

# HEALTH AND RISK FACTORS

## SUMMARY OF NRMS 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 April 5, 2017 the 502 Middle 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.

## Middle School 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	6	(1.2-3.4)	-----	-----	-----
Nauset		0.68% 1 student	0% 0 student	2.05% 3 students	0.68% 1 student
MA Range	7	(5.0-8.6)	-----	-----	-----
Nauset		.58% 1 student	0% 0 student	5.23% <b>9 students</b>	3.51% <b>6 students</b>
MA Range	8	(6.5-11.4)	(1.2-3.5)	-----	-----
Nauset		2.99% <b>5 students</b>	2.38% 4 students	14.37% <b>24 students</b>	8.93% <b>15 students</b>

## Middle School Alcohol and Marijuana Use

	Grade	Ever Drink Alcohol	Drinking Alcohol Past 30 days	Ever Using Marijuana	Using Marijuana Past 30 Days
MA Range	6	(4.3-7.5)	-----	(0.8-2.6)	-----
Nauset		4.08% <b>6 students</b>	0.68% 1 student	0.68% 1 student	0.68% 1 student
MA Range	7	(9.9-14.9)	(2.3-5.4)	(4.0-7.5)	(0.9-2.8)
Nauset		8.67% <b>15 students</b>	1.16% 2 students	2.91% 5 students	1.74% 3 students
MA Range	8	(15.8-23.7)	(5.2-10.1)	(7.3-12.8)	(3.2-6.4)
Nauset		21.56% <b>36 students</b>	10.12% <b>17 students</b>	5.95% <b>10 students</b>	3.64% <b>6 students</b>

## Middle School 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	6	(1.6-3.6 )	-----	-----	-----	
Nauset		.69% 1 student	0% 0 students	0% 0 students	0% student	
MA Range	7	(2.1-4.4 )	( 0.5-1.9)	----	----	
Nauset		1.17 % 2 students	.58% 1 student	0% 0 students	0 % 0 students	
MA Range	8	(1.9-3.5 )	(1.1-3.0)	-----	----	
Nauset		1.19% 2 students	1.19% 2 students	0% 0 students	0% 0 students	

## Middle School Mental Health & Suicidality

	Grade	Injuring oneself but not wanting to die this past year	Feeling sad or hopeless 2 weeks or more this past year	Ever Seriously Consider Attempting Suicide	Past year, felt extremely anxious or worried which interfered with daily activities
	Total	29 students	85 students	33 students	168 students
MA Range	6	(11.6-16.2)	(12.0-19.3)	(3.5-6.4 )	-----
Nauset		6.04% <b>9 students</b>	15.44% <b>23 students</b>	4.70% <b>7 students</b>	18.67% <b>28 students</b>
MA Range	7	(13.4-18.9)	(15.4-22.1 )	(6.4-9.9 )	-----
Nauset		6.32% <b>11 students</b>	13.79% <b>24 students</b>	5.92 % <b>10 students</b>	37.71% <b>66 students</b>
MA Range	8	(14.4-19.9)	(16.6-23.2)	(8.5-13.1)	----
Nauset		5.39 % <b>9 students</b>	22.75 % <b>38 students</b>	9.58% <b>16 students</b>	44.05% <b>74 students</b>

## Middle School

	Grade	Having one parent or other adult to talk to about things important	Student identified reasons for anxiety/depression. Top 5 reasons.
Nauset	6	Yes            134 students No                4 students Not Sure    13 students ----- No/Not Sure <b>17 Students</b>	1) Academic Stress 2) Worried about the future; Feeling isolated/alone; Body image& physical appearance; Relationships with friends/classmates
Nauset	7	Yes            145 students No <b>7 students</b> Not Sure    23 students ----- No/Not Sure <b>30 students</b>	1) Academic Stress 2) Worried about the future 3) Body image& physical appearance 4) Relationships with friends 5) Family Problems
Nauset	8	Yes            128 students No <b>12 students</b> Not Sure    31 students ----- No/Not Sure <b>43 students</b>	1) Academic Stress 2) Worried about the future 3) Body image& physical appearance 4) Relationships with friends 4) Family Problems

## Middle School Screen Time and Activities

	Grade	3+ hours on video or computer games per school day—not school work	3+ hours on an average school day watching TV	This school year, how many groups, teams or activities, have you participated in	During a typical school week, how many hours do you spend helping others or community service	
MA Range	6	(28.9-37.5 )	(15.3-22.9)			
Nauset		16.11% <b>24 students</b>	6.71% <b>10 students</b>	None <b>13 students</b>	0 hours <b>88 students</b>	
MA Range	7	(40.9-49.6 )	(16.9-24.8 )			
Nauset		26.01 % <b>45 students</b>	8.72% <b>15 students</b>	None <b>23 students</b>	0 hours <b>130 students</b>	
MA Range	8	(44.0-53.1 )	(18.7-26.0)			
Nauset		27.98 % <b>47 students</b>	10.78 % <b>18 students</b>	None <b>23 students</b>	0 hours <b>102 students</b>	8

## Middle School Health

	Grade	During the past 7 days, how many days did you eat breakfast	During the past week, how many days were you physically active for 30 minutes outside of school	Thinking they have normal weight	Thinking they are slightly or very overweight
MA Range	6	-----	-----	(56.8-62.1)	(18.3-24.1)
Nauset		Rarely to Never <b>30 students</b>	0 to 2 days <b>19 students</b>	65.10% <b>97 students</b>	18.12% <b>27 students</b>
MA Range	7	-----	-----	(52.5-57.9)	(22.7-28.5)
Nauset		Rarely to Never <b>37 students</b>	0 to 2 days <b>25 students</b>	57.47% <b>100 students</b>	23.56% <b>41 students</b>
MA Range	8	-----	-----	(53.9-59.9)	(23.4-29.5)
Nauset		Rarely to Never <b>38 students</b>	0 to 2 days <b>42 students</b>	58.58% <b>99 students</b>	24.26% <b>41 students</b> <sup>9</sup>

## Middle School Bullying

	Grade	During this school year, been bullied at school or going to and from school	During this school year, have you been cyber bullied	During this school year, have you bullied another student	Have you avoided school or school activities due to bullying
Nauset	6	Yes 25.33% <b>38 students</b>	Yes 8.67 % <b>13 student</b>	Yes 6.67 % <b>10 student</b>	Yes 5.33 % <b>8 students</b>
Nauset	7	Yes 17.14 % <b>30 students</b>	Yes 12.57 % <b>22 students</b>	Yes 4.55% <b>8 students</b>	Yes 6.29 % <b>11 students</b>
Nauset	8	Yes 18.45 % <b>31 students</b>	Yes 14.88 % <b>25 students</b>	Yes 12.50 % <b>21 students</b>	Yes 8.33 % <b>14 students</b>

## Middle School Personal Safety

	Grade	During the past 30 days, did you feel unsafe in a car that you thought the driver used alcohol or drugs	Have you been touched by anyone that made you feel uncomfortable	Have you been physically hurt by someone you were dating or going out with
Nauset	6	Yes 4.64% <b>7 students</b>	Yes 14.67 % <b>22 students</b>	Yes .66 % 1 student
Nauset	7	Yes .57 % 1 student	Yes 10.29% <b>18 students</b>	Yes .57 % 1 student
Nauset	8	Yes 4.71% <b>8 students</b>	Yes 18.34 % <b>31 students</b>	Yes 1.18 % 2 students

## Middle School Weapons and Physical Fights

	Grade	Past 30 days, have you carried a weapon on <u>or</u> <u>off school property</u>	During this school year, has someone threatened or injured you with a weapon on school property	How many times were you in a physical fight on school property
Nauset	6	No 139 Yes <b>12</b>	No 149 Yes 2	Never 144 1 time 7 2 or more 1
Nauset	7	No 163 Yes <b>13</b>	No 174 Yes 2	Never 165 1 time 11 2 or more 0
Nauset	8	No 159 Yes <b>12</b>	No 168 Yes 2	Never 159 1 time 10 2 or more 1

- 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 3.09%    Wrong to very wrong **96.91%**
  
- 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 16.29%    Wrong to very wrong **83.71%**

# 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 **1.45%** Wrong to very wrong **98.56 %**
  
- How wrong do your friends feel it would be for you to smoke tobacco?
- Not at all wrong to a little bit wrong **8.53%** Wrong to very wrong **91.48 %**
  
- How wrong do your parents feel it would be for you to smoke marijuana?
- Not at all wrong to a little bit wrong **6.18%** Wrong to very wrong **93.81 %**
  
- How wrong do your friends feel it would be for you to smoke marijuana?
- Not at all wrong to a little bit wrong **17.97%** Wrong to very wrong **82.02 %**

# 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 1.64%    Wrong to very wrong **98.36** %
- 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 7.21%    Wrong to very wrong **92.79** %

Thank You