

Summary of Results from the 2011-2012 Cambridge Teen Health Survey (Grades 9-12)

Submitted to:

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

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BACKGROUND

REPORT FORMAT

In April of 2012, 1,363 Cambridge high school students (grades 9-12) took part in the 2011-2012 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 eleventh administration of the Teen Health Survey (the survey was also administered in 1992, 1994, 1996, 1998, 2000, 2002, 2004, 2006, 2008, and 2010). A similar survey of Cambridge middle school students has also been conducted biennially since 1997.

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

WHO CONDUCTED THE SURVEY?

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

HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in April of 2012 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
366	351	347	299	0	1,363

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 eleventh 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 2011.

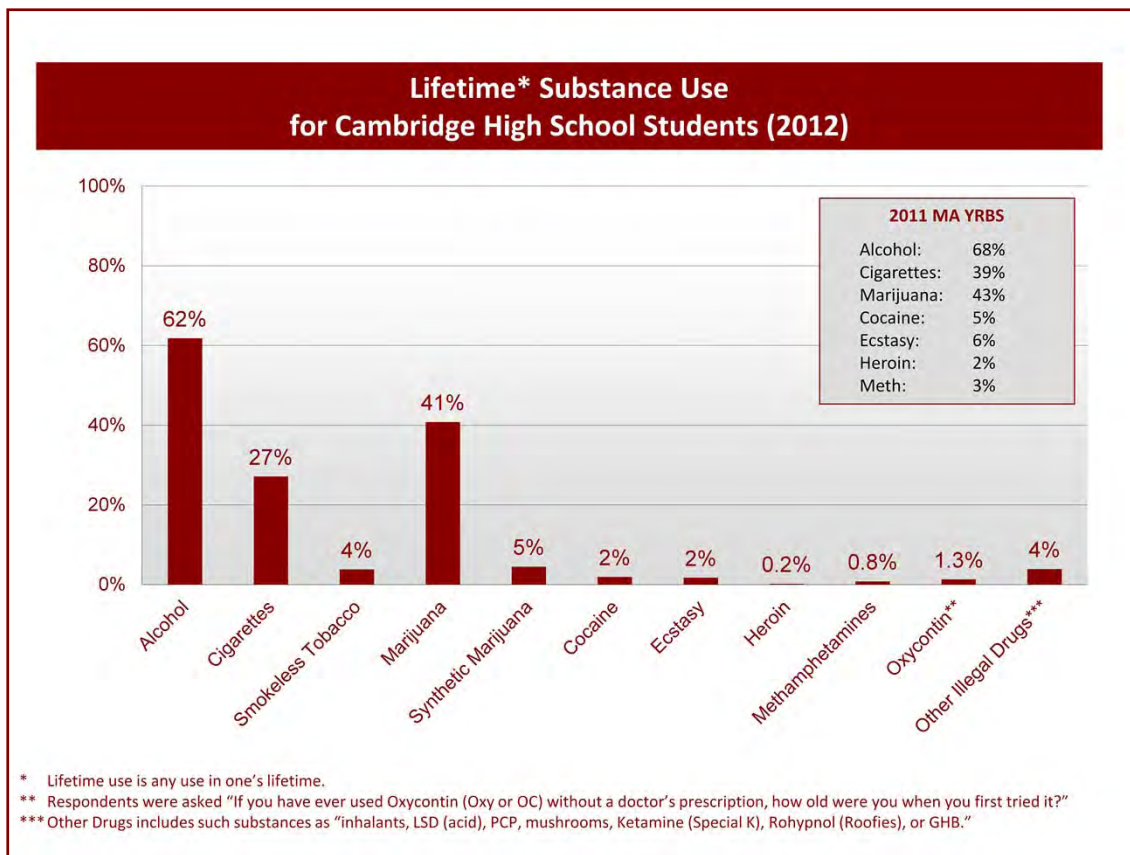
WHO HAS THE PROBLEM?

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?

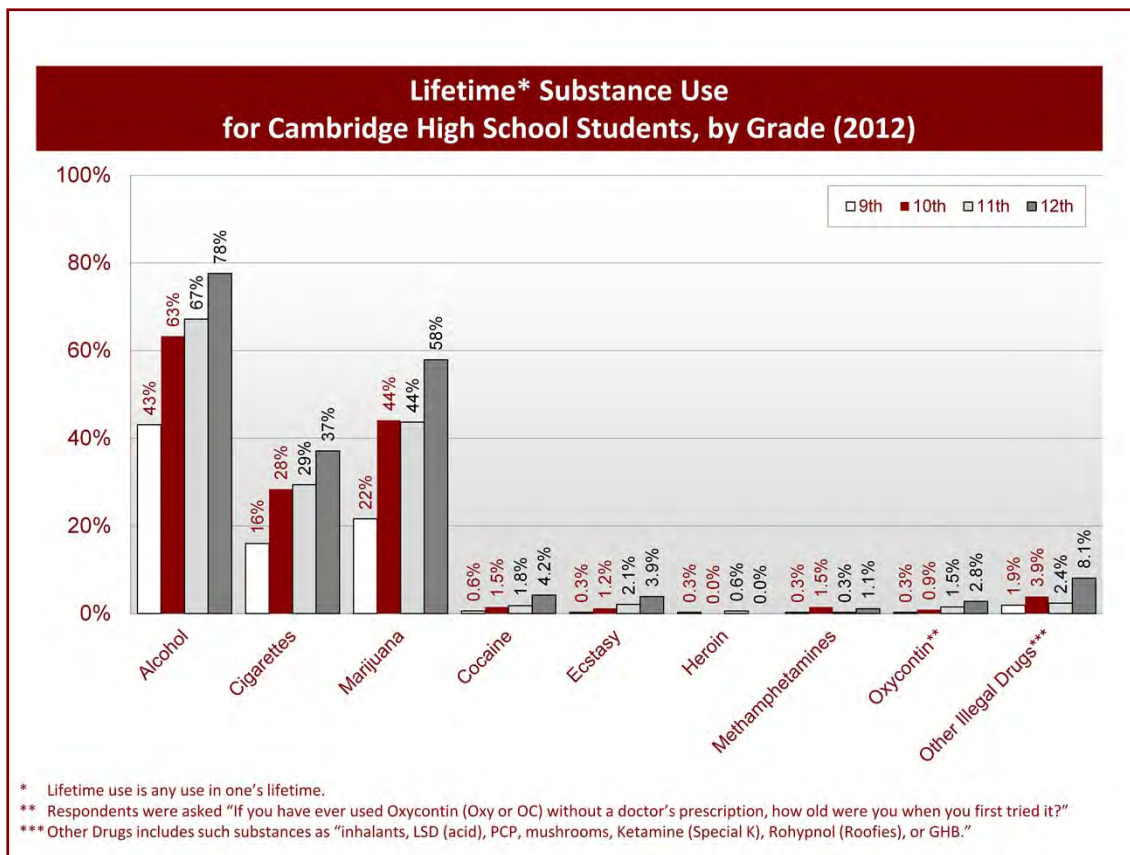
Data on health behavior among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest 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



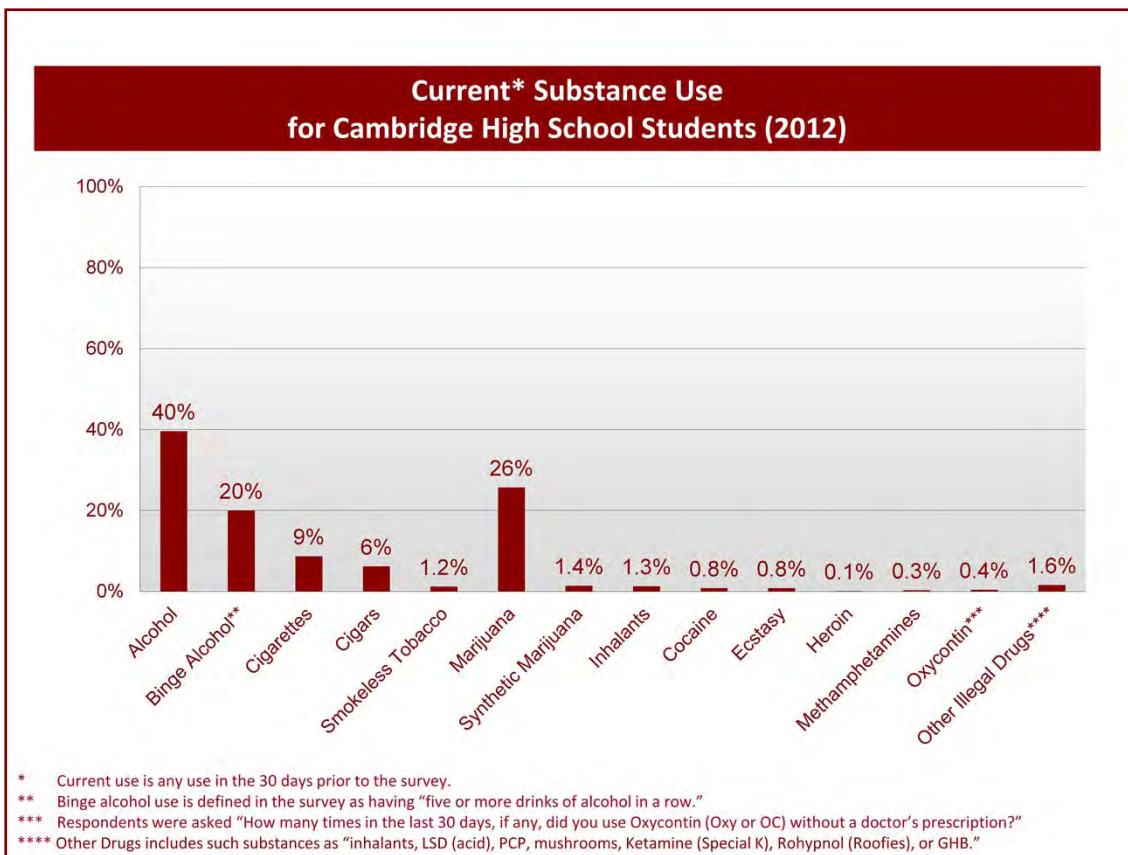
SELECTED POINTS

- 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 62% of Cambridge high school students in 2012 reporting that they have consumed alcohol in their lifetime. Forty-one percent (41%) reported ever using marijuana, 27% ever smoking cigarettes, 5% ever using synthetic marijuana, and 4% ever using smokeless tobacco. Few respondents reported ever using of any other substances.
- There was considerable overlap between lifetime use of synthetic marijuana and marijuana. Almost all respondents who reported that they used synthetic marijuana report that they have also used marijuana (89.7%). Of lifetime marijuana users, only 9.9% also report ever having used synthetic marijuana.
- **Trends:** Lifetime **alcohol** use is down from the highs of the 1990s when it hit 82% in 1998 and has been hovering between 65% and 60% since 2006 with little movement. Lifetime **cigarette** use also peaked in 1998 at 53% and was at its lowest point in 2012 at 27%. Lifetime **marijuana** use was at 49% in 1998 and has been stable at 40% to 41% since 2006 with no change. Lifetime use of **smokeless tobacco** was 12% in 1994 at its high and was at its lowest point in 2012 at just 4%. None of the **other substances** have exceeded 4% lifetime use since 1992 in the years they were measured.
- **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 2011).



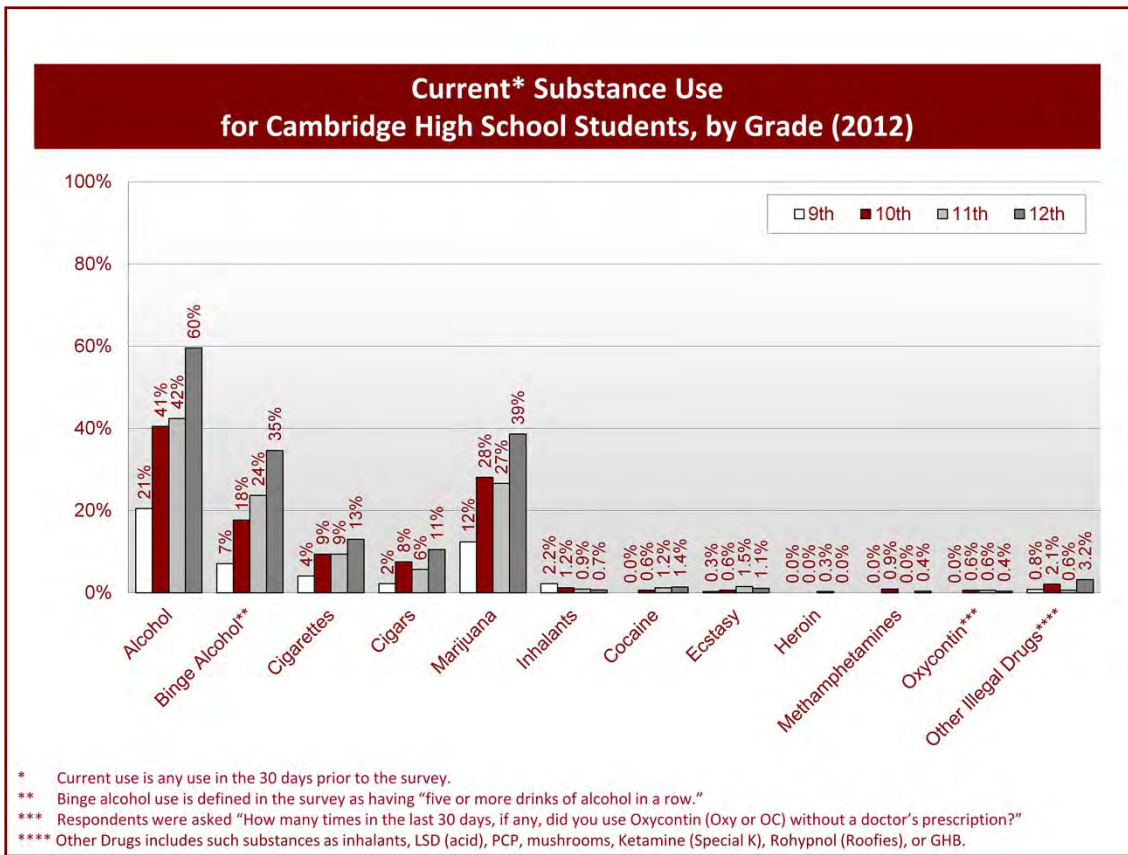
SELECTED POINTS

- 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 78% in 12th grade.
- Across almost all substances, the most noticeable differences were between 9th and 10th grade and between 11th and 12th grade, with 10th and 11th graders more similar to one another than to their younger and older peers. For example, lifetime use of marijuana was 22% among 9th graders, 44% among 10th graders, 44% among 11th graders, and 58% among 12th graders.
- Gender (not shown):** Females were more likely than males to report lifetime use of alcohol (females: 66%; males: 58%) and lifetime use of cigarettes (females: 28%; males: 26%). Males were more likely than females to report lifetime use of smokeless tobacco (males: 6%; females: 2%) and synthetic marijuana (males: 6%; females: 3%). Lifetime use of the other substances was either identical or similar across gender.



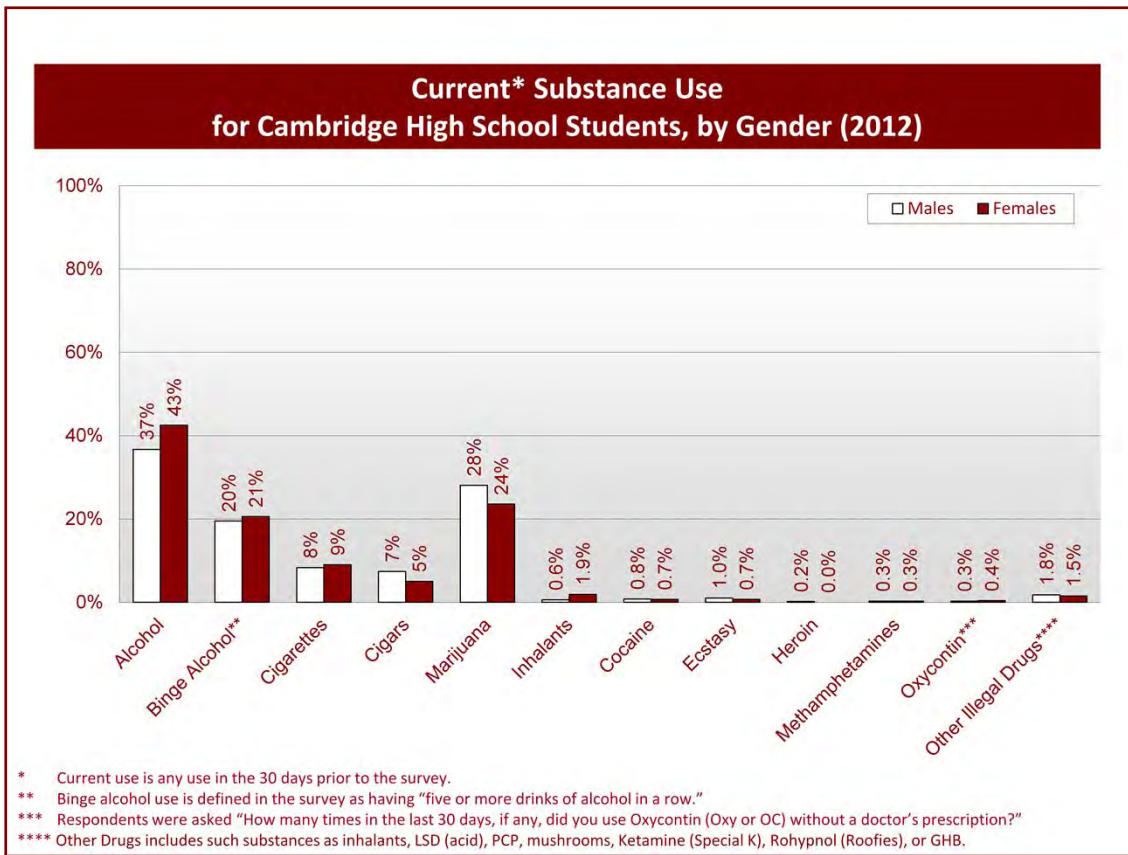
SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 40% of high school students reporting that they consumed alcohol in the 30 days prior to the survey.
- Twenty-one percent (20%) of all respondents reported binge drinking (consuming five or more drinks in a row) during the past 30 days.
- ***Half (50.1%) of youth who drank in the 30 days prior to the survey also reported binge drinking at least once in that same time period.***
- Respondents were much more likely to report current use of marijuana (26%) than cigarettes (9%) or cigars (6%).
- Fewer than 2% of respondents reported current use of smokeless tobacco (1.2%), synthetic marijuana (1.4%), inhalants (1.3%), cocaine (0.8%), ecstasy (0.8%), heroin (0.1%), methamphetamines (0.3%), Oxycontin – without a doctor’s prescription (0.4%), and other illegal drugs (1.6%).



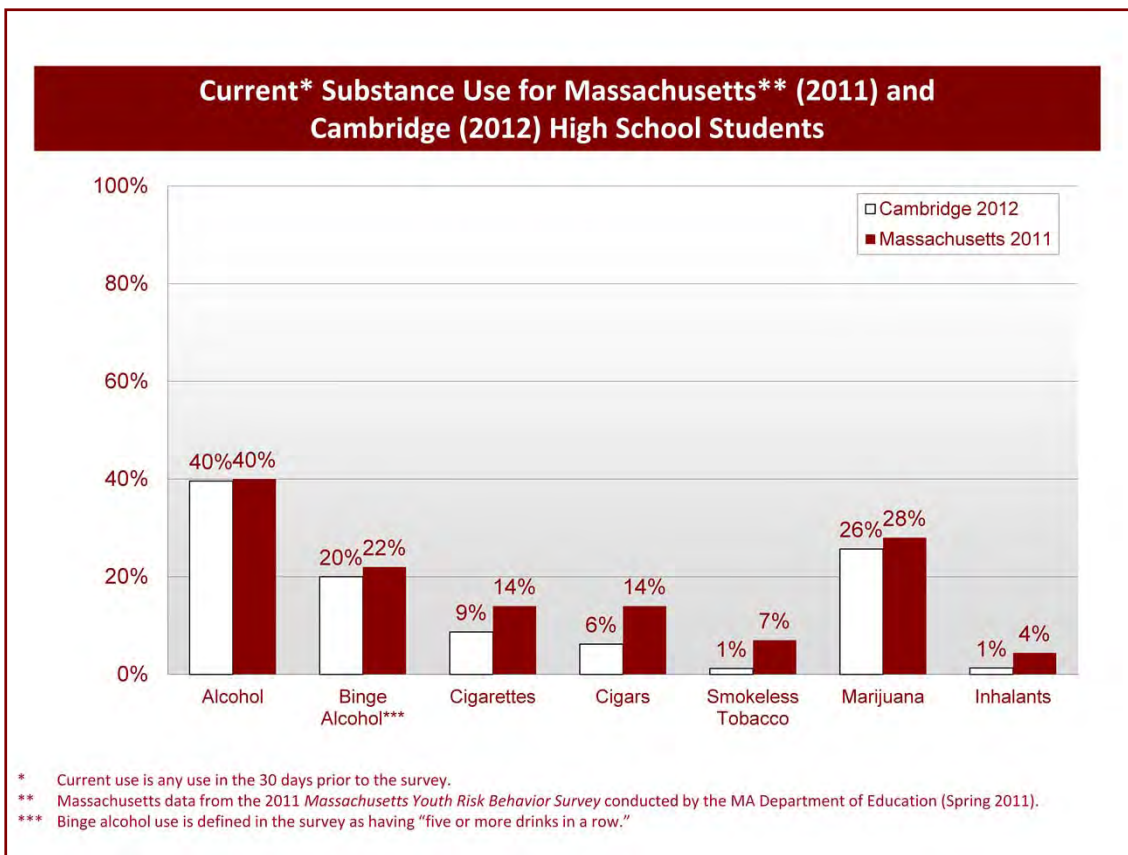
SELECTED POINTS

- 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 60% in 12th grade.
- The only real exception was for current use of inhalants, which was highest among 9th graders (2.2%) and declined in each subsequent grade to a low of 0.7% in 12th grade.
- Across almost all substances, the most noticeable differences were between 9th and 10th grade and between 11th and 12th grade, with 10th and 11th graders more similar to one another than to their younger and older peers. For example, current use of alcohol was 21% among 9th graders, 41% among 10th graders, 42% among 11th graders, and 60% among 12th graders.



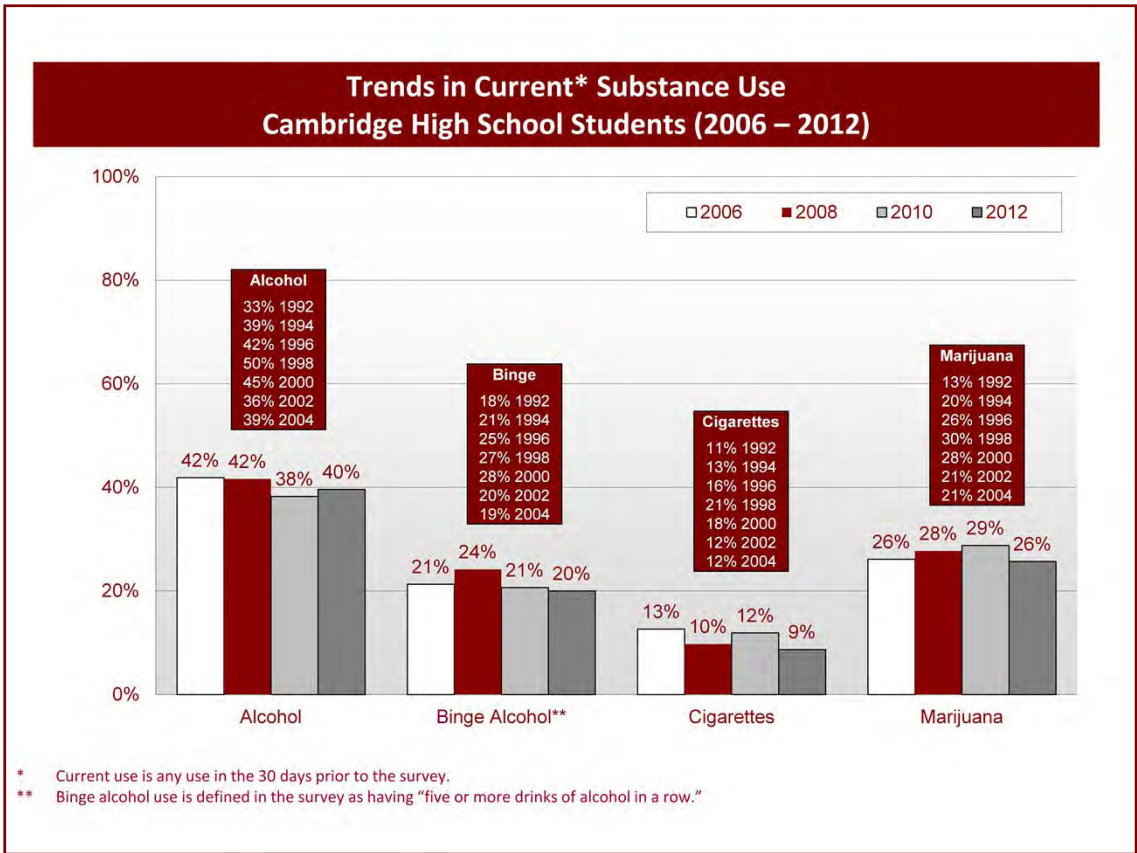
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- Cambridge high school males and females reported similar levels of current use for cigarettes, cocaine, ecstasy, heroin, methamphetamines, Oxycontin – without a doctor’s prescription, synthetic marijuana, and other illegal drugs. Current binge alcohol use and current inhalant use were also similar across gender.
- Males were more likely to report current use cigars (7.4% males; 5.0% females), smokeless tobacco (1.6% males; 0.6% females); and marijuana (28.1% males; 23.6% females).
- Females were more likely than males to report current use of alcohol (43% females; 37% males).



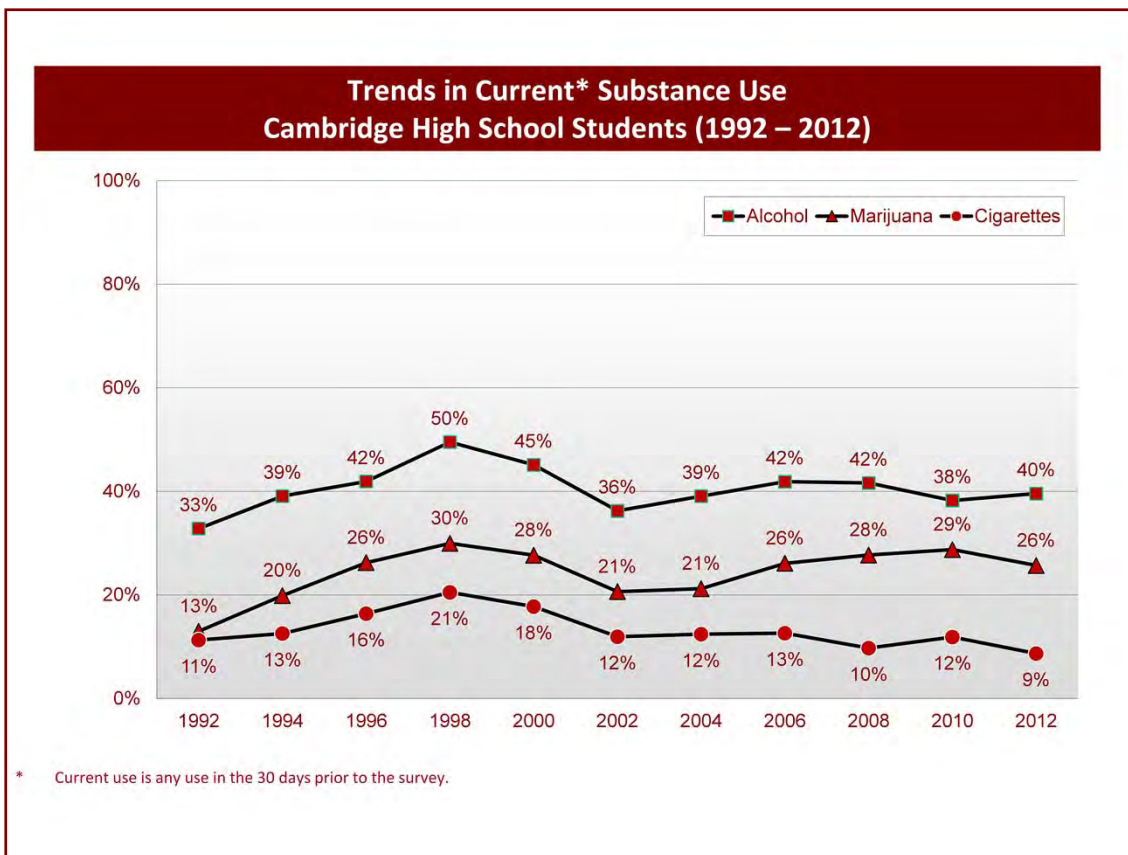
SELECTED POINTS

- Massachusetts high school data displayed here and elsewhere in this summary are from the 2011 Massachusetts Youth Risk Behavior Survey, which was implemented during the Spring of the 2011 school year.
- Available comparative data reveal **lower** rates of current substance use in Cambridge than statewide for binge alcohol (20% Cambridge, 22% MA), cigarettes (9% Cambridge, 14% MA), smokeless tobacco (1% Cambridge, 7% MA), marijuana (26% Cambridge, 28% MA), and inhalants (1% Cambridge, 4% MA).
- Current use of alcohol was identical in Cambridge (40%) and in Massachusetts as a whole (40%). The closing of this gap is the result of a marginal increase in Cambridge between 2010 (38%) and 2012 (40%) and a decreased from 44% to 40% in the state data. The Cambridge data in 2012 are still below the 42% levels seen in 2006 and 2008 in Cambridge.



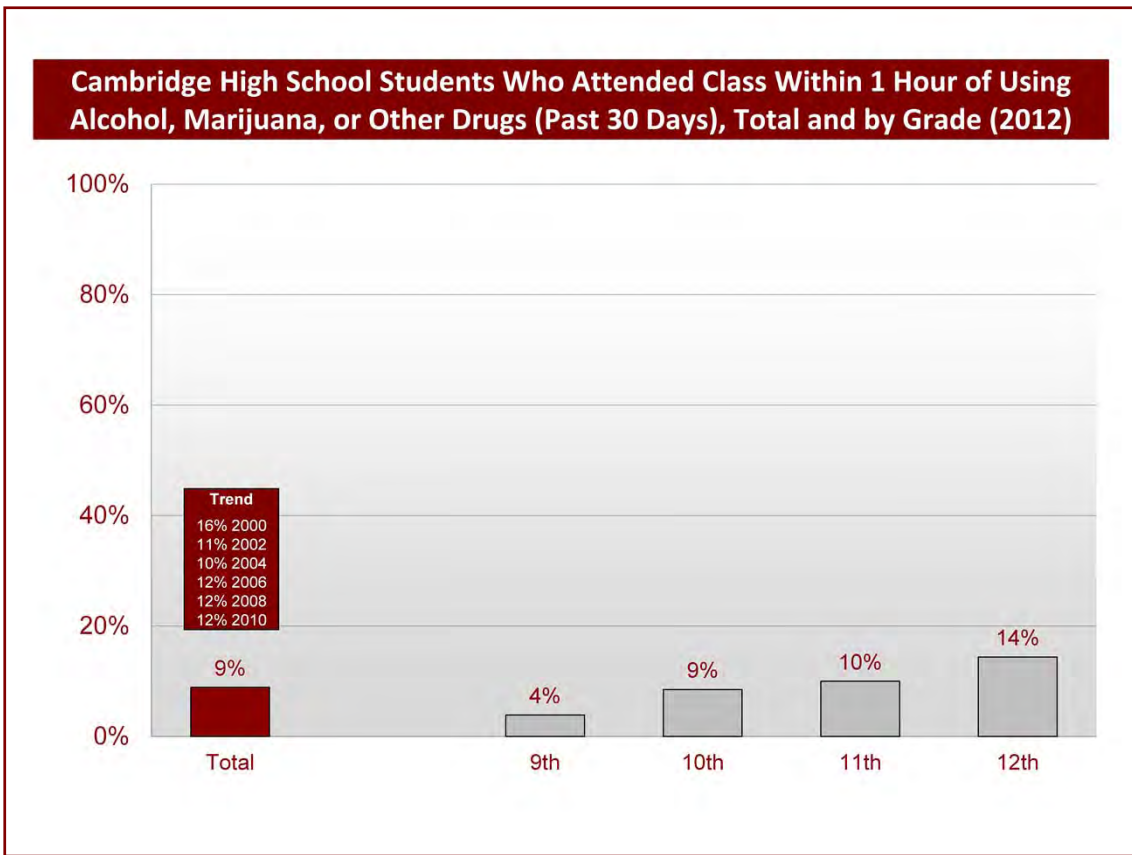
SELECTED POINTS

- The short-term trend for current substance use in Cambridge has shown little change between 2006 and 2012. Current alcohol use was up slightly in 2012 from 2010, but it still below the observed levels in 2006 and 2008. Binge alcohol use and current cigarettes use in 2012 were at their lowest levels in recent years. Current marijuana use in 2012 was down slightly to 2006 levels after a small increase in 2008 and 2010.



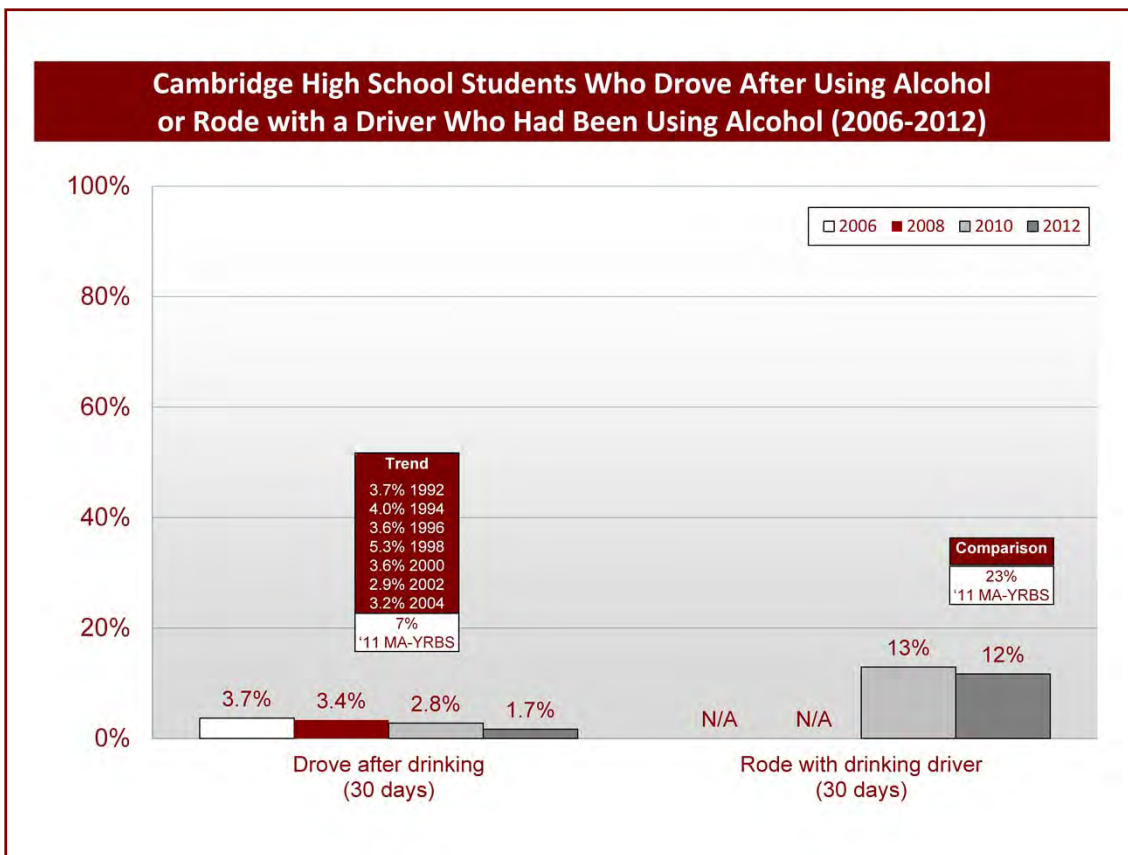
SELECTED POINTS

- Long-term 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%), declined in 2010 to 38%, and was up slightly to 40% in 2012.
- 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%. There was a small decline in 2012 back to 2006 levels (26%).
- Current **cigarette** use rose from 1992 (11%) to a high in 1998 (21%), declined between 2000 and 2008 to a low of 10%, rose slightly in 2010 to 12%, and declined to a low of 9% in 2012.
- Current use of **inhalants** (1.3%), **cocaine** (0.8%), **heroin** (0.1%), and **Oxycontin** (0.4%) have remained low over time.



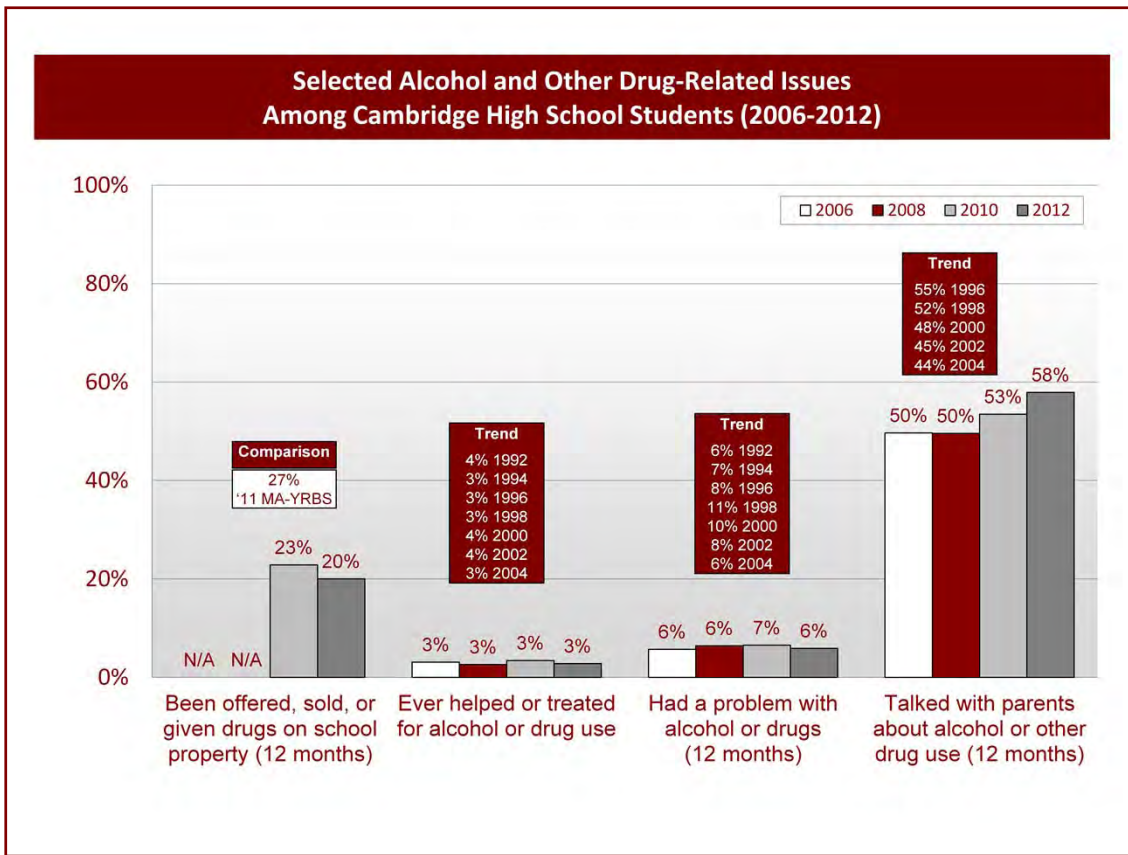
SELECTED POINTS

- Nine percent (9%) of Cambridge high school students reported in 2012 that they attended class within one hour of using alcohol, marijuana, or other drugs at least once in the 30 days prior to the survey.
- **Trends:** The percentage of Cambridge high school students who reported attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days was at a low of 9% in 2012 from a high of 16% in 2000.
- **Gender:** There was no difference by gender in reports of attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days (males: 9%, females: 9%).
- **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: 4%, 10th: 9%, 11th: 10%, 12th: 14%).



SELECTED POINTS

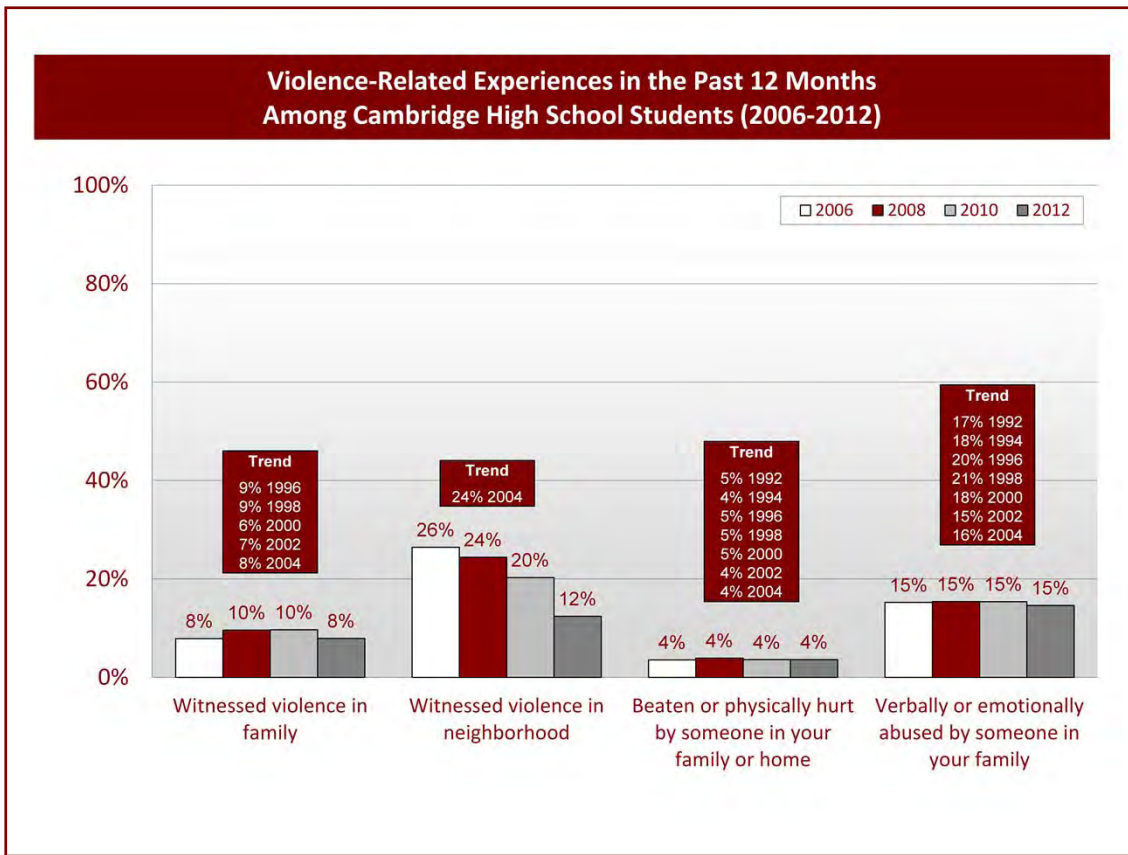
- Two percent of Cambridge high school students in 2012 reported driving after drinking alcohol and 12% reported riding with a driver who had been drinking in the past 30 days.
- **Trends:** The percentage of Cambridge high school students who reported driving after using alcohol peaked at 5.3% in 1998 and was at a low of 1.7% in 2012. 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, long-term trend data could not be calculated for this item.
- **Comparisons:** Cambridge high school students in 2012 were less likely than Massachusetts students in 2011 to report driving after drinking (2% Cambridge, 7% MA) and riding with a driver who had been drinking (12% Cambridge, 23% MA). *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** Males and females were equally likely to report driving after drinking (males: 2%; females: 1%). Females were more likely than males to report riding with a drinking driver in the past 30 days (females: 14%; males: 10%).
- **Grade:** The percentage of students who reported driving after drinking (9th: 1%, 10th: 1%, 11th: 2%, 12th: 3%) and riding with a driver who had been drinking (9th: 6%, 10th: 13%, 11th: 14%, 12th: 15%) both tended to increase with age/grade.



SELECTED POINTS

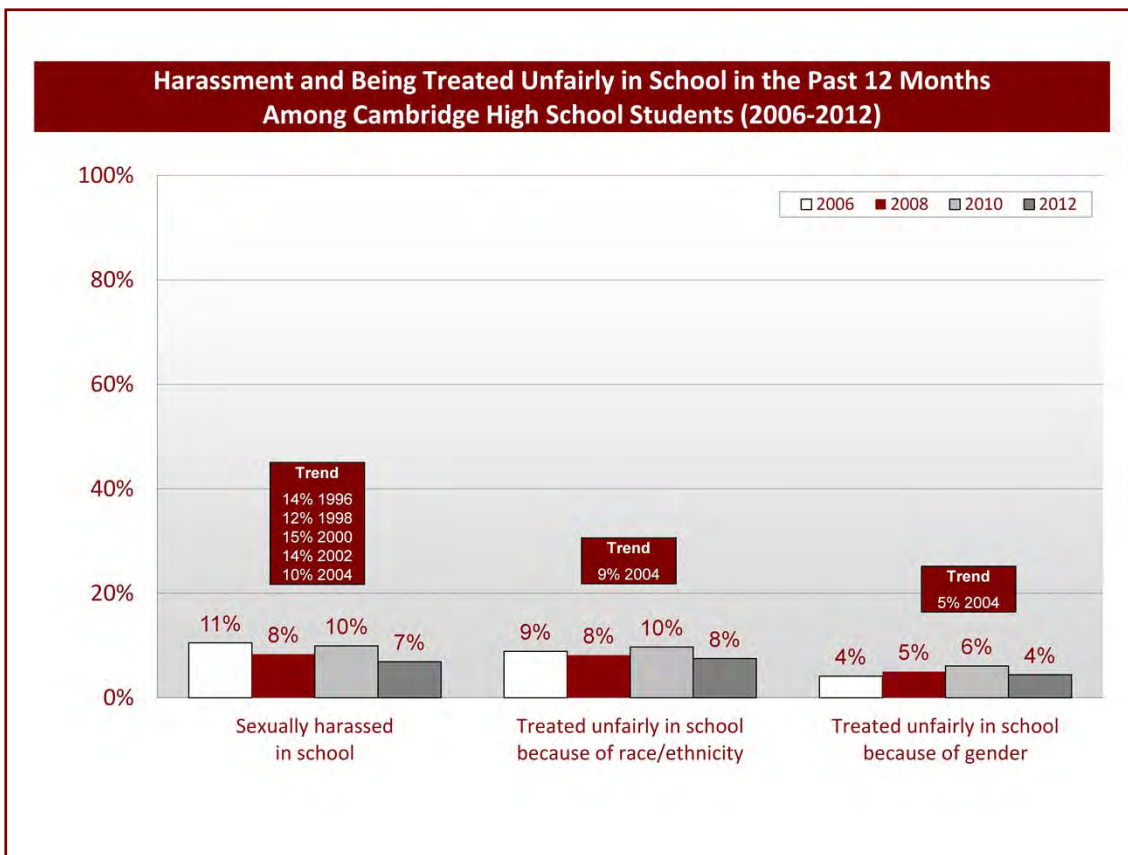
- Twenty percent (20%) of Cambridge high school students reported in 2012 that they had been offered, sold, or given an illegal drug on school property in the past 12 months, 3% had ever been helped or treated for alcohol or drug use, 6% had a problem with alcohol or drugs in the past 12 months, and 58% had talked with their parents about alcohol or other drug use in the past 12 months.
- **Trends:** The percentage of students who reported that they had been offered, sold, or given an illegal drug on school property in the past 12 months declined slightly between 2010 (23%) and 2012 (20%). 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 2012 (58%). Data on the other variables have been stable between 2006 and 2012.
- **Comparisons:** Cambridge high school students in 2012 were less likely than Massachusetts students in 2011 to report having been offered, sold, or given drugs on school property in the past 12 months (20% Cambridge, 27% MA).
- **Gender:** Males were slightly 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 (21% males, 19% females). Females were more likely than males to report that they talked with their parents about alcohol or other drug use in the past 12 months (females: 60%, males: 55%).
- **Grade:** Students who reported that they had a problem with alcohol or drugs in the past 12 months and were offered, sold, or given an illegal drug on school property in the past 12 months both tended to increase with age/grade. There were no consistent patterns by grade for any of the other items.

Violence and Safety



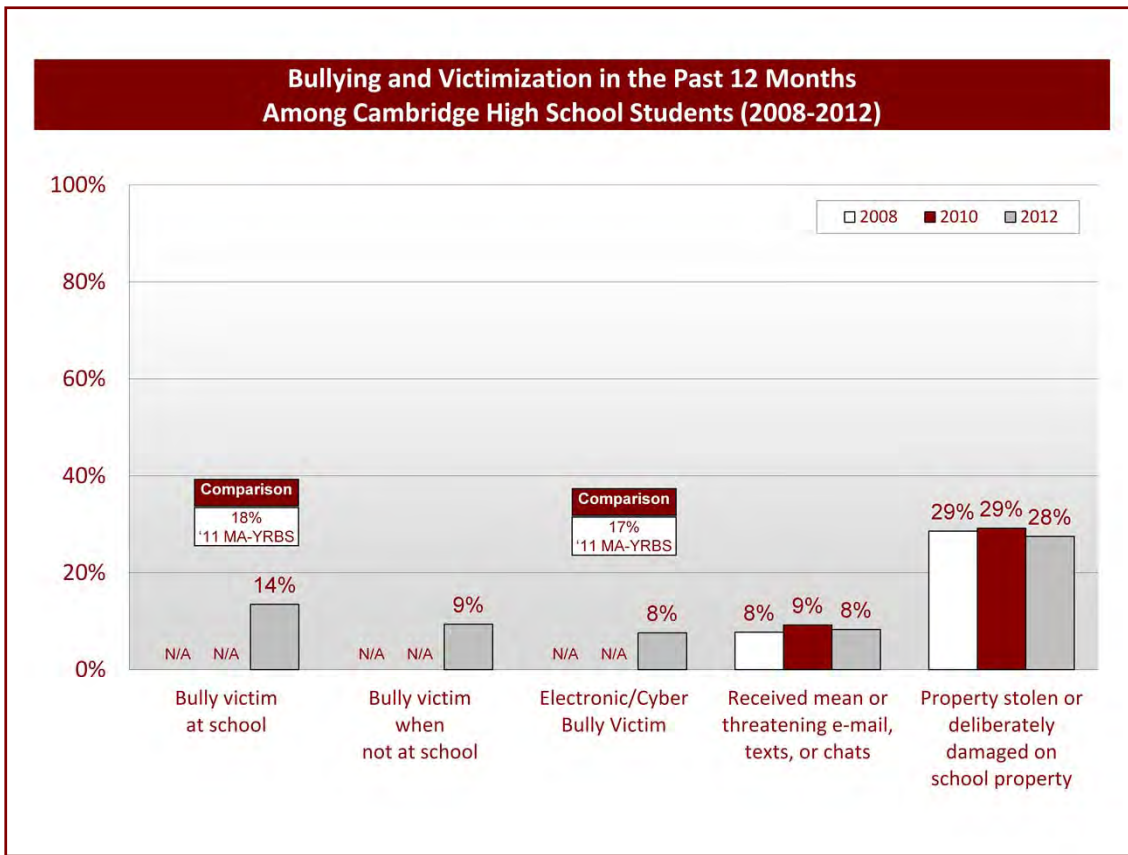
SELECTED POINTS

- Eight percent (8%) of Cambridge high school students in 2012 reported that they witnessed violence in their family in the past 12 months, 12% 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 have been stable at between 8% and 10% over time. Witnessing violence in the neighborhood was down from a high of 26% in 2006 to a low of 12% in 2012. Reports of being beaten or physically hurt by someone in the family or at home have been stable over time at about 4%. Receiving verbal or emotional abuse from someone in the family was down from a high of 21% in 1998 to a low of 15% since about 2002.
- **Gender:** Males were more likely than females to report that they witnessed violence in their neighborhood in the past 12 months (males: 15%, females: 10%). Females were more likely than males to report witnessing violence in the family (females: 9%, males: 7%), being beaten or physically hurt by someone in their family or home (females: 5%, males: 2%), and being verbally or emotionally abused by someone in their family (females: 21%, males: 7%).
- **Grade:** Reports of witnessing violence in the family decreased slightly by age/grade from 9% in 9th grade to 6% in 12th grade. Reports of being verbally or emotionally abused by someone in the family increased slightly by age/grade from 13% in 9th grade to 17% in 12th grade. There were no consistent patterns for any of the other items by age/grade.



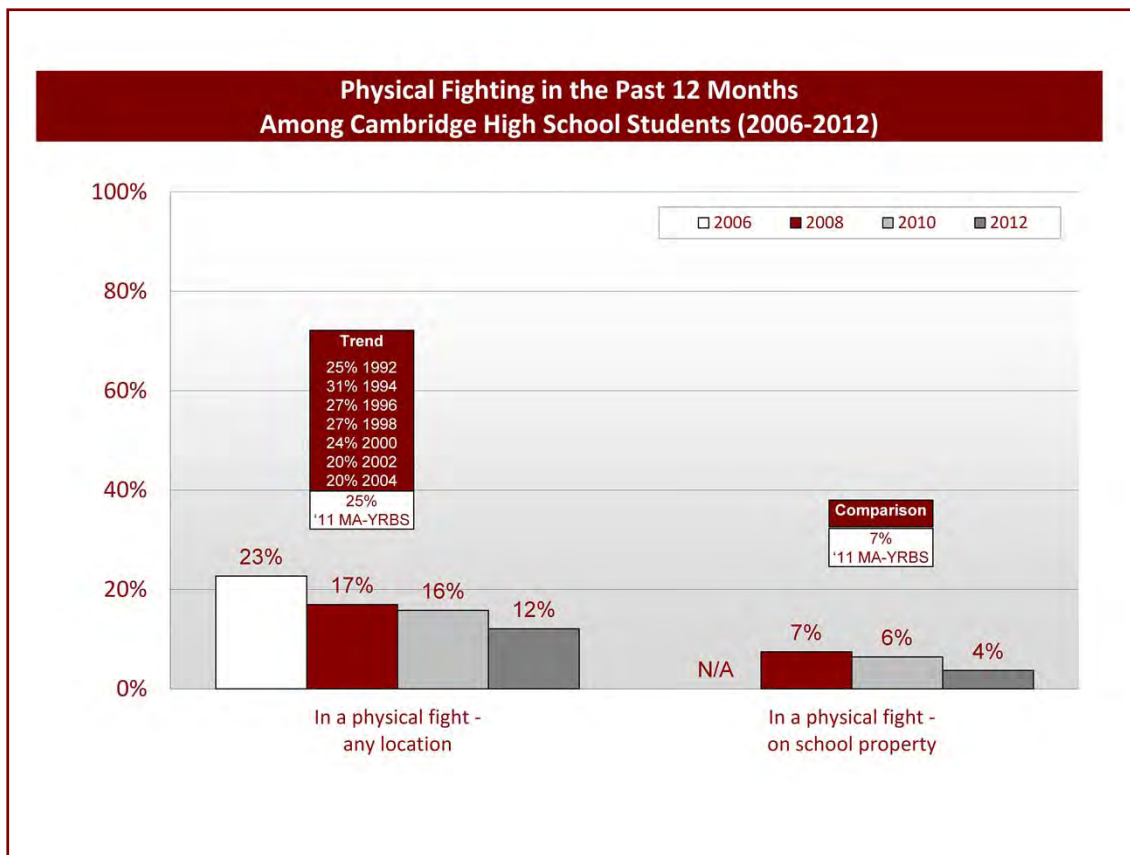
SELECTED POINTS

- Seven percent (7%) of Cambridge high school students reported in 2012 that they were sexually harassed in school in the past 12 months, 8% felt they were treated unfairly in school because of their race/ethnicity, and 4% felt they were treated unfairly in school because of their gender.
- **Trends:** Reports of being sexually harassed in school peaked at 15% in 2000 and were at a low of 7% in 2012. Reports of being treated unfairly in school because of race/ethnicity or gender have been largely stable over time.
- **Gender:** Females were more likely than males to report being sexually harassed in school (females: 11%, males: 2%) and treated unfairly in school because of gender (females: 5%, males: 3%).
- **Grade:** Reports of being treated unfairly in school because of race/ethnicity (9th: 5%, 10th: 7%, 11th: 9%, 12th: 10%) and being treated unfairly in school because of gender (9th: 3%, 10th: 3%, 11th: 6%, 12th: 6%) both increased by age/grade.



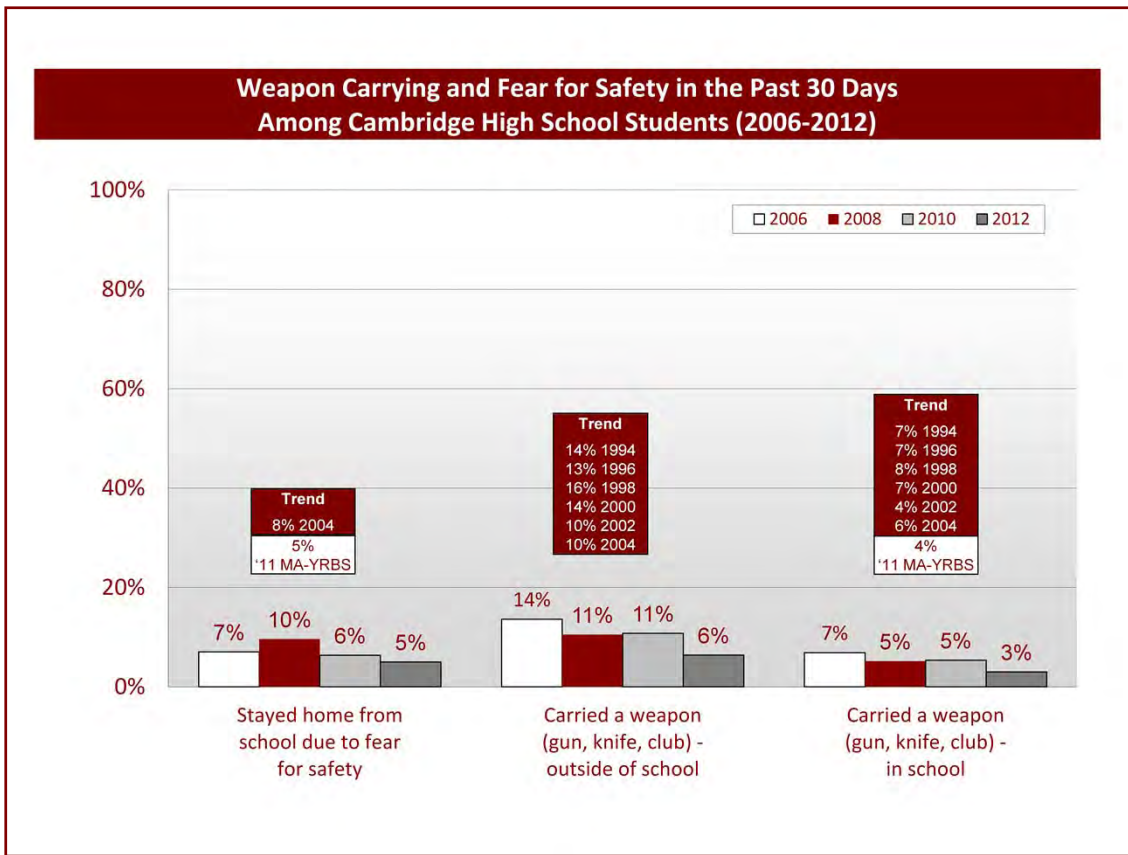
SELECTED POINTS

- Being bullied includes, “being repeatedly teased, called names, threatened, hit, kicked, or excluded by another student or group of students.” Electronic/Cyber Bullying includes, “being bullied through e-mail, instant messaging, social networking sites such as Facebook, Twitter or Myspace, or texting.”
- Fourteen percent (14%) of Cambridge high school students in 2012 reported being bullied at school in the past 12 months, 9% were bullied when not at school, 8% were electronically bullied or cyber bullied, 8% received mean or threatening e-mail, text messages, or chats, and 28% had their property stolen or deliberately damaged on school property.
- **Trends:** There has been little change in any of these items over time, when available.
- **Comparisons:** Cambridge high school students in 2012 were less likely than Massachusetts students in 2011 to report being bullied at school (14% Cambridge, 18% MA) or being cyber bullied (8% Cambridge, 17% MA).
- **Gender:** Females were more likely than males to report being bullied at school (15% females, 11% males), being bullied when not at school (11% females, 7% males), being cyber bullied (11% females, 4% males), and receiving mean or threatening e-mail, texts, or chats (11% females, 5% males).
- **Grade:** Reports of being bullied at school decreased with age/grade (9th: 17%, 10th: 15%, 11th: 11%, 12th: 12%). There was no consistent pattern to any of the other data by age/grade.



SELECTED POINTS

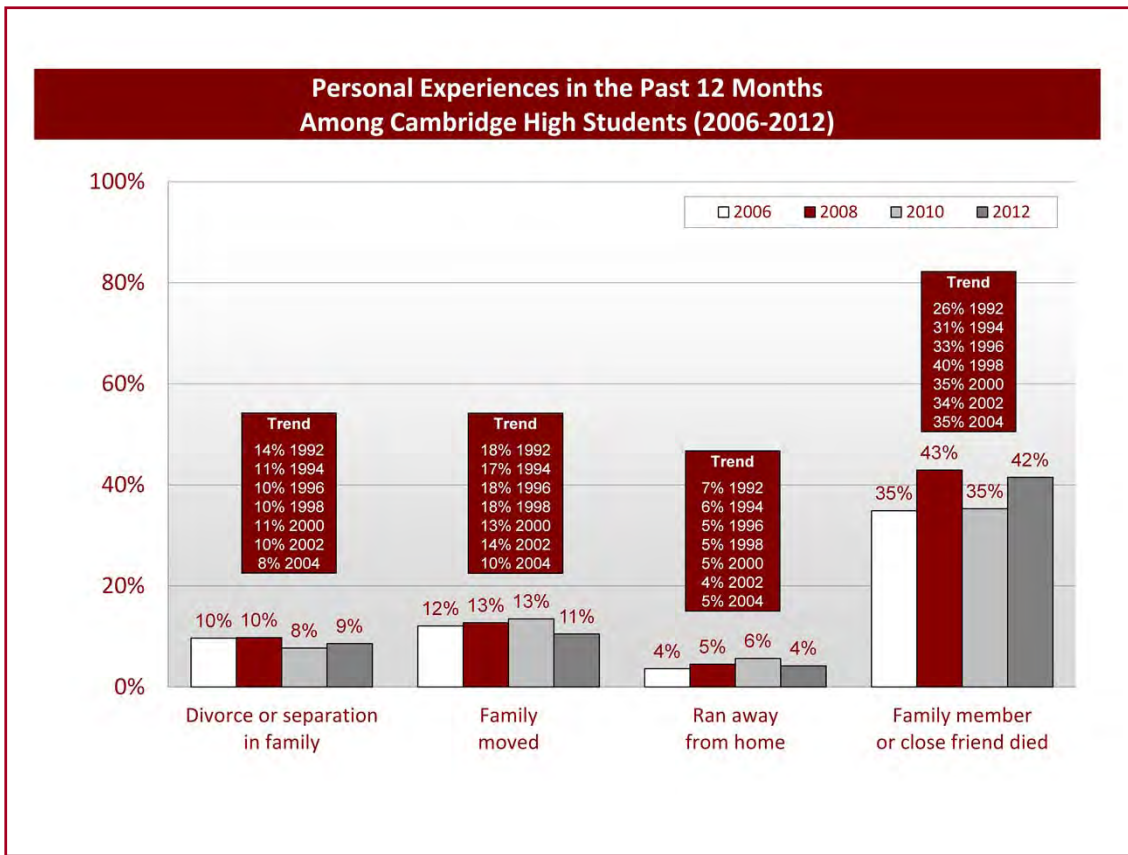
- Twelve percent (12%) of Cambridge high school students in 2012 reported that they were in a physical fight in any location in the past 12 months and 4% reported that they were in a physical fight on school property in the past 12 months.
- **Trends:** Physical fighting in any location was down from a high of 31% in 1994 to a low of 12% in 2012. Physical fighting on school property in the past 12 months was stable between 2008 (7%) and 2010 (6%) and down to 4% in 2012.
- **Comparisons:** Cambridge high school students in 2012 were less likely than Massachusetts students in 2011 to report physical fighting in any location in the past 12 months (Cambridge: 12%, MA: 25%) or fighting on school property (Cambridge: 4%, MA: 7%). *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** Males were more likely than females to report fighting in any location (males: 17%, females: 8%) or on school property (males: 6%, females: 1%).
- **Grade:** There were no consistent patterns by age/grade for either of these items.



SELECTED POINTS

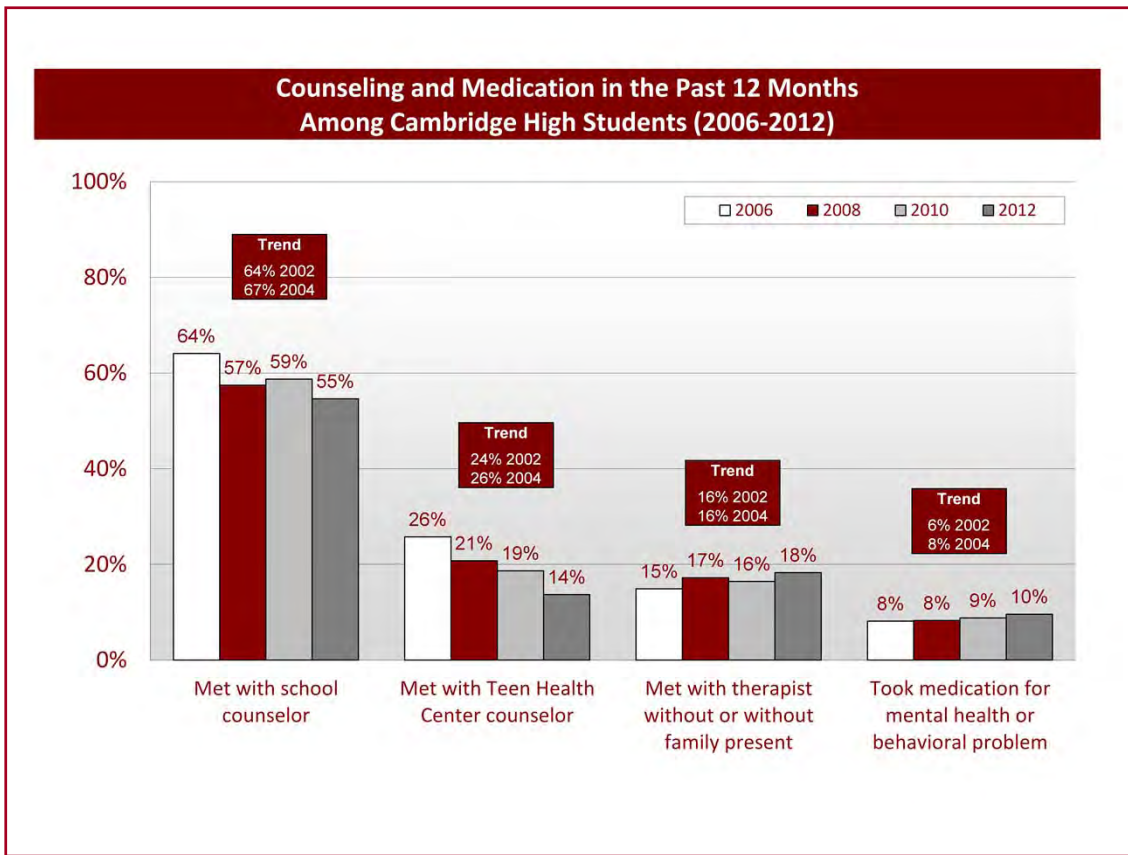
- Five percent (5%) of Cambridge high school students in 2012 reported that they stayed home from school due to fear for safety in the past 30 days, 6% carried a weapon outside of school, and 3% carried a weapon in school.
- **Trends:** Reports of staying home from school due to fear for safety peaked in 2008 at 10% and were at a low of 5% in 2012. Reports of carrying a weapon outside of school peaked at 16% in 1998 and were at a low of 6% in 2012. Reports of carrying a weapon in school peaked in 1998 at 7% and were at a low of 3% in 2012.
- **Comparisons:** Cambridge high school students in 2012 and Massachusetts students in 2011 were equally likely to stay home from school out of fear for safety (Cambridge: 5%, MA: 5%) and were similar to Massachusetts students in reports of carrying a weapon on school property (Cambridge: 3%, MA: 4%). *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** Males were more likely than females to report carrying a weapon both in school (males: 5%; females: 2%) and outside of school (males: 11%, females: 2%).
- **Grade:** Data on these variables were largely consistent across age/grade.

Mental Health



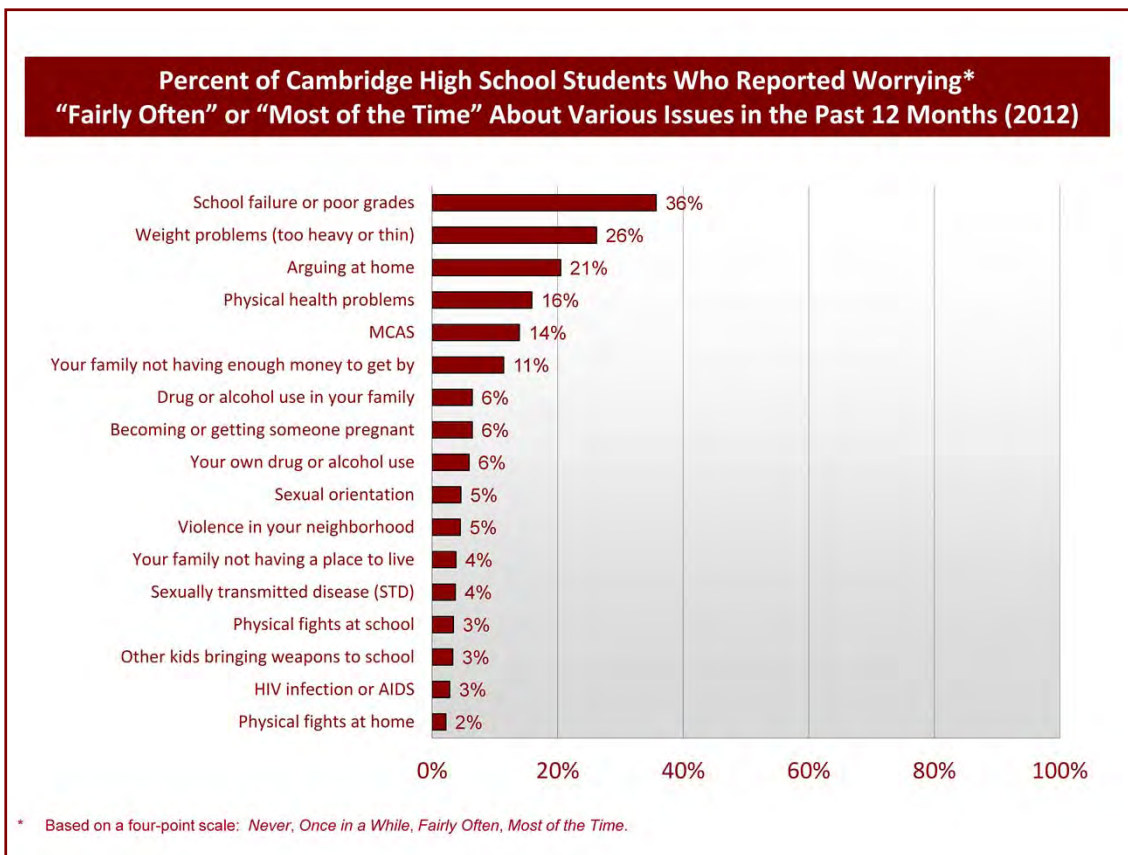
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- Nine percent (9%) of Cambridge high school students in 2012 reported that there was a divorce or separation in their family in the past 12 months, 11% reported that their family moved in the past 12 months, 4% ran away from home, and 42% had a family member or close friend die.
- **Trends:** These four items have been largely stable over time, particularly in recent years. The only exception was for reports of a family member or close friend dying in the past 12 months, which has gone up and down over time .
- **Gender:** Females were more likely than males to report that they ran away from home in the past 12 months (females: 6%; males: 3%) and that they had a family member or close friend die in the past 12 months (females: 44%, male: 39%).
- **Grade:** There were no consistent effects by age/grade for any of these items.



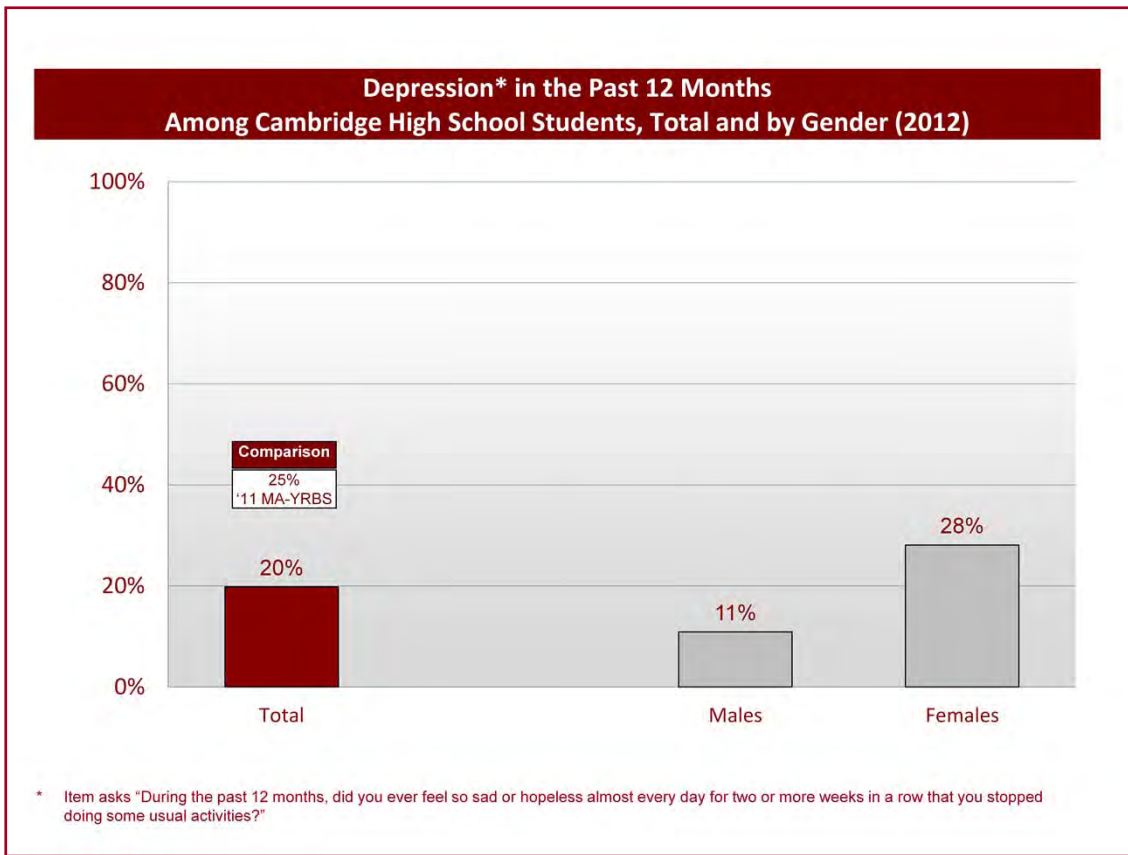
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- Fifty-five percent (55%) of Cambridge high school students in 2012 reported that they met with a school counselor in the 12 months prior to the survey, 14% met with a Teen Health Center counselor, 18% met with a therapist with or without their family present, and 10% took medication for mental health or behavioral problems.
- **Trends:** Reports of meeting with a school counselor peaked at 67% in 2004 and were at 55% in 2012. Reports of meeting with a Teen Health Center counselor peaked at 26% in 2006 and were at a low of 14% in 2012. 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 10% in 2012.
- **Gender:** Males were more likely than females to report meeting with a school counselor (males: 58%, females: 51%). Females were more likely to report meeting with a Teen Health Center counselor (females: 18%, males: 9%) or with a therapist (females: 23%, 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 therapist, which increased with age/grade (9th: 15%, 10th: 18%, 11th: 18%, 12th: 23%).



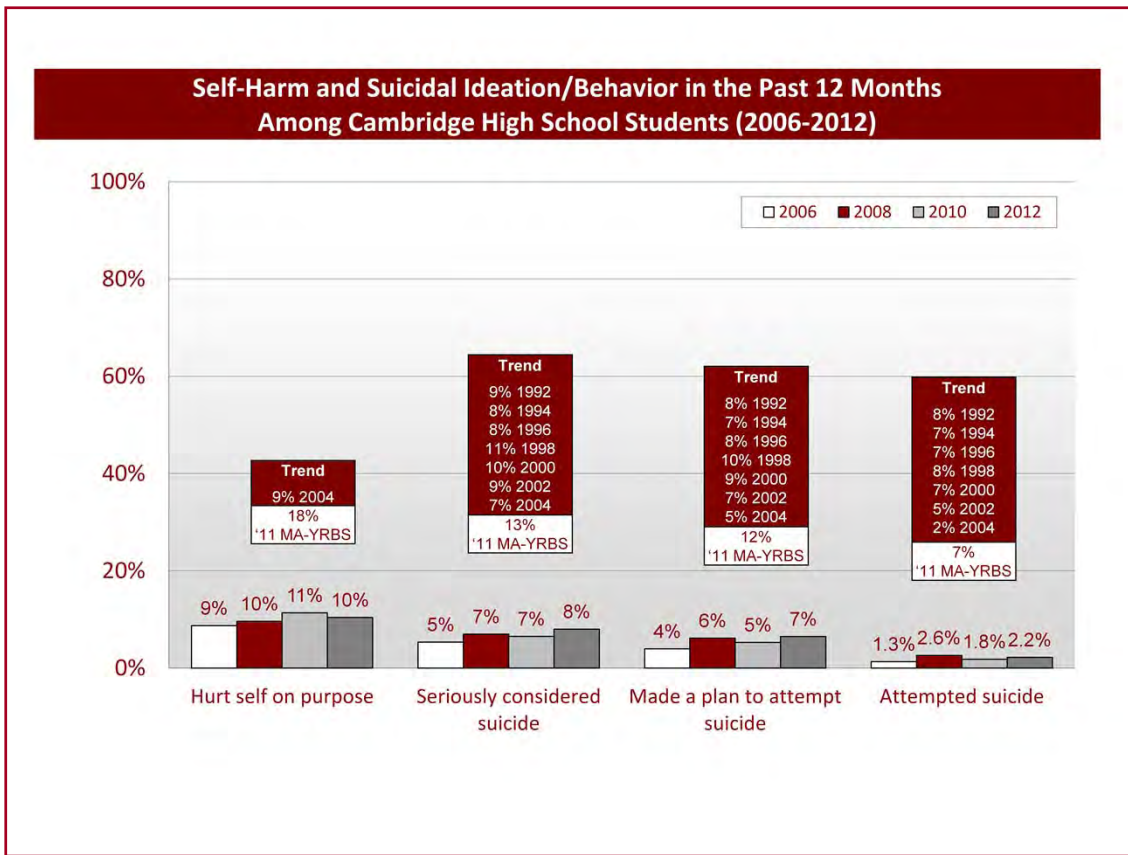
SELECTED POINTS

- Students were asked to report how much they worried about various issues in the past 12 months using a four-point scale: *Never, Once in a While, Fairly Often, Most of the Time.* The chart above shows the percentage of students who reported worrying about these issues “fairly often” or “most of the time.”
- Cambridge high school students in 2012 reported worrying the most about school failure or poor grades (36%), weight problems (26%), arguing at home (21%), physical health problems (16%), MCAS (14%), and their family not having enough money to get by (11%).
- **Trends:** The only item that changed considerably between 2010 and 2012 was worrying about MCAS, which declined from 25% in 2010 to 14% in 2012.
- **Gender:** Female respondents were more likely than males to report worrying about almost all of these items. The difference was largest for: weight problems (39% vs. 12%) and school failure or poor grades (41% vs. 30%).
- **Grade:** Differences on the worrying items were both small and inconsistent across age/grade. The exceptions was worrying about MCAS (9th: 20%, 10th: 24%, 11th: 7%, 12th: 3%), which decreased with age/grade.



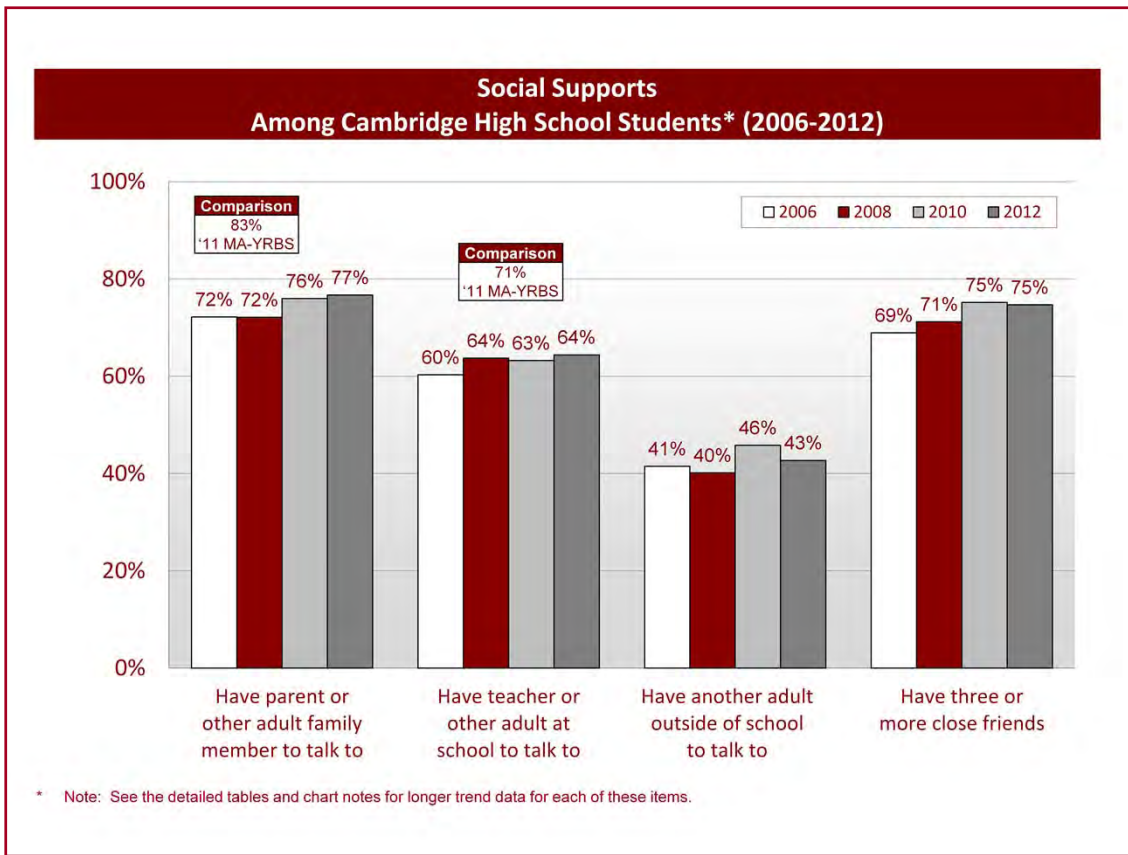
SELECTED POINTS

- In 2012, one in five Cambridge high school students (20%) 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.
- **Trends:** Reports of depression in the past 12 months were down slightly from 22% in 2010 to 20% in 2012.
- **Comparisons:** Fewer Cambridge students in 2012 reported that they felt depressed in the past 12 months than Massachusetts students in 2011 (Cambridge: 20%, Massachusetts: 25%). *MA data from the 2011 Massachusetts Youth Risk Behavior Survey.*
- **Gender:** Cambridge high school female students in 2012 were much more likely than their male counterparts to report feeling depressed (28% females vs. 11% males).
- **Grade:** Reports of depression increased with age/grade (9th: 14%, 10th: 18%, 11th: 22%, 12th: 27%).



SELECTED POINTS

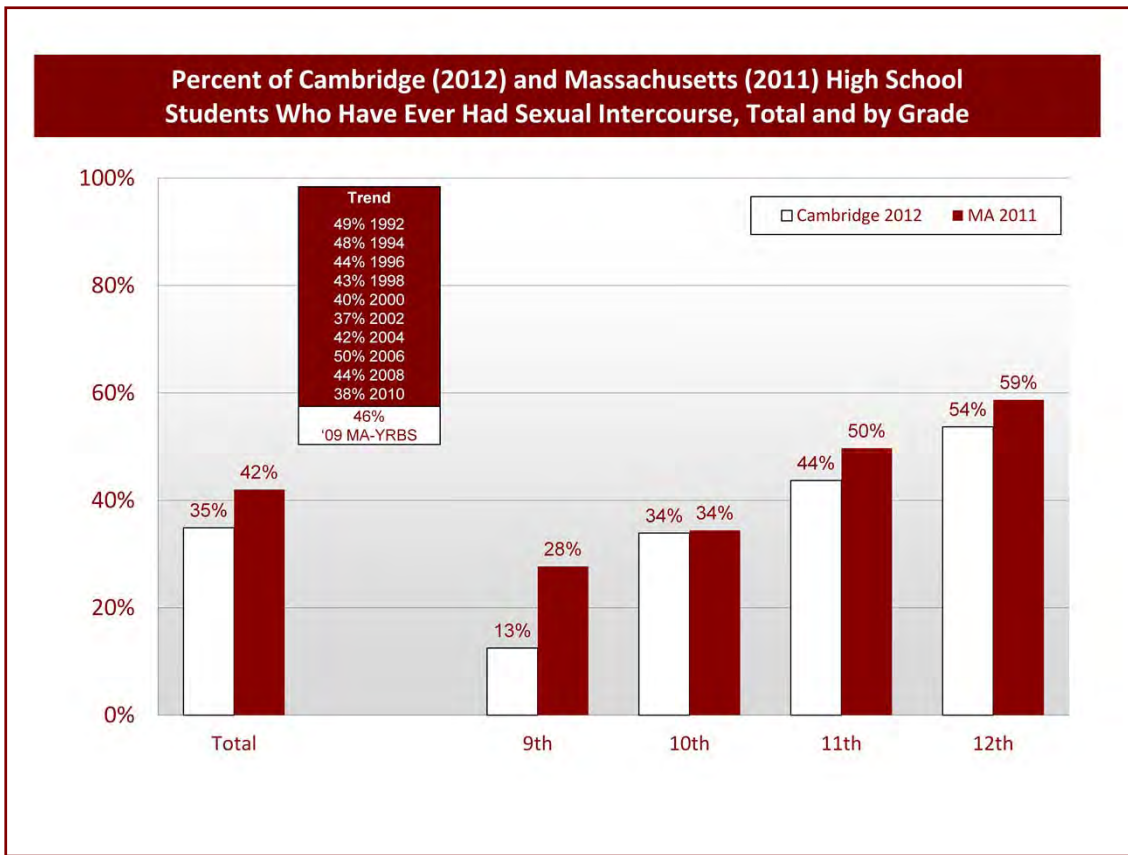
- Ten percent (10%) of Cambridge high school students in 2012 reported hurting themselves on purpose in the past 12 months, 8% seriously considered suicide, 7% made a plan to attempt suicide, and 2.2% actually attempted suicide.
- **Trends:** Reports of hurting oneself on purpose have been stable over time at about 10%. Reports of seriously considering suicide peaked in 1998 at 11% and were at 8% in 2012. The percentage of students who reported that they made a plan to attempt suicide peaked at 10% in 1998 and were at 7% in 2012. Reports of actually attempting suicide have dropped from a high of 8.2% in 1992 to 2.2% in 2012.
- **Comparisons:** Cambridge students in 2012 were much less likely than Massachusetts students in 2011 to report each of these behaviors: hurt self on purpose (10% Cambridge, 18% MA), seriously considered (Cambridge: 8%, MA: 13%), made a plan (Cambridge: 7%, MA: 12%), attempted suicide (Cambridge: 2.2%, MA: 7%).
- **Gender:** Females were more likely than males to report each of these behaviors: hurt self on purpose (15% vs. 5%), seriously considered (11% vs. 5%), made a plan (9% vs. 4%), attempted suicide (1.5% vs. 2.8%).
- **Grade:** There were no consistent differences on these items by age/grade.



SELECTED POINTS

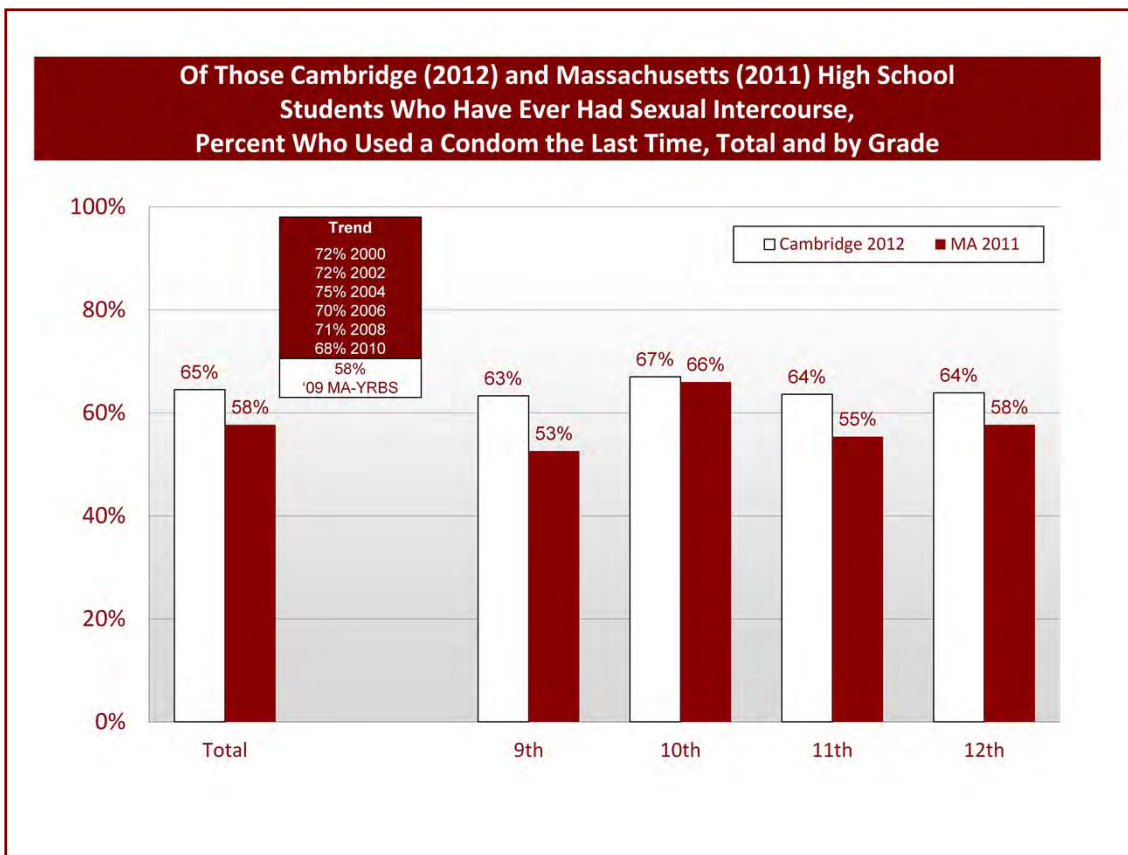
- Seventy-seven percent (77%) of Cambridge high school students in 2012 reported having a parent or other adult family member to talk to about important issues, 64% had a teacher or other school adult to talk to, 43% had another adult outside of school (not a family member) to talk to, and 75% had three or more close friends.
- **Trends:** Between 2004 and 2012 there was an increase in the proportion of students who reported having a family adult to talk to and three or more close friends. The proportion of students who reported having a teacher to talk to about important issues or an adult outside of school have been more stable over time.
- **Comparisons:** Cambridge students in 2012 were less likely than Massachusetts students in 2011 to report having a family adult member to talk to about important issues (77% Cambridge, 83% MA) or a teacher or other school adult to talk to (Cambridge: 64%, MA: 71%).
- **Gender:** Males and females were similar on each of these items.
- **Grade:** Reports of having a school adult (9th: 60%, 10th: 58%, 11th: 67%, 12th: 74%) and an adult outside of school to talk to about important issues (9th: 40%, 10th: 40%, 11th: 43%, 12th: 50%) each increased with age/grade.

Sexual Behavior



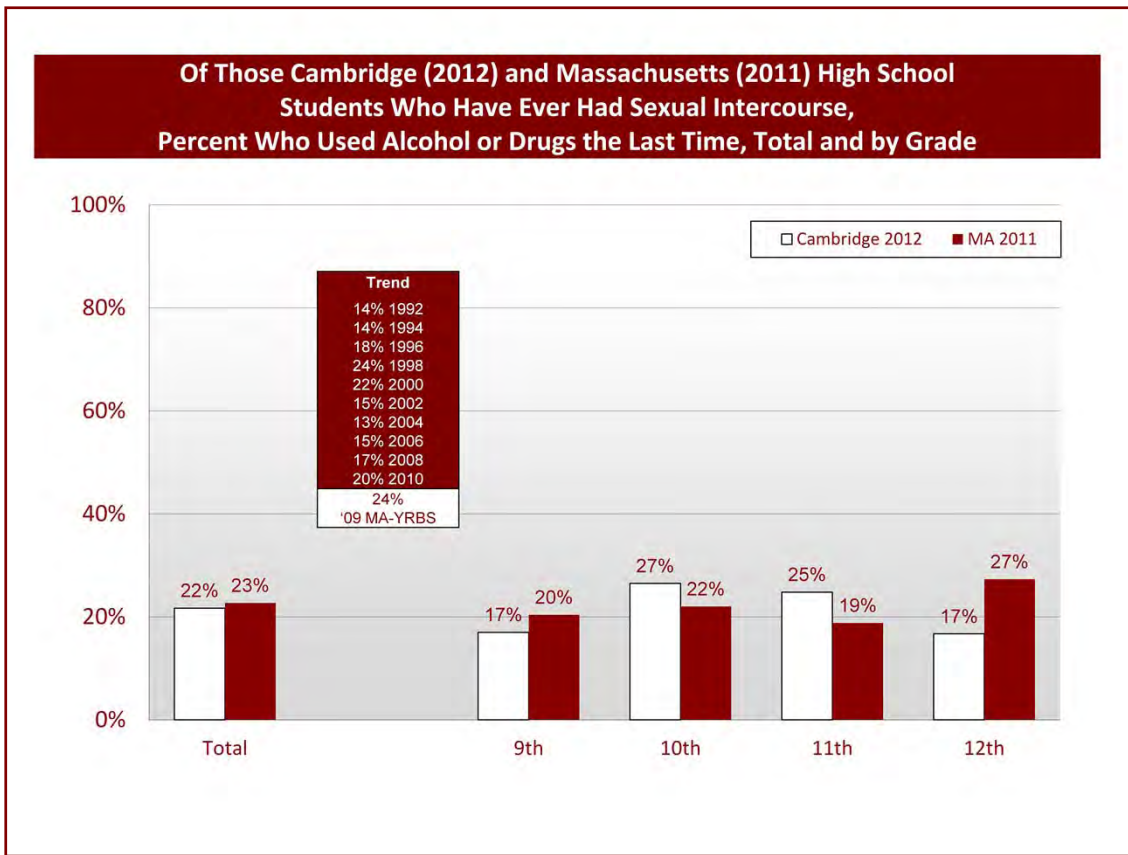
SELECTED POINTS

- Thirty-five percent of Cambridge high school students in 2012 reported ever having sexual intercourse: 13% of 9th graders, 34% of 10th graders, 44% of 11th graders, and 54% of 12th graders.
- **Trends:** The percentage of Cambridge high school students who reported ever having sexual intercourse decreased from a high of 50% in 2006 to a low of 35% in 2012.
- **Comparisons:** Cambridge high school students in 2012 were less likely than MA high school students in 2011 to report that they ever had sexual intercourse (Cambridge: 35%, MA: 42%). This was particularly the case among 9th graders (Cambridge: 13%, MA: 28%).
- **Gender:** Cambridge males were more likely than females to report ever having had sexual intercourse (males: 38%, females: 32%).



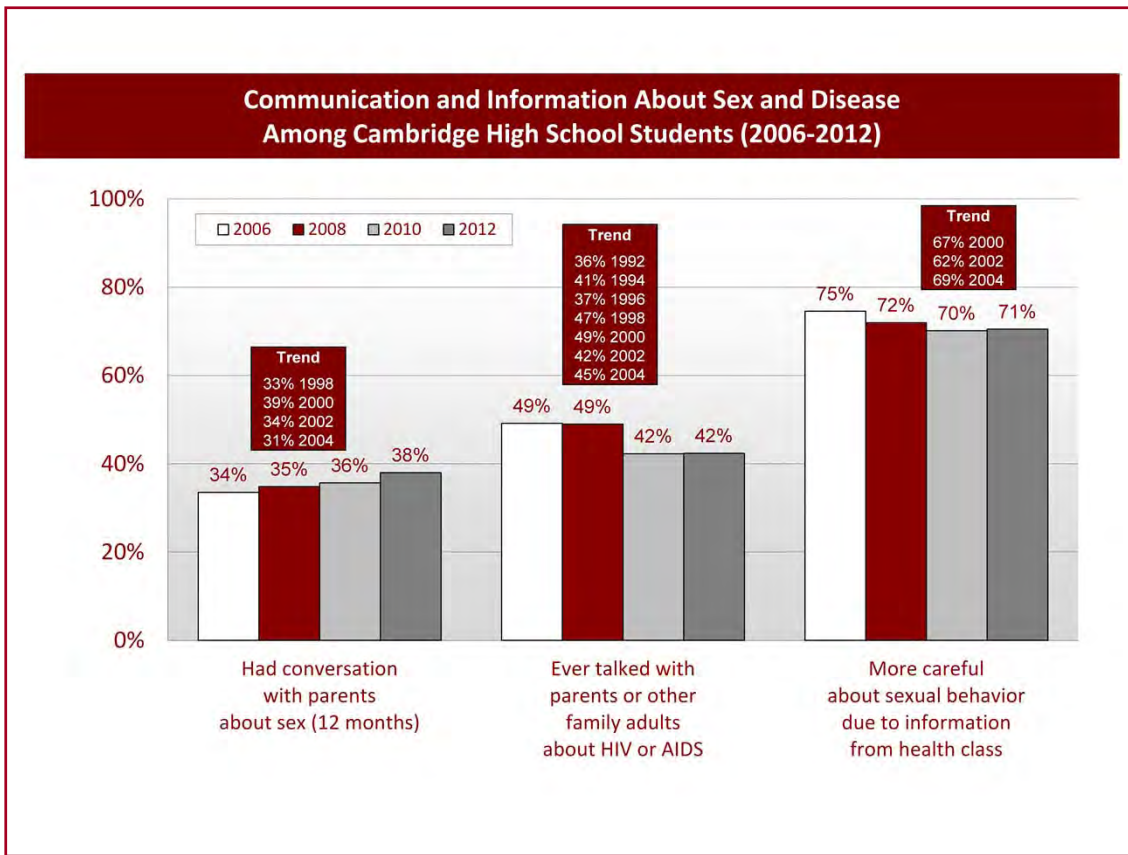
SELECTED POINTS

- Sixty-five percent (65%) of sexually active Cambridge high school students in 2012 reported that they or their partner used a condom the last time they had sexual intercourse: 63% of 9th graders, 67% of 10th graders, 64% of 11th graders, and 64% 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 65% in 2012.
- **Comparisons:** Sexually active Cambridge high school students in 2012 were more likely than sexually active Massachusetts high school students in 2011 to report that they or their partner used a condom the last time they had sexual intercourse (Cambridge: 65%, MA: 58%). This was particularly the case among 9th graders (Cambridge: 63%, MA: 53%).
- **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: 70%, females: 58%).



SELECTED POINTS

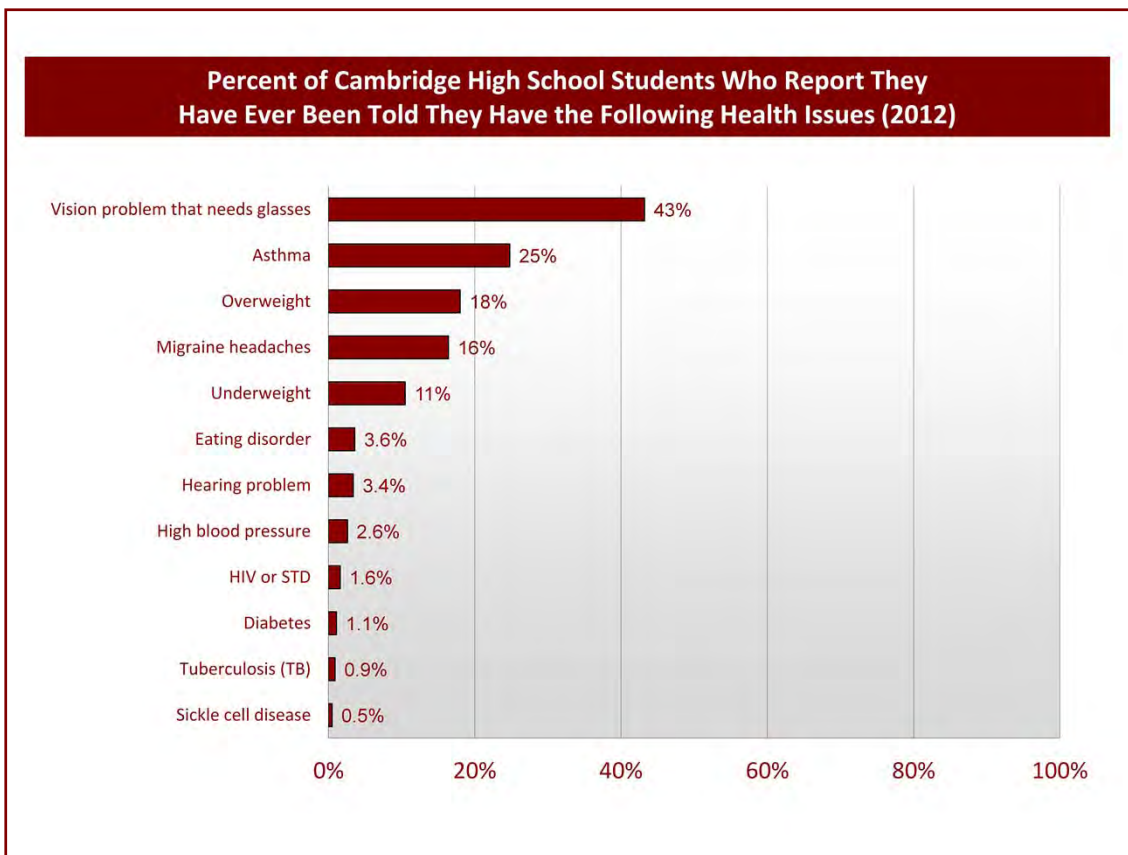
- Twenty-two percent (22%) of sexually active Cambridge high school students in 2012 reported that they used alcohol or drugs before they had sexual intercourse the last time: 17% of 9th graders, 27% of 10th graders, 25% of 11th graders, and 17% of 12th graders.
- **Trends:** The percentage of sexually 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 22% in 2012.
- **Comparisons:** Sexually active Cambridge high school students in 2012 were similar to sexually active Massachusetts high school students in 2011 to report that they used alcohol or drugs before they had intercourse the last time (Cambridge: 22%, MA: 23%). Cambridge students in 9th and 12th grade were below their MA peers on this item and Cambridge students in 10th and 11th grade were above their state peers.
- **Gender:** There was no difference by gender in reports of using alcohol or drugs before last intercourse among sexually active students (males: 22%, females: 21%).



SELECTED POINTS

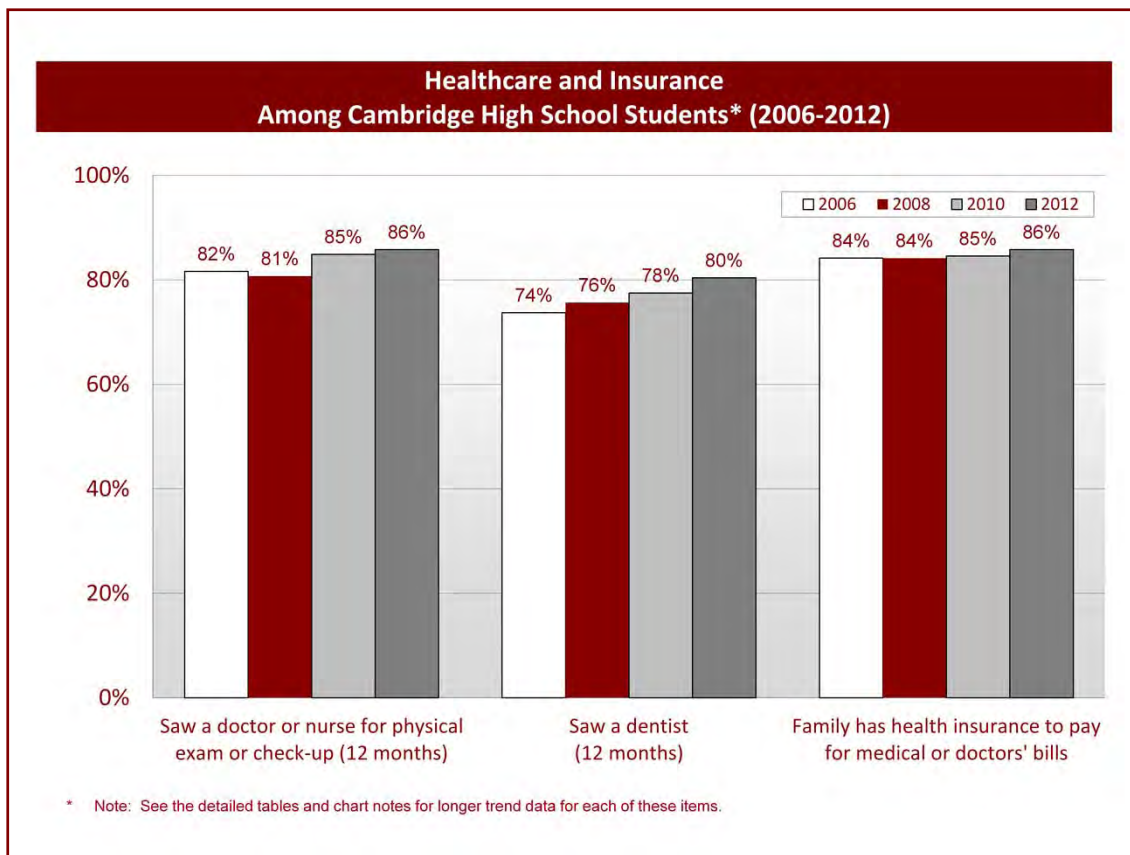
- Thirty-eight percent (38%) of all Cambridge high school students in 2012 reported that they had a conversation about sex with their parents in the 12 months prior to the survey, 42% ever talked with their parents or other family adults about HIV or AIDS, and 71% are more careful about their sexual 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 38% in 2012. Reports of talking with parents or other family adults about HIV or AIDS declined from a high of 49% in 2008 to 42% in 2012. Reports of being more careful about sexual behavior due to information from health class declined from a high of 75% in 2006 to 71% in 2012.
- **Gender:** Females were more likely than males to report that they had a conversation with their parents about sex (females: 42%, males: 33%), talked with their parents or family members about HIV or AIDS (females: 48%, males: 37%), and were more careful about sexual behavior due to information from health class (females: 75%, males: 66%).
- **Grade:** There were no consistent differences by age/grade on any of these items.

Health and Healthcare



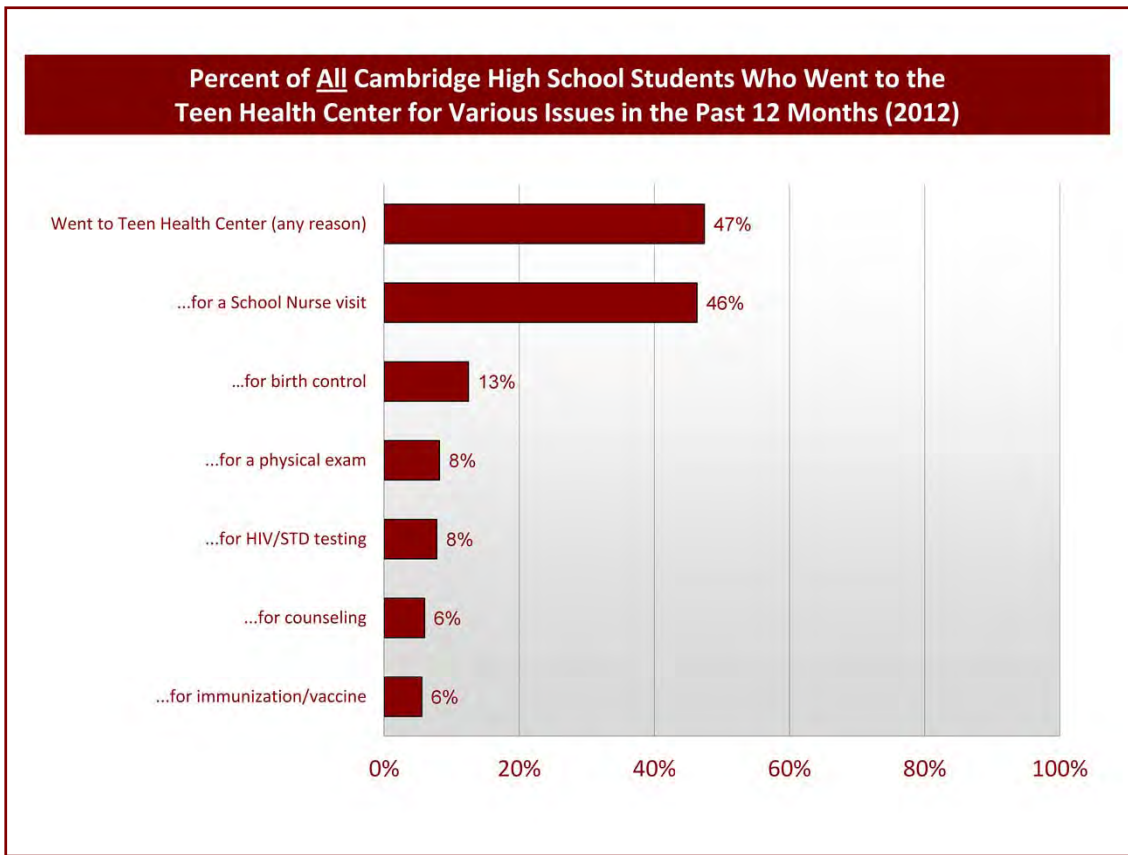
SELECTED POINTS

- Forty-three percent (43%) of Cambridge high school students in 2012 report that they have ever been told by a doctor, nurse, or their parent that they have a vision problem that requires glasses, 25% ever had asthma, 18% have ever been told they were overweight, 16% ever had migraine headaches, and 11% have ever been told they were underweight. None of the other health issues was identified by more than 5% of students.
- **Trends:** Over time there has been an increase in reports of vision problems, asthma, and students being told that they are either underweight or overweight. Complete trend data appear in the appendix at the end of this summary. There were no large differences on any of these items between 2010 and 2012.
- **Gender:** Female respondents were more likely than males to report ever being told that they have vision problems (females: 50%, males: 37%), hearing problems (4% vs. 2%), are overweight (21% vs. 14%), are underweight (12% vs. 9%), migraine headaches (22% vs. 11%), and an eating disorder (5% vs. 2%).
- **Grade:** There were no consistent differences by age/grade for any of these issues. The only exception was for HIV infection or other STD, which increased from 0% in 9th grade to 5% in 12th grade.



SELECTED POINTS

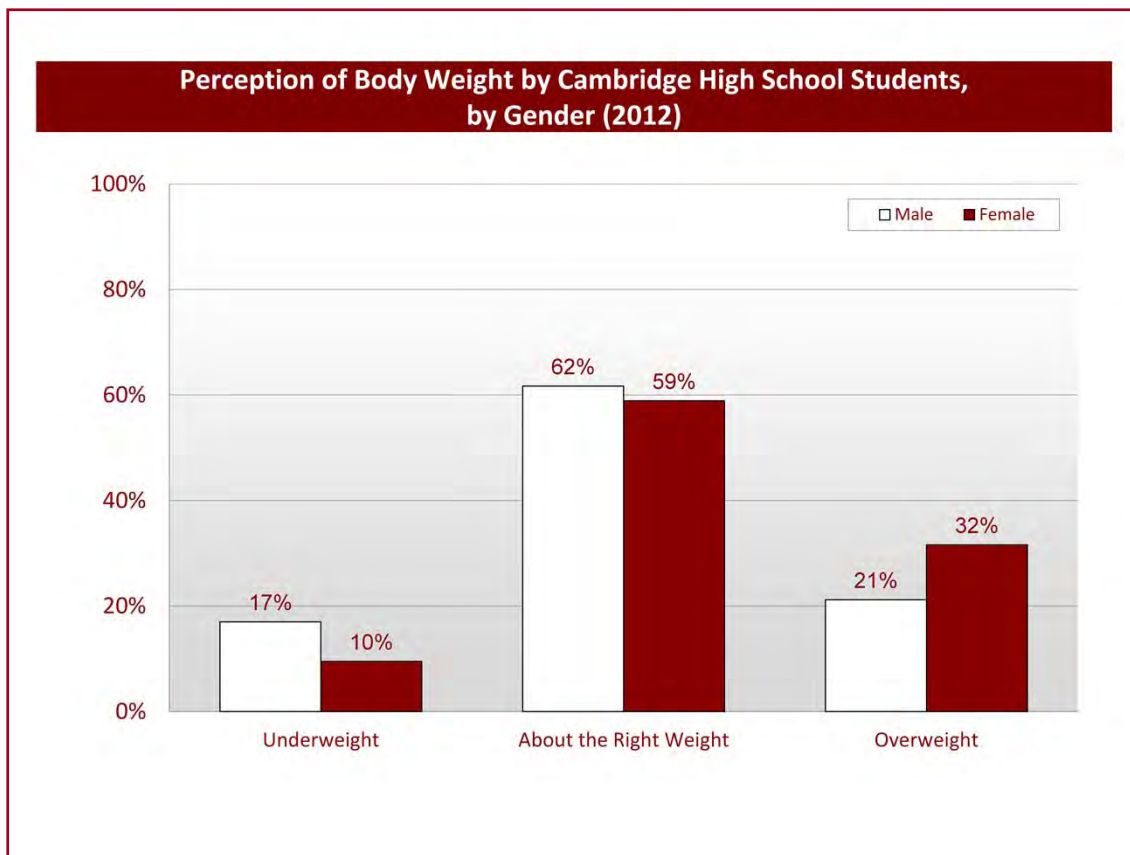
- Eighty-six percent (86%) of Cambridge high school students reported in 2012 that they saw a doctor or nurse for a physical exam or check-up in the last 12 months, 80% saw a dentist, and 86% report that their family has health insurance to pay for medical or doctors' bills.
- **Trends:** Reports of 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 86% in 2012. Similarly, reports of seeing a dentist in the last 12 months have increased steadily from a low of 65% in 1998 to a high of 80% in 2012. Reports of having health insurance have also increased from a low of 69% in 1994 to a high of 86% in 2012.
- **Gender:** Females were more likely than males to report that they saw a doctor or nurse for a physical exam or check-up in the past 12 months (88% females, 83% males) and that their family has health insurance to pay for medical or doctors' bills (females: 89%, males: 83%).
- **Grade:** Student reports of their family having health insurance to pay for medical or doctors' bills was higher among 11th and 12th graders than 9th and 10th graders: (9th: 83%, 10th: 83%, 11th: 89%, 12th: 89%).



SELECTED POINTS

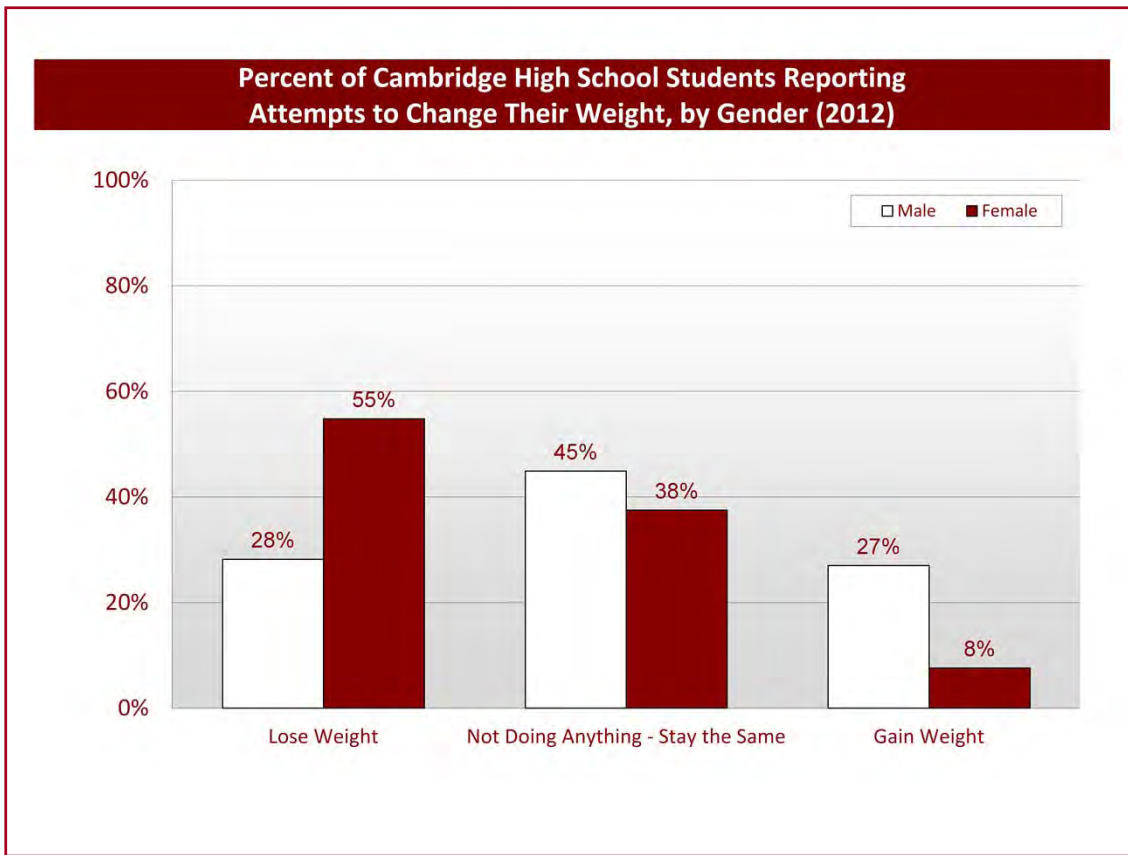
- Forty-seven percent (47%) of all Cambridge high school students report that they went to the Teen Health Center (for any reason) in the past 12 months.
- Forty-six percent (46%) of all Cambridge high school students went to the Teen Health Center for a school nurse visit, 13% for birth control, 8% for a physical exam, 8% for HIV/STD testing, 6% for counseling, and 6% for immunizations or vaccines.
- **Trends:** The 2012 survey was the first time these questions were asked.
- **Gender:** Female respondents were more likely than males to report that they went to the Teen Health Center for any reason in the past 12 months (54% females, 41% males), for birth control (19% females, 5% males), for HIV/STD testing (10% females, 5% males), and for a school nurse visit (54% females, 39% males).
- **Grade:** Utilization of the Teen Health Center tended to increase with age/grade for all of these issues and overall.

Weight Perception and Control



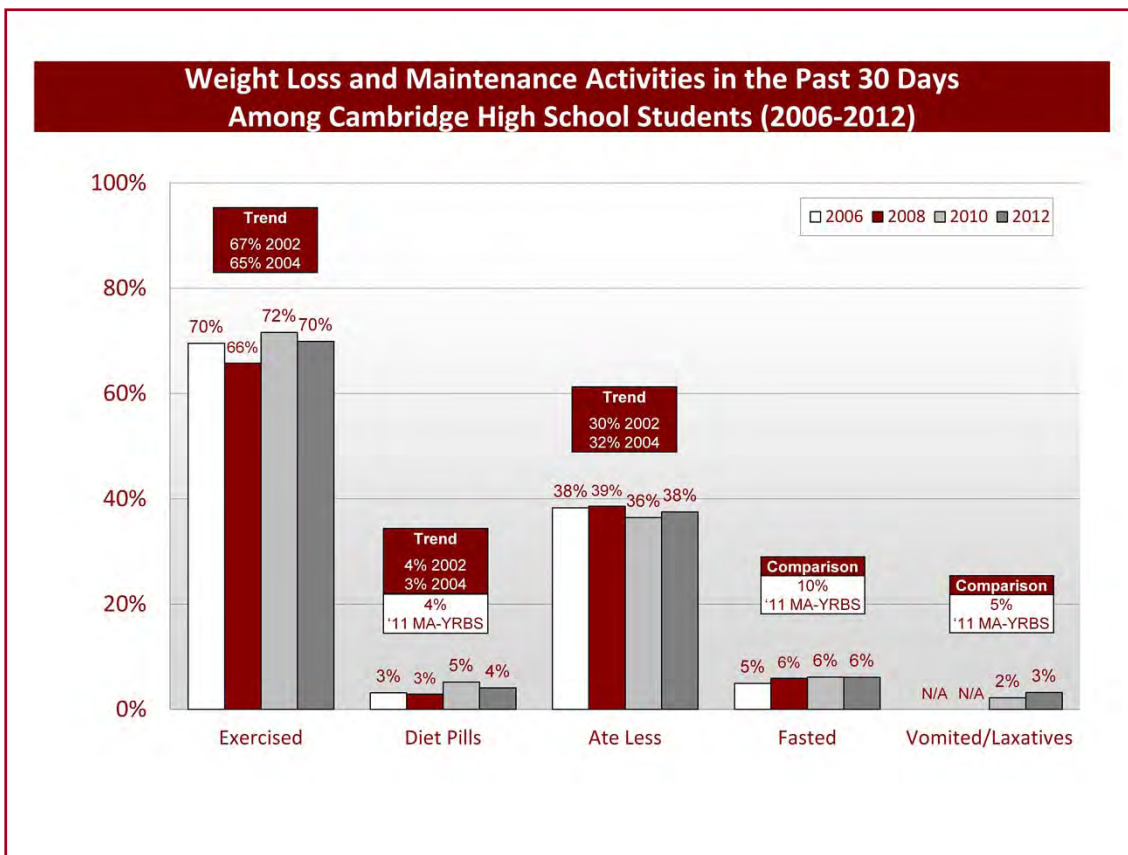
SELECTED POINTS

- Thirteen percent (13%) of all Cambridge high school students in 2012 described themselves as *underweight*, 60% as being *about the right weight*, and 27% described themselves as being *overweight*.
- **Trends:** The proportion of Cambridge high school students describing themselves as being *overweight* was 26% in 2004, 25% in 2006, 23% in 2008, 23% in 2010, and 27% in 2012.
- **Comparisons:** Cambridge high school students in 2012 equally likely as Massachusetts students in 2011 to describe themselves as being *overweight* (Cambridge: 27%, MA: 28%). *MA data from the 2011 Massachusetts Youth Risk Behavior Survey.*
- **Gender:** Ten percent (10%) of Cambridge high school females in 2012 described themselves as *underweight* compared to 17% of males; 59% of females described themselves as being *about the right weight* compared to 62% of males, and 32% of females described themselves as being *overweight* compared to 21% of males.
- **Grade:** There were no consistent differences in this item based on age/grade.



SELECTED POINTS

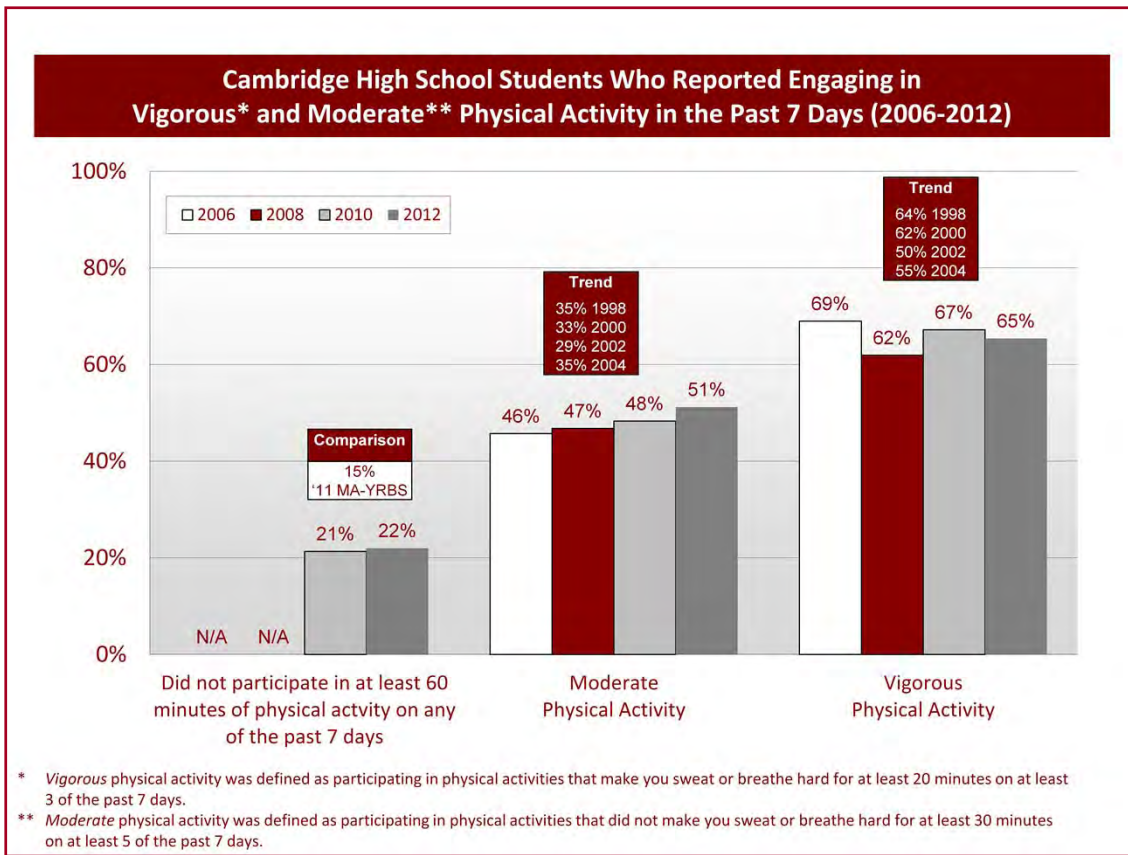
- Forty-two percent (42%) of Cambridge high school students in 2012 reported that they were trying to lose weight, 41% reported that they were not doing anything to change their weight or were trying to stay the same weight, and 17% reported that they were trying to gain weight.
- **Trends:** There has 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: 55%, males: 28%). 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: 45%, females: 38%) and trying to gain weight (males: 27%, females: 8%).
- **Grade:** There were no consistent differences in this item by age/grade.



SELECTED POINTS

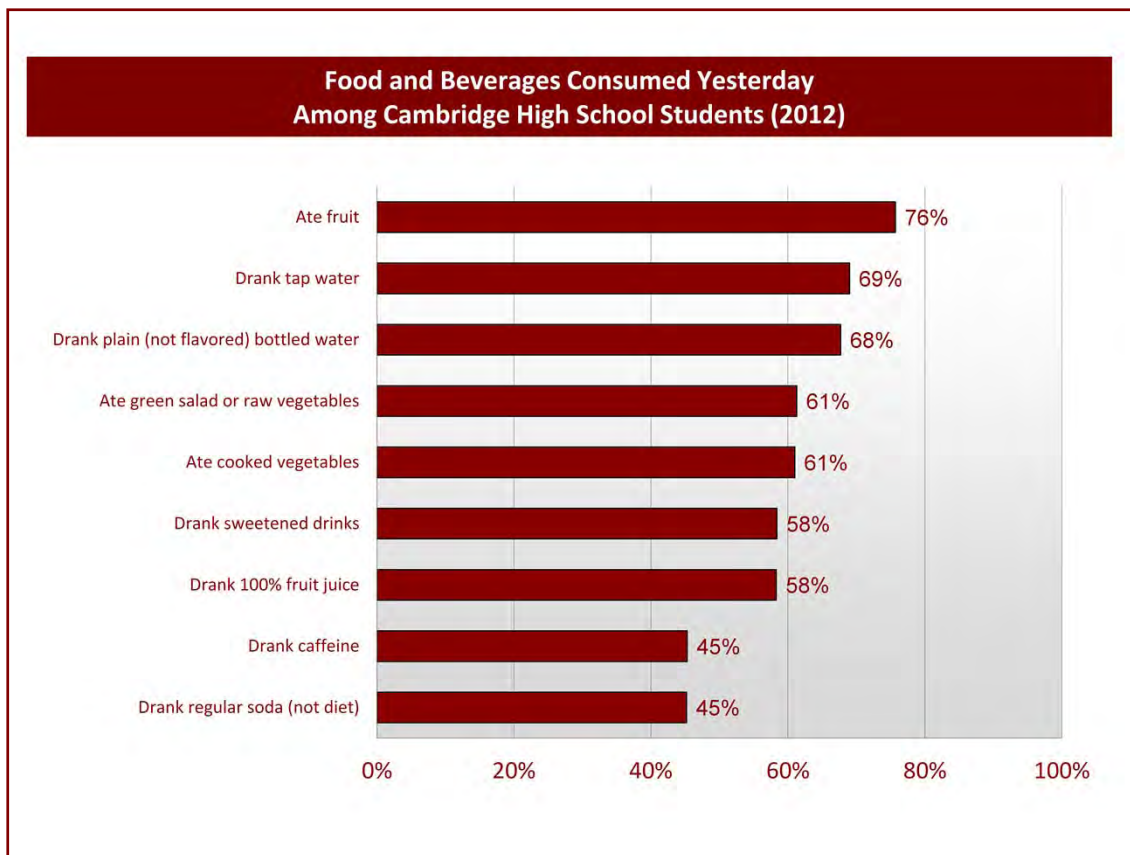
- Seventy percent (70%) of Cambridge high school students in 2012 reported that they had exercised in the past 30 days to lose or maintain their weight, 4% took diet pills, powders, or liquids, 38% ate less food, fewer calories, or foods low in fat, 6% went without eating for 24 hours or more, and 3% vomited or took laxatives.
- **Trends:** Reporting of doing each of these things to lose or maintain weight have been consistent over time with the exception of eating less food, fewer calories, or foods low in fat, which was 30% in 2002 and 38% in 2012.
- **Comparisons:** Cambridge high school students in 2012 equally likely as Massachusetts students in 2011 to report using diet pills to lose or maintain weight (4% Cambridge, 4% MA), less likely to report fasting (6% Cambridge, 10% MA), and less likely to report vomiting or taking laxatives (3% Cambridge, 5% MA).
- **Gender:** Females were more likely than males to report that they ate less food, fewer calories, or foods low in fat (females: 50%, males: 24%), fasting (8% females, 4% males), and vomiting or taking laxatives (4% females, 2% males).
- **Grade:** There were no consistent patterns by age/grade for these items.

Physical Activity and Nutrition



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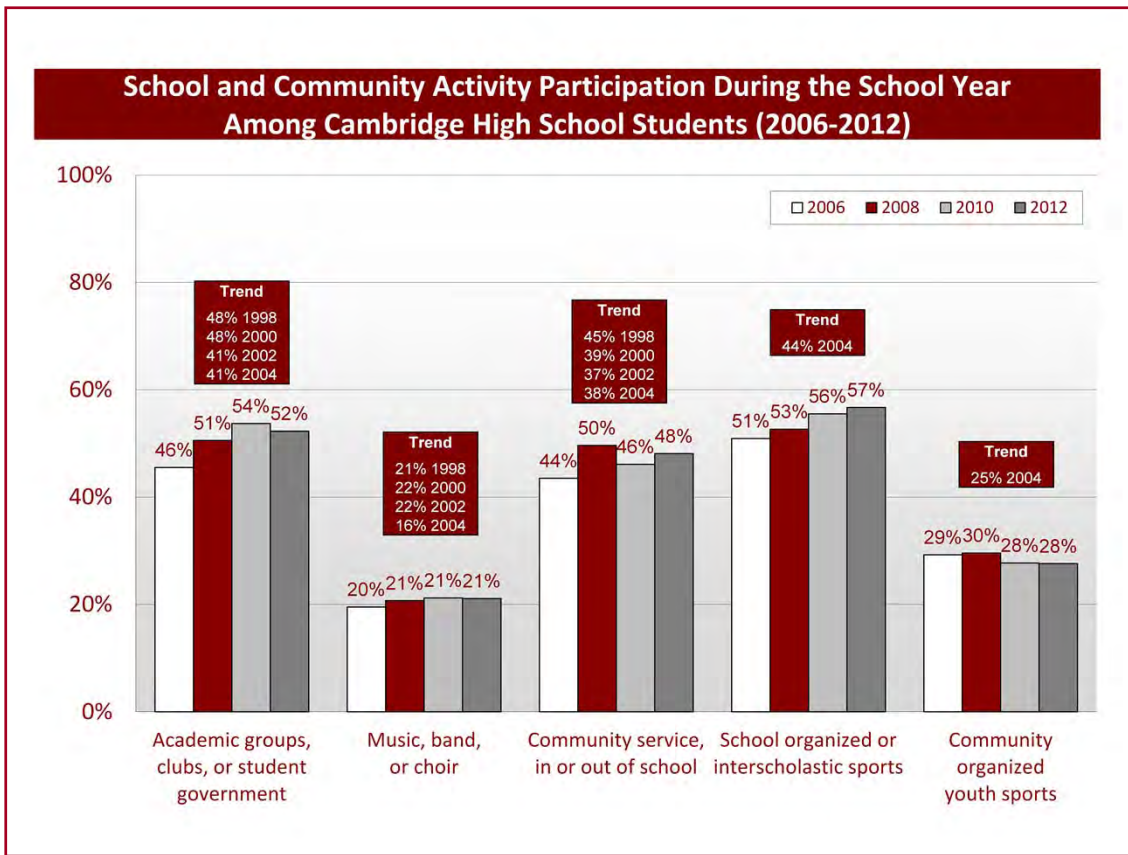
- *Vigorous* physical activity is participating in physical activities that make you sweat or breathe hard for at least 20 minutes. *Moderate* physical activity is defined as participating in physical activities that did not make you sweat or breathe hard for at least 30 minutes.
- Twenty-two percent (22%) of Cambridge high school students in 2012 reported that they did not participate in at least 60 minutes of physical activity on any of the past 7 days, 51% participated in moderate physical activity at least 5 of the past 7 days, and 65% 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 51% in 2012. Vigorous physical activity is up from a low of 50% in 2002 to 65% in 2012.
- **Comparisons:** Cambridge high school students in 2012 were less likely than Massachusetts students in 2011 to report that they participated in at least 60 minutes of physical activity on any of the past 7 days (Cambridge: 78%, MA: 85%).
- **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: 87%, females: 70%), participated in moderate physical activity (males: 57%, females: 46%), and participated in vigorous physical activity (males: 75%, females: 56%).
- **Grade:** There were no consistent differences or patterns among these items by age/grade.



SELECTED POINTS

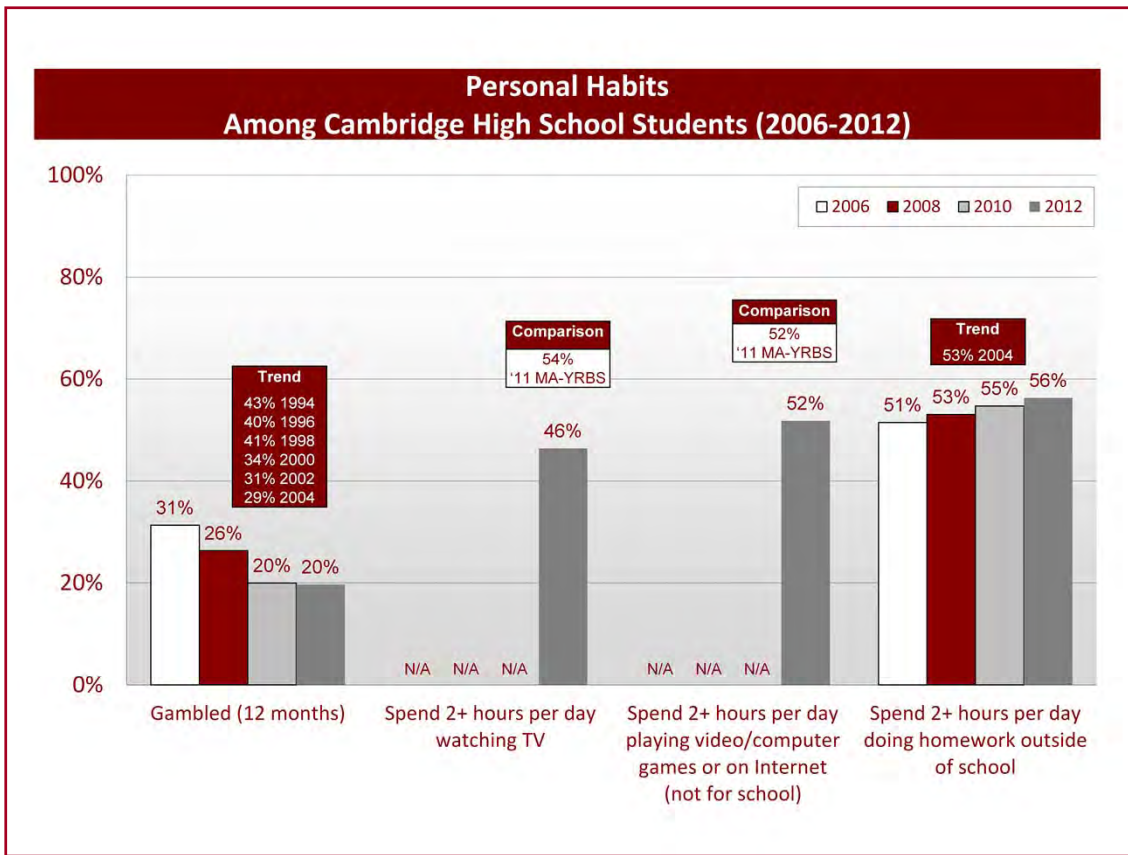
- Seventy-six percent (76%) of Cambridge high school students in 2012 reported that they ate fruit at least one time the day prior to the survey, 69% drank tap water, 68% drank plain (not flavored) bottled water, 61% ate green salad or raw vegetables, 61% ate cooked vegetables, 58% drank sweetened drinks like punch, Snapple, iced tea, sports drinks, flavored water with sugar, or energy drinks, 58% drank 100% fruit juice, 45% drank caffeine, and 45% drank regular (not diet) soda.
- **Trends:** Reports of eating fruit was up from a low of 61% in 2004 to a high of 76% in 2012. Reports of drinking 100% fruit juice was at a low of 58% from 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 61% in 2012. Reports of drinking regular (not diet) soda was at a low of 45% in 2012. Reports of drinking sweetened drinks was at a low of 58% in 2012. Reports of drinking caffeine was at a low of 45% in 2012.
- **Gender:** Males were more likely than females to report that they drank 100% fruit juice yesterday (males: 65%, females: 53%), drank regular soda (52% vs. 38%), and drank sweetened drinks (64% vs. 53%).
- **Grade:** There were no consistent differences based on age/grade for these items.

Habits and Activities



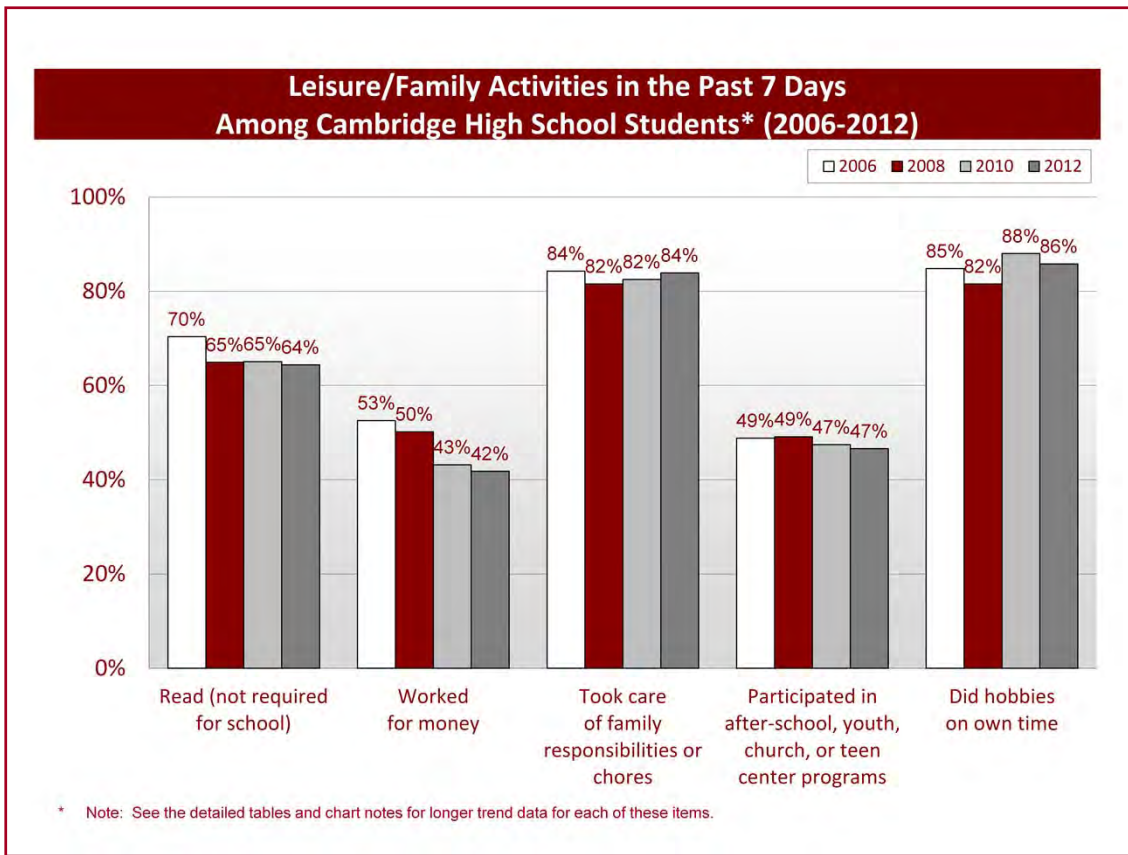
SELECTED POINTS

- Fifty-two percent (52%) of Cambridge high school students participated in academic groups, clubs, or student government during the 2011-2012 academic year, 21% participated in music, band, or choir, 48% in community service in or out of school, 57% 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 and was 52% in 2012. Participation in music, band, or choir has been stable over time with the exception of a dip in 2004. Community service participation was at 48% in 2012 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 57% in 2012. 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: 56%, males: 48%) and participated in community service (53% vs. 43%). Males were more likely than females to report that they participated in school organized or interscholastic sports (60% males, 54% females) and community organized youth sports (males: 35%, females: 21%).
- **Grade:** Participation in community service peaked in 11th grade (61%). Participation in school organized or interscholastic sports (9th: 64%, 10th: 59%, 11th: 55%, 12th: 47%) and community organized youth sports (9th: 34%, 10th: 26%, 11th: 26%, 12th: 22%) both decreased by age/grade.



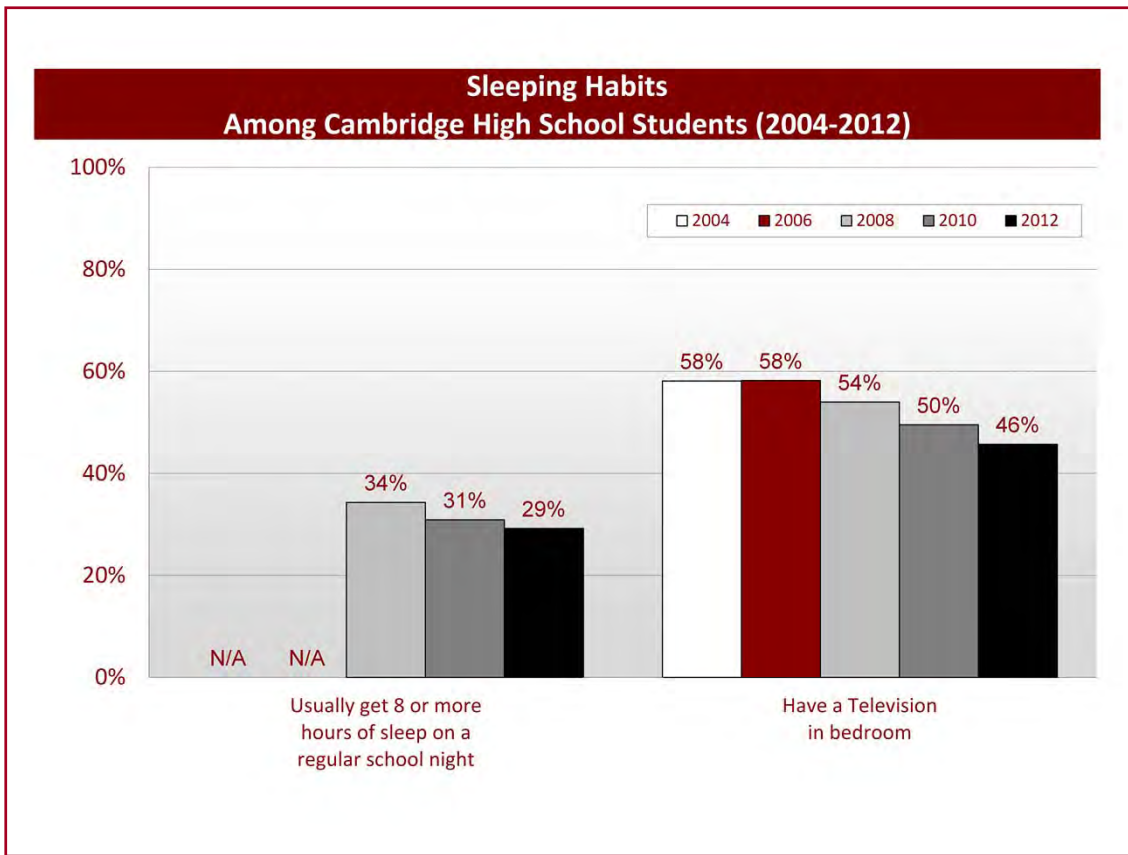
SELECTED POINTS

- Twenty percent (20%) of Cambridge high school students gambled in the 12 months prior to the survey, 46% spend 2 or more hours on an average school day watching TV, 52% spend 2 or more hours on an average school day playing video/computer games or on the Internet (not for school), and 56% 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 2012. Reports of time spent on homework have been stable over time. The items asking about TV watching and computer/internet use were added to the survey in 2012.
- **Gender:** Males were more likely than females to report that they gambled in the past 12 months (males: 31%, females: 9%). 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: 51%).
- **Grade:** There were no consistent differences by age/grade on these items.



SELECTED POINTS

- Sixty-four percent (64%) of Cambridge high school students read (not required for school) in the 7 days prior to the survey, 42% worked for money, 84% took care of family responsibilities or chores, 47% participated in after-school, youth, church, or teen center programs, and 86% 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 64% in 2012. Reports of working for money were down from a high of 62% in 1998 to a low of 42% in 2012. 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 86% in 2012.
- **Gender:** Females were more likely than males to report reading (females: 67%, males: 62%) and taking care of family responsibilities or chores (88% vs. 80%)
- **Grade:** Reports of working for money in the past 7 days increased with age/grade: 9th (36%), 10th (42%), 11th (42%), 12th (48%).



SELECTED POINTS

- Twenty-nine percent (29%) of Cambridge high school students report that they usually get 8 or more hours of sleep on a regular school night and 46% report that they have a television in their bedroom.
- **Trends:** There was a decrease between 2008 and 2012 in reports of getting 8 or more hours of sleep on a regular school night (2008: 34%, 2012: 29%). Reports of having a television in the bedroom decreased from a high of 58% in 2004 to a low of 46% in 2010.
- **Gender:** Males were more likely than females to report that they get 8 or more hours of sleep on a regular school night (32% males, 27% females) and have a television in their bedroom (males: 54%, females: 38%).
- **Grade:** Reports of getting 8 or more hours of sleep on a regular school night decreased with age/grade: 9th (41%), 10th (30%), 11th (25%), 12th (19%).

Appendix A:

Selected Data Tables

2011-2012 CAMBRIDGE TEEN HEALTH SURVEY

Alcohol, Tobacco, and Other Drug Use - High School

	TOTAL												MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2009 (2707)	2011 (2729)	Males (661)	Females (688)	9th (366)	10th (351)	11th (347)	12th (299)	
LIFETIME (any use in lifetime)																				
Alcohol	73.4%	76.0%	77.9%	82.3%	N/A	N/A	N/A	64.9%	62.0%	60.1%	61.8%	71%	68%	57.6%	65.7%	43.1%	63.3%	67.2%	77.6%	
Cigarettes	49.5%	47.3%	46.9%	53.1%	50.2%	40.0%	35.3%	33.6%	28.1%	31.6%	27.1%	43%	39%	25.5%	28.4%	16.0%	28.4%	29.4%	37.1%	
Smokeless Tobacco	N/A	11.8%	10.8%	11.0%	N/A	N/A	N/A	N/A	N/A	5.1%	3.8%	N/A	N/A	5.7%	1.8%	1.6%	3.5%	4.4%	6.0%	
Marijuana	26.1%	33.0%	43.6%	49.2%	N/A	N/A	N/A	40.7%	40.1%	40.4%	40.8%	43%	43%	41.2%	40.6%	21.6%	44.1%	43.7%	57.9%	
Cocaine	4.1%	3.2%	3.8%	4.0%	N/A	N/A	N/A	N/A	N/A	2.2%	1.9%	6%	5%	2.2%	1.6%	0.6%	1.5%	1.8%	4.2%	
Ecstasy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.1%	1.7%	6%	6%	2.4%	1.2%	0.3%	1.2%	2.1%	3.9%	
Heroin	2.5%	1.5%	3.1%	2.3%	N/A	N/A	N/A	N/A	N/A	0.6%	0.2%	2%	2%	0.2%	0.3%	0.3%	0.0%	0.6%	0.0%	
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.1%	0.8%	3%	3%	0.8%	0.7%	0.3%	1.5%	0.3%	1.1%	
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	3.2%	2.3%	1.3%	N/A	N/A	1.6%	1.0%	0.3%	0.9%	1.5%	2.8%	
Other Illegal Drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.9%	3.9%	N/A	N/A	4.3%	3.4%	1.9%	3.9%	2.4%	8.1%	
Synthetic Marijuana (K2, Spice)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.5%		N/A	N/A	5.5%	3.1%	1.4%	5.5%	5.1%	6.4%	
CURRENT (any use in past 30 days)																				
Alcohol	32.8%	39.1%	41.9%	49.5%	45.1%	36.3%	39.1%	41.9%	41.6%	38.3%	39.6%	44%	40%	36.7%	42.5%	20.5%	40.5%	42.4%	59.6%	
Binge Alcohol	18.4%	20.8%	24.9%	26.8%	28.2%	19.8%	19.0%	21.3%	24.2%	20.6%	20.0%	25%	22%	19.5%	20.6%	7.1%	17.7%	23.7%	34.6%	
Cigarettes	11.3%	12.6%	16.4%	20.5%	17.8%	11.9%	12.4%	12.6%	9.8%	11.9%	8.7%	16%	14%	8.3%	9.0%	4.1%	9.4%	9.4%	13.0%	
Cigars, Cigarillos, or Little Cigars	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.2%	15%	14%	7.4%	5.0%	2.2%	7.5%	5.7%	10.5%	
Smokeless Tobacco	N/A	3.7%	3.6%	3.8%	N/A	N/A	N/A	N/A	N/A	2.6%	1.2%	8%	7%	1.6%	0.6%	1.1%	1.2%	0.9%	1.8%	
Marijuana	13.0%	19.9%	26.3%	30.0%	27.7%	20.7%	21.2%	26.1%	27.7%	28.8%	25.7%	27%	28%	28.1%	23.6%	12.4%	28.1%	26.6%	38.6%	
Inhalants	3.1%	1.9%	3.1%	3.4%	2.1%	1.6%	1.9%	1.5%	1.9%	2.2%	1.3%	5%	4%	0.6%	1.9%	2.2%	1.2%	0.9%	0.7%	
Cocaine	1.7%	1.2%	2.0%	1.6%	1.1%	1.3%	1.9%	2.4%	2.8%	1.3%	0.8%	N/A	N/A	0.8%	0.7%	0.0%	0.6%	1.2%	1.4%	
Ecstasy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	0.8%	N/A	N/A	1.0%	0.7%	0.3%	0.6%	1.5%	1.1%	
Heroin	1.6%	0.9%	1.9%	1.1%	0.7%	0.5%	0.7%	0.6%	1.6%	0.5%	0.1%	N/A	N/A	0.2%	0.0%	0.0%	0.0%	0.3%	0.0%	
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.9%	0.3%	N/A	N/A	0.3%	0.3%	0.0%	0.9%	0.0%	0.4%	
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.6%	1.3%	1.3%	0.4%	N/A	N/A	0.3%	0.4%	0.0%	0.6%	0.6%	0.4%	
Other Illegal Drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.8%	1.6%	N/A	N/A	1.8%	1.5%	0.8%	2.1%	0.6%	3.2%	
Synthetic Marijuana (K2, Spice)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.4%		N/A	N/A	1.3%	1.2%	0.3%	2.4%	1.8%	1.1%	
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%	1.6%	N/A	N/A	1.3%	1.9%	0.3%	2.8%	1.5%	2.1%	
Ever injected illegal drugs	2.8%	1.9%	2.4%	1.4%	1.8%	1.1%	1.0%	1.1%	1.2%	0.6%	0.3%	2%	2%	0.2%	0.4%	0.6%	0.0%	0.3%	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%	1.7%	9%	7%	2.2%	1.2%	1.1%	0.9%	2.4%	2.8%	
Rode with drinking driver (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.9%	11.7%	27%	23%	9.6%	13.6%	5.8%	12.9%	14.1%	14.8%	
Live with a smoker	N/A	N/A	37.9%	33.5%	29.6%	25.6%	25.0%	23.4%	21.9%	26.9%	23.1%	N/A	N/A	22.7%	23.8%	23.5%	26.0%	20.7%	22.0%	
Talked with parents about alcohol or other drugs (12 months)	N/A	N/A	55.0%	52.4%	47.7%	44.6%	44.1%	49.7%	49.6%	53.5%	57.9%	N/A	N/A	55.2%	60.4%	58.1%	59.9%	52.7%	61.3%	
Had a problem with alcohol or drugs (12 months)	6.4%	6.7%	8.3%	11.4%	10.2%	7.6%	5.6%	5.7%	6.4%	6.5%	5.9%	N/A	N/A	6.1%	5.6%	4.4%	5.6%	7.3%	6.6%	
Ever helped or treated for alcohol or drug use	4.2%	3.1%	3.1%	3.0%	3.5%	3.8%	2.5%	3.1%	2.6%	3.4%	2.8%	N/A	N/A	3.2%	2.0%	1.4%	3.8%	2.6%	3.4%	
Family member had a problem with alcohol or drugs (12 months)	14.4%	14.0%	13.5%	13.9%	12.2%	12.3%	10.1%	11.1%	12.8%	11.1%	10.1%	N/A	N/A	8.1%	11.9%	11.3%	9.7%	8.8%	10.7%	
Class within 1 hour of using alcohol, pot, or drugs (30 days)	N/A	N/A	N/A	N/A	15.5%	10.6%	9.7%	12.1%	11.6%	12.2%	8.9%	N/A	N/A	9.1%	8.8%	3.9%	8.5%	10.0%	14.4%	
Offered, sold, or given drugs on school property (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.8%	20.0%	26%	27%	21.0%	19.4%	15.2%	20.7%	20.8%	24.4%	

2011-2012 CAMBRIDGE TEEN HEALTH SURVEY

Violence and Safety - High School

	TOTAL											MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2009 (2707)	2011 (2729)	Males (661)	Females (688)	9th (366)	10th (351)	11th (347)	12th (299)
VIOLENCE-RELATED EXPERIENCES (past 12 months)																			
Witnessed violence in family	N/A	N/A	8.6%	8.8%	6.1%	6.5%	7.5%	7.9%	9.6%	9.6%	7.9%	N/A	N/A	6.7%	8.6%	9.1%	9.0%	7.0%	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%	12.4%	N/A	N/A	15.1%	9.5%	9.9%	12.9%	14.7%	12.2%
Beaten or physically hurt by someone in your family or home	5.4%	3.9%	5.0%	5.1%	4.5%	3.6%	3.9%	3.5%	3.9%	3.6%	3.6%	N/A	N/A	2.2%	4.7%	2.8%	5.2%	3.5%	2.8%
Beaten or physically hurt (not by a family member or date)	4.5%	3.9%	4.9%	4.7%	3.7%	2.9%	2.7%	2.7%	3.6%	2.4%	2.0%	N/A	N/A	2.3%	1.2%	1.7%	2.0%	2.9%	1.0%
Verbally or emotionally abused by someone in your family	16.5%	17.7%	19.9%	21.3%	18.2%	15.3%	15.5%	15.2%	15.4%	15.3%	14.6%	N/A	N/A	7.2%	21.3%	12.7%	14.2%	14.7%	17.4%
Verbally or emotionally abused by person you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	6.0%	N/A	N/A	2.5%	8.7%	5.2%	3.9%	6.2%	9.1%
Sexually harassed in school	N/A	N/A	14.4%	11.9%	14.9%	13.7%	10.4%	10.5%	8.3%	9.9%	6.9%	N/A	N/A	2.2%	10.7%	6.6%	7.7%	6.7%	6.3%
Were a member of a gang	N/A	8.6%	7.0%	6.8%	4.5%	2.0%	4.3%	5.1%	3.9%	2.6%	1.5%	N/A	N/A	2.4%	0.4%	1.1%	1.8%	1.5%	1.4%
BULLYING, FIGHTING, & THREATENING (past 12 months)																			
Was bullied while at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.5%	19%	18%	11.2%	15.3%	16.5%	15.0%	10.5%	11.7%
Was bullied when not at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.4%	N/A	N/A	6.9%	11.1%	9.3%	10.8%	7.0%	10.7%
Was electronically bullied (cyber bullied)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.6%	N/A	17%	3.7%	10.9%	6.9%	7.9%	7.0%	8.9%
Received mean or threatening e-mail, texts, or chat	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.7%	9.2%	8.3%	N/A	N/A	5.0%	11.3%	6.1%	8.1%	9.9%	9.4%
Mistreated by someone who thought you were not masculine/feminine enough	N/A	N/A	5.0%	6.1%	5.0%	3.7%	3.4%	4.6%	3.8%	5.1%	4.2%	N/A	N/A	3.9%	4.3%	3.6%	3.5%	4.7%	5.3%
Treated unfairly in school because of race/ethnicity	N/A	N/A	N/A	N/A	N/A	N/A	9.1%	8.9%	8.2%	9.7%	7.5%	N/A	N/A	7.0%	7.8%	5.0%	6.8%	9.4%	9.5%
Treated unfairly in school because of gender	N/A	N/A	N/A	N/A	N/A	N/A	4.6%	4.1%	5.0%	6.1%	4.4%	N/A	N/A	3.1%	5.1%	3.3%	2.6%	6.2%	5.6%
Property stolen or deliberately damaged on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.6%	29.2%	27.5%	N/A	N/A	27.6%	27.0%	29.3%	32.6%	23.6%	23.8%
In a physical fight - any location	24.6%	31.4%	27.2%	27.2%	23.9%	20.5%	20.4%	22.7%	17.0%	15.8%	12.1%	29%	25%	16.7%	7.5%	10.9%	13.8%	12.7%	10.9%
In a physical fight - on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	6.4%	3.7%	9%	7%	6.1%	1.3%	3.6%	3.4%	4.8%	2.8%
Threatened with a knife or gun - outside of school	N/A	10.0%	8.4%	8.9%	7.1%	4.8%	3.6%	4.6%	4.6%	5.2%	4.1%	N/A	N/A	6.2%	2.0%	2.2%	3.5%	6.7%	4.2%
Threatened with a knife or gun - in school	N/A	3.1%	2.6%	3.4%	1.7%	1.2%	1.2%	0.6%	1.4%	1.1%	1.0%	N/A	N/A	1.4%	0.1%	0.6%	0.6%	1.5%	1.4%
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%	5.0%	4%	5%	4.8%	4.9%	3.6%	5.2%	7.3%	4.1%
WEAPONS AND LAW INVOLVEMENT																			
Carried weapon (gun, knife, club) - outside school (30 days)	N/A	14.1%	13.1%	15.9%	13.9%	9.5%	10.5%	13.6%	10.5%	10.8%	6.4%	N/A	N/A	10.9%	2.2%	4.7%	6.7%	6.9%	7.4%
Carried a weapon (gun, knife, club) - in school (30 days)	N/A	6.8%	7.3%	7.9%	6.9%	4.4%	5.7%	6.9%	5.2%	5.4%	3.0%	4%	4%	4.7%	1.5%	1.7%	2.8%	3.6%	4.2%
Arrested (12 months)	9.3%	7.7%	8.4%	7.8%	5.4%	4.1%	3.6%	4.4%	3.5%	2.1%	1.5%	N/A	N/A	1.9%	1.0%	0.8%	1.9%	1.8%	1.4%

2011-2012 CAMBRIDGE TEEN HEALTH SURVEY

Mental Health - High School

	TOTAL											MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2009 (2707)	2011 (2729)	Males (661)	Females (688)	9th (366)	10th (351)	11th (347)	12th (299)
PERSONAL EXPERIENCES (past 12 months)																			
Divorce or separation in family	13.9%	10.5%	10.1%	10.2%	11.1%	10.3%	8.2%	9.7%	9.8%	7.7%	8.6%	N/A	N/A	8.1%	8.7%	9.3%	9.7%	7.9%	6.9%
Family moved	17.5%	16.7%	17.9%	17.5%	12.5%	14.0%	10.4%	12.1%	12.7%	13.5%	10.5%	N/A	N/A	9.5%	11.3%	11.3%	9.7%	11.8%	9.0%
Ran away from home	6.8%	6.1%	5.4%	4.8%	5.1%	4.3%	5.1%	3.6%	4.5%	5.7%	4.2%	N/A	N/A	2.5%	5.6%	1.9%	4.4%	5.9%	4.9%
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%	41.5%	N/A	N/A	39.1%	43.5%	40.5%	39.9%	43.9%	41.7%
WORRYING "Fairly Often" or "Most of the Time" (past 12 months)																			
Physical health problems	N/A	N/A	N/A	N/A	N/A	N/A	17.0%	18.3%	18.2%	17.7%	15.9%	N/A	N/A	11.1%	20.4%	10.7%	13.5%	18.8%	21.9%
Weight problems (too heavy or thin)	N/A	N/A	N/A	N/A	N/A	N/A	25.5%	25.4%	23.7%	26.1%	26.2%	N/A	N/A	12.2%	39.4%	23.4%	26.1%	31.0%	24.5%
Sexually transmitted disease (STD)	N/A	N/A	N/A	N/A	N/A	N/A	6.0%	6.2%	5.7%	4.9%	3.7%	N/A	N/A	2.9%	4.1%	2.7%	2.6%	3.2%	6.9%
Becoming or getting someone pregnant	N/A	N/A	N/A	N/A	N/A	N/A	9.5%	11.1%	8.1%	7.6%	6.4%	N/A	N/A	5.3%	7.3%	4.9%	5.8%	7.6%	7.5%
HIV infection or AIDS	N/A	N/A	N/A	N/A	N/A	N/A	4.8%	5.8%	5.7%	3.0%	2.8%	N/A	N/A	2.2%	3.1%	1.9%	3.2%	1.8%	4.8%
Sexual orientation	N/A	N/A	N/A	N/A	N/A	N/A	5.2%	4.1%	4.5%	4.5%	4.6%	N/A	N/A	3.6%	5.3%	4.7%	5.9%	3.5%	4.1%
School failure or poor grades	N/A	N/A	N/A	N/A	N/A	N/A	40.6%	33.0%	34.6%	39.3%	35.7%	N/A	N/A	29.8%	41.4%	28.9%	38.5%	39.1%	37.0%
MCAS	N/A	N/A	N/A	N/A	N/A	N/A	28.9%	24.5%	20.6%	25.3%	13.9%	N/A	N/A	10.7%	16.8%	19.6%	23.7%	7.0%	3.4%
Drug or alcohol use in your family	N/A	N/A	N/A	N/A	N/A	N/A	5.7%	6.9%	8.2%	6.8%	6.4%	N/A	N/A	4.8%	7.8%	7.4%	4.7%	7.1%	6.2%
Your own drug or alcohol use	N/A	N/A	N/A	N/A	N/A	N/A	4.8%	6.3%	5.1%	5.1%	5.9%	N/A	N/A	4.7%	6.9%	4.1%	6.4%	5.0%	8.6%
Arguing at home	N/A	N/A	N/A	N/A	N/A	N/A	20.3%	20.6%	19.4%	23.8%	20.5%	N/A	N/A	15.8%	24.7%	16.6%	21.6%	18.4%	26.4%
Physical fights at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.7%	5.3%	5.0%	2.2%	N/A	N/A	1.4%	2.9%	2.5%	1.4%	1.2%	4.1%
Violence in your neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	10.4%	12.2%	10.5%	8.8%	4.5%	N/A	N/A	5.4%	3.4%	3.3%	3.8%	6.7%	4.5%
Physical fights at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.6%	6.1%	7.0%	3.4%	N/A	N/A	3.7%	3.1%	3.3%	3.5%	2.6%	4.5%
Other kids bringing weapons to school	N/A	N/A	N/A	N/A	N/A	N/A	11.8%	5.1%	6.4%	4.7%	3.3%	N/A	N/A	3.0%	3.4%	2.8%	3.5%	4.1%	2.8%
Your family not having enough money to get by	N/A	N/A	N/A	N/A	N/A	N/A	10.9%	13.1%	11.7%	13.5%	11.4%	N/A	N/A	7.1%	15.1%	8.0%	10.2%	14.9%	13.1%
Your family not having a place to live	N/A	N/A	N/A	N/A	N/A	N/A	3.3%	3.8%	4.7%	3.9%	3.8%	N/A	N/A	2.6%	4.7%	2.2%	2.3%	6.4%	4.5%
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%	19.8%	24%	25%	10.9%	28.1%	14.3%	17.8%	21.9%	26.6%
Hurt self on purpose	N/A	N/A	N/A	N/A	N/A	N/A	8.6%	8.7%	9.6%	11.4%	10.4%	17%	18%	4.8%	15.3%	9.4%	10.2%	10.8%	11.3%
Seriously considered suicide	8.9%	7.7%	8.1%	10.7%	9.6%	9.2%	6.7%	5.3%	7.0%	6.5%	8.0%	14%	13%	4.8%	11.0%	6.8%	8.2%	9.3%	7.9%
Made a plan to attempt suicide	7.9%	7.2%	7.6%	10.3%	9.2%	6.9%	5.5%	4.0%	6.2%	5.3%	6.5%	11%	12%	3.9%	8.8%	4.9%	6.4%	8.1%	6.6%
Attempted suicide	8.2%	6.6%	6.8%	7.7%	7.5%	5.3%	2.3%	1.3%	2.6%	1.8%	2.2%	7%	7%	1.5%	2.8%	2.2%	1.7%	2.3%	2.4%
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%	54.6%	N/A	N/A	57.9%	51.4%	61.3%	49.8%	51.8%	55.1%
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%	13.7%	N/A	N/A	9.4%	17.6%	7.4%	10.5%	19.7%	18.2%
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%	18.3%	N/A	N/A	13.2%	23.1%	15.1%	17.5%	18.2%	23.1%
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%	9.6%	N/A	N/A	9.1%	9.8%	7.4%	11.5%	10.4%	9.3%
SOCIAL SUPPORTS																			
Parent or other adult family member to talk to	N/A	N/A	N/A	N/A	N/A	N/A	71.0%	72.2%	72.1%	76.0%	76.7%	83%	83%	79.3%	74.7%	79.9%	76.7%	73.4%	76.6%
Teacher or other adult at school to talk to	N/A	N/A	N/A	N/A	N/A	N/A	62.9%	60.3%	63.7%	63.2%	64.4%	71%	71%	63.3%	65.8%	60.3%	57.5%	67.3%	74.4%
Adult outside of school to talk to	N/A	N/A	N/A	N/A	N/A	N/A	40.3%	41.5%	40.2%	45.8%	42.7%	N/A	N/A	40.1%	45.4%	39.8%	39.5%	42.8%	49.8%
Have three or more close friends	72.9%	69.8%	72.1%	74.8%	75.9%	72.5%	68.1%	68.9%	71.2%	75.2%	74.7%	N/A	N/A	77.6%	72.6%	74.8%	75.4%	75.6%	72.6%
Regularly participate in church, synagogue, mosque, or other faith community	N/A	N/A	N/A	N/A	35.1%	38.3%	38.4%	36.7%	33.8%	33.8%	29.1%	N/A	N/A	26.6%	31.5%	31.4%	27.0%	33.5%	23.4%

2011-2012 CAMBRIDGE TEEN HEALTH SURVEY

Health - High School

	TOTAL											MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2009 (2707)	2011 (2729)	Males (661)	Females (688)	9th (366)	10th (351)	11th (347)	12th (299)
SEXUAL BEHAVIOR																			
Ever had sexual intercourse	49.4%	47.7%	43.7%	42.8%	39.6%	37.4%	42.3%	49.5%	44.2%	37.6%	34.9%	46%	42%	38.3%	31.8%	12.5%	33.9%	43.7%	53.7%
Had conversation with parents about sex (12 months)	N/A	N/A	N/A	32.7%	38.7%	34.2%	30.5%	33.5%	34.8%	35.7%	38.0%	N/A	N/A	33.3%	42.3%	40.0%	38.6%	31.6%	42.2%
Condom at last intercourse*	N/A	N/A	N/A	N/A	71.6%	72.2%	74.9%	70.0%	70.8%	68.0%	64.5%	58%	58%	70.4%	57.7%	63.3%	67.0%	63.6%	63.9%
Alcohol/drugs at last intercourse*	13.5%	13.9%	17.9%	23.8%	22.1%	14.8%	12.8%	15.3%	16.7%	19.7%	21.7%	24%	23%	21.6%	20.8%	17.0%	26.5%	24.8%	16.7%
Ever been/gotten someone pregnant	7.0%	6.8%	6.4%	6.5%	5.1%	3.7%	4.0%	4.9%	3.5%	3.4%	2.4%	N/A	N/A	2.3%	2.5%	0.3%	1.5%	3.8%	4.6%
Ever forced/tricked to have sex	8.5%	7.6%	N/A	7.8%	N/A	N/A	5.1%	7.0%	5.8%	4.0%	4.6%	N/A	N/A	2.7%	6.2%	1.7%	5.1%	5.6%	6.4%
Ever sexually abused	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.3%	10.3%	9.7%	8.7%	N/A	N/A	2.4%	14.3%	7.8%	7.8%	8.7%	10.9%
Ever talked with parents or family adults about HIV or AIDS	36.0%	40.5%	36.8%	46.6%	48.7%	42.4%	44.6%	49.2%	49.0%	42.3%	42.4%	N/A	N/A	36.7%	47.8%	50.4%	38.6%	35.6%	44.7%
More careful about sexual behavior due to health clas	N/A	N/A	N/A	N/A	67.0%	62.3%	68.6%	74.6%	72.0%	70.1%	70.5%	N/A	N/A	66.3%	74.5%	67.5%	69.8%	73.9%	71.1%
Ever tested for HIV	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.8%	N/A	11%	10.3%	15.1%	3.9%	12.3%	15.2%	21.9%
Ever tested for other STDs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.1%	N/A	11%	10.7%	15.1%	2.8%	12.2%	15.8%	24.2%
HEALTH ISSUES (ever been told that you have these health problems)																			
Asthma	N/A	13.0%	15.3%	19.3%	20.8%	N/A	20.7%	19.7%	23.0%	25.9%	24.8%	N/A	N/A	24.6%	24.8%	22.5%	24.3%	26.7%	25.9%
Vision problem that needs glasses	N/A	N/A	N/A	N/A	35.6%	N/A	34.3%	35.7%	40.4%	44.2%	43.2%	N/A	N/A	36.6%	49.5%	43.5%	38.6%	44.4%	46.5%
Hearing problem	N/A	N/A	N/A	N/A	N/A	N/A	4.4%	4.6%	4.9%	4.2%	3.4%	N/A	N/A	2.4%	4.0%	2.3%	3.4%	4.3%	3.9%
Overweight	N/A	N/A	N/A	N/A	12.6%	N/A	14.6%	18.1%	16.2%	16.1%	18.0%	N/A	N/A	14.2%	21.2%	17.6%	17.8%	18.5%	18.1%
Underweight	N/A	N/A	N/A	N/A	4.7%	N/A	6.1%	5.7%	7.8%	9.6%	10.5%	N/A	N/A	8.5%	11.9%	10.7%	10.8%	11.9%	8.2%
Migraine headaches	N/A	N/A	N/A	N/A	N/A	N/A	15.3%	15.8%	13.7%	17.4%	16.4%	N/A	N/A	10.6%	22.0%	15.0%	15.8%	17.1%	18.1%
Diabetes	N/A	0.5%	1.5%	1.3%	0.4%	0.9%	0.7%	1.8%	1.7%	2.2%	1.1%	N/A	N/A	0.5%	1.7%	0.6%	0.9%	1.8%	1.1%
High blood pressure	N/A	5.5%	5.1%	3.3%	3.8%	4.3%	3.8%	4.5%	4.2%	4.5%	2.6%	N/A	N/A	2.1%	2.8%	2.5%	2.2%	3.7%	1.8%
Sickle cell disease	N/A	1.4%	2.1%	N/A	N/A	1.3%	0.6%	1.1%	0.6%	0.8%	0.5%	N/A	N/A	0.2%	0.9%	0.8%	0.6%	0.6%	0.0%
Tuberculosis (TB)	N/A	N/A	3.8%	3.1%	2.0%	1.6%	1.5%	2.1%	1.5%	1.2%	0.9%	N/A	N/A	0.2%	1.7%	0.9%	0.9%	1.2%	0.7%
Eating disorder	N/A	N/A	N/A	N/A	N/A	3.9%	2.9%	2.6%	2.9%	4.2%	3.6%	N/A	N/A	2.3%	4.8%	3.1%	3.7%	4.3%	3.2%
HIV infection or any other sexually transmitted disease (STD)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	N/A	2.0%	0.8%	2.2%	0.3%	1.2%	0.9%	4.5%
HEALTHCARE																			
Saw a doctor or nurse (12 months)	59.8%	65.0%	70.4%	79.5%	79.8%	78.1%	81.0%	81.6%	80.7%	84.9%	85.8%	N/A	N/A	83.3%	88.4%	89.5%	84.1%	84.4%	84.9%
Saw a dentist (12 months)	N/A	N/A	N/A	65.4%	69.9%	68.4%	68.9%	73.7%	75.7%	77.5%	80.4%	N/A	N/A	81.8%	79.6%	84.4%	78.0%	80.2%	78.7%
Family has health insurance	72.7%	68.6%	68.9%	77.3%	81.7%	82.0%	79.8%	84.2%	84.2%	84.6%	85.8%	N/A	N/A	83.1%	88.5%	83.1%	82.8%	88.9%	89.2%
Went to Teen Health Center in the past 12 months	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	47.4%	N/A	N/A	40.8%	54.0%	43.1%	43.4%	52.8%	51.2%
Went to Teen Hlth Ctr for birth control (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.5%	N/A	N/A	5.4%	19.2%	4.6%	12.0%	17.8%	17.0%
Went to Teen Hlth Ctr for HIV/STD testing (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.8%	N/A	N/A	4.9%	10.4%	2.6%	6.5%	9.6%	13.8%
Went to Teen Hlth Ctr for physical exam (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.2%	N/A	N/A	8.7%	7.6%	7.2%	9.1%	9.3%	7.2%
Went to Teen Hlth Ctr for counseling (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.0%	N/A	N/A	4.9%	6.9%	3.5%	5.9%	7.3%	7.8%
Went to Teen Hlth Ctr for immunization/vaccine (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.6%	N/A	N/A	5.4%	5.5%	2.6%	7.2%	5.8%	7.5%
Went to Teen Hlth Ctr for School Nurse visit (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.3%	N/A	N/A	38.9%	53.7%	37.8%	46.2%	51.5%	50.9%
WEIGHT																			
Describe self as slightly/very overweight	N/A	N/A	N/A	N/A	N/A	N/A	26.2%	25.4%	23.1%	23.2%	26.7%	29%	28%	21.3%	31.6%	28.8%	25.9%	27.6%	23.8%
Trying to lose weight	38.7%	37.7%	N/A	N/A	N/A	N/A	41.7%	40.3%	40.9%	40.4%	41.9%	45%	45%	28.2%	54.8%	40.7%	40.1%	43.7%	43.5%
WEIGHT LOSS OR MAINTENANCE ACTIVITIES (past 30 days)																			
Exercised to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	66.6%	65.3%	69.5%	65.8%	71.6%	69.9%	N/A	N/A	69.2%	70.3%	73.0%	72.4%	67.2%	66.3%
Diet pills/powders/liquids to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	4.1%	3.2%	3.1%	2.9%	5.2%	4.1%	5%	4%	3.7%	4.3%	2.9%	5.1%	3.1%	5.5%
Ate less food, fewer calories, or foods low in fat to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	29.8%	31.9%	38.3%	38.6%	36.4%	37.5%	N/A	N/A	24.1%	49.5%	35.5%	33.5%	38.7%	43.4%
Went without eating for 24 hours or more (fasting) to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	5.9%	6.1%	6.1%	8%	10%	3.9%	7.7%	5.2%	7.4%	5.7%	6.3%
Vomited or took laxatives to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	3.2%	5%	5%	2.2%	4.2%	2.0%	4.5%	2.5%	4.1%

2011-2012 CAMBRIDGE TEEN HEALTH SURVEY

Physical Activity and Nutrition - High School

	TOTAL											MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2009 (2707)	2011 (2729)	Males (661)	Females (688)	9th (366)	10th (351)	11th (347)	12th (299)
PHYSICAL ACTIVITY (past 7 days)																			
Vigorous Physical Activity - exercised or participated in sports for at least 20 minutes that made you sweat and breathe hard (3 or more days a week)	N/A	N/A	N/A	63.7%	62.3%	49.6%	55.2%	69.0%	61.9%	67.2%	65.4%	63%	63%	75.4%	56.1%	74.4%	66.9%	58.2%	60.9%
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%	51.2%	N/A	N/A	56.7%	46.2%	48.0%	55.1%	49.8%	52.3%
Did not participate in at least 60 minutes of physical activity on any of the past 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	21.3%	22.0%	23%	15%	13.2%	30.2%	18.5%	20.0%	26.9%	23.0%
NUTRITION (ate or drank yesterday)																			
Ate fruit	N/A	N/A	N/A	62.3%	65.2%	59.8%	60.9%	65.3%	72.7%	74.6%	75.7%	N/A	N/A	77.5%	74.2%	77.1%	77.3%	73.1%	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%	58.3%	N/A	N/A	64.6%	52.5%	55.6%	61.9%	56.9%	59.1%
Ate green salad or raw vegetables	N/A	N/A	N/A	52.3%	53.3%	50.0%	47.9%	54.5%	58.2%	59.9%	61.3%	N/A	N/A	62.4%	60.2%	62.1%	60.4%	56.8%	66.5%
Ate cooked vegetables	N/A	N/A	N/A	51.9%	49.6%	47.5%	45.9%	50.7%	59.6%	60.1%	61.0%	N/A	N/A	65.0%	57.2%	61.6%	60.0%	57.9%	65.0%
Drank regular soda (not diet)	N/A	N/A	N/A	N/A	N/A	N/A	57.1%	54.0%	49.1%	53.9%	45.2%	N/A	N/A	52.4%	38.2%	45.3%	45.8%	46.7%	42.5%
Drank sweetened drinks	N/A	N/A	N/A	N/A	N/A	N/A	60.4%	61.5%	69.1%	66.1%	58.4%	N/A	N/A	64.4%	52.7%	58.6%	61.0%	58.6%	54.7%
Drank caffeine	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	50.6%	50.0%	45.3%	N/A	N/A	43.3%	47.3%	39.9%	47.5%	49.2%	45.3%
Drank plain (not flavored) bottled water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	67.7%	N/A	N/A	69.0%	66.5%	67.4%	66.0%	69.7%	67.5%
Drank tap water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.0%	N/A	N/A	70.4%	67.6%	69.2%	70.7%	67.4%	68.7%
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%	42.7%	N/A	N/A	44.3%	41.4%	47.2%	44.1%	42.6%	35.8%
Hungry in the past 12 months because there was not enough money at home to buy food	5.7%	6.3%	7.0%	9.5%	8.3%	8.0%	8.7%	9.2%	10.1%	10.6%	9.0%	N/A	N/A	9.3%	8.3%	4.8%	7.2%	12.4%	12.5%

2011-2012 CAMBRIDGE TEEN HEALTH SURVEY

Habits and Activities - High School

	TOTAL											MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2010 (1273)	2012 (1363)	2009 (2707)	2011 (2729)	Males (661)	Females (688)	9th (366)	10th (351)	11th (347)	12th (299)
SCHOLASTIC ISSUES																			
Received mostly A's or B's in school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	74.1%	77.4%	88%	89%	73.5%	81.2%	80.6%	75.3%	79.0%	74.3%
Had one or more failing grades on a report card (12 months)	42.6%	40.2%	43.9%	43.5%	38.0%	32.0%	36.4%	24.0%	24.9%	27.5%	22.3%	N/A	N/A	23.5%	21.1%	19.8%	21.6%	21.4%	27.1%
Skipped or cut school (last 4 weeks)	26.5%	28.6%	28.2%	31.4%	25.2%	29.1%	24.6%	25.3%	20.7%	26.7%	20.7%	N/A	N/A	17.8%	23.2%	10.5%	19.3%	22.4%	33.3%
Suspended from school (during current school year)	8.8%	12.5%	12.5%	15.3%	13.3%	8.7%	12.2%	13.0%	11.5%	9.5%	7.8%	N/A	N/A	9.4%	6.0%	6.4%	9.8%	7.9%	7.1%
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	34.3%	30.9%	29.2%	N/A	N/A	31.5%	27.1%	40.8%	30.2%	24.5%	19.1%
TV in bedroom	N/A	N/A	N/A	N/A	N/A	N/A	58.1%	58.2%	54.0%	49.5%	45.7%	N/A	N/A	53.9%	38.4%	42.4%	48.6%	45.6%	46.5%
PERSONAL HABITS																			
Gambled (12 months)	N/A	43.2%	39.8%	40.5%	33.9%	30.9%	29.0%	31.3%	26.3%	20.0%	19.7%	N/A	N/A	30.9%	9.3%	16.1%	21.0%	22.1%	19.8%
Spend 2 or more hours on an average school day watching TV	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.4%	N/A	53.6%	48.1%	44.8%	47.5%	48.0%	45.9%	43.6%
Spend 2 or more hours on an average school day playing video or computer games for something that is not school work	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.8%	N/A	51.5%	53.6%	49.8%	51.6%	54.1%	52.0%	49.1%
Spend 2 or more hours on an average school day studying or completing homework outside of school hours	N/A	N/A	N/A	N/A	N/A	N/A	53.4%	51.5%	53.1%	54.7%	56.3%	N/A	N/A	50.5%	61.4%	53.6%	55.5%	63.3%	52.7%
LEISURE/FAMILY ACTIVITIES (past 7 days)																			
Read (not required for school)	N/A	N/A	69.4%	72.5%	68.7%	70.1%	68.6%	70.4%	64.9%	65.1%	64.4%	N/A	N/A	62.0%	66.8%	63.4%	59.9%	65.8%	69.5%
Worked for money	N/A	N/A	53.0%	61.7%	58.5%	52.3%	47.6%	52.6%	50.2%	43.2%	41.8%	N/A	N/A	45.0%	38.7%	36.2%	42.0%	41.9%	48.4%
Took care of family responsibilities or chores	N/A	N/A	N/A	N/A	N/A	N/A	79.5%	84.3%	81.6%	82.5%	83.9%	N/A	N/A	80.0%	87.6%	85.4%	82.5%	81.6%	86.4%
Participated in after-school, youth, church, or teen center programs	N/A	N/A	N/A	N/A	N/A	N/A	46.5%	48.8%	49.1%	47.5%	46.6%	N/A	N/A	49.3%	43.8%	45.5%	47.0%	48.0%	45.7%
Did hobbies on own time	N/A	N/A	N/A	N/A	86.4%	81.4%	77.9%	84.8%	81.5%	88.0%	85.8%	N/A	N/A	87.5%	84.1%	84.9%	84.2%	86.1%	88.5%
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%	52.3%	N/A	N/A	47.9%	56.4%	48.3%	49.7%	56.8%	55.0%
Music, band, or choir	N/A	N/A	N/A	21.3%	21.5%	22.4%	16.0%	19.5%	20.7%	21.2%	21.1%	N/A	N/A	20.5%	21.3%	23.9%	18.0%	18.7%	24.2%
Community service, in or out of school	N/A	N/A	N/A	44.7%	38.7%	36.5%	38.2%	43.5%	49.6%	46.1%	48.1%	N/A	N/A	42.9%	52.8%	35.3%	45.4%	61.2%	51.6%
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%	56.7%	N/A	N/A	60.1%	53.6%	64.1%	58.7%	54.5%	47.3%
Community organized youth sports	N/A	N/A	N/A	N/A	N/A	N/A	25.0%	29.2%	29.6%	27.7%	27.6%	N/A	N/A	34.5%	21.0%	34.3%	26.4%	26.4%	21.9%
HOME COMPUTER ACCESS																			
Have a working computer at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	91.6%	N/A	N/A	91.1%	92.5%	94.0%	93.2%	88.7%	90.0%
Have Internet access at home (sometimes/always)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	92.8%	N/A	N/A	92.5%	93.5%	94.9%	92.9%	91.8%	91.1%