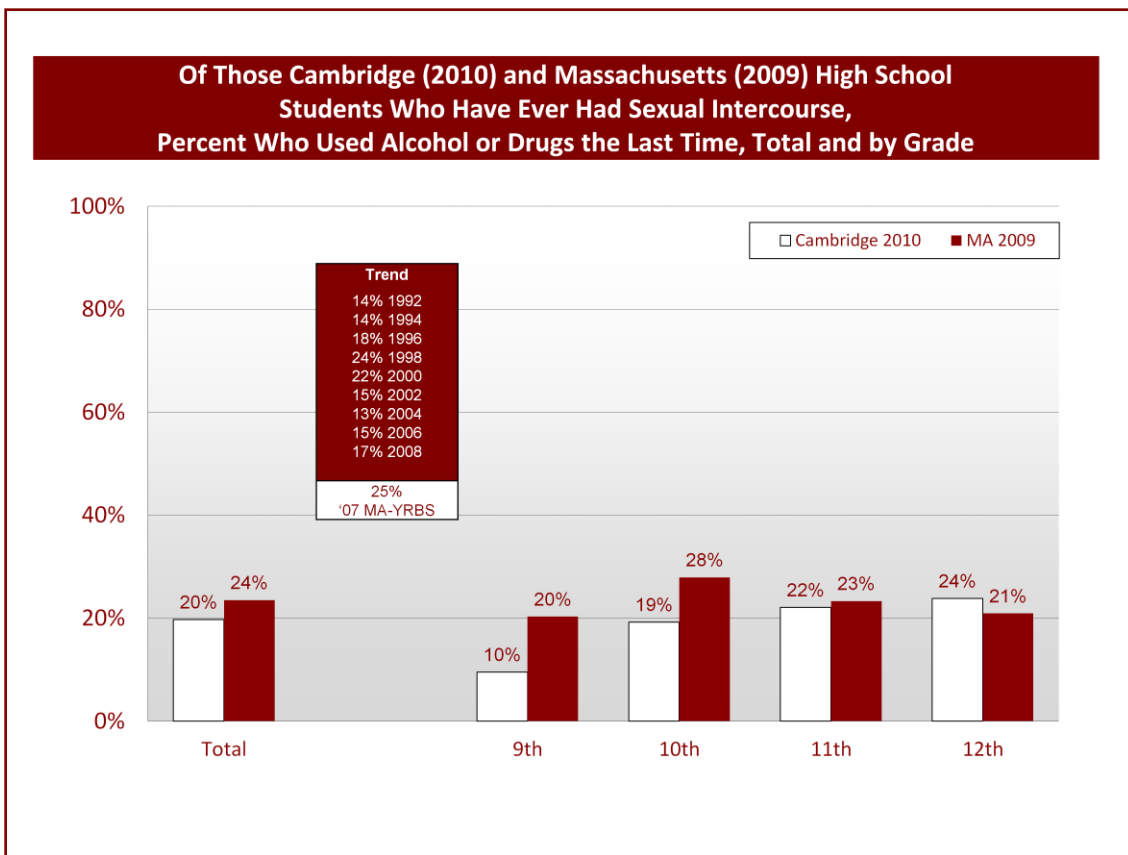
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- Thirty-eight percent of Cambridge high school students in 2010 reported ever having sexual intercourse: 20% of 9th graders, 36% of 10th graders, 46% of 11th graders, and 55% of 12th graders.
- **Trends:** The percentage of Cambridge high school students who reported ever having sexual intercourse decreased from a high of 50% in 2006 to 38% in 2010.
- **Comparisons:** Cambridge high school students in 2010 were less likely than Massachusetts high school students in 2009 to report that they ever had sexual intercourse (Cambridge: 38%, MA: 46%). This was particularly the case among 9th graders (Cambridge: 20%, MA: 29%) and 12th graders (Cambridge: 55%, MA: 66%). *MA data from the 2009 Massachusetts Youth Risk Behavior Survey.*
- **Gender:** Cambridge males were more likely than females to report ever having had sexual intercourse (males: 42%, females: 33%).



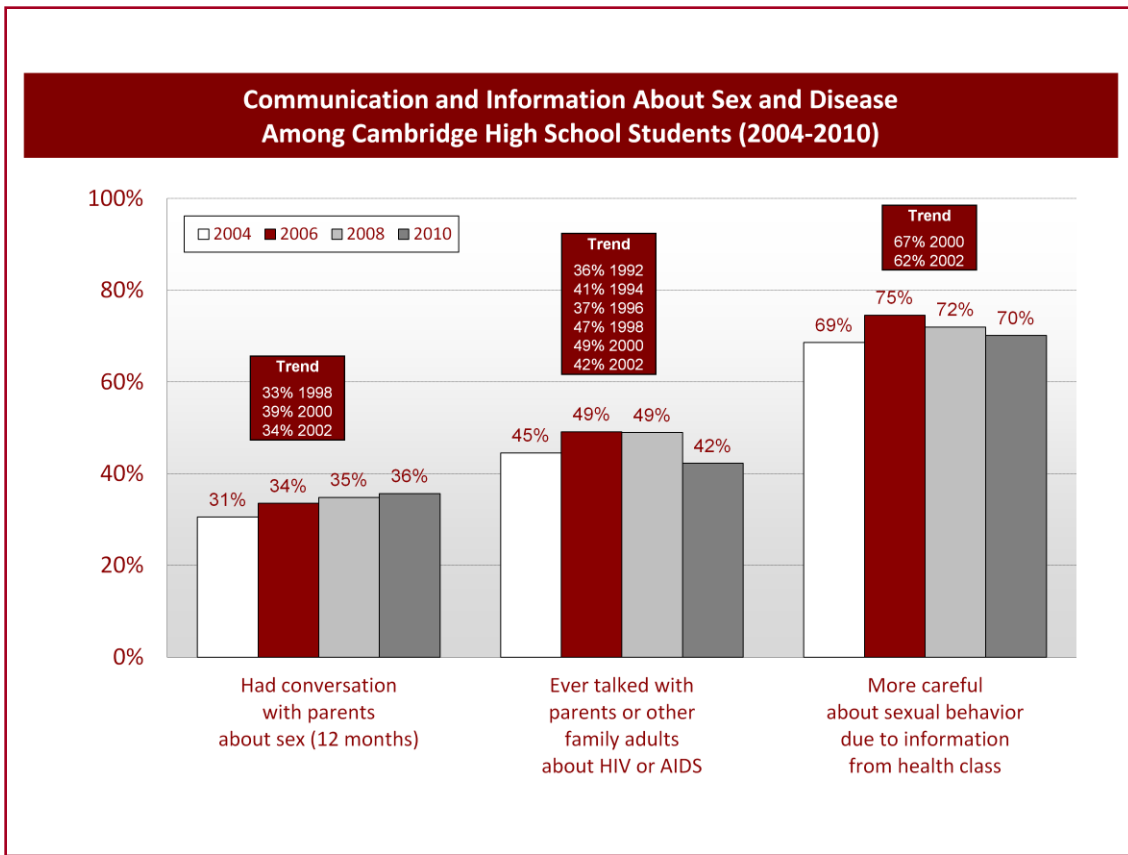
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- Sixty-eight percent (68%) of sexually active Cambridge high school students in 2010 reported that they or their partner used a condom the last time they had sexual intercourse: 74% of 9th graders, 65% of 10th graders, 68% of 11th graders, and 67% of 12th graders.
- **Trends:** The percentage of sexually active Cambridge high school students who reported that they or their partner used a condom the last time they had sexual intercourse declined from a high of 75% in 2004 to a low of 68% in 2010.
- **Comparisons:** Sexually active Cambridge high school students in 2010 were more likely than sexually active Massachusetts high school students in 2009 to report that they or their partner used a condom the last time they had sexual intercourse (Cambridge: 68%, MA: 58%). This was particularly the case among 9th graders (Cambridge: 74%, MA: 64%) and 12th graders (Cambridge: 67%, MA: 50%). *MA data from the 2009 Massachusetts Youth Risk Behavior Survey.*
- **Gender:** Sexually active Cambridge males were more likely than sexually active Cambridge females to report that they or their partner used a condom the last time they had sexual intercourse (males: 72%, females: 63%).



SELECTED POINTS

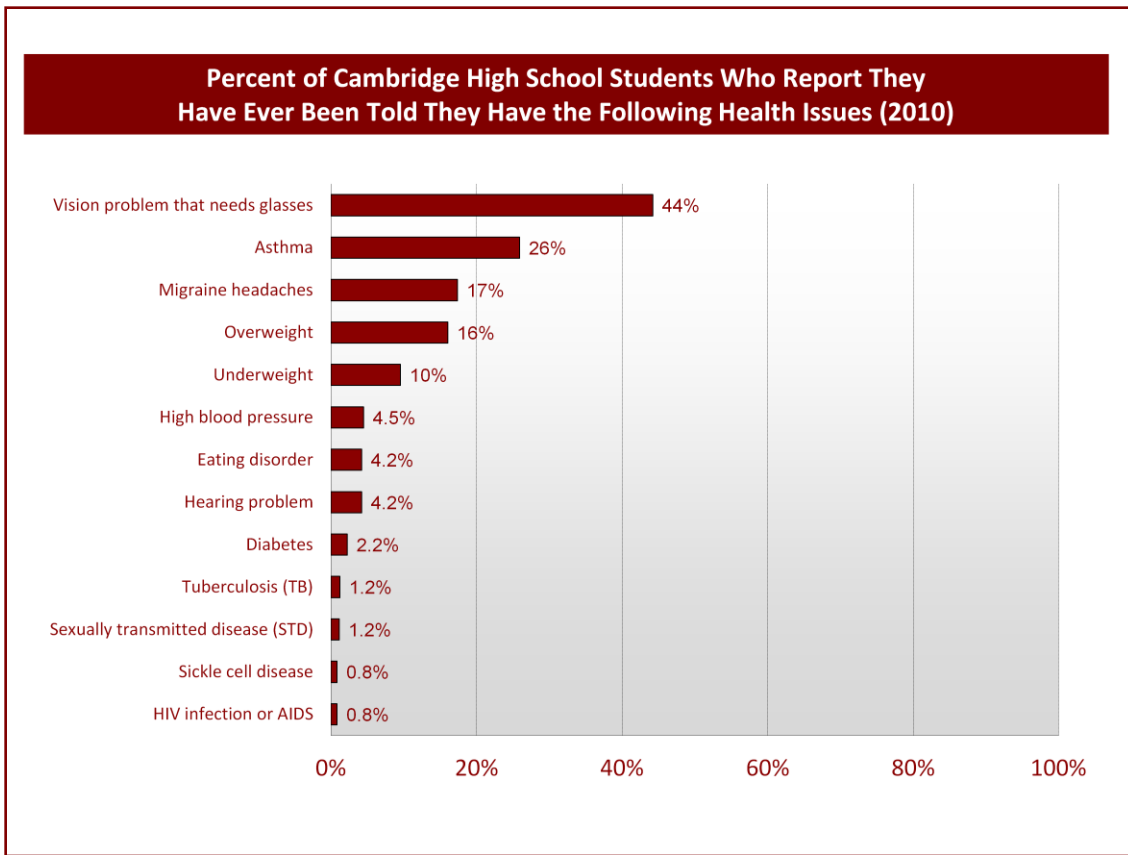
- Twenty percent (20%) of sexually active Cambridge high school students in 2010 reported that they used alcohol or drugs before they had sexual intercourse the last time: 10% of 9th graders, 19% of 10th graders, 22% of 11th graders, and 24% of 12th graders.
- **Trends:** The percentage of sexually active Cambridge high school students who reported that they used alcohol or drugs before they had sexual intercourse the last time declined from a high of 24% in 1998 to a low of 13% in 2004 and then rose back to 20% in 2010.
- **Comparisons:** Sexually active Cambridge high school students in 2010 were less likely than sexually active Massachusetts high school students in 2009 to report that they used alcohol or drugs before they had intercourse the last time (Cambridge: 20%, MA: 24%). This was particularly the case among 9th graders (Cambridge: 10%, MA: 20%) and 10th graders (Cambridge: 19%, MA: 28%). Sexually active Cambridge 12th graders were more likely than sexually active Massachusetts 12th graders to report that they used alcohol or drugs before they had intercourse the last time (Cambridge: 24%, MA: 21%). *MA data from the 2009 Massachusetts Youth Risk Behavior Survey.*
- **Gender:** There was no difference by gender in reports of using alcohol or drugs before last intercourse among sexually active students (males: 21%, females: 19%).



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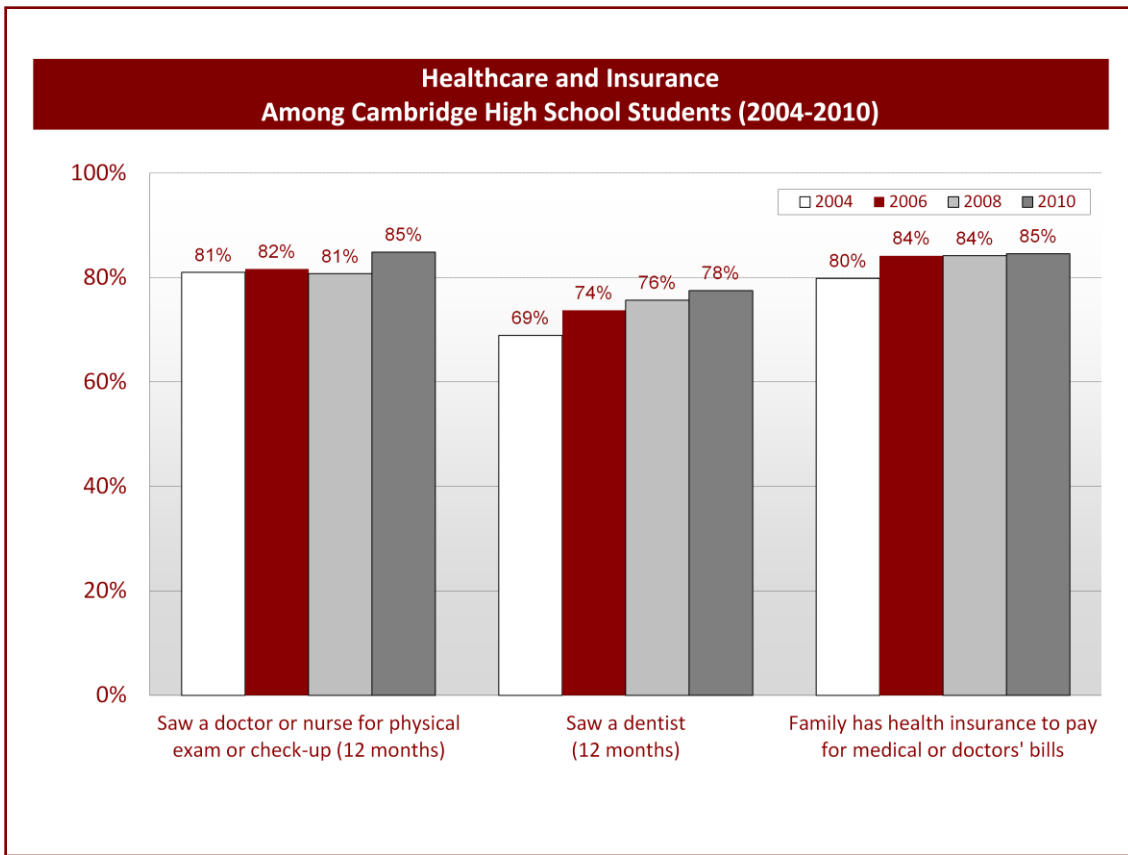
- Thirty-six percent (36%) of all Cambridge high school students in 2010 reported that they had a conversation about sex with their parents in the 12 months prior to the survey, 42% ever talked with their parents or other family adults about HIV or AIDS, and 70% indicated that they are more careful about their sexual behavior due to information they received from health class.
- **Trends:** The percentage of students who reported that they had a conversation with their parents about sex in the last 12 months rose to a high of 39% in 2000, declined to a low of 31% in 2004, and rose back to 36% in 2010. Reports of talking with parents or other family adults about HIV or AIDS declined from a high of 49% in 2008 to 42% in 2010. Reports of being more careful about sexual behavior due to information from health class declined from a high of 75% in 2006 to 70% in 2010.
- **Gender:** Females were more likely than males to report that they had a conversation with their parents about sex (females: 40%, males: 32%), talked with their parents or family members about HIV or AIDS (females: 47%, males: 38%), and were more careful about sexual behavior due to information from health class (females: 73%, males: 68%).
- **Grade:** The percentage of Cambridge high school students who reported that they were more careful about sexual behavior due to information from health class increased with age/grade: 9th (68%), 10th (69%), 11th (71%), 12th: (74%).

Health and Healthcare



SELECTED POINTS

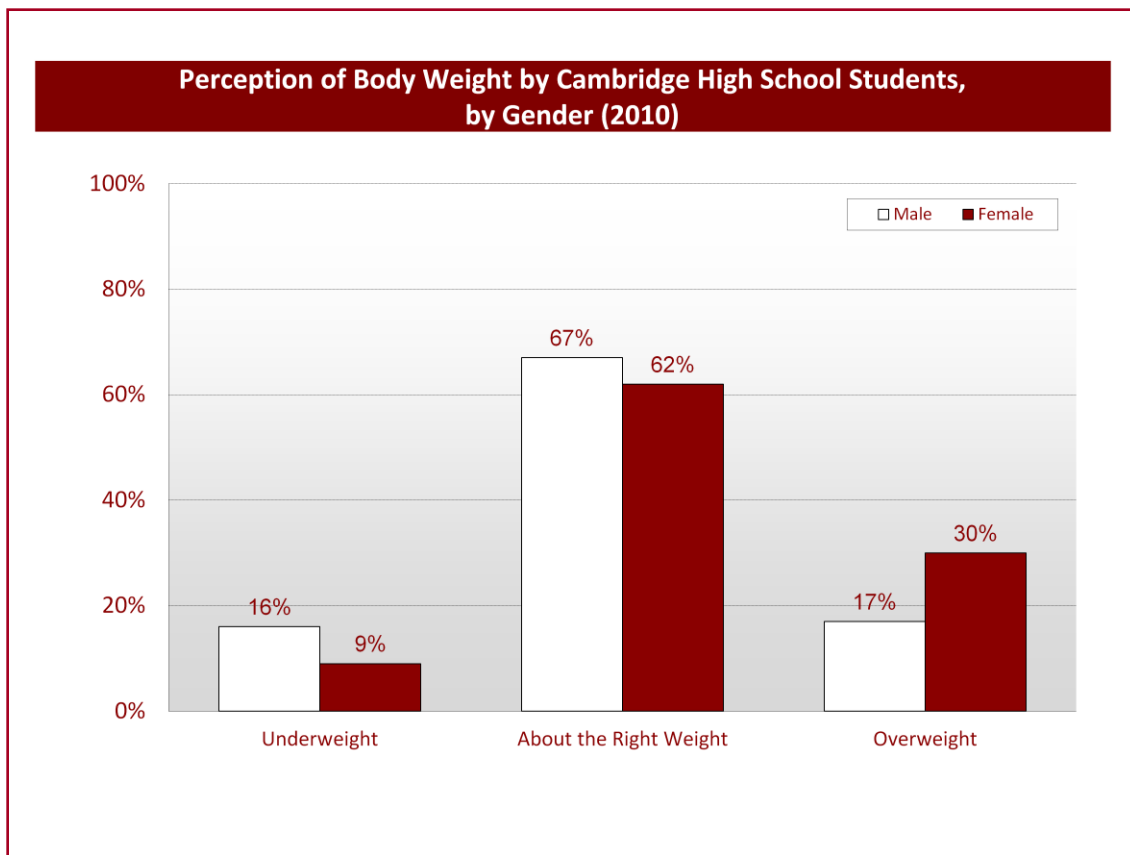
- Forty-four percent (44%) of Cambridge high school students report that they have ever been told by a doctor, nurse, or their parent that they have a vision problem that requires glasses, 26% ever had asthma, 17% ever had migraine headaches, 16% have ever been told they were overweight, and 10% have ever been told they were underweight. None of the other health issues was identified by more than 5% of students.
- **Trends:** Over time there has been an increase in reports of vision problems, asthma, and students being told that they are either underweight or overweight. Complete trend data appear in the appendix at the end of this summary.
- **Gender:** Female respondents were more likely than males to report ever being told that they have vision problems (females: 50%, males: 39%), hearing problems (6% vs. 3%), are overweight (18% vs. 14%), migraine headaches (21% vs. 14%), diabetes (3.0% vs. 1.5%), and an eating disorder (6% vs. 3%).
- **Grade:** There were no consistent differences by age/grade for any of these issues.



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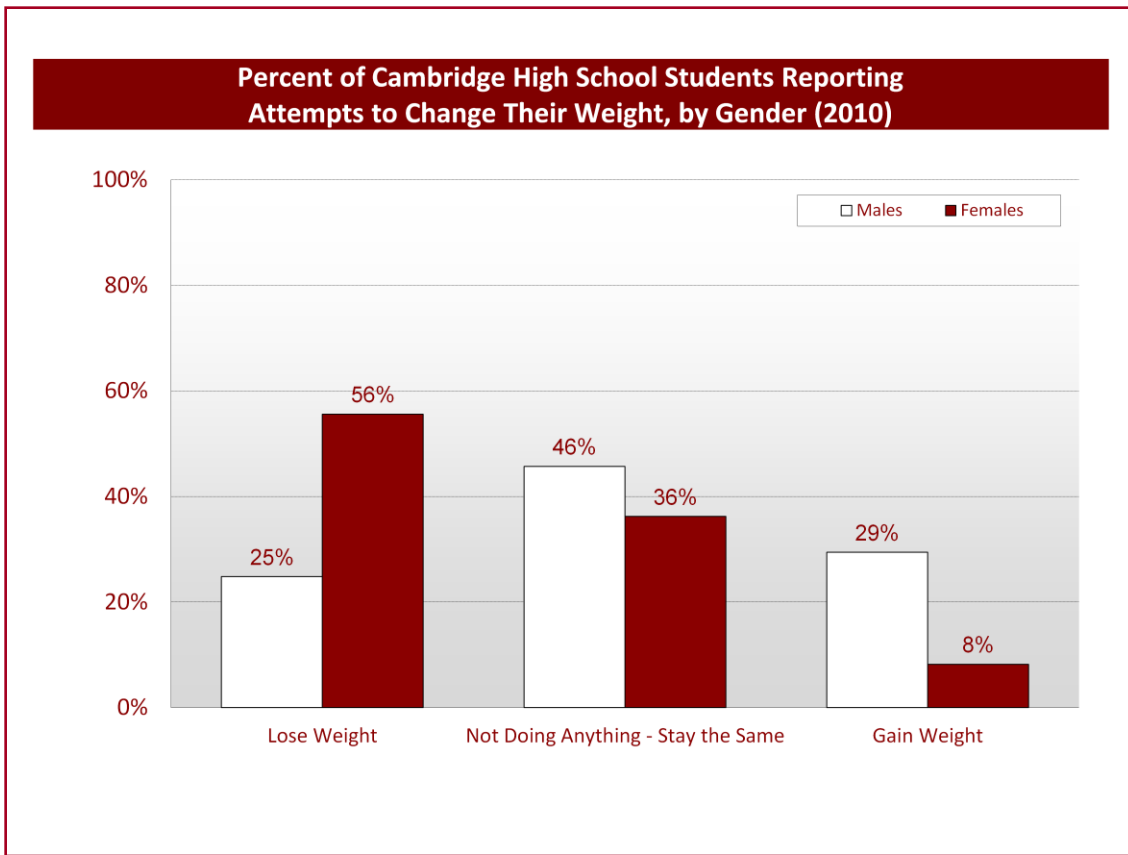
- Eighty-five percent (85%) of Cambridge high school students reported in 2010 that they saw a doctor or nurse for a physical exam or check-up in the last 12 months, 78% saw a dentist, and 85% report that their family has health insurance to pay for medical or doctors’ bills.
- **Trends:** Reports of seeing a doctor or nurse for a physical exam or check-up in the last 12 months have increased steadily from a low of 60% in 1992 to a high of 85% in 2010. Similarly, reports of seeing a dentist in the last 12 months have increased steadily from a low of 65% in 1998 to a high of 78% in 2010. Reports of having health insurance have also increased from a low of 69% in 1994 to a high of 85% in 2010.
- **Gender:** Females were more likely than males to report that their family has health insurance to pay for medical or doctors’ bills (females: 89%, males: 81%).
- **Grade:** There were no differences in these items based on age/grade.

Weight Perception and Control



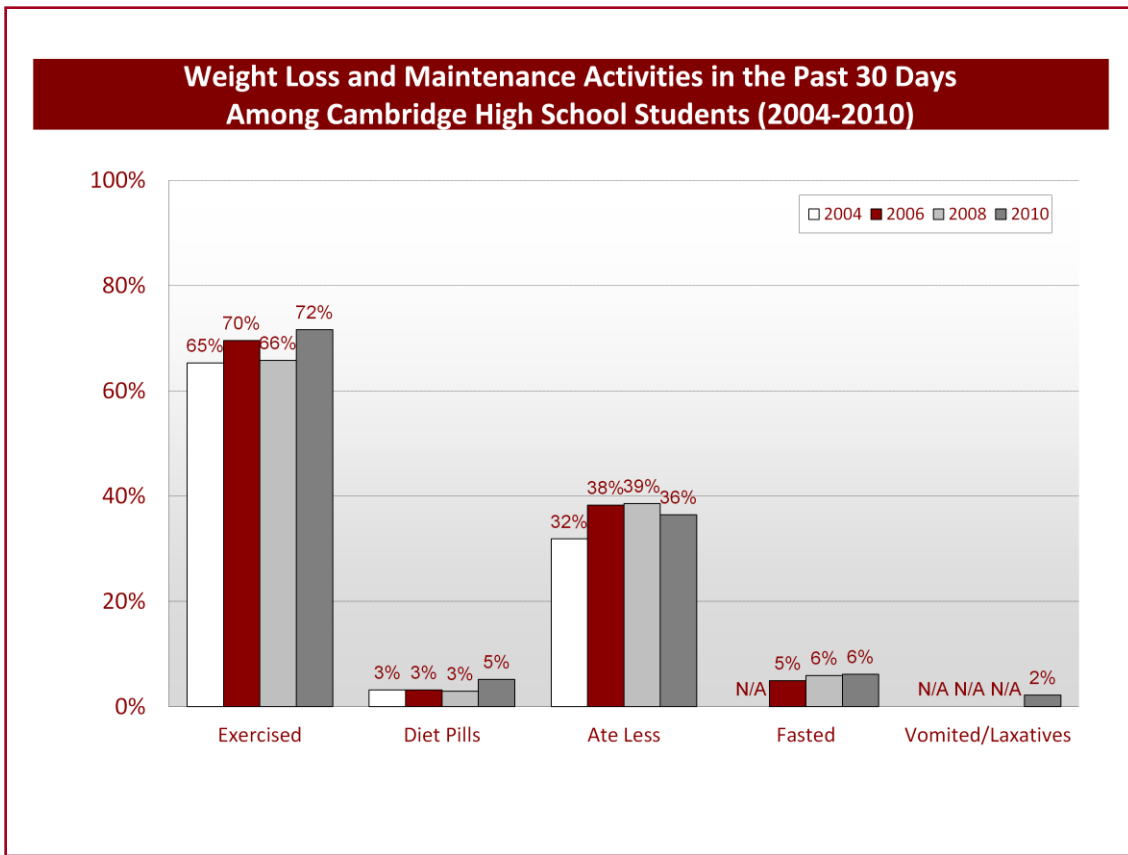
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- Thirteen percent (13%) of all Cambridge high school students in 2010 described themselves as *underweight*, 64% as being *about the right weight*, and 23% described themselves as being *overweight*.
- **Trends:** The proportion of Cambridge high school students describing themselves as being *overweight* decreased from a high of 26% in 2004 to a low of 23% in 2010.
- **Comparisons:** Cambridge high school students in 2010 were less likely than Massachusetts students in 2009 to describe themselves as being *overweight* (Cambridge: 23%, MA: 29%). *MA data from the 2009 Massachusetts Youth Risk Behavior Survey.*
- **Gender:** Nine percent (9%) of Cambridge high school females in 2010 described themselves as *underweight* compared to 16% of males; 62% of females described themselves as being *about the right weight* compared to 67% of males, and 30% of females described themselves as being *overweight* compared to 17% of males.
- **Grade:** There were no differences in this item based on age/grade.



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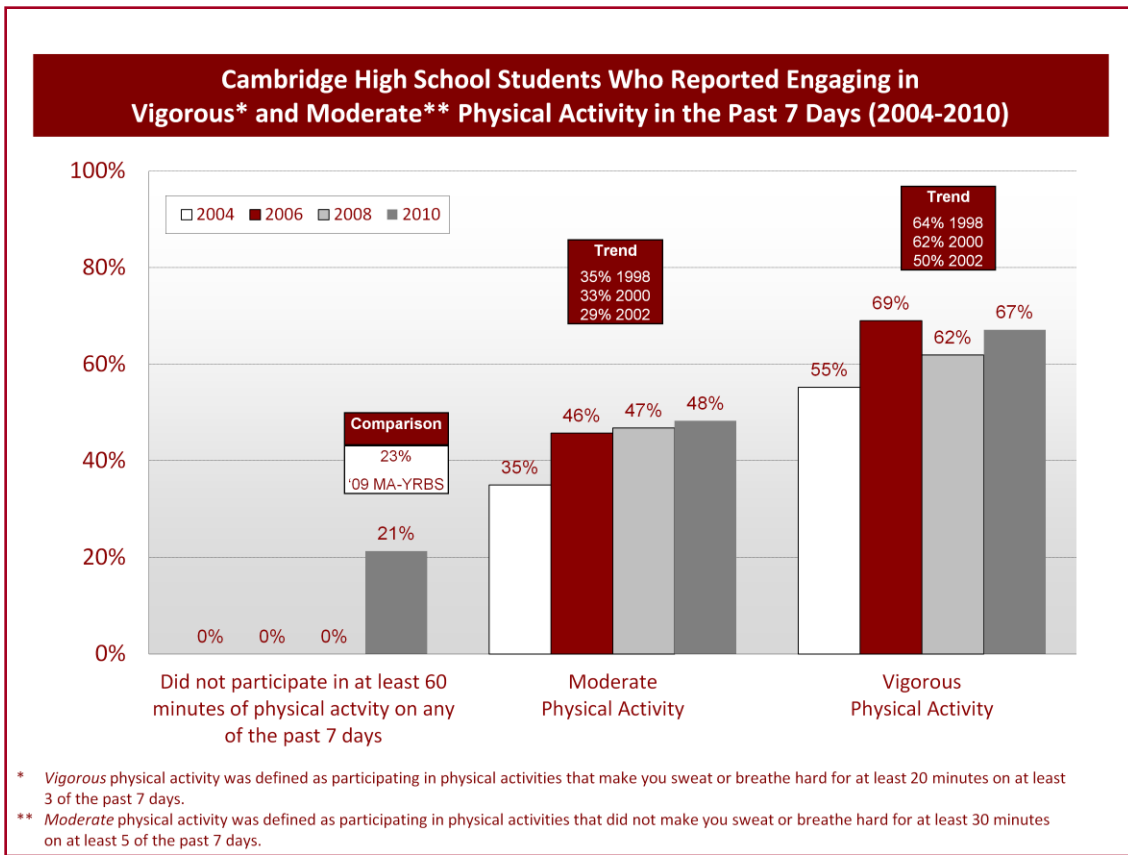
- Forty percent (40%) of Cambridge high school students in 2010 reported that they were trying to lose weight, 41% reported that they were not doing anything to change their weight or were trying to stay the same weight, and 19% reported that they were trying to gain weight.
- **Trends:** There has been little change in this item over time.
- **Gender:** Females were much more likely than males to report that they were trying to lose weight (females: 56%, males: 25%). Males were more likely than females to report that they were not trying to do anything about their weight or were trying to stay the same weight (males: 46%, females: 36%) and trying to gain weight (males: 29%, females: 8%).
- **Grade:** There were no consistent differences in this item by age/grade.



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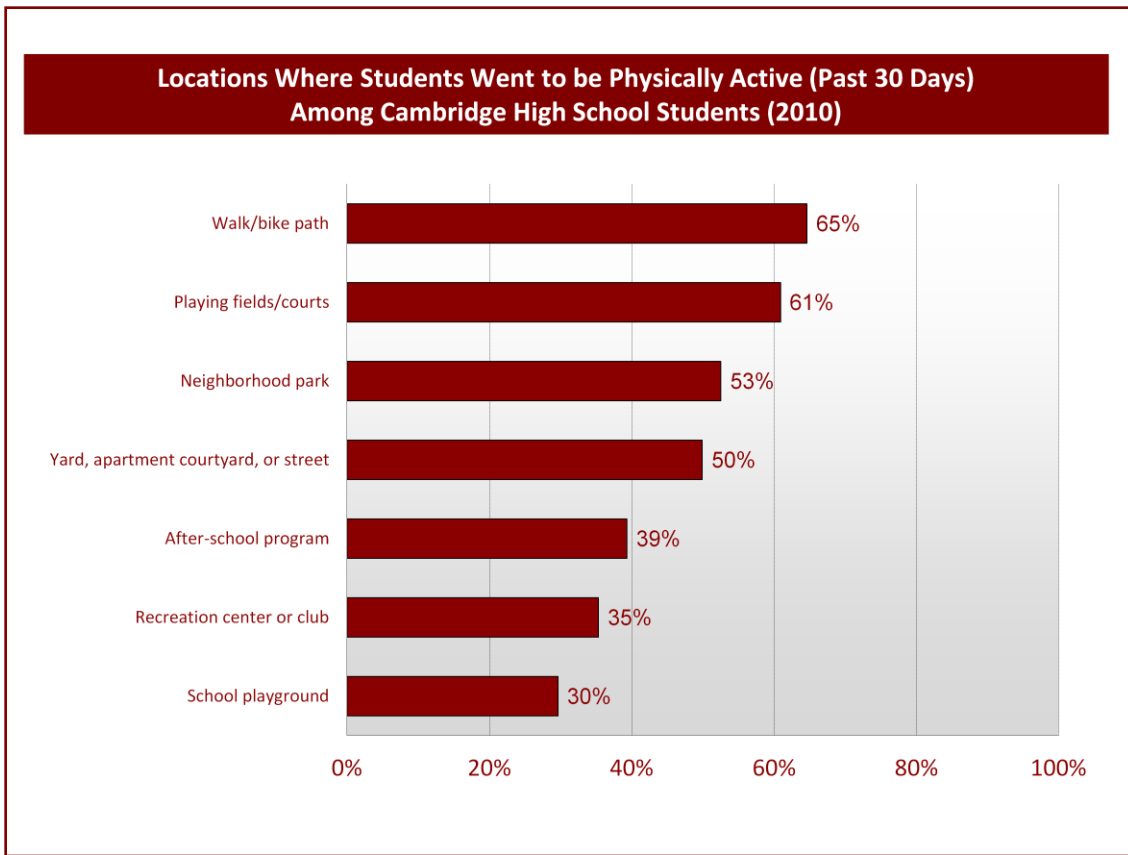
- Seventy-two percent (72%) of Cambridge high school students in 2010 reported that they had exercised in the past 30 days to lose or maintain their weight, 5% took diet pills, powders, or liquids, 36% ate less food, fewer calories, or foods low in fat, 6% went without eating for 24 hours or more, and 2% vomited or took laxatives.
- **Trends:** Reports of exercising to lose or maintain weight rose from a low of 65% in 2004 to a high of 72% in 2010. Use of diet pills increased from 3% in 2008 to 5% in 2010. Reports of eating less food decreased from a high of 39% in 2008 to 36% in 2010. Reports of fasting to lose or maintain weight have been consistent over time.
- **Gender:** Females were more likely than males to report that they ate less food, fewer calories, or foods low in fat (females: 48%, males: 24%) and went without eating for 24 hours or more (females: 9%, males: 3%).
- **Grade:** There were no consistent patterns by age/grade for these items.

Physical Activity and Nutrition



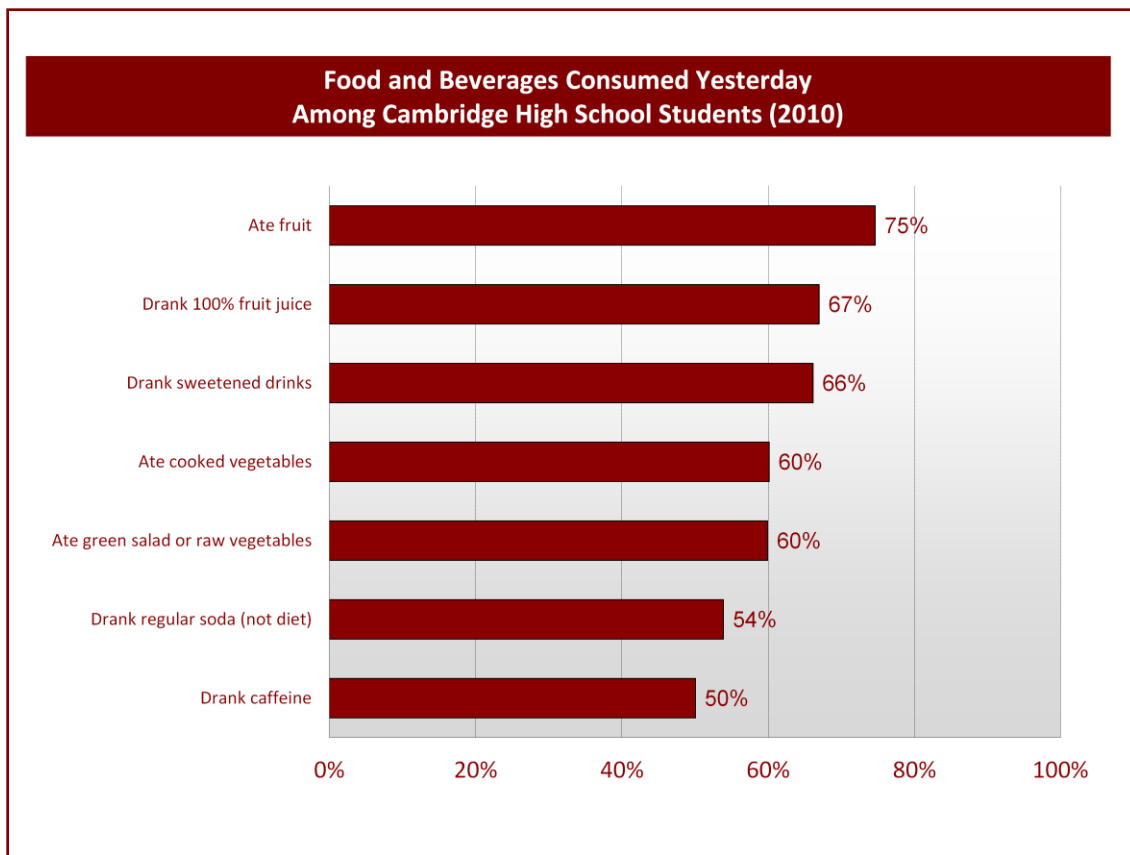
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- *Vigorous* physical activity is defined as participating in physical activities that make you sweat or breathe hard for at least 20 minutes. *Moderate* physical activity is defined as participating in physical activities that did not make you sweat or breathe hard for at least 30 minutes.
- Twenty-one percent (21%) of Cambridge high school students reported that they did not participate in at least 60 minutes of physical activity on any of the past 7 days, 48% participated in moderate physical activity at least 5 of the past 7 days, and 67% participated in vigorous physical activity at least 3 of the past 7 days.
- **Trends:** Moderate physical activity is up from a low of 29% in 2002 to a high of 48% in 2010. Vigorous physical activity is up from a low of 50% in 2002 to 67% in 2010.
- **Comparisons:** Cambridge high school students in 2010 were more likely than Massachusetts students in 2009 to report that they participated in at least 60 minutes of physical activity on any of the past 7 days (Cambridge: 79%, MA: 77%). MA data from the 2009 Massachusetts Youth Risk Behavior Survey.
- **Gender:** Cambridge males were more likely than females to report that they engaged in any physical activity for at least 60 minutes in the past 7 days (males: 86%, females: 72%), participated in moderate physical activity (males: 54%, females: 43%), and participated in vigorous physical activity (males: 75%, females: 60%).
- **Grade:** There were no consistent differences or patterns among these items by age/grade.



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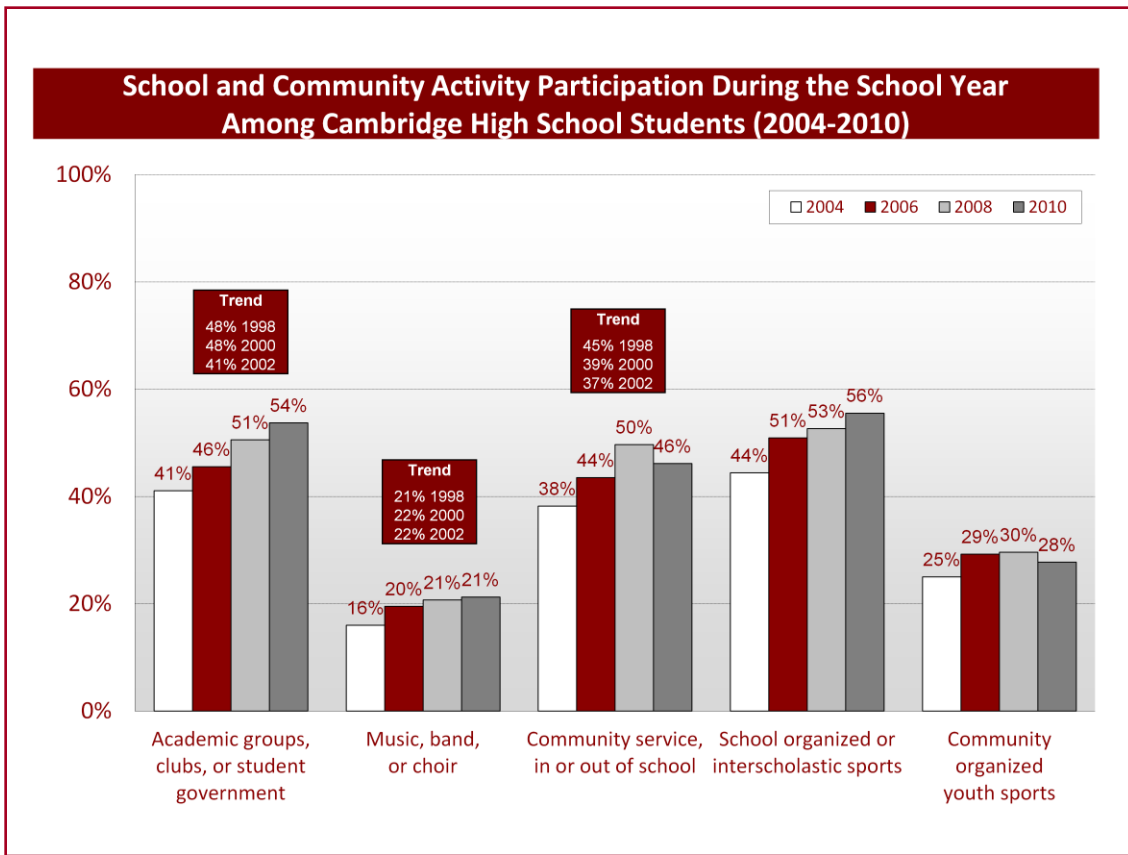
- Sixty-five percent of Cambridge high school students went on a walk or used a bike path in the past 30 days to play or be physically active, 61% went to playing fields or sports courts, 53% went to a neighborhood park, 50% used their yard, apartment courtyard, or street, 39% went to an after-school program to be physically active, 35% went to a recreation center or club, and 30% used a school playground.
- **Gender:** Male respondents were more likely than females to report using a school playground (males: 34%, females: 25%), a neighborhood park (59% vs. 46%), a yard, apartment courtyard, or street (54% vs. 45%), playing fields or sports courts (72% vs. 50%), or a recreation center or club (41% vs. 30%). Females were more likely than males to report that they went for a walk or used a bike path (females: 68%, males: 61%).
- **Grade:** There were no consistent differences based on age/grade with the exception of reports of using a school playground, which decreased with age/grade: 9th (45%), 10th (27%), 11th (21%), 12th (23%).



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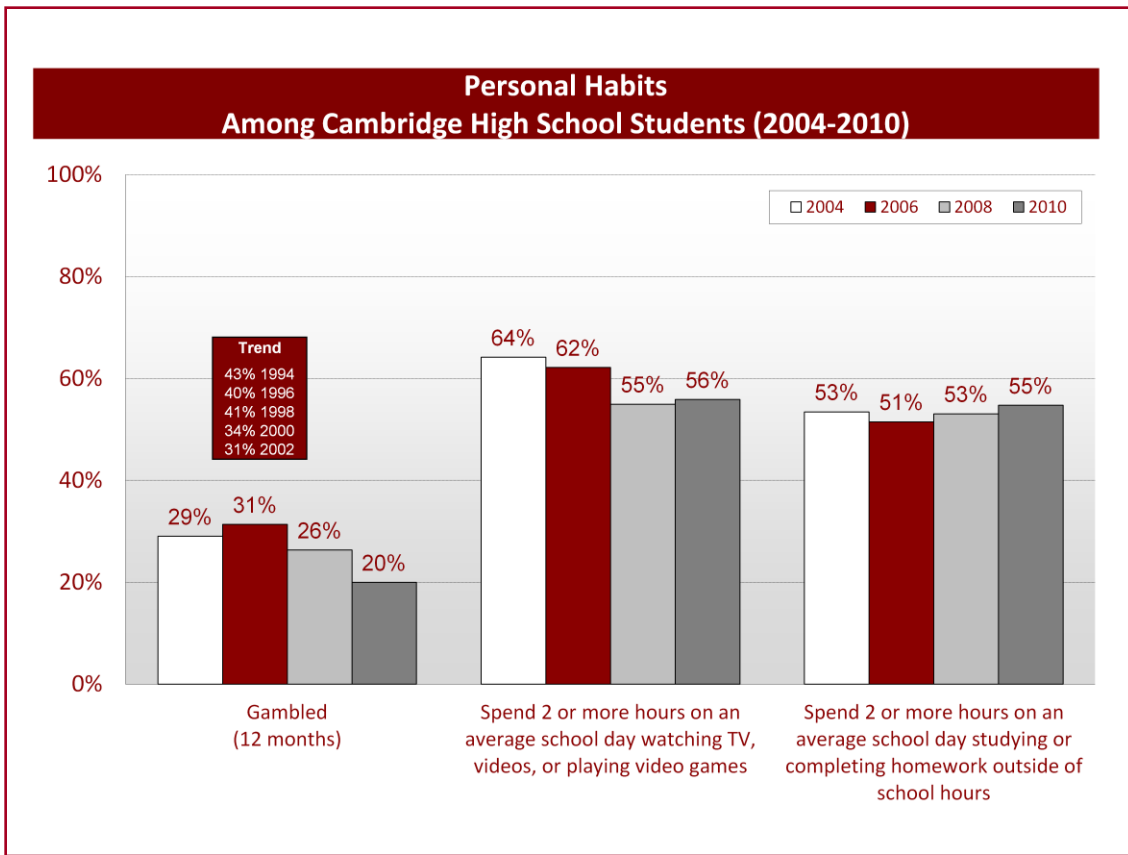
- Seventy-five percent (75%) of Cambridge high school students reported that they ate fruit at least one time the day prior to the survey, 67% drank 100% fruit juice, 66% drank sweetened drinks like punch, Snapple, iced tea, sports drinks, flavored water with sugar, or energy drinks, 60% ate cooked vegetables, 60% ate green salad or raw vegetables, 54% drank regular (not diet) soda, and 50% drank caffeine.
- **Trends:** Reports of eating fruit was up from a low of 61% in 2004 to a high of 75% in 2010. Reports of drinking 100% fruit juice was up from a low of 63% in 2004 to a high of 67% in 2010. Reports of eating green salad or raw vegetables was up from a low of 50% in 2004 to a high of 60% in 2010.
- **Gender:** Males were more likely than females to report that they drank 100% fruit juice yesterday (males: 73%, females: 61%), drank regular soda (61% vs. 46%), and drank sweetened drinks (72% vs. 60%).
- **Grade:** There were no consistent differences based on age/grade for these items.

Habits and Activities



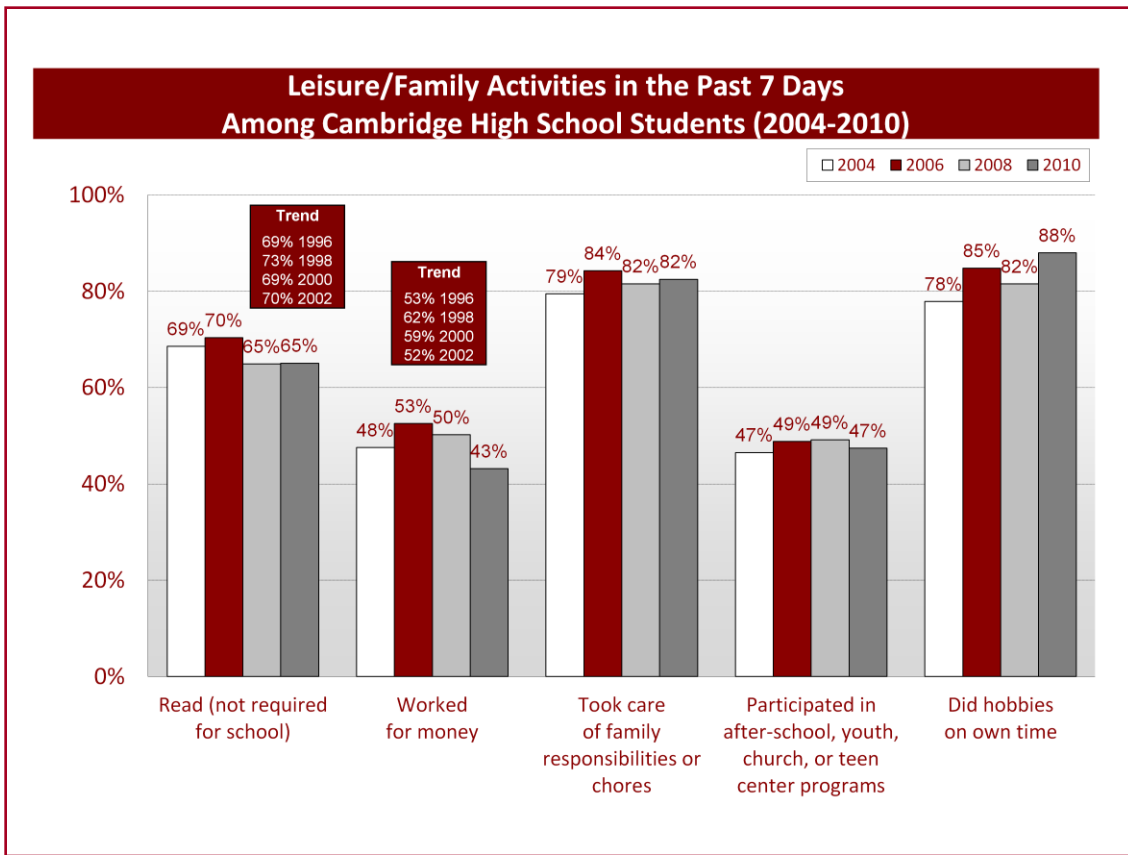
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- Fifty-four percent (54%) of Cambridge high school students participated in academic groups, clubs, or student government during the 2009-2010 academic year, 21% participated in music, band, or choir, 46% in community service in or out of school, 56% in school organized or interscholastic sports, and 28% in community organized youth sports.
- **Trends:** Participation in academic groups, clubs, or student government was up from a low of 41% in 2004 to a high of 54% in 2010. Participation in music, band, or choir has been stable over time with the exception of a dip in 2004. Community service participation was down to 46% in 2010 following a high of 50% in 2008. Participation in school organized or interscholastic sports was up from a low of 44% in 2004 to a high of 56% in 2010. Participation in community organized youth sports has been largely stable over time.
- **Gender:** Females were more likely than males to report that they participated in academic groups, clubs, or student government (females: 61%, males: 46%) and participated in community service (52% vs. 39%). Males were more likely than females to report that they participated in community organized youth sports (males: 33%, females: 22%).
- **Grade:** Participation in community service peaked in 11th grade: 9th (35%), 10th (44%), 11th (56%), 12th (53%). Participation in school organized or interscholastic sports decreased with age/grade: 9th (61%), 10th (57%), 11th (53%), 12th (50%).



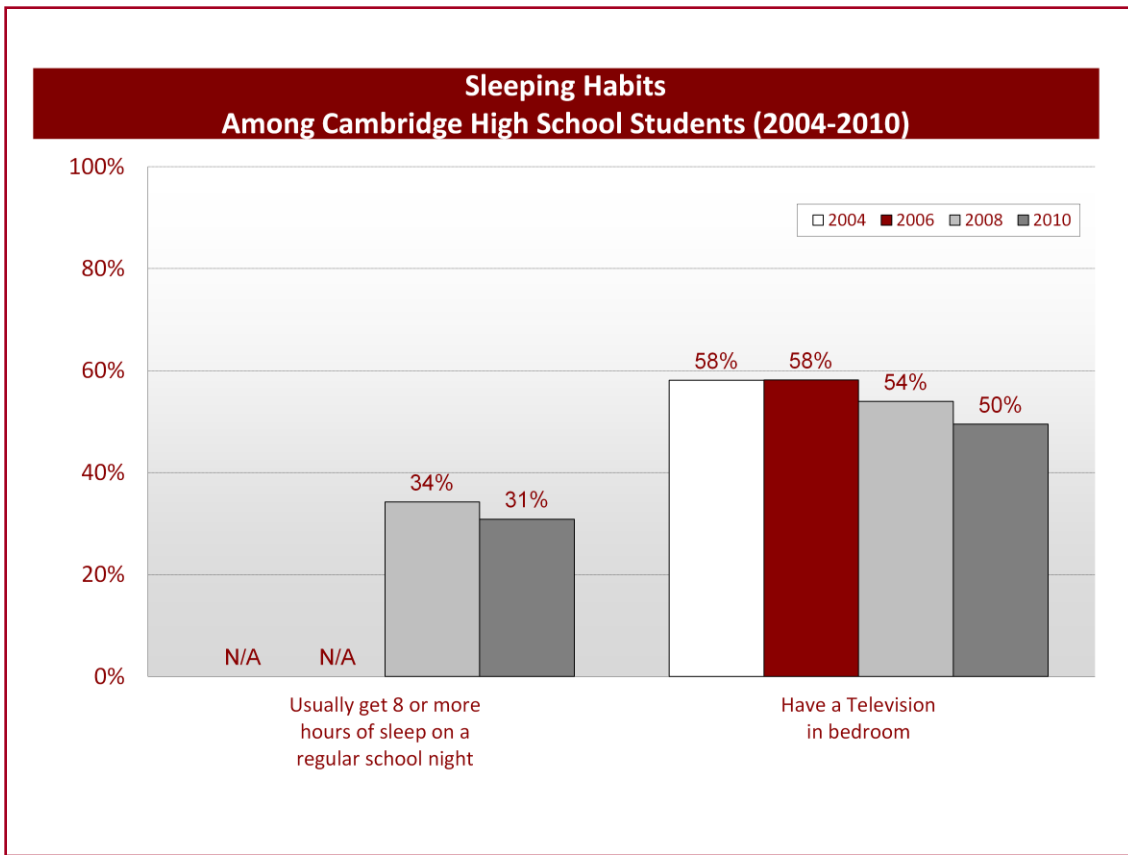
SELECTED POINTS

- Twenty percent (20%) of Cambridge high school students gambled in the 12 months prior to the survey, 56% spend 2 or more hours on an average school day watching TV, videos, or playing video games, and 55% spend 2 or more hours on an average school day studying or completing homework outside of school hours.
- **Trends:** Gambling in the past 12 months is down from a high of 43% in 1994 to a low of 20% in 2010. The proportion of students who report that they spend 2 or more hours in an average school day watching TV, videos, or playing video games is down from a high of 64% in 2004 to 56% in 2010. Reports of time spent on homework have been stable over time.
- **Gender:** Males were more likely than females to report that they gambled in the past 12 months (males: 30%, females: 9%) and that they spend 2 or more hours on an average school day watching TV, videos, or playing video games (males: 59%, females: 53%). Females were more likely than males to report that they spend 2 or more hours on an average school day studying or completing homework outside of school hours (females: 61%, males: 48%).
- **Grade:** Reports of spending 2 or more hours on an average school day watching TV, watching videos, or playing video games decreased with age/grade: 9th (59%), 10th (58%), 11th (55%), 12th (50%).



SELECTED POINTS

- Sixty-five percent (65%) of Cambridge high school students read (not required for school) in the 7 days prior to the survey, 43% worked for money, 82% took care of family responsibilities or chores, 47% participated in after-school, youth, church, or teen center programs, and 88% did hobbies on their own time.
- **Trends:** Reading in the past 7 days was down from a high of 73% in 1998 to a low of 65% in 2010. Reports of working for money were down from a high of 62% in 1998 to a low of 43% in 2010. Taking care of family responsibilities or chores and participation in after-school, youth, church, or teen center programs have been stable over time. Reports of doing hobbies in the past 7 days were up from a low of 78% in 2004 to a high of 88% in 2010.
- **Gender:** Females were more likely than males to report reading (females: 69%, males: 62%), taking care of family responsibilities or chores (85% vs. 80%), and participating in after-school, youth, church, or teen center programs (50% vs. 45%).
- **Grade:** Reports of working for money in the past 7 days increased with age/grade: 9th (40%), 10th (41%), 11th (44%), 12th (50%).



SELECTED POINTS

- Thirty-one percent (31%) of Cambridge high school students report that they usually get 8 or more hours of sleep on a regular school night and 50% report that they have a television in their bedroom.
- **Trends:** There was a decrease between 2008 and 2010 in reports of getting 8 or more hours of sleep on a regular school night (2008: 34%, 2010: 31%). Reports of having a television in the bedroom decreased from a high of 58% in 2004 to a low of 50% in 2010.
- **Gender:** Males were more likely than females to report that they have a television in their bedroom (males: 57%, females: 43%).
- **Grade:** Reports of getting 8 or more hours of sleep on a regular school night decreased with age/grade: 9th (37%), 10th (33%), 11th (26%), 12th (25%).

Appendix A:

Selected Data Tables

2009-2010 CAMBRIDGE TEEN HEALTH SURVEY

Alcohol, Tobacco, and Other Drug Use - High School

| | TOTAL | | | | | | | | | | MA YRBS | | GENDER | | GRADE | | | |
|---|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------|-------|----------------|------------------|--------------|---------------|---------------|---------------|
| | 1992 (1512) | 1994 (1432) | 1996 (1576) | 1998 (1487) | 2000 (1493) | 2002 (1480) | 2004 (1478) | 2006 (1295) | 2008 (1194) | 2010 (1273) | 2007 | 2009 | Males (629) | Females (631) | 9th (360) | 10th (337) | 11th (320) | 12th (246) |
| LIFETIME (any use in lifetime) | | | | | | | | | | | | | | | | | | |
| Alcohol | 73.4% | 76.0% | 77.9% | 82.3% | N/A | N/A | N/A | 64.9% | 62.0% | 60.1% | 72.5% | 71.3% | 59.9% | 59.8% | 43.2% | 62.3% | 68.2% | 71.7% |
| Cigarettes | 49.5% | 47.3% | 46.9% | 53.1% | 50.2% | 40.0% | 35.3% | 33.6% | 28.1% | 31.6% | 46.4% | 43.3% | 31.8% | 31.5% | 21.5% | 35.2% | 33.5% | 39.3% |
| Smokeless Tobacco | N/A | 11.8% | 10.8% | 11.0% | N/A | N/A | N/A | N/A | N/A | 5.1% | N/A | N/A | 7.6% | 2.4% | 2.3% | 6.3% | 7.6% | 4.6% |
| Marijuana | 26.1% | 33.0% | 43.6% | 49.2% | N/A | N/A | N/A | 40.7% | 40.1% | 40.4% | 41.2% | 42.5% | 45.0% | 35.4% | 20.4% | 43.6% | 48.6% | 55.0% |
| Cocaine | 4.1% | 3.2% | 3.8% | 4.0% | N/A | N/A | N/A | N/A | N/A | 2.2% | 8.7% | 6.1% | 2.5% | 1.8% | 1.7% | 1.8% | 2.2% | 3.3% |
| Ecstasy | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 3.1% | N/A | 5.9% | 2.8% | 3.1% | 1.1% | 2.4% | 3.2% | 6.7% |
| Heroin | 2.5% | 1.5% | 3.1% | 2.3% | N/A | N/A | N/A | N/A | N/A | 0.6% | 3.1% | 2.1% | 0.8% | 0.5% | 0.3% | 0.3% | 1.6% | 0.4% |
| Methamphetamines | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 1.1% | 4.0% | 2.8% | 1.1% | 1.1% | 0.9% | 1.2% | 1.0% | 1.7% |
| Oxycontin | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 2.2% | 3.2% | 2.3% | N/A | N/A | 1.8% | 2.9% | 1.1% | 2.1% | 3.2% | 3.3% |
| Other Illegal Drugs | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 3.9% | N/A | N/A | 3.1% | 4.5% | 1.1% | 4.3% | 4.5% | 6.7% |
| CURRENT (any use in past 30 days) | | | | | | | | | | | | | | | | | | |
| Alcohol | 32.8% | 39.1% | 41.9% | 49.5% | 45.1% | 36.3% | 39.1% | 41.9% | 41.6% | 38.3% | 46.2% | 43.6% | 39.4% | 36.8% | 21.4% | 38.9% | 46.5% | 51.9% |
| Binge Alcohol | 18.4% | 20.8% | 24.9% | 26.8% | 28.2% | 19.8% | 19.0% | 21.3% | 24.2% | 20.6% | 27.9% | 24.5% | 21.6% | 19.1% | 9.6% | 18.7% | 25.7% | 33.3% |
| Cigarettes | 11.3% | 12.6% | 16.4% | 20.5% | 17.8% | 11.9% | 12.4% | 12.6% | 9.8% | 11.9% | 17.7% | 16.0% | 11.6% | 12.1% | 5.9% | 14.5% | 13.3% | 15.0% |
| Smokeless Tobacco | N/A | 3.7% | 3.6% | 3.8% | N/A | N/A | N/A | N/A | N/A | 2.6% | 6.7% | 7.9% | 4.2% | 0.8% | 1.1% | 3.9% | 3.5% | 2.1% |
| Marijuana | 13.0% | 19.9% | 26.3% | 30.0% | 27.7% | 20.7% | 21.2% | 26.1% | 27.7% | 28.8% | 24.6% | 27.1% | 32.5% | 24.9% | 12.2% | 34.3% | 34.7% | 38.1% |
| Inhalants | 3.1% | 1.9% | 3.1% | 3.4% | 2.1% | 1.6% | 1.9% | 1.5% | 1.9% | 2.2% | N/A | N/A | 2.1% | 2.3% | 2.8% | 3.4% | 1.6% | 0.4% |
| Cocaine | 1.7% | 1.2% | 2.0% | 1.6% | 1.1% | 1.3% | 1.9% | 2.4% | 2.8% | 1.3% | N/A | N/A | 1.1% | 1.3% | 1.7% | 1.5% | 0.6% | 1.3% |
| Ecstasy | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 1.7% | N/A | N/A | 1.8% | 1.6% | 0.8% | 1.2% | 1.6% | 3.8% |
| Heroin | 1.6% | 0.9% | 1.9% | 1.1% | 0.7% | 0.5% | 0.7% | 0.6% | 1.6% | 0.5% | N/A | N/A | 0.5% | 0.5% | 0.3% | 0.3% | 1.3% | 0.0% |
| Methamphetamines | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 0.9% | N/A | N/A | 1.0% | 0.8% | 0.6% | 0.9% | 1.0% | 1.3% |
| Oxycontin | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 0.6% | 1.3% | 1.3% | N/A | N/A | 0.8% | 1.8% | 0.9% | 1.2% | 1.6% | 1.7% |
| Other Illegal Drugs | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 1.8% | N/A | N/A | 1.6% | 1.9% | 0.8% | 2.4% | 1.9% | 2.1% |
| ALCOHOL AND OTHER DRUG-RELATED ISSUES | | | | | | | | | | | | | | | | | | |
| Tried to get high using another's prescription meds (30 days) | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 2.3% | N/A | N/A | 1.6% | 2.6% | 1.7% | 2.8% | 2.2% | 2.5% |
| Ever injected illegal drugs | 2.8% | 1.9% | 2.4% | 1.4% | 1.8% | 1.1% | 1.0% | 1.1% | 1.2% | 0.6% | 2.5% | 1.9% | 0.3% | 1.0% | 0.6% | 0.6% | 1.0% | 0.4% |
| Drove after drinking (30 days) | 3.7% | 4.0% | 3.6% | 5.3% | 3.6% | 2.9% | 3.2% | 3.7% | 3.4% | 2.8% | 10.6% | 9.0% | 3.6% | 1.9% | 0.8% | 1.5% | 4.1% | 5.9% |
| Rode with drinking driver (30 days) | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 12.9% | 25.8% | 26.7% | 11.0% | 14.7% | 9.9% | 10.6% | 16.5% | 16.0% |
| Live with a smoker | N/A | N/A | 37.9% | 33.5% | 29.6% | 25.6% | 25.0% | 23.4% | 21.9% | 26.9% | N/A | N/A | 26.1% | 27.5% | 27.1% | 29.5% | 25.6% | 24.3% |
| Talked with parents about alcohol or other drugs (12 months) | N/A | N/A | 55.0% | 52.4% | 47.7% | 44.6% | 44.1% | 49.7% | 49.6% | 53.5% | N/A | N/A | 52.1% | 54.4% | 52.1% | 54.3% | 53.8% | 53.9% |
| Had a problem with alcohol or drugs (12 months) | 6.4% | 6.7% | 8.3% | 11.4% | 10.2% | 7.6% | 5.6% | 5.7% | 6.4% | 6.5% | N/A | N/A | 6.3% | 6.1% | 5.6% | 7.8% | 6.3% | 6.8% |
| Ever helped or treated for alcohol or drug use | 4.2% | 3.1% | 3.1% | 3.0% | 3.5% | 3.8% | 2.5% | 3.1% | 2.6% | 3.4% | N/A | N/A | 2.6% | 4.3% | 3.9% | 2.7% | 3.8% | 3.3% |
| Family member had a problem with alcohol or drugs (12 months) | 14.4% | 14.0% | 13.5% | 13.9% | 12.2% | 12.3% | 10.1% | 11.1% | 12.8% | 11.1% | N/A | N/A | 8.5% | 13.3% | 10.1% | 12.7% | 10.4% | 11.3% |
| Class within 1 hour of using alcohol, pot, or drugs (30 days) | N/A | N/A | N/A | N/A | 15.5% | 10.6% | 9.7% | 12.1% | 11.6% | 12.2% | N/A | N/A | 13.0% | 11.3% | 5.4% | 12.0% | 16.3% | 17.2% |
| Offered, sold, or given drugs on school property (12 months) | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 22.8% | 27.3% | 26.1% | 25.2% | 20.3% | 18.2% | 27.5% | 25.6% | 20.2% |

2009-2010 CAMBRIDGE TEEN HEALTH SURVEY

Violence and Safety - High School

| | TOTAL | | | | | | | | | | MA YRBS | | GENDER | | GRADE | | | |
|--|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------|-------|----------------|------------------|--------------|---------------|---------------|---------------|
| | 1992 (1512) | 1994 (1432) | 1996 (1576) | 1998 (1487) | 2000 (1493) | 2002 (1480) | 2004 (1478) | 2006 (1295) | 2008 (1194) | 2010 (1273) | 2007 | 2009 | Males (629) | Females (631) | 9th (360) | 10th (337) | 11th (320) | 12th (246) |
| VIOLENCE-RELATED EXPERIENCES (past 12 months) | | | | | | | | | | | | | | | | | | |
| Witnessed violence in family | N/A | N/A | 8.6% | 8.8% | 6.1% | 6.5% | 7.5% | 7.9% | 9.6% | 9.6% | N/A | N/A | 8.1% | 10.9% | 11.9% | 9.3% | 10.4% | 5.9% |
| Witnessed violence in neighborhood | N/A | N/A | N/A | N/A | N/A | N/A | 23.8% | 26.4% | 24.4% | 20.3% | N/A | N/A | 23.3% | 17.2% | 20.6% | 17.1% | 22.4% | 21.0% |
| Beaten or physically hurt by someone in your family or home | 5.4% | 3.9% | 5.0% | 5.1% | 4.5% | 3.6% | 3.9% | 3.5% | 3.9% | 3.6% | N/A | N/A | 2.6% | 4.3% | 3.9% | 3.6% | 3.8% | 3.0% |
| Beaten or physically hurt (not by a family member or date) | 4.5% | 3.9% | 4.9% | 4.7% | 3.7% | 2.9% | 2.7% | 2.7% | 3.6% | 2.4% | N/A | N/A | 2.8% | 1.8% | 3.1% | 2.4% | 1.9% | 2.1% |
| Verbally or emotionally abused by someone in your family | 16.5% | 17.7% | 19.9% | 21.3% | 18.2% | 15.3% | 15.5% | 15.2% | 15.4% | 15.3% | N/A | N/A | 8.3% | 22.2% | 15.8% | 17.2% | 15.7% | 11.8% |
| Verbally or emotionally abused by person you were dating | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 7.5% | N/A | N/A | 3.3% | 11.3% | 7.3% | 7.0% | 7.9% | 8.0% |
| Sexually harassed in school | N/A | N/A | 14.4% | 11.9% | 14.9% | 13.7% | 10.4% | 10.5% | 8.3% | 9.9% | N/A | N/A | 4.7% | 15.0% | 12.5% | 10.6% | 7.9% | 8.0% |
| Were a member of a gang | N/A | 8.6% | 7.0% | 6.8% | 4.5% | 2.0% | 4.3% | 5.1% | 3.9% | 2.6% | N/A | N/A | 3.6% | 1.3% | 4.6% | 2.2% | 1.9% | 1.3% |
| BULLYING, FIGHTING, & THREATENING (past 12 months) | | | | | | | | | | | | | | | | | | |
| Bullied, threatened, or pushed around in school or on the way | N/A | N/A | N/A | N/A | N/A | N/A | 6.3% | 5.4% | 6.4% | 7.4% | N/A | N/A | 7.0% | 7.6% | 11.3% | 8.1% | 5.7% | 2.5% |
| Received mean or threatening e-mail, texts, or chats | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 7.7% | 9.2% | N/A | N/A | 5.8% | 12.4% | 10.5% | 10.8% | 8.8% | 5.5% |
| Mistreated by someone who thought you were not masculine/feminine enough | N/A | N/A | 5.0% | 6.1% | 5.0% | 3.7% | 3.4% | 4.6% | 3.8% | 5.1% | N/A | N/A | 4.4% | 5.5% | 7.4% | 7.6% | 1.6% | 2.5% |
| Treated unfairly in school because of race/ethnicity | N/A | N/A | N/A | N/A | N/A | N/A | 9.1% | 8.9% | 8.2% | 9.7% | N/A | N/A | 8.1% | 10.8% | 11.3% | 11.9% | 9.1% | 4.6% |
| Treated unfairly in school because of gender | N/A | N/A | N/A | N/A | N/A | N/A | 4.6% | 4.1% | 5.0% | 6.1% | N/A | N/A | 4.4% | 7.4% | 8.5% | 7.6% | 4.4% | 2.5% |
| Property stolen or deliberately damaged on school property | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 28.6% | 29.2% | N/A | N/A | 26.7% | 30.6% | 30.9% | 36.5% | 26.8% | 19.9% |
| In a physical fight - any location | 24.6% | 31.4% | 27.2% | 27.2% | 23.9% | 20.5% | 20.4% | 22.7% | 17.0% | 15.8% | 27.5% | 29.2% | 20.7% | 10.5% | 19.7% | 17.2% | 16.7% | 7.6% |
| In a physical fight - on school property | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 7.5% | 6.4% | 9.1% | 8.7% | 8.3% | 4.2% | 10.8% | 7.1% | 4.8% | 1.7% |
| Threatened with a knife or gun - outside of school | N/A | 10.0% | 8.4% | 8.9% | 7.1% | 4.8% | 3.6% | 4.6% | 4.6% | 5.2% | N/A | N/A | 7.6% | 2.7% | 5.9% | 5.4% | 4.4% | 5.1% |
| Threatened with a knife or gun - in school | N/A | 3.1% | 2.6% | 3.4% | 1.7% | 1.2% | 1.2% | 0.6% | 1.4% | 1.1% | N/A | N/A | 1.5% | 0.8% | 0.8% | 1.8% | 1.3% | 0.4% |
| Stayed home from school due to fear for safety (30 days) | N/A | N/A | N/A | N/A | N/A | N/A | 8.2% | 7.0% | 9.6% | 6.3% | 4.7% | 4.0% | 5.5% | 7.0% | 6.4% | 4.5% | 6.9% | 8.3% |
| WEAPONS AND LAW INVOLVEMENT | | | | | | | | | | | | | | | | | | |
| Carried weapon (gun, knife, club) - outside school (30 days) | N/A | 14.1% | 13.1% | 15.9% | 13.9% | 9.5% | 10.5% | 13.6% | 10.5% | 10.8% | N/A | N/A | 14.7% | 6.6% | 12.4% | 10.7% | 11.6% | 7.7% |
| Carried a weapon (gun, knife, club) - in school (30 days) | N/A | 6.8% | 7.3% | 7.9% | 6.9% | 4.4% | 5.7% | 6.9% | 5.2% | 5.4% | 5.0% | 4.4% | 5.1% | 4.9% | 7.5% | 4.9% | 5.5% | 3.0% |
| Arrested (12 months) | 9.3% | 7.7% | 8.4% | 7.8% | 5.4% | 4.1% | 3.6% | 4.4% | 3.5% | 2.1% | N/A | N/A | 2.7% | 1.3% | 2.7% | 2.5% | 1.6% | 1.7% |

2009-2010 CAMBRIDGE TEEN HEALTH SURVEY

Mental Health - High School

| | TOTAL | | | | | | | | | | MA YRBS | | GENDER | | GRADE | | | |
|--|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------|-------|----------------|------------------|--------------|---------------|---------------|---------------|
| | 1992 (1512) | 1994 (1432) | 1996 (1576) | 1998 (1487) | 2000 (1493) | 2002 (1480) | 2004 (1478) | 2006 (1295) | 2008 (1194) | 2010 (1273) | 2007 | 2009 | Males (629) | Females (631) | 9th (360) | 10th (337) | 11th (320) | 12th (246) |
| PERSONAL EXPERIENCES (past 12 months) | | | | | | | | | | | | | | | | | | |
| Divorce or separation in family | 13.9% | 10.5% | 10.1% | 10.2% | 11.1% | 10.3% | 8.2% | 9.7% | 9.8% | 7.7% | N/A | N/A | 8.2% | 7.2% | 10.1% | 6.6% | 7.8% | 5.9% |
| Family moved | 17.5% | 16.7% | 17.9% | 17.5% | 12.5% | 14.0% | 10.4% | 12.1% | 12.7% | 13.5% | N/A | N/A | 13.2% | 13.5% | 13.8% | 16.2% | 14.5% | 7.6% |
| Ran away from home | 6.8% | 6.1% | 5.4% | 4.8% | 5.1% | 4.3% | 5.1% | 3.6% | 4.5% | 5.7% | N/A | N/A | 3.9% | 6.8% | 7.4% | 5.7% | 6.0% | 2.9% |
| Family member or close friend died | 26.3% | 30.5% | 33.2% | 40.0% | 35.3% | 34.3% | 35.3% | 34.9% | 42.9% | 35.3% | N/A | N/A | 31.6% | 39.0% | 38.2% | 36.6% | 37.7% | 26.5% |
| WORRYING "Fairly Often" or "Most of the Time" (past 12 months) | | | | | | | | | | | | | | | | | | |
| Physical health problems | N/A | N/A | N/A | N/A | N/A | N/A | 17.0% | 18.3% | 18.2% | 17.7% | N/A | N/A | 13.1% | 22.0% | 17.3% | 19.5% | 18.3% | 14.6% |
| Weight problems (too heavy or thin) | N/A | N/A | N/A | N/A | N/A | N/A | 25.6% | 25.4% | 23.7% | 26.1% | N/A | N/A | 12.4% | 39.1% | 28.0% | 30.2% | 19.6% | 25.5% |
| Sexually transmitted disease (STD) | N/A | N/A | N/A | N/A | N/A | N/A | 6.0% | 6.2% | 5.7% | 4.9% | N/A | N/A | 5.2% | 4.4% | 3.1% | 5.7% | 5.7% | 5.4% |
| Becoming or getting someone pregnant | N/A | N/A | N/A | N/A | N/A | N/A | 9.5% | 11.1% | 8.1% | 7.6% | N/A | N/A | 6.5% | 8.5% | 7.1% | 9.0% | 7.0% | 7.5% |
| HIV infection or AIDS | N/A | N/A | N/A | N/A | N/A | N/A | 4.9% | 5.8% | 5.7% | 3.0% | N/A | N/A | 2.4% | 3.2% | 3.1% | 3.3% | 3.2% | 2.1% |
| Sexual orientation | N/A | N/A | N/A | N/A | N/A | N/A | 5.2% | 4.1% | 4.5% | 4.5% | N/A | N/A | 3.1% | 5.3% | 4.6% | 4.8% | 3.8% | 4.6% |
| School failure or poor grades | N/A | N/A | N/A | N/A | N/A | N/A | 40.6% | 33.0% | 34.6% | 39.3% | N/A | N/A | 34.4% | 44.2% | 41.3% | 44.5% | 39.8% | 28.3% |
| MCAS | N/A | N/A | N/A | N/A | N/A | N/A | 28.9% | 24.5% | 20.6% | 25.3% | N/A | N/A | 21.7% | 28.8% | 39.7% | 36.0% | 14.5% | 4.2% |
| Drug or alcohol use in your family | N/A | N/A | N/A | N/A | N/A | N/A | 5.7% | 6.9% | 8.2% | 6.8% | N/A | N/A | 4.9% | 8.8% | 6.3% | 7.2% | 6.3% | 7.6% |
| Your own drug or alcohol use | N/A | N/A | N/A | N/A | N/A | N/A | 4.8% | 6.3% | 5.1% | 5.1% | N/A | N/A | 5.5% | 4.7% | 5.4% | 7.0% | 2.8% | 5.5% |
| Arguing at home | N/A | N/A | N/A | N/A | N/A | N/A | 20.3% | 20.6% | 19.4% | 23.8% | N/A | N/A | 16.8% | 30.4% | 25.9% | 26.5% | 23.0% | 18.6% |
| Physical fights at home | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 3.7% | 5.3% | 5.0% | N/A | N/A | 3.6% | 6.0% | 6.5% | 5.4% | 3.8% | 3.8% |
| Violence in your neighborhood | N/A | N/A | N/A | N/A | N/A | N/A | 10.4% | 12.2% | 10.6% | 8.8% | N/A | N/A | 8.8% | 8.7% | 11.0% | 9.6% | 8.2% | 5.5% |
| Physical fights at school | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 5.6% | 6.1% | 7.0% | N/A | N/A | 6.3% | 7.6% | 7.7% | 9.7% | 6.0% | 3.8% |
| Other kids bringing weapons to school | N/A | N/A | N/A | N/A | N/A | N/A | 11.8% | 5.1% | 6.4% | 4.7% | N/A | N/A | 5.0% | 4.2% | 4.3% | 4.8% | 5.7% | 4.2% |
| Your family not having enough money to get by | N/A | N/A | N/A | N/A | N/A | N/A | 10.9% | 13.1% | 11.7% | 13.5% | N/A | N/A | 9.1% | 17.9% | 14.3% | 13.3% | 11.0% | 15.5% |
| Your family not having a place to live | N/A | N/A | N/A | N/A | N/A | N/A | 3.3% | 3.8% | 4.7% | 3.9% | N/A | N/A | 3.1% | 4.4% | 5.1% | 3.3% | 2.5% | 4.2% |
| DEPRESSION, SELF-HARM, & SUICIDE (past 12 months) | | | | | | | | | | | | | | | | | | |
| Depressed | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 22.4% | 24.0% | 24.0% | 15.4% | 29.2% | 23.2% | 20.7% | 21.9% | 23.4% |
| Hurt self on purpose | N/A | N/A | N/A | N/A | N/A | N/A | 8.6% | 8.7% | 9.6% | 11.4% | N/A | N/A | 6.1% | 15.9% | 15.4% | 11.3% | 9.7% | 7.9% |
| Seriously considered suicide | 8.9% | 7.7% | 8.1% | 10.7% | 9.6% | 9.2% | 6.7% | 5.3% | 7.0% | 6.5% | 12.5% | 13.5% | 3.1% | 9.8% | 7.6% | 7.8% | 4.1% | 6.3% |
| Made a plan to attempt suicide | 7.9% | 7.2% | 7.6% | 10.3% | 9.2% | 6.9% | 5.5% | 4.0% | 6.2% | 5.3% | 10.6% | 11.1% | 2.9% | 7.6% | 6.3% | 6.0% | 4.4% | 3.8% |
| Attempted suicide | 8.2% | 6.6% | 6.8% | 7.7% | 7.5% | 5.3% | 2.3% | 1.3% | 2.6% | 1.8% | 7.6% | 6.8% | 0.8% | 2.7% | 1.1% | 2.4% | 1.3% | 2.9% |
| COUNSELING AND MEDICATION (past 12 months) | | | | | | | | | | | | | | | | | | |
| Met with school counselor | N/A | N/A | N/A | N/A | N/A | 63.7% | 67.2% | 64.1% | 57.5% | 58.7% | N/A | N/A | 61.3% | 56.0% | 57.5% | 60.6% | 59.8% | 56.5% |
| Met with Teen Health Center counselor | N/A | N/A | N/A | N/A | N/A | 24.1% | 26.0% | 25.7% | 20.8% | 18.7% | N/A | N/A | 12.7% | 24.7% | 9.4% | 21.0% | 26.4% | 18.8% |
| Met with therapist without or without family present | N/A | N/A | N/A | N/A | N/A | 15.5% | 16.4% | 14.9% | 17.2% | 16.4% | N/A | N/A | 12.5% | 19.8% | 15.6% | 18.4% | 16.6% | 14.2% |
| Took medication for mental health or behavioral problem | N/A | N/A | N/A | N/A | N/A | 6.5% | 7.9% | 8.1% | 8.3% | 8.8% | N/A | N/A | 8.5% | 9.1% | 7.9% | 10.2% | 9.2% | 7.8% |
| SOCIAL SUPPORTS | | | | | | | | | | | | | | | | | | |
| Parent or other adult family member to talk to | N/A | N/A | N/A | N/A | N/A | N/A | 71.0% | 72.2% | 72.1% | 76.0% | N/A | N/A | 79.3% | 73.3% | 70.7% | 74.6% | 77.6% | 82.6% |
| Teacher or other school at school to talk to | N/A | N/A | N/A | N/A | N/A | N/A | 62.9% | 60.3% | 63.7% | 63.2% | N/A | N/A | 67.4% | 60.0% | 57.9% | 55.9% | 66.8% | 76.5% |
| Adult outside of school to talk to | N/A | N/A | N/A | N/A | N/A | N/A | 40.3% | 41.5% | 40.2% | 45.8% | N/A | N/A | 43.2% | 48.8% | 38.3% | 43.9% | 50.8% | 52.5% |
| Have three or more close friends | 72.9% | 69.8% | 72.1% | 74.8% | 75.9% | 72.5% | 68.1% | 68.9% | 71.2% | 75.2% | N/A | N/A | 79.9% | 70.9% | 77.4% | 72.4% | 77.3% | 73.1% |
| Regularly participate in church, synagogue, mosque, or other faith community | N/A | N/A | N/A | N/A | 35.1% | 38.3% | 38.4% | 36.7% | 33.8% | 33.8% | N/A | N/A | 28.2% | 39.6% | 44.0% | 28.2% | 33.8% | 26.1% |

2009-2010 CAMBRIDGE TEEN HEALTH SURVEY

Health - High School

| | TOTAL | | | | | | | | | | MA YRBS | | GENDER | | GRADE | | | |
|--|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------|-------|----------------|------------------|--------------|---------------|---------------|---------------|
| | 1992 (1512) | 1994 (1432) | 1996 (1576) | 1998 (1487) | 2000 (1493) | 2002 (1480) | 2004 (1478) | 2006 (1295) | 2008 (1194) | 2010 (1273) | 2007 | 2009 | Males (629) | Females (631) | 9th (360) | 10th (337) | 11th (320) | 12th (246) |
| SEXUAL BEHAVIOR | | | | | | | | | | | | | | | | | | |
| Ever had sexual intercourse | 49.4% | 47.7% | 43.7% | 42.8% | 39.6% | 37.4% | 42.3% | 49.5% | 44.2% | 37.6% | 44.4% | 46.4% | 42.1% | 33.2% | 20.2% | 36.1% | 46.1% | 54.5% |
| Had conversation with parents about sex (12 months) | N/A | N/A | N/A | 32.7% | 38.7% | 34.2% | 30.5% | 33.5% | 34.8% | 35.7% | N/A | N/A | 31.5% | 40.1% | 36.1% | 38.1% | 35.1% | 32.1% |
| Condom at last intercourse* | N/A | N/A | N/A | N/A | 71.6% | 72.2% | 74.9% | 70.0% | 70.8% | 68.0% | 61.1% | 57.5% | 71.9% | 63.2% | 73.6% | 65.3% | 68.3% | 67.2% |
| Alcohol/drugs at last intercourse* | 13.5% | 13.9% | 17.9% | 23.8% | 22.1% | 14.8% | 12.8% | 15.3% | 16.7% | 19.7% | 24.6% | 23.5% | 20.8% | 18.8% | 9.5% | 19.2% | 22.1% | 23.8% |
| Ever been/gotten someone pregnant | 7.0% | 6.8% | 6.4% | 6.5% | 5.1% | 3.7% | 4.0% | 4.9% | 3.5% | 3.4% | N/A | N/A | 2.8% | 4.2% | 1.7% | 4.2% | 4.1% | 4.2% |
| Ever forced/tricked to have sex | 8.5% | 7.6% | N/A | 7.8% | N/A | N/A | 5.1% | 7.0% | 5.8% | 4.0% | N/A | N/A | 1.0% | 7.0% | 3.4% | 4.6% | 4.4% | 3.8% |
| Ever sexually abused | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 13.3% | 10.3% | 9.7% | N/A | N/A | 2.1% | 17.1% | 10.2% | 10.1% | 8.9% | 10.0% |
| Ever talked with parents or family adults about HIV or AIDS | 36.0% | 40.5% | 36.8% | 46.6% | 48.7% | 42.4% | 44.6% | 49.2% | 49.0% | 42.3% | N/A | N/A | 37.5% | 46.9% | 44.4% | 40.5% | 41.3% | 42.9% |
| More careful about sexual behavior due to health class | N/A | N/A | N/A | N/A | 67.0% | 62.3% | 68.6% | 74.6% | 72.0% | 70.1% | N/A | N/A | 68.1% | 72.6% | 68.1% | 68.5% | 71.1% | 74.3% |
| HEALTH ISSUES (ever been told that you have these health problems) | | | | | | | | | | | | | | | | | | |
| Asthma | N/A | 13.0% | 15.3% | 19.3% | 20.8% | N/A | 20.7% | 19.7% | 23.0% | 25.9% | N/A | N/A | 25.9% | 26.1% | 25.5% | 29.0% | 24.7% | 24.1% |
| Vision problem that needs glasses | N/A | N/A | N/A | N/A | 35.6% | N/A | 34.3% | 35.7% | 40.4% | 44.2% | N/A | N/A | 38.7% | 49.5% | 45.5% | 46.1% | 42.0% | 41.6% |
| Hearing problem | N/A | N/A | N/A | N/A | N/A | N/A | 4.4% | 4.6% | 4.9% | 4.2% | N/A | N/A | 2.7% | 5.7% | 3.3% | 6.6% | 3.9% | 3.0% |
| Overweight | N/A | N/A | N/A | N/A | 12.6% | N/A | 14.6% | 18.1% | 16.2% | 16.1% | N/A | N/A | 13.8% | 18.4% | 16.9% | 14.3% | 14.5% | 18.6% |
| Underweight | N/A | N/A | N/A | N/A | 4.7% | N/A | 6.1% | 5.7% | 7.8% | 9.6% | N/A | N/A | 9.0% | 9.7% | 10.1% | 10.3% | 9.3% | 8.1% |
| Migraine headaches | N/A | N/A | N/A | N/A | N/A | N/A | 15.3% | 15.8% | 13.7% | 17.4% | N/A | N/A | 13.7% | 21.2% | 20.5% | 17.6% | 15.5% | 15.7% |
| Diabetes | N/A | 0.5% | 1.5% | 1.3% | 0.4% | 0.9% | 0.7% | 1.8% | 1.7% | 2.2% | N/A | N/A | 1.5% | 3.0% | 2.4% | 3.5% | 1.0% | 2.1% |
| High blood pressure | N/A | 5.5% | 5.1% | 3.3% | 3.8% | 4.3% | 3.8% | 4.5% | 4.2% | 4.5% | N/A | N/A | 4.0% | 4.7% | 3.2% | 3.8% | 5.8% | 5.2% |
| HIV infection or AIDS | N/A | 0.3% | 1.0% | 0.6% | 0.1% | 0.5% | 0.1% | 0.9% | 0.6% | 0.8% | N/A | N/A | 0.8% | 0.7% | 0.0% | 0.9% | 1.0% | 1.7% |
| Sexually transmitted disease (STD) | N/A | 1.5% | 2.6% | 2.0% | 0.9% | 1.2% | 1.3% | 1.9% | 0.8% | 1.2% | N/A | N/A | 0.8% | 1.3% | 0.6% | 0.9% | 1.9% | 1.3% |
| Sickle cell disease | N/A | 1.4% | 2.1% | N/A | N/A | 1.3% | 0.6% | 1.1% | 0.6% | 0.8% | N/A | N/A | 0.7% | 1.0% | 0.0% | 0.6% | 1.3% | 1.7% |
| Tuberculosis (TB) | N/A | N/A | 3.8% | 3.1% | 2.0% | 1.6% | 1.5% | 2.1% | 1.5% | 1.2% | N/A | N/A | 1.3% | 1.2% | 0.6% | 0.9% | 2.3% | 1.3% |
| Eating disorder | N/A | N/A | N/A | N/A | N/A | 3.9% | 2.9% | 2.6% | 2.9% | 4.2% | N/A | N/A | 2.5% | 5.5% | 4.4% | 3.8% | 4.2% | 4.3% |
| HEALTHCARE | | | | | | | | | | | | | | | | | | |
| Saw a doctor or nurse (12 months) | 59.8% | 65.0% | 70.4% | 79.5% | 79.8% | 78.1% | 81.0% | 81.6% | 80.7% | 84.9% | N/A | N/A | 83.6% | 86.2% | 87.5% | 84.5% | 82.9% | 84.5% |
| Saw a dentist (12 months) | N/A | N/A | N/A | 65.4% | 69.9% | 68.4% | 68.9% | 73.7% | 75.7% | 77.5% | N/A | N/A | 76.6% | 78.5% | 79.3% | 78.8% | 78.5% | 71.9% |
| Family has health insurance | 72.7% | 68.6% | 68.9% | 77.3% | 81.7% | 82.0% | 79.8% | 84.2% | 84.2% | 84.6% | N/A | N/A | 80.7% | 88.8% | 82.8% | 81.5% | 86.5% | 88.2% |
| WEIGHT | | | | | | | | | | | | | | | | | | |
| Describe self as slightly/very overweight | N/A | N/A | N/A | N/A | N/A | N/A | 26.2% | 25.4% | 23.1% | 23.2% | 29.3% | 28.8% | 16.9% | 29.5% | 26.1% | 22.6% | 21.0% | 22.2% |
| Trying to lose weight | 38.7% | 37.7% | N/A | N/A | N/A | N/A | 41.7% | 40.3% | 40.9% | 40.4% | N/A | N/A | 24.8% | 55.6% | 41.2% | 43.7% | 39.5% | 35.2% |
| WEIGHT LOSS OR MAINTENANCE ACTIVITIES (past 30 days) | | | | | | | | | | | | | | | | | | |
| Exercised to lose/maintain weight | N/A | N/A | N/A | N/A | N/A | 66.6% | 65.3% | 69.5% | 65.8% | 71.6% | N/A | 58.7% | 71.1% | 71.9% | 76.5% | 73.6% | 65.3% | 69.9% |
| Diet pills/powders/liquids to lose/maintain weight | N/A | N/A | N/A | N/A | N/A | 4.1% | 3.2% | 3.1% | 2.9% | 5.2% | 5.6% | 5.1% | 6.1% | 4.1% | 3.4% | 5.7% | 7.3% | 4.4% |
| Ate less food, fewer calories, or foods low in fat to lose/maintain weight | N/A | N/A | N/A | N/A | N/A | 29.8% | 31.9% | 38.3% | 38.6% | 36.4% | N/A | 39.0% | 24.0% | 48.2% | 37.0% | 39.4% | 36.4% | 31.7% |
| Went without eating for 24 hours or more (fasting) to lose/maintain weight | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 4.9% | 5.9% | 6.1% | 11.0% | 8.2% | 2.8% | 9.0% | 7.3% | 6.4% | 6.3% | 3.9% |
| Vomited or took laxatives to lose/maintain weight | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 2.2% | 5.2% | 4.8% | 1.6% | 2.9% | 1.8% | 3.5% | 2.3% | 0.9% |

2009-2010 CAMBRIDGE TEEN HEALTH SURVEY

Physical Activity and Nutrition - High School

| | TOTAL | | | | | | | | | | MA YRBS | | GENDER | | GRADE | | | |
|---|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------|-------|----------------|------------------|--------------|---------------|---------------|---------------|
| | 1992 (1512) | 1994 (1432) | 1996 (1576) | 1998 (1487) | 2000 (1493) | 2002 (1480) | 2004 (1478) | 2006 (1295) | 2008 (1194) | 2010 (1273) | 2007 | 2009 | Males (629) | Females (631) | 9th (360) | 10th (337) | 11th (320) | 12th (246) |
| PHYSICAL ACTIVITY (past 7 days) | | | | | | | | | | | | | | | | | | |
| Vigorous Physical Activity - exercised or participated in sports for at least 20 minutes that made you sweat and breathe hard (3 or more days a week) | N/A | N/A | N/A | 63.7% | 62.3% | 49.6% | 55.2% | 69.0% | 61.9% | 67.1% | N/A | N/A | 74.6% | 59.8% | 69.5% | 69.3% | 63.8% | 64.9% |
| Moderate Physical Activity - participated in other physical activity for at least 30 minutes (5 or more days a week) | N/A | N/A | N/A | 35.3% | 33.3% | 29.3% | 35.0% | 45.7% | 46.8% | 48.3% | N/A | N/A | 53.6% | 43.2% | 45.5% | 52.5% | 49.0% | 45.2% |
| Did not participate in at least 60 minutes of physical activity on any of the past 7 days | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 21.3% | 16.9% | 23.3% | 14.5% | 28.3% | 18.6% | 19.3% | 26.0% | 21.6% |
| PHYSICAL FITNESS | | | | | | | | | | | | | | | | | | |
| Ever received instruction on physical fitness in school | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 64.8% | N/A | N/A | 65.9% | 63.5% | 68.0% | 63.9% | 61.3% | 66.2% |
| Ever talked with parents or other family adults about nutrition and fitness | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 69.3% | N/A | N/A | 63.8% | 75.0% | 68.5% | 71.7% | 69.6% | 66.8% |
| WENT TO THESE LOCATIONS TO PLAY OR BE PHYSICALLY ACTIVE (past 30 days) | | | | | | | | | | | | | | | | | | |
| School playground | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 29.6% | N/A | N/A | 33.8% | 25.0% | 44.7% | 27.0% | 21.4% | 22.8% |
| Neighborhood park | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 52.5% | N/A | N/A | 59.0% | 45.8% | 61.1% | 52.4% | 44.1% | 51.6% |
| Yard, apartment courtyard, or street | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 49.9% | N/A | N/A | 54.2% | 45.1% | 57.8% | 45.0% | 47.4% | 48.9% |
| Playing fields/courts | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 60.9% | N/A | N/A | 71.8% | 49.8% | 67.5% | 56.7% | 57.2% | 61.8% |
| Recreation center or club | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 35.3% | N/A | N/A | 40.8% | 29.5% | 36.8% | 37.3% | 32.4% | 34.4% |
| Walk/bike path | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 64.6% | N/A | N/A | 60.7% | 68.0% | 65.7% | 66.8% | 63.9% | 61.0% |
| After-school program | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 39.3% | N/A | N/A | 39.0% | 39.3% | 43.0% | 36.6% | 40.5% | 35.4% |
| NUTRITION (ate or drank yesterday) | | | | | | | | | | | | | | | | | | |
| Ate fruit | N/A | N/A | N/A | 62.3% | 65.2% | 59.8% | 60.9% | 65.3% | 72.7% | 74.6% | N/A | N/A | 75.7% | 73.6% | 76.5% | 73.8% | 72.9% | 75.0% |
| Drank 100% fruit juice | N/A | N/A | N/A | N/A | N/A | N/A | 63.4% | 63.8% | 66.8% | 67.0% | N/A | N/A | 72.8% | 61.2% | 67.3% | 68.1% | 65.0% | 67.2% |
| Ate green salad or raw vegetables | N/A | N/A | N/A | 52.3% | 53.3% | 50.0% | 47.9% | 54.5% | 58.2% | 59.9% | N/A | N/A | 58.6% | 61.0% | 58.9% | 59.6% | 61.0% | 60.4% |
| Ate cooked vegetables | N/A | N/A | N/A | 51.9% | 49.6% | 47.5% | 45.9% | 50.7% | 59.6% | 60.1% | N/A | N/A | 61.9% | 58.6% | 58.4% | 60.1% | 62.2% | 59.1% |
| Drank regular soda (not diet) | N/A | N/A | N/A | N/A | N/A | N/A | 57.1% | 54.0% | 49.1% | 53.9% | N/A | N/A | 61.3% | 46.4% | 57.6% | 51.4% | 58.6% | 45.3% |
| Drank sweetened drinks | N/A | N/A | N/A | N/A | N/A | N/A | 60.4% | 61.5% | 69.1% | 66.1% | N/A | N/A | 71.6% | 60.4% | 69.3% | 65.4% | 64.9% | 64.3% |
| Drank caffeine | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 50.6% | 50.0% | N/A | N/A | 51.6% | 48.4% | 55.2% | 44.1% | 49.3% | 51.7% |
| OTHER NUTRITION | | | | | | | | | | | | | | | | | | |
| Eat breakfast 6-7 days a week | 40.7% | 36.8% | 38.9% | 34.9% | 34.3% | 31.0% | 33.5% | 38.3% | 37.8% | 39.4% | N/A | N/A | 41.0% | 38.1% | 41.8% | 40.8% | 37.0% | 37.0% |
| Hungry in the past 12 months because there was not enough money at home to buy food | 5.7% | 6.3% | 7.0% | 9.5% | 8.3% | 8.0% | 8.7% | 9.2% | 10.1% | 10.6% | N/A | N/A | 10.5% | 10.8% | 12.1% | 10.6% | 7.8% | 11.9% |

2009-2010 CAMBRIDGE TEEN HEALTH SURVEY

Habits and Activities - High School

| | TOTAL | | | | | | | | | | MA YRBS | | GENDER | | GRADE | | | |
|--|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------|------|----------------|------------------|--------------|---------------|---------------|---------------|
| | 1992 (1512) | 1994 (1432) | 1996 (1576) | 1998 (1487) | 2000 (1493) | 2002 (1480) | 2004 (1478) | 2006 (1295) | 2008 (1194) | 2010 (1273) | 2007 | 2009 | Males (629) | Females (631) | 9th (360) | 10th (337) | 11th (320) | 12th (246) |
| SCHOLASTIC ISSUES | | | | | | | | | | | | | | | | | | |
| Received mostly A's or B's in school (12 months) | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 74.1% | N/A | N/A | 71.6% | 76.6% | 74.9% | 72.9% | 74.6% | 74.1% |
| Had one or more failing grades on a report card (12 months) | 42.6% | 40.2% | 43.9% | 43.5% | 38.0% | 32.0% | 36.4% | 24.0% | 24.9% | 27.5% | N/A | N/A | 28.1% | 27.2% | 28.4% | 31.1% | 26.3% | 23.9% |
| Skipped or cut school (last 4 weeks) | 26.5% | 28.6% | 28.2% | 31.4% | 25.2% | 29.1% | 24.6% | 25.3% | 20.7% | 26.7% | N/A | N/A | 25.8% | 26.9% | 19.5% | 23.7% | 28.4% | 39.5% |
| Suspended from school (during current school year) | 8.8% | 12.5% | 12.5% | 15.3% | 13.3% | 8.7% | 12.2% | 13.0% | 11.5% | 9.5% | N/A | N/A | 10.6% | 8.4% | 12.9% | 9.5% | 8.5% | 6.0% |
| SLEEP | | | | | | | | | | | | | | | | | | |
| Usually get 8 or more hours of sleep on a regular school night | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | 34.2% | 30.9% | N/A | N/A | 32.4% | 29.3% | 36.7% | 33.4% | 25.9% | 24.9% |
| TV in bedroom | N/A | N/A | N/A | N/A | N/A | N/A | 58.1% | 58.2% | 54.0% | 49.5% | N/A | N/A | 56.7% | 43.0% | 52.3% | 46.7% | 48.4% | 49.8% |
| PERSONAL HABITS | | | | | | | | | | | | | | | | | | |
| Gambled (12 months) | N/A | 43.2% | 39.8% | 40.5% | 33.9% | 30.9% | 29.0% | 31.3% | 26.3% | 20.0% | N/A | N/A | 29.9% | 9.2% | 23.2% | 16.9% | 19.1% | 20.5% |
| Spend 2 or more hours on an average school day watching TV, videos, or playing video games | N/A | N/A | N/A | N/A | N/A | N/A | 64.1% | 62.1% | 54.9% | 55.9% | N/A | N/A | 59.3% | 52.7% | 58.5% | 58.0% | 55.2% | 50.0% |
| Spend 2 or more hours on an average school day studying or completing homework outside of school hours | N/A | N/A | N/A | N/A | N/A | N/A | 53.4% | 51.5% | 53.1% | 54.7% | N/A | N/A | 48.2% | 61.1% | 57.9% | 55.5% | 59.2% | 42.5% |
| LEISURE/FAMILY ACTIVITIES (past 7 days) | | | | | | | | | | | | | | | | | | |
| Read (not required for school) | N/A | N/A | 69.4% | 72.5% | 68.7% | 70.1% | 68.6% | 70.4% | 64.9% | 65.1% | N/A | N/A | 61.8% | 68.5% | 64.6% | 64.4% | 66.2% | 66.1% |
| Worked for money | N/A | N/A | 53.0% | 61.7% | 58.5% | 52.3% | 47.6% | 52.6% | 50.2% | 43.2% | N/A | N/A | 43.0% | 43.2% | 39.9% | 41.0% | 43.9% | 50.2% |
| Took care of family responsibilities or chores | N/A | N/A | N/A | N/A | N/A | N/A | 79.5% | 84.3% | 81.6% | 82.5% | N/A | N/A | 80.3% | 84.8% | 82.6% | 83.1% | 81.7% | 82.8% |
| Participated in after-school, youth, church, or teen center programs | N/A | N/A | N/A | N/A | N/A | N/A | 46.5% | 48.8% | 49.1% | 47.5% | N/A | N/A | 44.5% | 50.2% | 46.4% | 42.8% | 52.7% | 47.9% |
| Did hobbies on own time | N/A | N/A | N/A | N/A | 86.4% | 81.4% | 77.9% | 84.8% | 81.5% | 88.0% | N/A | N/A | 89.4% | 86.5% | 86.4% | 88.0% | 88.7% | 89.7% |
| SCHOOL AND COMMUNITY ACTIVITIES (During 2009-2010 School Year) | | | | | | | | | | | | | | | | | | |
| Academic groups, clubs, or student government | N/A | N/A | N/A | 47.8% | 47.6% | 41.4% | 41.0% | 45.5% | 50.5% | 53.7% | N/A | N/A | 46.3% | 60.5% | 50.4% | 47.1% | 55.9% | 64.8% |
| Music, band, or choir | N/A | N/A | N/A | 21.3% | 21.5% | 22.4% | 16.0% | 19.5% | 20.7% | 21.2% | N/A | N/A | 19.7% | 22.5% | 19.6% | 22.0% | 22.3% | 21.0% |
| Vommunity service, in or out of school | N/A | N/A | N/A | 44.7% | 38.7% | 36.5% | 38.2% | 43.5% | 49.6% | 46.1% | N/A | N/A | 39.0% | 52.5% | 34.7% | 43.6% | 56.0% | 52.6% |
| School organized or interscholastic sports | N/A | N/A | N/A | N/A | N/A | N/A | 44.4% | 50.9% | 52.7% | 55.5% | N/A | N/A | 56.3% | 54.2% | 60.6% | 57.1% | 52.7% | 50.2% |
| Community organized youth sports | N/A | N/A | N/A | N/A | N/A | N/A | 25.0% | 29.2% | 29.6% | 27.7% | N/A | N/A | 33.1% | 22.0% | 35.0% | 24.8% | 26.6% | 21.8% |