

# MGHS<sup>2017</sup>

1078 MIDDLE SCHOOL STUDENTS  
TOOK THE SURVEY IN MARCH 2017

# Cambridge Middle Grades Health Survey 2017

The Cambridge Middle Grades Health Survey has been taken anonymously by 6th, 7th, and 8th graders at the Cambridge Public Schools every odd year since 1997. It is designed to gather information about some of the important issues affecting the health of youth in Cambridge, like substance use, mental health, violence, and safety. It can show whether there are important differences based on characteristics of students (such as grade or gender), how the issues have changed over time, and what kind of programs can be designed to help students address health related concerns. The MGHS is based on several national and statewide surveys and is conducted by the Cambridge Public Schools and the Cambridge Public Health Department, in collaboration with the Cambridge Department of Human Service Programs and Social Science Research and Evaluation, Inc.



Visit us at [cambridgepublichealth.org](http://cambridgepublichealth.org) for full results and more information about this survey.

## Healthy Eating

31%

of students ate  
3 or more  
**servings of fruit**  
per day



34%

of students ate  
2 or more  
**servings of vegetables**  
per day



60%

of students  
**ate breakfast**  
6 or 7 days per week



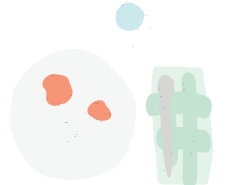
73%

of students  
**drank tap water**  
every day



58%

of students **ate dinner** with their families 6 or 7 nights per week



# Academics & Extracurriculars

76%

of students  
read for fun in  
the past week



40%

of students spent 2 or more  
hours studying or doing  
homework on an average day



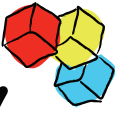
28%

of students did  
community  
service



89%

of students had family  
responsibilities, like  
chores or babysitting



38%

of students  
participated  
regularly in their  
faith community



66%

of students participated  
in music, band, choir,  
or theater



52%

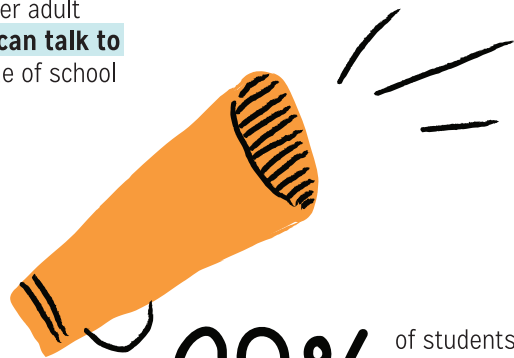
of students participated  
in an academic group,  
tutoring, club, or  
student government



# Social Health & Relationships

89%

of students reported  
feeling they have a parent  
or other adult  
they can talk to  
outside of school

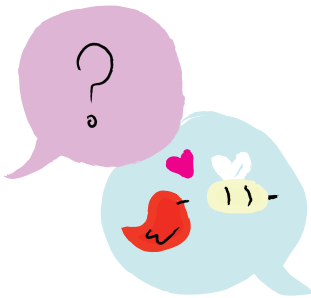


62%

of students have a teacher  
or adult in school they can  
talk to about a problem

85%

of students reported having  
3 or more close friends



24%

of students reported  
having talked to their  
parents about sex  
in the past 12 months

# Mental Health

Students reported the **top five things they worried about** fairly often or most of the time during the past year:

28%

(1) Poor Grades



(2) MCAS

26%

19%

(3) Weight



(4) Arguing at home

15%

14%

(5) Social status

17%



of students reported **feeling sad or  
hopeless** almost every day for at least  
two weeks in the past year



13%

of students have **physically hurt themselves  
on purpose**, thought about attempting suicide,  
or attempted suicide in the past year

# Substance Use

13%

of students  
reported ever  
drinking alcohol



6%

of students reported ever **smoking  
cigarettes or e-cigarettes**

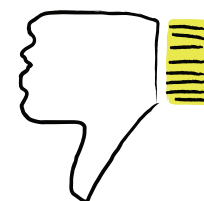
3%

of students reported ever  
**trying marijuana**



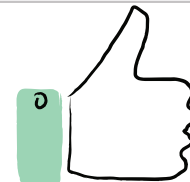
85%

of students said their friends  
would think it was **wrong for  
them to drink alcohol**



83%

of students said that their **parents'**  
**opinion is important** to them  
when deciding whether to try  
alcohol or other drugs

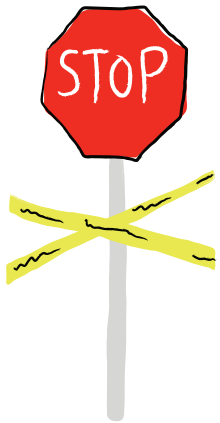


31%

of students talked to their parents  
about drugs and alcohol and said  
**it was helpful**



# Violence & Safety



10%

of students reported **witnessing violence** in their neighborhoods

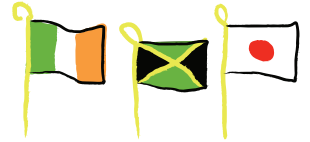


33%

of students reported being **bullied** while in school

12%

of students reported being treated unfairly because of **race or ethnicity**



13%

of students reported being **sexually harassed (verbally or physically)** at school



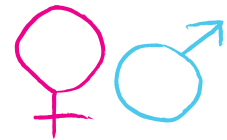
12%

of students reported being **bullied electronically**

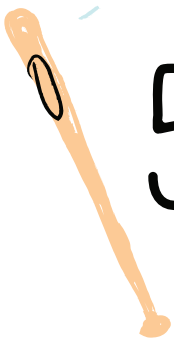


7%

of students reported being treated unfairly because of **gender**



# Active Living



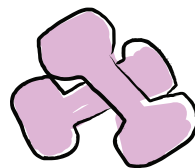
59%

of students participated in **sports**



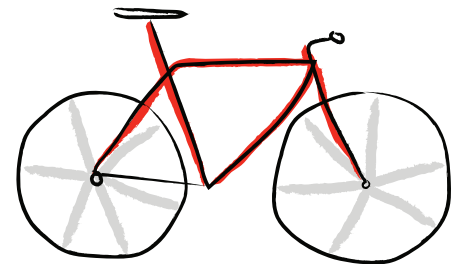
37%

of students **exercised** to strengthen or tone their muscles at least 3 days per week



50%

of students **participated in a physical activity** for a total of at least 60 minutes a day on at least 3 days per week



38%

of students got to school by **walking or biking**