

# HEALTH AND RISK FACTORS

## SUMMARY OF Nauset Regional High School SURVEY RESULTS

# 2015

## Health & Risk Behaviors of Massachusetts Youth

- The Massachusetts Youth Risk Behavior Survey (MYRBS) and Massachusetts Youth Health Survey (MYHS) are conducted every 2 years to monitor health indicators, behaviors, and risk factors contributing to the leading causes of morbidity, mortality, and social and academic problems among adolescents.
- MYBS & MYHS - 59 Public High Schools (Randomly Selected)
- MYHS - 87 Public Middle Schools (Randomly Selected)
- 9,185 Student Participants Grades 6-12
  
- On May 25, 2017 the 795 High School Students Participated in the Survey Anonymously.
  
- The following pages include information reported in terms of percentile ranges of the MYRBS of 2015 compared to the Middle School Survey of 2017. In addition, the Middle School also reported actual student numbers for the first part of the survey results.

## Smoking Use

Massachusetts Data 2015 reported at the 95% Confidence Interval

	Grade	Ever Smoke part or all Cigarette	Past 30 days Smoke part or all cigarette	Ever Using E-cigarette or Vape	Use Past 30 Days E-cigarette or Vape
MA Range	9	17.9%	4.8%	30.9%	18.7%
Nauset		09.07%	5.58%	33.17%	21.11%
		18 Students	11 Students	66 Students	42 Students
MA Range	10	25.7%	6.1%	45.2%	22.8%
Nauset		06.64%	2.37%	30.95%	16.67%
		14 Students	5 Students	65 Students	35 Students
MA Range	11	31.2%	9.2%	48.9%	24.8%
Nauset		16.28%	8.67%	37.21%	18.60%
		28 Students	15 Students	64 Students	32 Students
MA Range	12	36.3%	10.3%	53.9%	28.6%
Nauset		28.42%	13.66%	51.37%	32.24%
		52 Students	25 Students	94 Students	59 Students

# Alcohol and Marijuana Use

	Grade	Ever Drink Alcohol	Drinking Alcohol Past 30 days	Ever Using Marijuana	Using Marijuana Past 30 Days
MA Range	9	44.2%	19.8%	23.3%	13.6%
Nauset		37.88%	18.67%	22.73%	16.16%
MA Range	10	59.0%	29.0%	40.2%	23.5%
Nauset		48.82%	20.38% <sup>43</sup>	24.29%	15.64%
MA Range	11	67.5%	36.5%	46.4%	28.9%
Nauset		56.40%	29.07%	40.35%	26.01%
MA Range	12	75.3%	51.3%	54.9%	32.8%
Nauset		76.37%	<b>63.39%</b>	55.74%	38.80%
		139	<b>116</b>	102	71 Students
		Students	<b>Students</b>	Students	

# Use of Illegal Drugs

	Grade	Ever Use Prescription drugs (not their own)	Past 30 days Using Prescription drugs (not their own)	Ever Using Heroin	Using Heroin Past 30 Days
MA Range	9	7.2%	2.4%	2.2%	---
Nauset		5.56%	<b>4.04%</b>	<b>3.52%</b>	2.51%
		11 Students	<b>8 Students</b>	<b>7 Students</b>	5 Students
MA Range	10	10.6%	4.4%	1.3%	----
Nauset		02.37%	1.44%	0.95%	1.44%
		5 Students	3 Students	2 Students	3 Students
MA Range	11	12.6%	3.9%	2.0%	---
Nauset		12.79%	<b>5.78%</b>	2.37%	1.73%
		22 Students	<b>10 Students</b>	4 Students	3 Students
MA Range	12	14.4%	3.4%	0.80%	---
Nauset		<b>20.44%</b>	<b>7.65%</b>	0.55%	1.09%
		<b>37 Students</b>	<b>14 Students</b>	1 Student	2 Students

# During the past 12 months, how would you describe your grades in school?

## Mostly A's

- |                        |               |
|------------------------|---------------|
| • Males                | Females       |
| • 32.42%               | <b>63.00%</b> |
| • 106                  | <b>206</b>    |
| • Prefer Not To Answer | Binary        |
| • 2.45%                | 2.14%         |
| • 8                    | 7             |
| • Total 327 Students   |               |

# On an average school night, how much sleep do you get?

## Students who report getting “A”s

- 4 or less hrs. 1.83%                      6 Students
- 5 hrs. 9.17%                                30 Students
- 6 hrs. 25.38%                               83 Students
- 7 hrs. 33.03%                              108 Students
- Total    **227** Students get less than 8 hrs. of sleep out of 327
  
- Less than 8 hrs.                      69.42%
- 8-10 or more hours   30.58%   100 Students
  
- Centers for Disease Control and Prevention Recommend 8-10 hours of sleep.

# Mental Health

<p>During the past 12 months, have you felt extremely anxious or worried to the point that these feelings have interfered with your daily activities (for example sleeping, going to school, concentrating)?</p> <p>772 Answered</p>	<p>During this school year, did you ever feel so sad, hopeless or depressed almost every day for two weeks or more in a row that you stopped doing some activities?</p>	<p>During this school year, have you done something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?</p>
<p><b>Yes 55.70% 430</b></p> <p><b>173 of the "A" students</b></p>	<p>Yes 33.94% 262</p> <p>86 of the "A" Students</p> <p><u>MA State</u></p>	<p>Yes 13.84% 107</p> <p>34 of the "A" Students</p> <p><u>MA State</u></p>
<p>3/7/2018</p>	<p>9th 23.4%</p> <p>10th 27.2%</p> <p>11th 29.9%</p> <p>12th 28.9%</p>	<p>9th 17.7</p> <p>10th 18.6</p> <p>11th 18.8%</p> <p>12th 16.2%</p>



# Mental Health

During this school year, did you ever seriously consider attempting suicide?	During the past 12 months, how many times did you actually attempt suicide?	If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
<b>Yes 12.91%</b> <b>99 Students</b>	<b>2 or more times 2.62%</b> <b>20 Students</b>	<b>Yes 2.40%</b> <b>18 Students</b>
	<b>1 time 2.10%</b> <b>16 Students</b>	
<b>38 Students - "A" Students</b>	<b>8 students – "A" Students</b> <u>MA</u> 9 <sup>th</sup> 7.2% 10 <sup>th</sup> 8.0% 11 <sup>th</sup> 8.0% 12 <sup>th</sup> 4.2%	<b>5 Students – "A" Student</b> <u>MA</u> 9 <sup>th</sup> 2.1% 10 <sup>th</sup> 3.5% 11 <sup>th</sup> 4.0% 12 <sup>th</sup> 1.5%

**If you answered 'yes' to the two previous questions, can you identify the causes for these feelings?**

- Top 5 responses:
- 1) Academic Stress
- 2) Worried about the future
- 3) Relationships with friends/classmates
- 4) Feeling Isolated/alone
- 5) Worried about getting into college

## Personal Safety

Can you talk with at least one trusted adult about things that are important to you or bother you?		During the past 12 mos., have you felt you needed to talk to an adult about how you were feeling, how things were going in your life, or problems you might have had?		During the past 12 mos., did you talk to any of the following people about things like that?	
786 Answered		632 Answered		706 Answered	
Yes	78.24%	<b>Yes</b>	<b>45.04%</b>	Did not need to	53.82%
615 Students		<b>345 Students</b>		380 Students	
<b>No – Not Sure</b>	<b>21.75%</b>	No	54.96%	Adult family	25.35%
<b>171 Students</b>		421 Students		179 Students	
				School Staff	17.99%
				127 Students	
				Other Adult	2.83%
				20 Students	
				<b>Yes – 46.17%</b>	
				<b>147 Students</b>	

# Screen Time & Activities

	Spending 3+hours per day playing video games and/or using the computer for something other than school work (on an average school day)	Watching TV for 3+ hours on an average school day	During a school week, how much time do you volunteer work, community service or helping people outside your home?
State			
9th	43.5 (39.2-47.9)%	19.9 (15.7-24.2)%	
10th	45.3 (40.0-50.8)%	21.2 (17.1-25.4)%	
11th	43.2 (39.3-47.2)%	12.7 ( 9.4- 15.9)%	
12th	39.8 (35.4-44.4)%	19.2 (15.4-3.0)%	
Nauset High School			
9th	25.5%      50 Students	7.07%   14 Students	0 hrs 57.93% 113
10th	30.81%    65 "	58%    16 "	0 hrs 65.88% 139
11th	25.43%    44 "	9.52% 16 "	0 hrs. 59.54% 103
12th	24.04%    44 "	7.65% 14	0 hrs. 54.10% 99

Percentage of Massachusetts High School  
Students who reported:

# Health

Grade	Sleeping 8 or more hours on an average school night 793 Answered	Earning mostly A's and B's in school
State		
9th	30.3 (25.9 - 35.2)%	78.9 (73.8 -84.0)%
10 <sup>th</sup>	23.4 (19.3 -28.1)%	75.6 (67.7 -83.5)%
11 <sup>th</sup>	17.8 (14.7 -21.5)%	74.1 (68.3-80.0)%
12 <sup>th</sup>	15.9 (13.5 -18.6)%	75.4 (69.1-81.7)%
Nauset High School		
9th	30.40%      62 Students	78.54%      79 Students
10 <sup>th</sup>	25.70%      55 “	<b>89.72%</b> 192 “
11 <sup>th</sup>	<b>26.81%</b> 48 “	<b>87.71%</b> 157 “
12 <sup>th</sup>	<b>22.80%</b> 44 “	<b>87.50%</b> 168 “
Total	209 Students	

# Health

	Eating breakfast every day		Thinking they are slightly or very overweight	
State				
9th	37.8 (33.3-42.5)%		30.5 (27.3-33.9)	
10th	33.6 (28.7-39.0)%		33.2 (29.4-37.2)	
11th	34.3 (31.0-37.9)%		31.7 (29.0-34.6)	
12th	33.8 (29.3-38.7)%		30.8 (27.0-34.8)	
Nauset High School				
9th	44.72%	89 Students	28.14%	56 Students
10th	40.76%	86	28.44%	60
11th	42.44%	73	22.00%	38
12th	34.05%	63	33.05%	63

# Health

	Fasting to lose weight, past 30 days	Intentionally vomiting to lose weight, past 30 days
State		
9th	9.6 (7.4-11.9)%	3.5 (1.5-5.5)%
10th	9.5 (7.2-11.7)%	4.3 (3.0-5.7)%
11th	10.4 (7.8-12.9)%	5.3 (3.5-7.2)%
12th	9.2 (6.7-11.6)%	3.7 (2.2-5.2)%
Nauset High School		
9th	<b>17.26%</b> 34 Students	5.58% 11 Students
10th	<b>28.44%</b> 60 "	5.69% 12 "
11th	<b>15.70%</b> 27 "	6.43% 11 "
12th	<b>16.76%</b> 31 "	<b>7.57%</b> 14 "

# Health

During the past 12 months have you suffered an injury to your head which have caused you to get “knocked out”, have memory problems, double or blurry visions, headaches or “pressure” in the head, or nausea or vomiting?

Yes	17.01%	134 Students
No	82.93%	651 Students



# Bullying

During the past 12 months, how many times have you been bullied at school, or going to or from school?	During this school year, have you bullied another student?	During this school year, have you ever been cyber bullied?	Have you avoided school or school activities because of a bullying situation?
0 times 75.47% 587 Students	Yes 7.45% <b>58 Students</b>	Yes 14.54% <b>113 Students</b>	Yes 10.81% <b>84 Students</b>
1 time 9.00% 70 Students	No 92.55% 721 Students	No 85.46% 664 Students	No 89.19% 693 Students
2 to 4 times 15.5% <b>121 Students</b>			
2 to 4 times <b>42</b> of the "A" Students	<b>22</b> of the "A" Students	<b>38</b> of the "A" Students	<b>25</b> of the "A" Students

# Weapons

During the past 30 days have you carried a weapon such as a gun, knife or club on or off school property?

Yes 9.83% 77 Students

No 90.17% 706 Students

MA State

9<sup>th</sup> 11.3%

10<sup>th</sup> 10.2%

11<sup>th</sup> 14.2%

12<sup>th</sup> 13.7%

During this school year, has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

Yes 4.10% 32 Students

No 95.90% 748 Students

MA State

9<sup>th</sup> 4.2%

10<sup>th</sup> 3.6%

11<sup>th</sup> 4.4%

12<sup>th</sup> 3.0%

# Driving

	Ever reading or sending text messages when driving	Riding with an intoxicated driver, past 30 days
State Average	-----	
9th		12.4 (9.8-15.6)
10th	11.0 (6.8-15.2)	17.4 (14.3-20.9)
11th	38.8 (32.6-45.0)	20.6 (16.8-24.9)
12th	53.8 (46.0-61.7)	21.9 (17.5-27.2)
Nauset High School	Yes	
9th	-----	8.87%      18
10th	2.46%      5	6.10%      13
11th	3.76%      8	9.04%      16
12th	36.93%    65	12.11%     23
	56.84%    108	

# Dating

Have you ever been physically hurt by someone you were dating?		If yes to previous question, did you tell an adult?	
Yes <b>48 Students</b>	6.17%	Yes <b>36 Students</b>	10.75%
Haven't been hurt 564 Students	72.49%		
Haven't dated 166 Students	21.34%		

# Dating

Has someone you were dating or going out with done any of the following: monitored your cell phone use, called or texted you multiple times a day to monitor your whereabouts, prevented you from doing things with friends, got angry if you were talking to someone else, or prevented you from going to school?

This is happening to me now	2.96%	23 Students
Yes, this has happened to me in the last year	10.57%	82 Students
Yes, this happened to me more than a year ago	6.19%	48 Students
No, this has not happened to me	80.28%	623 Students

# Sexual Contact

Have you ever been touched by anyone in a way that made you feel uncomfortable?	Has anyone ever had sexual contact with you against your will?	Who has had sexual contact with you against your will?
<b>Yes</b> <b>27.63%</b> <b>215 Students</b>	Yes 9.38% <b>73 Students</b>	One or more dating partners 2.74% 21 Students
No 72.37% 563 Students		One or more family members 1.3% 10 Students
		One or more friends 2.22% 17 Students
		One or more acquaintances 1.83% 14 Students
		One or more strangers 1.43% 11 Students
3/7/2018		<b>Total</b> <b>73 Students</b> 22

- Student Perceptions of Parents' and Friends' approval of Alcohol, Tobacco, Marijuana, and Drugs

# Student Perceptions of Parents and Friends

## Re: Alcohol Use

- How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?
- Not at all wrong to a little bit wrong 10.25%  
Wrong to very wrong 89.75%
- How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?
- Not at all wrong to a little bit wrong 37.99%  
Wrong to very wrong 62.04%



# Student Perceptions of Parents and Friends

## Re: Marijuana and Tobacco

- How wrong do your parents feel it would be for you to smoke tobacco?
  - Not at all wrong to a little bit wrong 4.26%
  - Wrong to very wrong 95.64%
- How wrong do your friends feel it would be for you to smoke tobacco?
  - Not at all wrong to a little bit wrong 21.32%
  - Wrong to very wrong 78.68%
- How wrong do your parents feel it would be for you to smoke marijuana?
  - Not at all wrong to a little bit wrong 25.58%
  - Wrong to very wrong 73.42%
- How wrong do your friends feel it would be for you to smoke marijuana?
  - **Not at all wrong to a little bit wrong 66.75%**
  - Wrong to very wrong 33.24%

## Student Perceptions of Parents and Friends Re: Use of Prescription Drugs not Prescribed to You

- How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?
  - Not at all wrong to a little bit wrong 4.09%
  - Wrong to very wrong 95.92 %
  
- How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?
  - Not at all wrong to a little bit wrong 16.27%
  - Wrong to very wrong 83.73 %

Thank You