

# SUMMARY OF RESULTS FROM THE 2018-2019 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

SUBMITTED TO  
THE CAMBRIDGE PREVENTION COALITION  
THE CAMBRIDGE PUBLIC SCHOOLS, AND  
THE CAMBRIDGE PUBLIC HEALTH DEPARTMENT  
CAMBRIDGE, MA

SUBMITTED BY  
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## BACKGROUND

### REPORT FORMAT

In April of 2019, a total of 1,123 Cambridge middle grades students (grades 6-8) took part in the 2018-2019 Cambridge Middle Grades 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 twelfth administration of the Middle Grades Health Survey (the survey was also administered in 1997, 1999, 2001, 2003, 2005, 2007, 2009, 2011, 2013, 2015, and 2017). A similar survey of Cambridge high school students has also been conducted biennially since 1992 – the most recent one was conducted in 2018.

This report summarizes results from the 2019 Cambridge Middle Grades Health Survey. It is designed to provide an overview of key survey data, focusing on three 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)?; and (3) How have the data changed since the last several administrations of the survey? The summary presents an overview of findings grouped according to the following themes: Substance Use, Violence and Safety, Mental Health, Sexual Health, 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 2019 to all Cambridge public school students in grades 6 through 8. The number of respondents in each grade is as follows:

6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	TOTAL
407	345	371	1,123

School administrators set aside approximately one period of classroom time 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 and nicotine), 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 Middle Grades 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. Confidentiality was highlighted in the survey 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.

## **TRENDS**

Trend comparisons can provide extremely useful information on whether certain behaviors 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 Cambridge administered similar surveys in the past – middle grades surveys in 1997, 1999, 2001, 2003, 2005, 2007, 2009, 2011, 2013, 2015, and 2017 – it is possible to look at selected 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 Public Health administers the Massachusetts Youth Health Survey (MA YHS) to a sample of middle school students every two years. The most recent data available from the MA YHS are from the survey administered in the Spring of 2017. (Note: The MA YHS was administered in the Spring of 2019; however, results from that survey were not yet available at the time of this report.)

## **WHO HAS THESE ISSUES?**

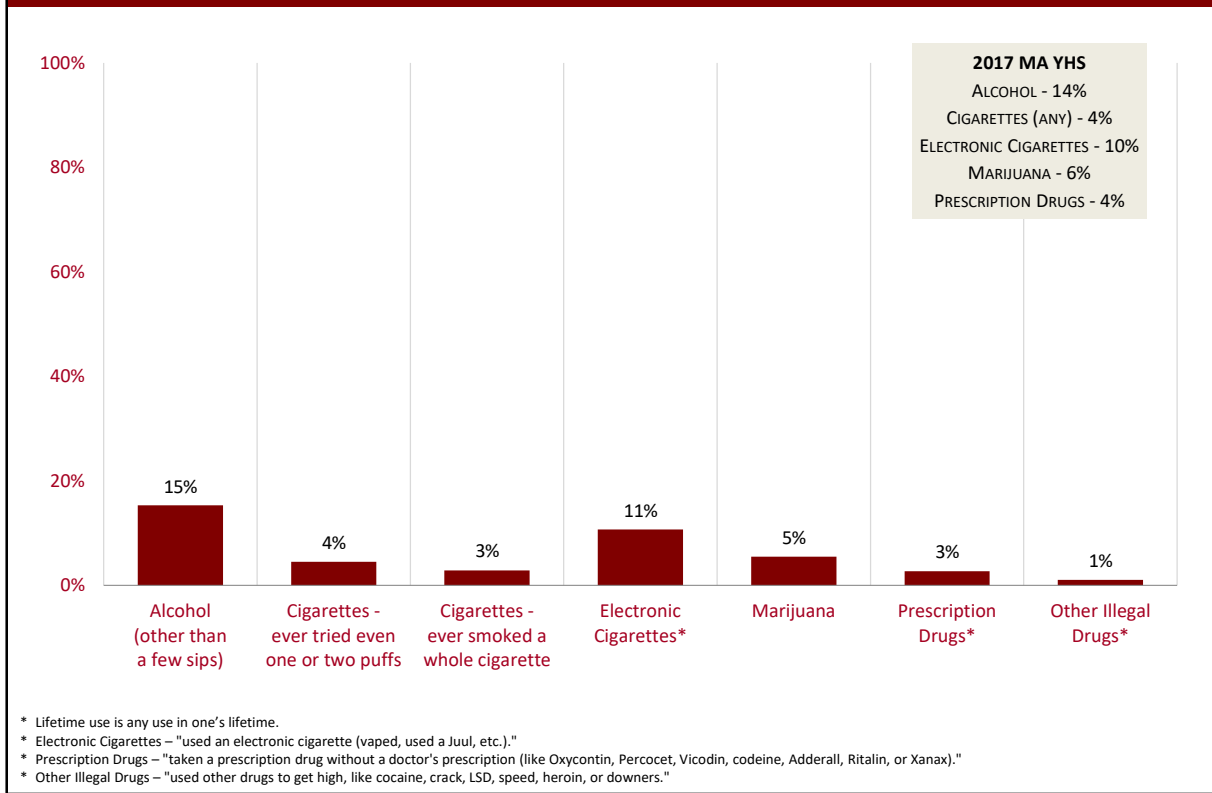
Although this survey was administered to middle grades students, this does not mean that the issues addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this survey is designed primarily to assess risky behaviors and does not address all of the 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 those addressed in the survey are not school problems; they are community challenges that require the attention of all community members and organizations.

# Substance Use

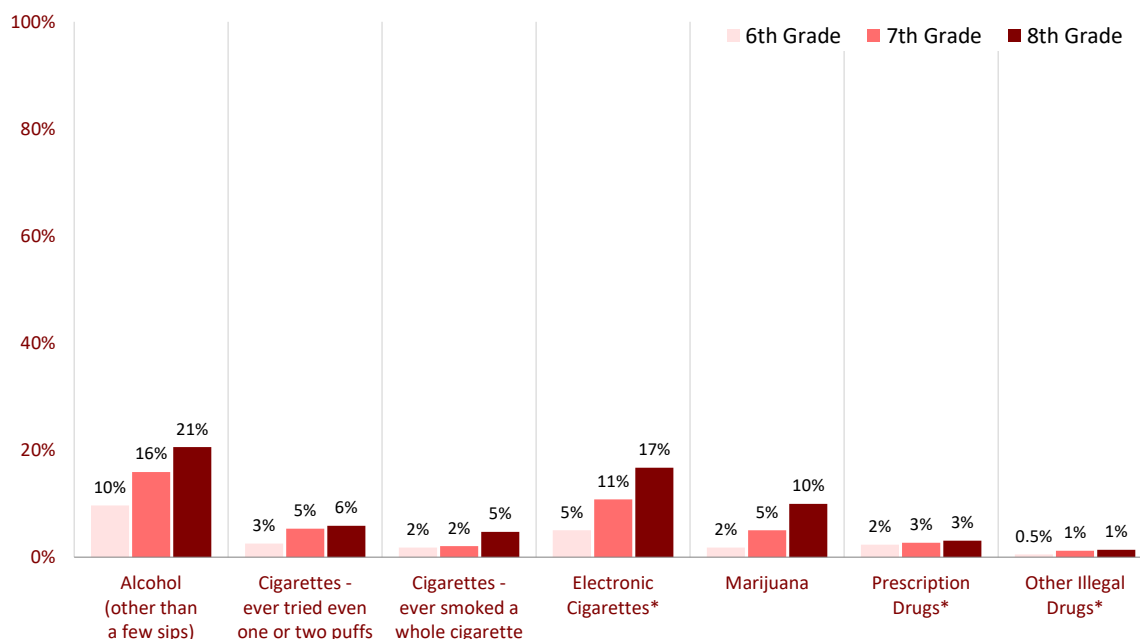
## Lifetime\* Substance Use for Cambridge Middle Grades Students (2019)



### SELECTED POINTS

- Lifetime substance use is any use during one's lifetime. The alcohol questions were preceded by the following statement, "The next questions are 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 15% of Cambridge middle grades students in 2019 reporting that they had consumed alcohol in their lifetime.
- Eleven percent (11%) reported ever trying an *electronic* cigarette, 4% ever trying cigarette smoking (even one or two puffs), and 3% ever smoking a whole cigarette.
- Five percent (5%) had used marijuana, 3% prescription drugs without a doctor's prescription, and 1% an other illegal drug to get high (like cocaine, crack, LSD, speed, heroin, or downers).
- **Trends:** While lifetime use of most substances was relatively stable between 2017 and 2019 and continues to represent some of the lowest reported rates on record, use of electronic cigarettes increased substantively from 4% in both 2015 and 2017 to 11% in 2019.
- **Comparisons:** As data from the statewide middle school 2019 Massachusetts Youth Health Survey (MA YHS) were not available at the time of this report, comparisons can be made to the 2017 MA YHS. Lifetime substance use rates were largely similar among 2017 Massachusetts and 2019 Cambridge middle school students: alcohol (14% MA, 15% Cambridge), cigarettes (any use) (4% MA, 4% Cambridge), electronic cigarettes (10% MA, 11% Cambridge), marijuana (6% MA, 5% Cambridge), non-prescribed prescription drugs (4% MA, 3% Cambridge). *MA data from the 2017 Youth Health Survey.*

## Lifetime\* Substance Use for Cambridge Middle Grades Students, by Grade (2019)



\* Lifetime use is any use in one's lifetime.

\* Electronic Cigarettes – "used an electronic cigarette (vaped, used a Juul, etc.)."

\* Prescription Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

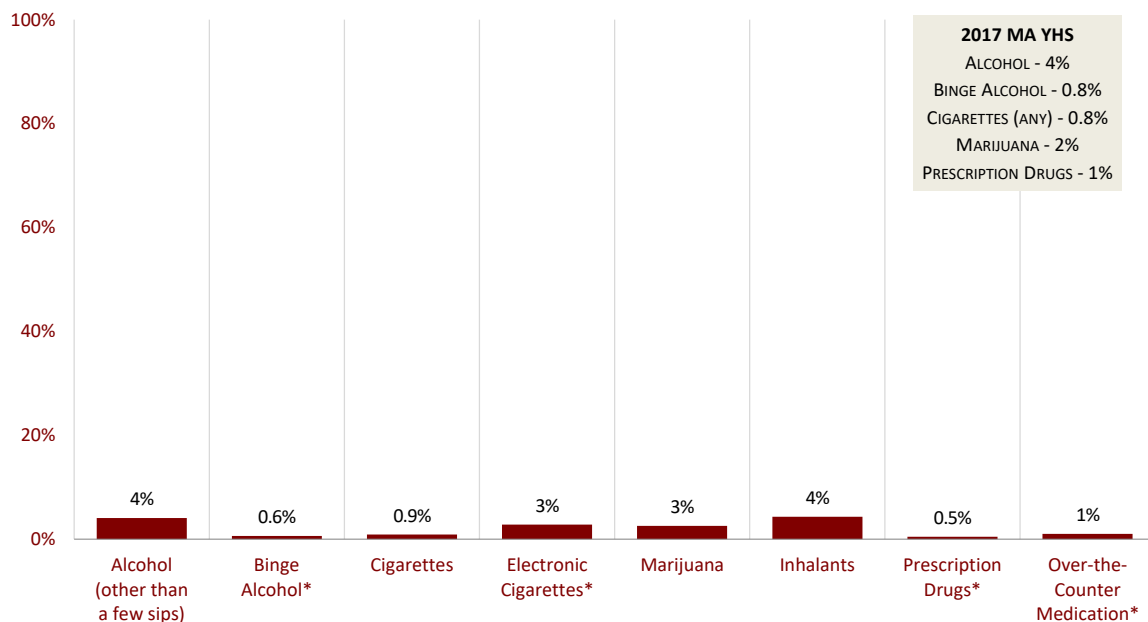
\* Other Illegal Drugs – "used other drugs to get high, like cocaine, crack, LSD, speed, heroin, or downers."

### SELECTED POINTS

- The percentage of Cambridge middle grades students who reported ever using each of these substances increased with age/grade.
- Of note are the substantive increases by grade in lifetime use of alcohol (10% 6<sup>th</sup> grade, 16% 7<sup>th</sup> grade, 21% 8<sup>th</sup> grade), electronic cigarettes (5%, 11%, 17%), and marijuana (2%, 5%, 10%).



## Current\* Substance Use for Cambridge Middle Grades Students (2019)



\* Current use is any use in the 30 days prior to the survey.

\* Binge Alcohol – "5 or more drinks of alcohol in a row, that is, within a couple of hours."

\* Electronic Cigarettes – "used an electronic cigarette (vaped, used a Juul, etc.)."

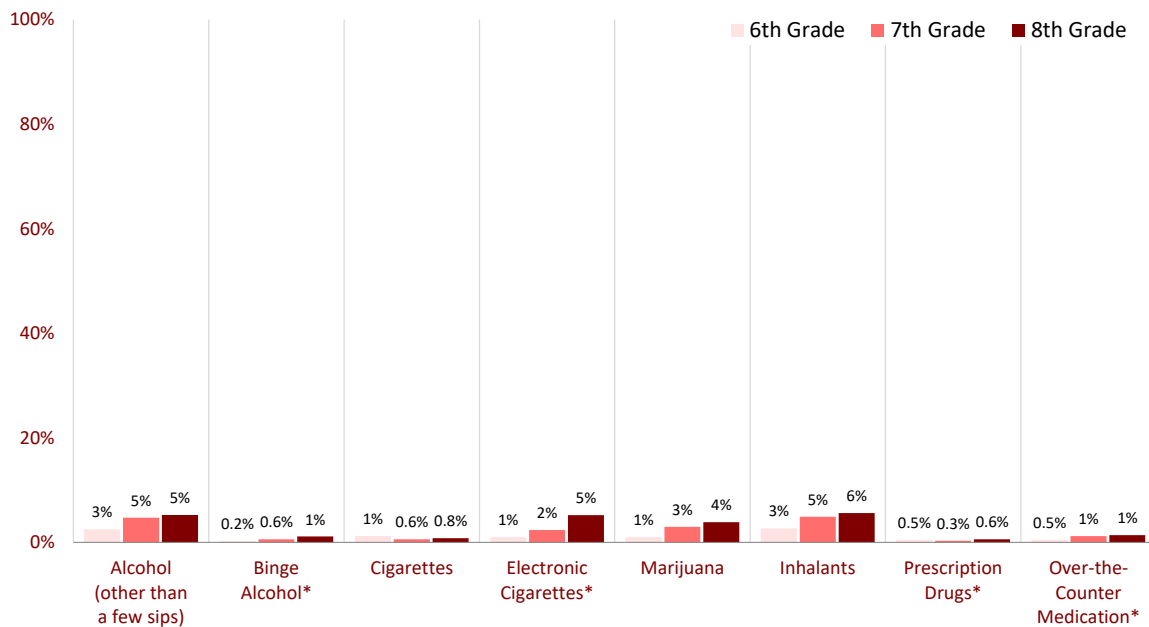
\* Prescription Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

\* Over-the-Counter Medication – "tr[ie]d to get high by taking over-the-counter medications such as cough or cold syrups or diet pills (don't count anything you took because you were sick)."

### SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 4% of students reporting that they consumed alcohol in the 30 days prior to the survey.
- Less than one percent of all respondents (0.6%) reported binge drinking (consuming five or more drinks in a row) during the same time period. Of those who reported that they consumed alcohol in the 30 days prior to the survey, 15% reported binge drinking.
- The rate of current use of alcohol was paralleled by current use of inhalants (4%) and followed by use of electronic cigarettes and marijuana (3% each). One percent or fewer of respondents reported current use of over-the-counter medication to get high (1%), cigarettes (0.9%), or prescription drugs without a prescription (0.5%).
- **Comparisons:** Current substance use rates were largely similar among 2017 Massachusetts and 2019 Cambridge middle school students: alcohol (4% MA, 4% Cambridge), binge alcohol (0.8% MA, 0.6% Cambridge), cigarettes (0.8% MA, 0.9% Cambridge), marijuana (2% MA, 3% Cambridge), non-prescribed prescription drugs (1% MA, 0.5% Cambridge). *MA data from the 2017 Youth Health Survey.*

## Current\* Substance Use for Cambridge Middle Grades Students, by Grade (2019)



\* Current use is any use in the 30 days prior to the survey.

\* Binge Alcohol – "5 or more drinks of alcohol in a row, that is, within a couple of hours."

\* Electronic Cigarettes – "used an electronic cigarette (vaped, used a Juul, etc.)."

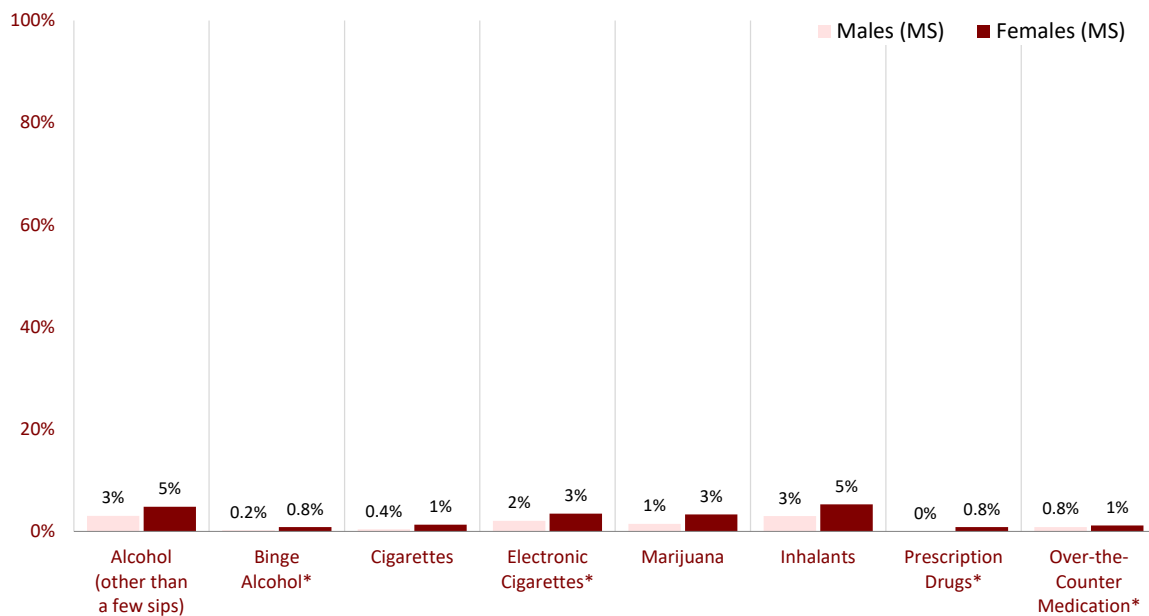
\* Prescription Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

\* Over-the-Counter Medication – "tr[ie]d to get high by taking over-the-counter medications such as cough or cold syrups or diet pills (don't count anything you took because you were sick)."

### SELECTED POINTS

- The percentage of Cambridge middle grades youth who reported current use of each of these substances tended to increase with age/grade. For example, the percentage of students who reported current use of electronic cigarettes increased from 1% in 6<sup>th</sup> grade to 2% in 7<sup>th</sup> grade and 5% in 8<sup>th</sup> grade.

## Current\* Substance Use for Cambridge Middle Grades Students, by Gender (2019)



\* Current use is any use in the 30 days prior to the survey.

\* Binge Alcohol – "5 or more drinks of alcohol in a row, that is, within a couple of hours."

\* Electronic Cigarettes – "used an electronic cigarette (vaped, used a Juul, etc.)."

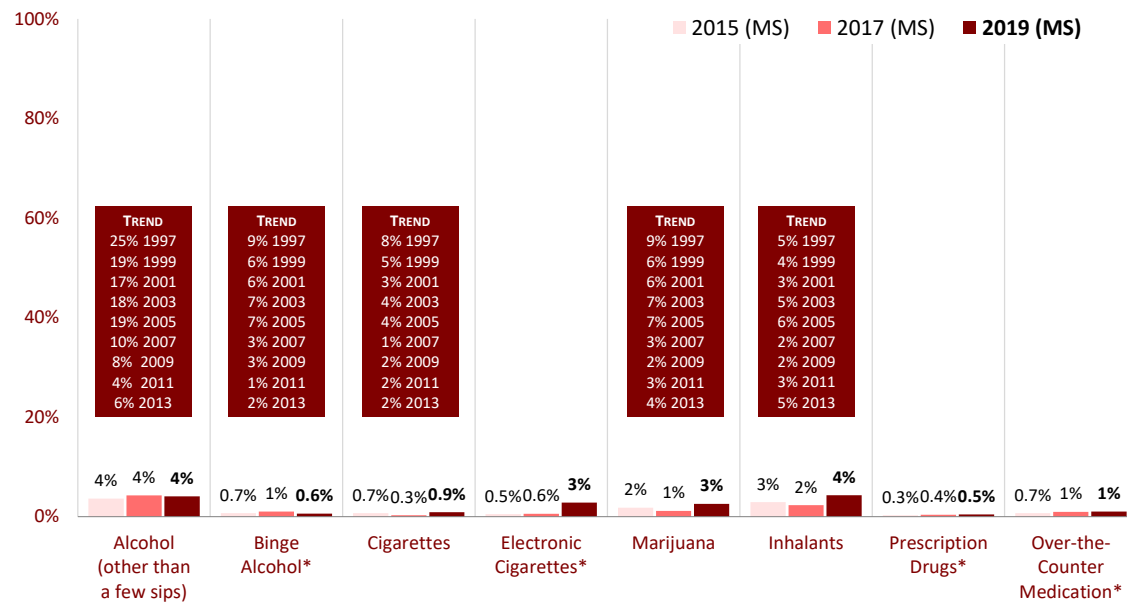
\* Prescription Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

\* Over-the-Counter Medication – "tr[ie]d to get high by taking over-the-counter medications such as cough or cold syrups or diet pills (don't count anything you took because you were sick)."

### SELECTED POINTS

- While Cambridge middle grades males and females reported similar levels of use of all substances, females were consistently slightly more likely than males to report use.

## Trends in Current\* Substance Use for Cambridge Middle Grades Students (2015-2019)



\* Current use is any use in the 30 days prior to the survey.

\* Binge Alcohol – "5 or more drinks of alcohol in a row, that is, within a couple of hours."

\* Electronic Cigarettes – "used an electronic cigarette (vaped, used a Juul, etc.)."

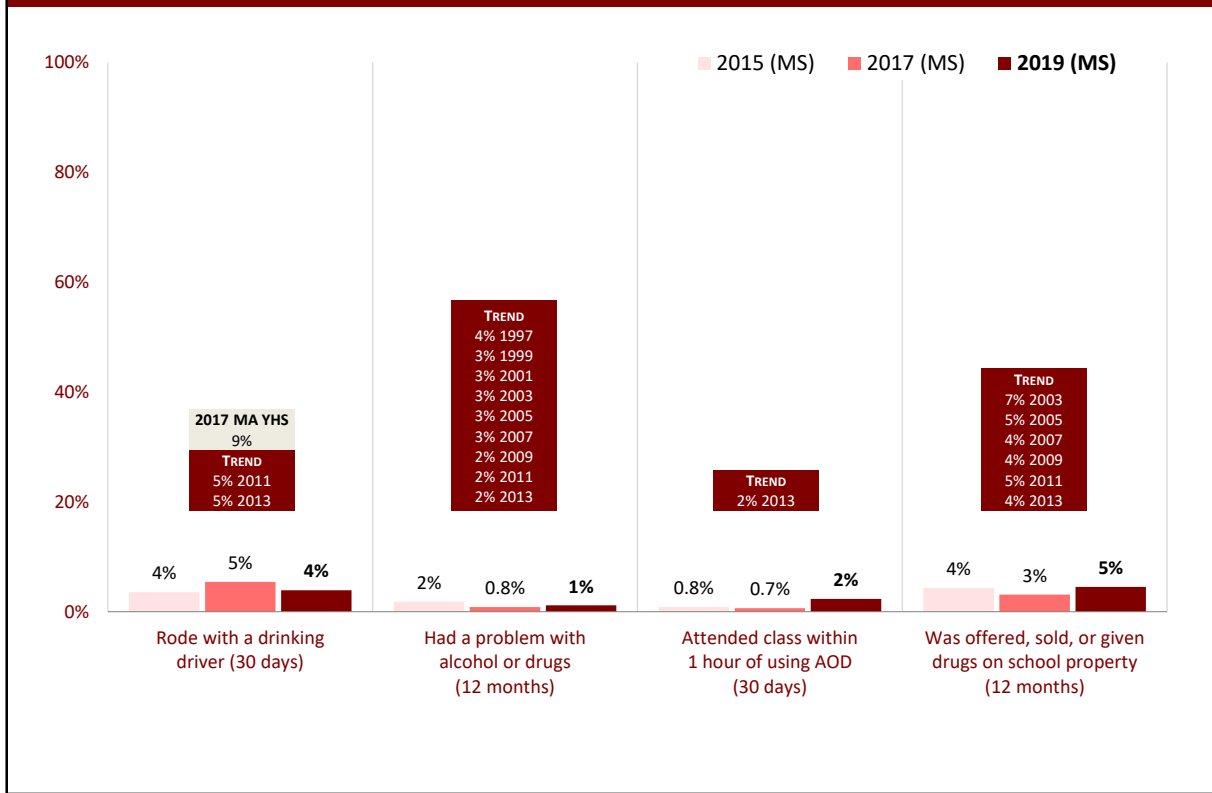
\* Prescription Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

\* Over-the-Counter Medication – "tr[ie]d to get high by taking over-the-counter medications such as cough or cold syrups or diet pills (don't count anything you took because you were sick)."

### SELECTED POINTS

- The short-term trend for current substance use in Cambridge has been stable, with little substantive change between 2017 and 2019. An exception is the use of electronic cigarettes, which increased from less than 1% in 2015 and 2017 to 3% in 2019 (long-term trend data not available).
- Long-Term Trends:
  - Current alcohol use was highest during 1997 (25%) and is now 4%.
  - Binge alcohol use was highest during 1997 (9%) and is now 0.6%.
  - Current cigarette use was highest during 1997 (8%) and is now 0.9%.
  - Current marijuana use was highest during 1997 (9%) and is now 3%.
  - Current use of inhalants was highest during 2005 (6%) and is now 4%.

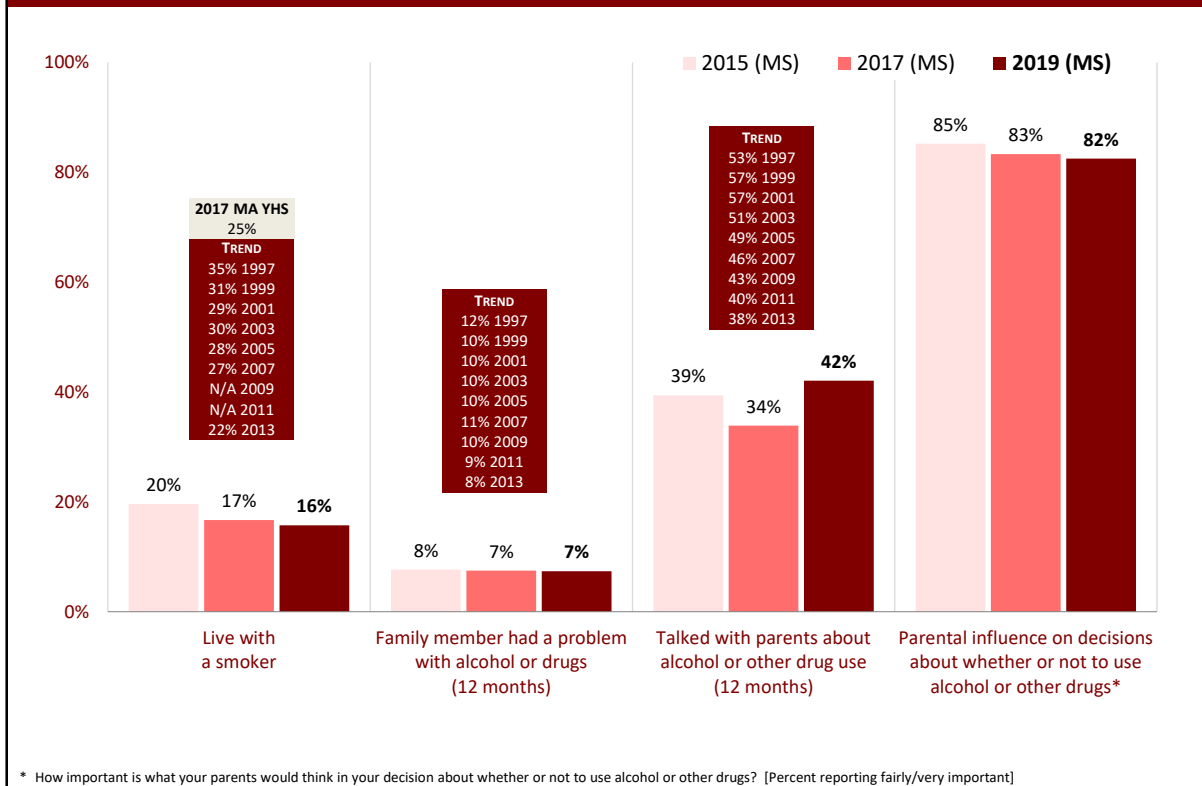
## Alcohol and Other Drug-Related Issues Among Cambridge Middle Grades Students (2015-2019)



### SELECTED POINTS

- Four percent (4%) of Cambridge middle grades students reported in 2019 that they rode with a driver in the past 30 days who had been drinking, 1% had a problem with alcohol or other drugs in the past 12 months, 2% attended class during the past 30 days within 1 hour of using alcohol or drugs, and 5% were offered, sold, or given drugs in the past 12 months while on school property.
- Trends:** Both short-term and long-term trends for these four items are largely stable, with rates remaining quite low.
- Comparisons:** Cambridge 2019 middle grades students were less likely than 2017 Massachusetts students to report riding with a drinking driver in the past 30 days (9% MA, 4% Cambridge). Massachusetts data are not available for other items. *MA data from the 2017 Youth Health Survey.*
- Gender:** Females in 2019 were more likely than males to report that they rode with a driver during the past 30 days who had been drinking (3% males, 5% females) and that they attended class within one hour of using alcohol or other drugs during the past 30 days (0.9%, 3%). There was no difference by gender for those who reported having a problem with alcohol or drugs in the past 12 months (1% males, 1% females) or were offered, sold, or given drugs on school property in the past 12 months (4%, 4%).
- Grade:** Each item increased slightly overall in 2019 with the age/grade of the respondent, most notably the percentage who reported being offered, sold, or given drugs on school property: rode with a driver during the past 30 days who had been drinking (4% 6<sup>th</sup>, 2% 7<sup>th</sup>, 5% 8<sup>th</sup>); attended class within one hour of using alcohol or other drugs during the past 30 days (1%, 3%, 3%); had a problem with alcohol or drugs in the past 12 months (0.5%, 2%, 1%); were offered, sold, or given drugs on school property in the past 12 months (2%, 5%, 7%).

## Selected Alcohol and Other Drug Environmental Factors Among Cambridge Middle Grades Students (2015-2019)

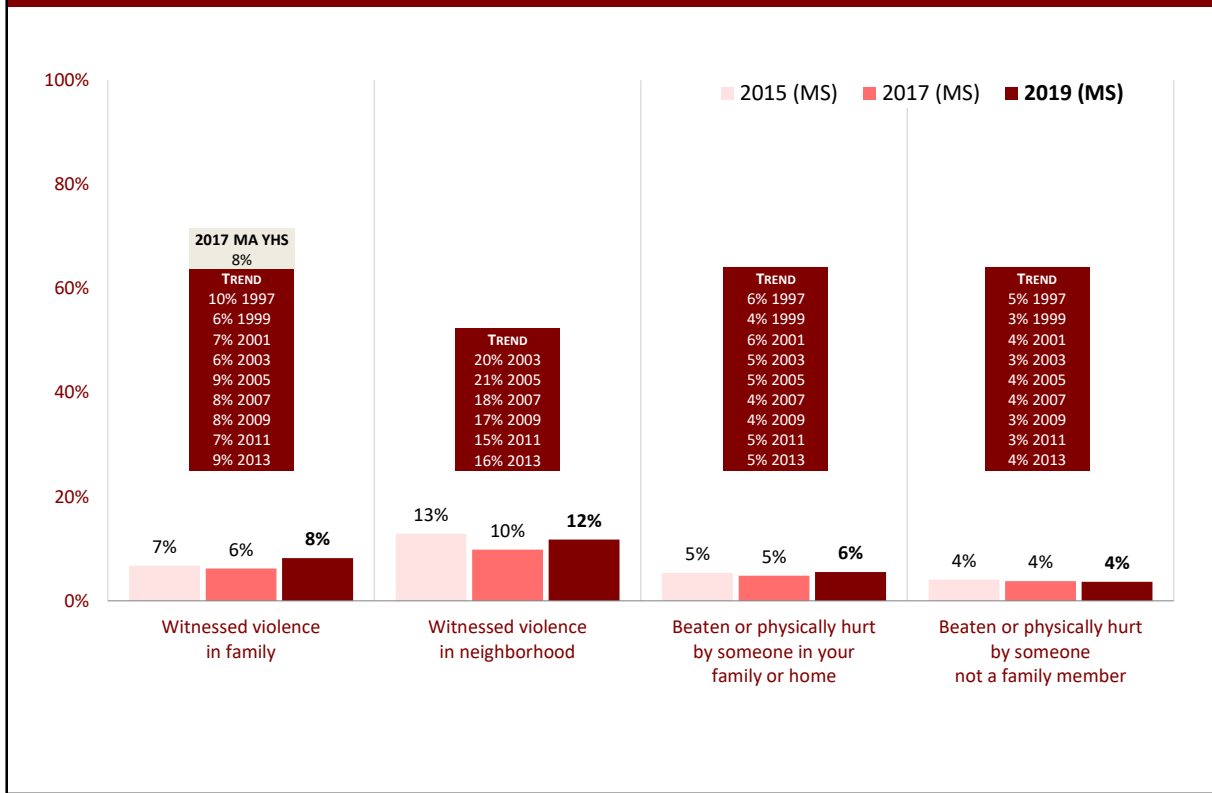


### SELECTED POINTS

- Sixteen percent (16%) of Cambridge middle grades students reported living with a smoker in 2019, 7% had a family member with an alcohol or other drug problem in the past 12 months, 42% talked with their parents in the past 12 months about alcohol or other drugs, and 82% said that their parents play a fairly/very important role in their decision about whether or not to use alcohol or other drugs.
- Trends:** There has been a steady decline since 1997 in the percentage of students who report living with a smoker and/or have a family member who had a problem with alcohol or other drugs during the past 12 months, and a slight decrease since first observed in 2015 in the percentage who report that their parents influence their decisions about whether or not to use alcohol or other drugs. After prior decreases since 2001 in talking with parents during the past 12 months about alcohol or other drugs, there was an increase from the lowest observed rate of 34% in 2017 to 42% in 2019.
- Comparisons:** Cambridge 2019 middle grades students were less likely than 2017 Massachusetts students to report living with a smoker (25% MA, 16% Cambridge). Massachusetts data are not available for other items. *MA data from the 2017 Youth Health Survey.*
- Gender:** While there was little difference by gender in 2019 in reports of living with a smoker or having a family member with a substance use problem, females were more likely than males to report speaking with their parents about substance use and that their parents play a role in their substance use decisions: live with a smoker (15% males, 16% females); family member had a problem with alcohol or other drugs in the past 12 months (7%, 8%); talked with parents during the past 12 months about alcohol or other drugs (37%, 46%); indicated that parents play a fairly/very important role in their decision about whether or not to use alcohol or other drugs (78%, 85%).
- Grade:** There was little difference by grade in 2019 in reports of living with a smoker (15% 6<sup>th</sup>, 17% 7<sup>th</sup>, 16% 8<sup>th</sup>) or talking with parents about alcohol or other drug use (40%, 44%, 43%). Reports of having a family member who had a problem with alcohol or drugs in the past 12 months increased with age/grade (5%, 7%, 10%), while parental influence over decisions about whether or not to use alcohol or other drugs declined (89%, 85%, 74%).

# Violence and Safety

## Violence-Related Experiences in the Past 12 Months Among Cambridge Middle Grades Students (2015-2019)

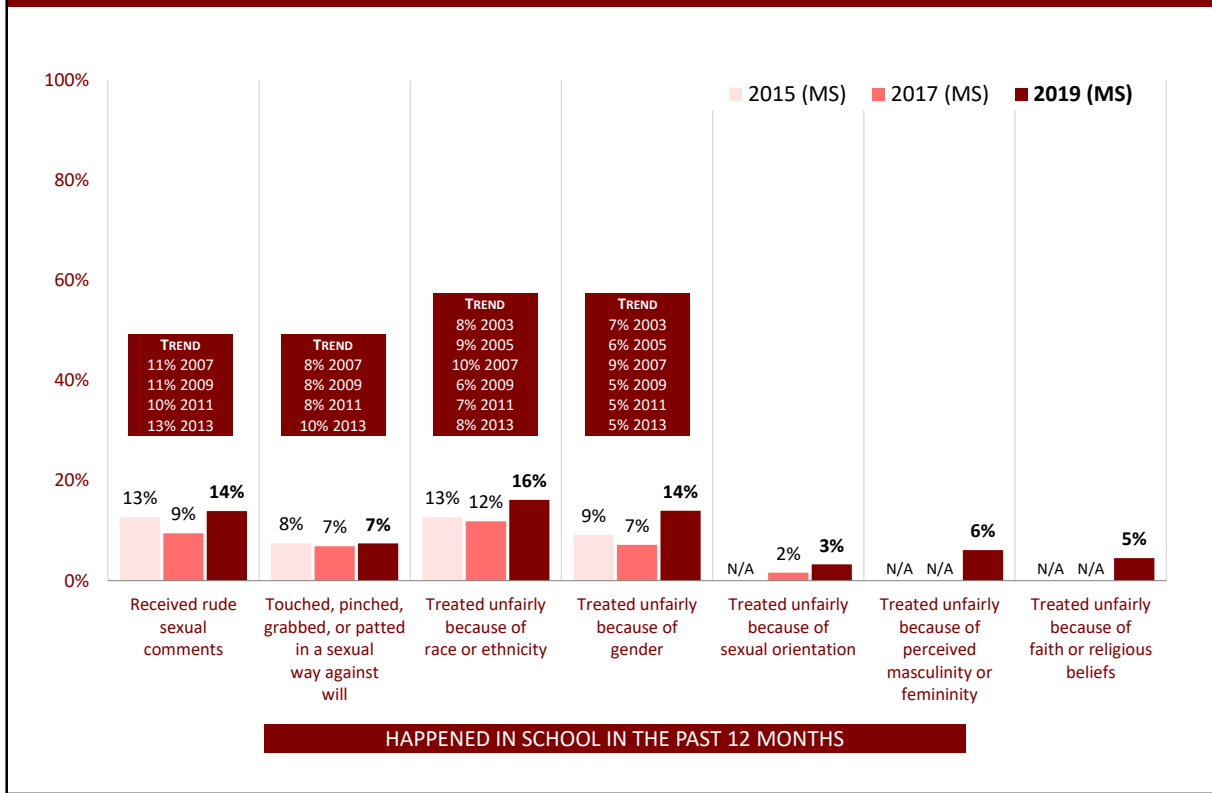


### SELECTED POINTS

- These data illustrate violence-related experiences that respondents reported happened to them at least once in the 12 months prior to the survey.
- Eight percent (8%) of Cambridge middle grades students reported in 2019 that they witnessed violence in their family, 12% witnessed violence in their neighborhood, 6% were beaten or physically hurt by someone in their family or home, and 4% were beaten or physically hurt by someone not a family member.
- **Trends:** With the exception of a historical decline in the percent of students who witnessed violence in their neighborhood (high of 21% in 2005, 12% in 2019), trend data reveal similar reports between 1997 and 2019 in violence-related experiences among Cambridge youth.
- **Comparisons:** Cambridge 2019 and Massachusetts 2017 middle grades students were equally likely to report witnessing family violence (8% MA, 8% Cambridge). Massachusetts data are not available for other items. *MA data from the 2017 Youth Health Survey.*
- **Gender:** Males and females were similar in their reports of violence-related experiences in 2019, with males more likely to report being beaten or physically hurt by someone outside of their family: witnessed violence in their family (8% males, 8% females); witnessed violence in their neighborhood (12%, 12%); beaten or physically hurt by someone in their family or home (6%, 5%); beaten or physically hurt by someone not a family member (6%, 2%).
- **Grade:** There was little variation by age/grade in violence-related experiences in 2019: witnessed violence in their family (8% 6<sup>th</sup>, 8% 7<sup>th</sup>, 8% 8<sup>th</sup>); witnessed violence in their neighborhood (14%, 13%, 9%); beaten or physically hurt by someone in their family or home (6%, 6%, 4%); beaten or physically hurt by someone not a family member (4%, 4%, 3%).



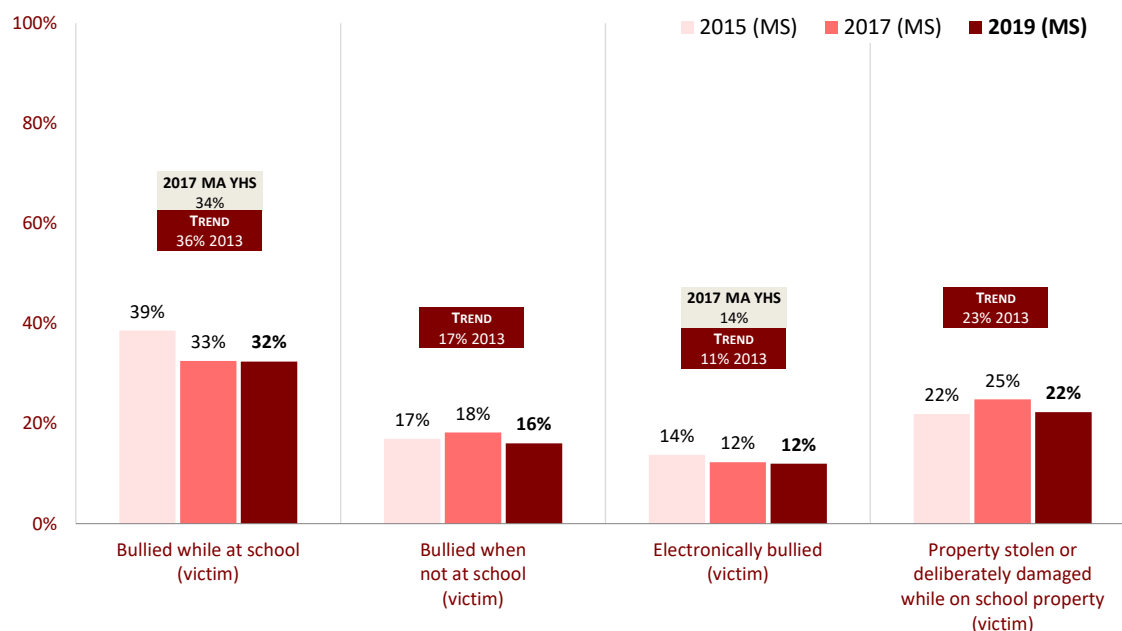
## Violence-Related Experiences IN SCHOOL in the Past 12 Months Among Cambridge Middle Grades Students (2015-2019)



### SELECTED POINTS

- These data illustrate violence-related experiences that respondents report happened to them in school at least once in the 12 months prior to the survey.
- Fourteen percent (14%) of Cambridge middle grades students reported in 2019 that they received rude sexual comments in school and 7% were touched, pinched, grabbed, or patted in a sexual way against their will. Sixteen percent (16%) felt they were treated unfairly in school because of their *race or ethnicity*, 14% because of their *gender*, 3% because of their *sexual orientation*, 6% because of their *perceived masculinity/femininity*, and 5% because of their *faith or religious beliefs*.
- **Trends:** As displayed in the chart, with the exception of unwanted sexual touching, reports of most issues increased between 2017 and 2019 and reached historical highs.
- **Gender:** In 2019, Cambridge females were more likely than males to report these school-sited issues: received rude sexual comments (7% males, 19% females); touched, pinched, grabbed, or patted in a sexual way against their will (5%, 9%); treated unfairly because of race or ethnicity (14%, 18%); treated unfairly because of gender (6%, 20%); treated unfairly because of sexual orientation (2%, 4%); treated unfairly because of perceived masculinity or femininity (4%, 7%); treated unfairly because of faith or religious beliefs (4%, 5%).
- **Grade:** Reports of these school-sited issues remained largely consistent with age/grade in 2019, with 8<sup>th</sup> graders more likely to report receiving rude sexual comments or being sexually touched against their will: received rude sexual comments (13% 6<sup>th</sup>, 12% 7<sup>th</sup>, 16% 8<sup>th</sup>); touched, pinched, grabbed, or patted in a sexual way against their will (6%, 6%, 10%); treated unfairly because of race or ethnicity (17%, 15%, 16%); treated unfairly because of gender (14%, 13%, 15%); treated unfairly because of sexual orientation (3%, 5%, 3%); treated unfairly because of perceived masculinity or femininity (7%, 5%, 6%); treated unfairly because of faith or religious beliefs (4%, 4%, 5%).

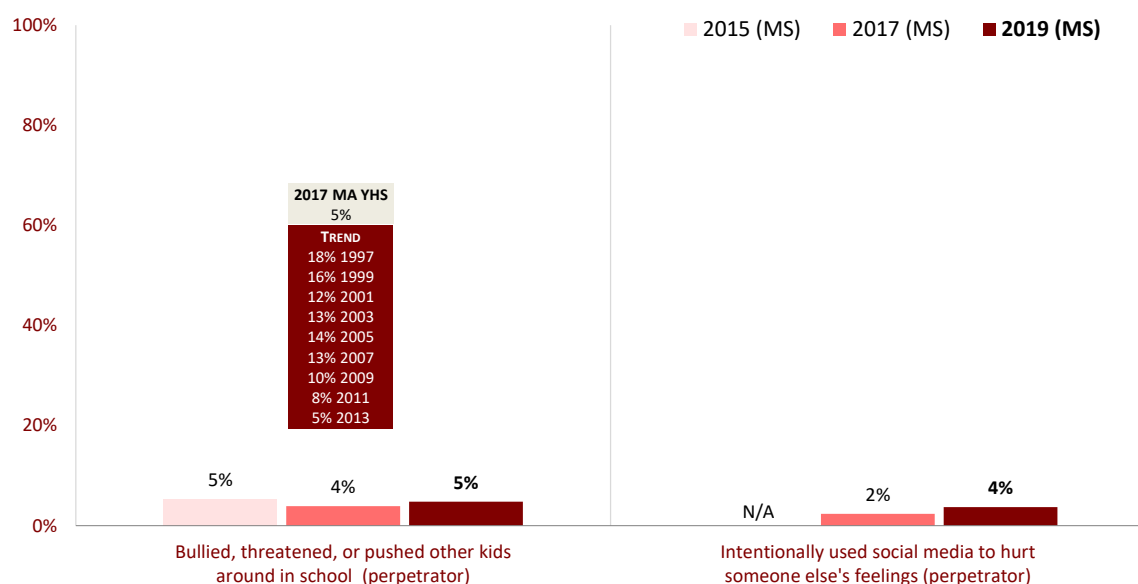
## Bullying Victimization in the Past 12 Months Among Cambridge Middle Grades Students (2015-2019)



### SELECTED POINTS

- These data illustrate victimization, including bullying victimization, in the past 12 months among Cambridge middle grades students. *Bullying* was defined in the survey as, "being repeatedly teased, called names, threatened, hit, kicked, or excluded by another student or group of students." *Electronic bullying* was defined as, "being bullied through email, instant messaging, texting, social networking sites such as Facebook, Twitter, Instagram, or Snapchat."
- Thirty-two percent (32%) of Cambridge middle grades students reported in 2019 that they were bullied while at school, 16% were bullied when not at school, 12% were electronically bullied (cyber bullied), and 22% had their property stolen or damaged while on school property.
- **Trends:** As displayed in the chart, reports of these victimization experiences have remained largely stable over time.
- **Comparisons:** Victimization rates were largely similar among 2017 Massachusetts and 2019 Cambridge middle school students, with slightly lower rates in Cambridge: bullied at school (34% MA, 32% Cambridge); electronically bullied (14% MA, 12% Cambridge). Massachusetts data are not available for other items. *MA data from the 2017 Youth Health Survey.*
- **Gender:** In 2019, females were overall more likely than males to report bullying victimization and males more likely to have their property stolen or damaged at school: bullied at school (30% males, 35% females); bullied when not at school (16%, 16%); electronically bullied (8%, 15%); property stolen or deliberately damaged while on school property (24%, 20%).
- **Grade:** Reports of these issues varied with age/grade in 2019, with 6<sup>th</sup> graders generally most likely to report the experiences: bullied at school (39% 6<sup>th</sup>, 27% 7<sup>th</sup>, 31% 8<sup>th</sup>); bullied when not at school (20%, 15%, 14%); electronically bullied (14%, 12%, 10%); property stolen or deliberately damaged while on school property (23%, 22%, 22%).

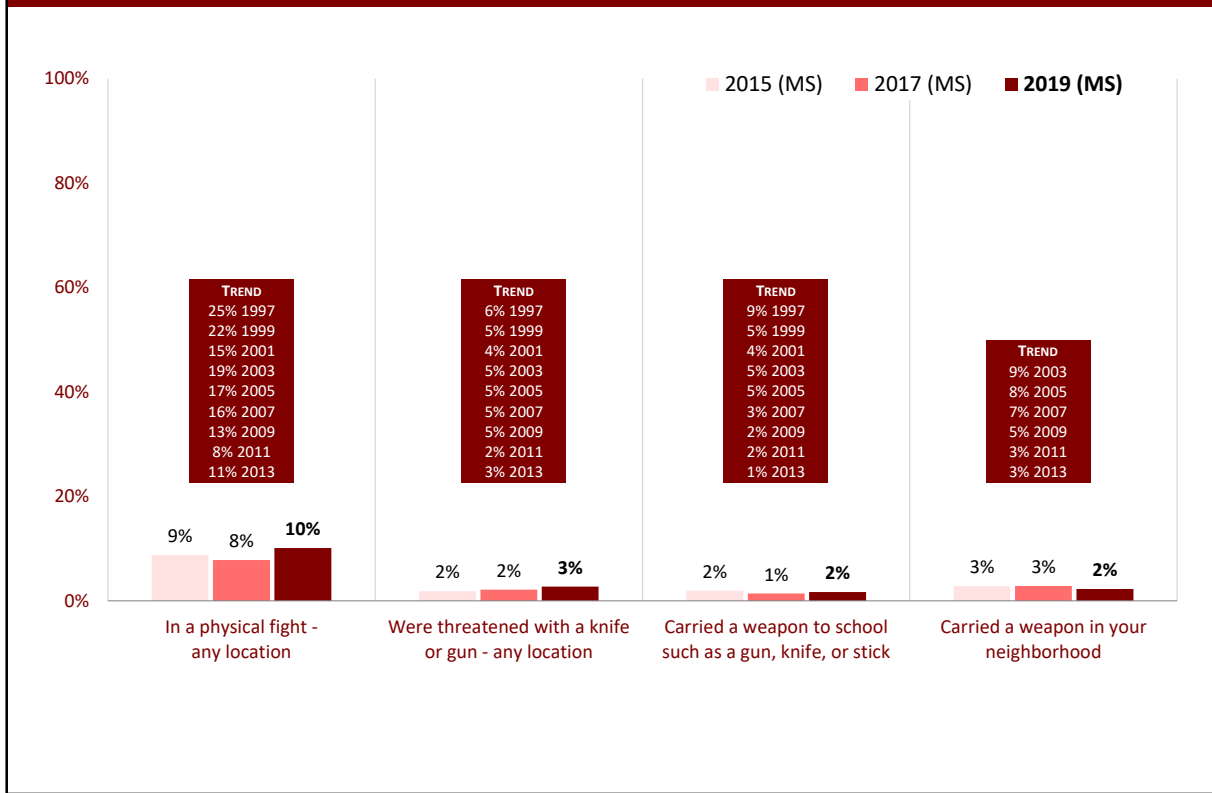
## Bullying Perpetration in the Past 12 Months Among Cambridge Middle Grades Students (2015-2019)



### SELECTED POINTS

- These data illustrate bullying perpetration in the past 12 months.
- Five percent (5%) of Cambridge middle grades students reported in 2019 that they bullied, threatened, or pushed *other* kids around in school. Four percent (4%) of Cambridge middle grades students reported in 2019 that they intentionally used social media to hurt someone else's feelings.
- **Trends:** Reports of bullying, threatening, or pushing other kids around in school have decreased historically and remained relatively unchanged since 2011 (high of 18% in 1997, 5% in 2019). Limited trend data reveal an increase between 2017 and 2019 in the percentage of students who intentionally used social media to hurt someone else's feelings (2% 2017, 4% 2019).
- **Comparisons:** 2017 Massachusetts and 2019 Cambridge middle school students were equally likely to report that they bullied, threatened, or pushed other kids around in school (5% each). Massachusetts data are not available for the item on intentionally using social media to hurt someone else's feelings. *MA data from the 2017 Youth Health Survey.*
- **Gender:** Neither of these behaviors varied substantially by gender in 2019: bullied, threatened, or pushed other kids around in school (5% males, 4% females); intentionally used social media to hurt someone else's feelings (3%, 4%).
- **Grade:** Neither of these behaviors varied substantially by age/grade in 2019: bullied, threatened, or pushed other kids around in school (5% 6<sup>th</sup>, 4% 7<sup>th</sup>, 5% 8<sup>th</sup>); intentionally used social media to hurt someone else's feelings (2%, 4%, 5%).

## Fighting and Weapons Carrying in the Past 12 Months Among Cambridge Middle Grades Students (2015-2019)

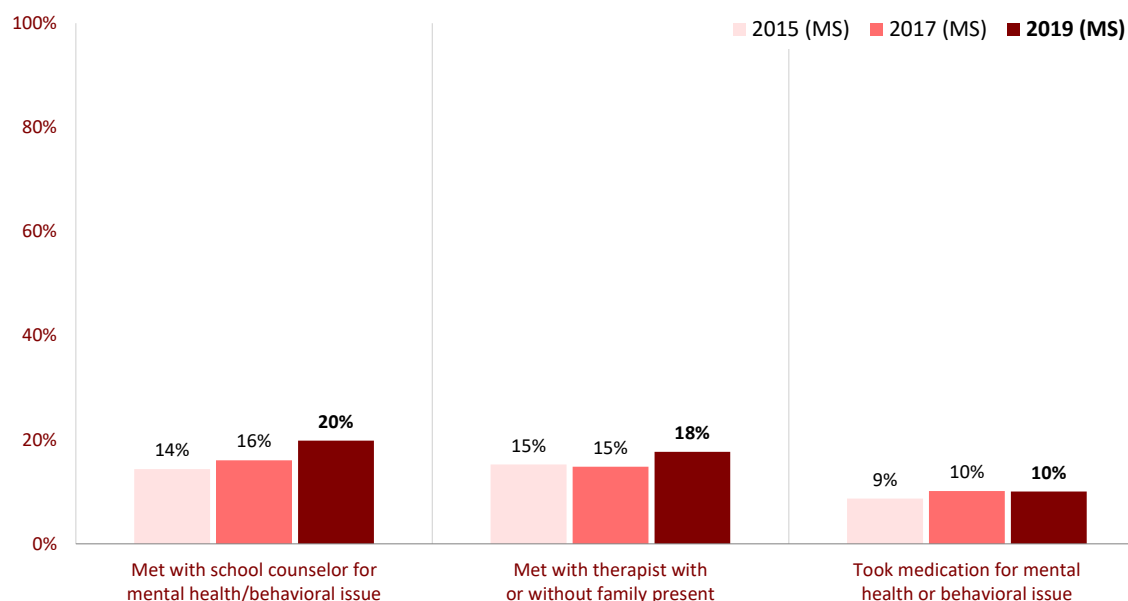


### SELECTED POINTS

- These data illustrate fighting and weapon carrying in the past 12 months among Cambridge middle grades students.
- Ten percent (10%) of Cambridge middle grades students reported in 2019 that they were in a physical fight (any location) during the past 12 months, 3% were threatened with a knife or gun (any location), 2% carried a weapon to school, and 2% carried a weapon in their neighborhood.
- **Trends:** As displayed in the chart, there has been a decrease in all of these items between 1997 and 2019, with recent consistency.
- **Gender:** In 2019, Cambridge males were more likely than females to report physical fighting and carrying a weapon in their neighborhood: in a physical fight (any location) during the past 12 months (13% males, 7% females); threatened with a knife or gun (any location) (3%, 3%); carried a weapon to school (1%, 2%); carried a weapon in their neighborhood (3%, 1%).
- **Grade:** The occurrence of each of these behaviors in 2019 remained largely consistent with age/grade: in a physical fight (any location) during the past 12 months (11% 6<sup>th</sup>, 9% 7<sup>th</sup>, 10% 8<sup>th</sup>); threatened with a knife or gun (any location) (2%, 3%, 4%); carried a weapon to school (11%, 10%, 8%); carried a weapon in their neighborhood (2%, 3%, 2%).

# Mental Health

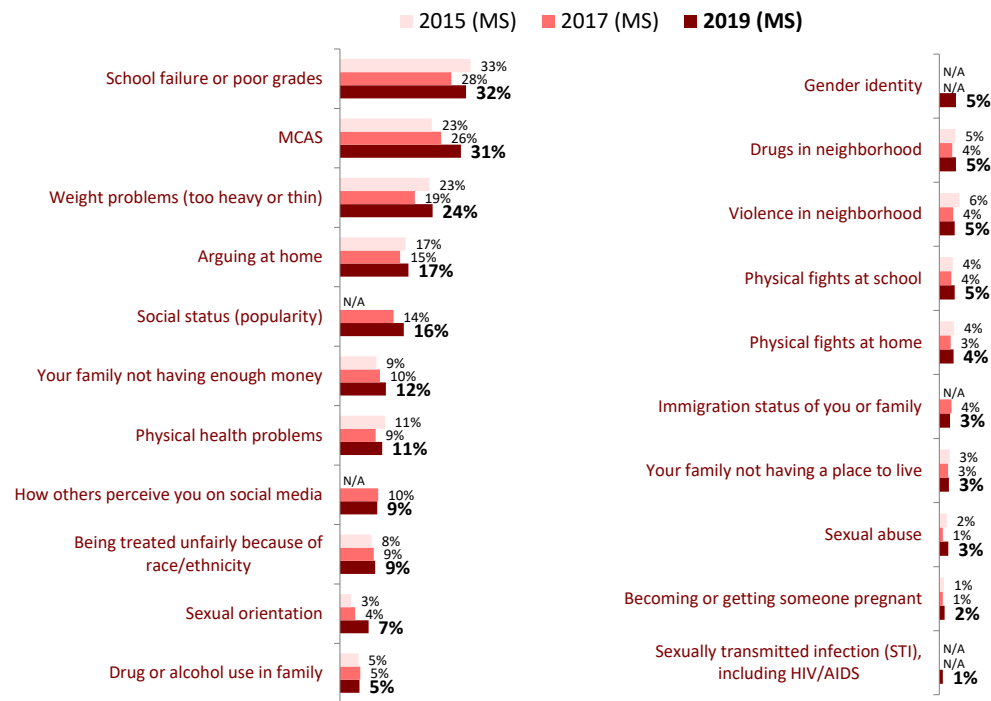
## Counseling and Medication in the Past 12 Months Among Cambridge Middle Grades Students (2015-2019)



### SELECTED POINTS

- Twenty percent (20%) of Cambridge middle grades students in 2019 reported that they met with a school counselor in the 12 months prior to the survey for a mental health/behavioral issue, 18% met with a therapist with or without their family present, and 10% took medication for a mental health or behavioral issue.
- **Trends:** The percent of Cambridge middle grades students who reported accessing counseling or medication for mental health support has increased somewhat since first observed in 2015: met with a school counselor in the 12 months prior to the survey for a mental health/behavioral issue (14% 2015, 16% 2017, 20% 2019); met with a therapist with or without their family present (15%, 15%, 18%); took medication for a mental health or behavioral issue (9%, 10%, 10%).
- **Gender:** In 2019, female Cambridge middle grades students were more likely than males to access mental health counseling, while males were more likely to report taking medication for a mental or behavioral health issue: met with a school counselor in the 12 months prior to the survey for a mental health/behavioral issue (18% males, 22% females); met with a therapist with or without their family present (16%, 19%); took medication for a mental health or behavioral issue (11%, 9%).
- **Grade:** In 2019, there was little consistent difference by age/grade in the percent of Cambridge middle grades students accessing mental health counseling, while the percent who reported taking medication for a mental or behavioral health issue declined with age/grade: met with a school counselor in the 12 months prior to the survey for a mental health/behavioral issue (18% 6<sup>th</sup>, 22% 7<sup>th</sup>, 19% 8<sup>th</sup>); met with a therapist with or without their family present (18%, 18%, 17%); took medication for a mental health or behavioral issue (13%, 10%, 8%).

## Percent of Cambridge Middle Grades Students Who Report Worrying\* About Various Issues in the Past 12 Months (2015-2019)

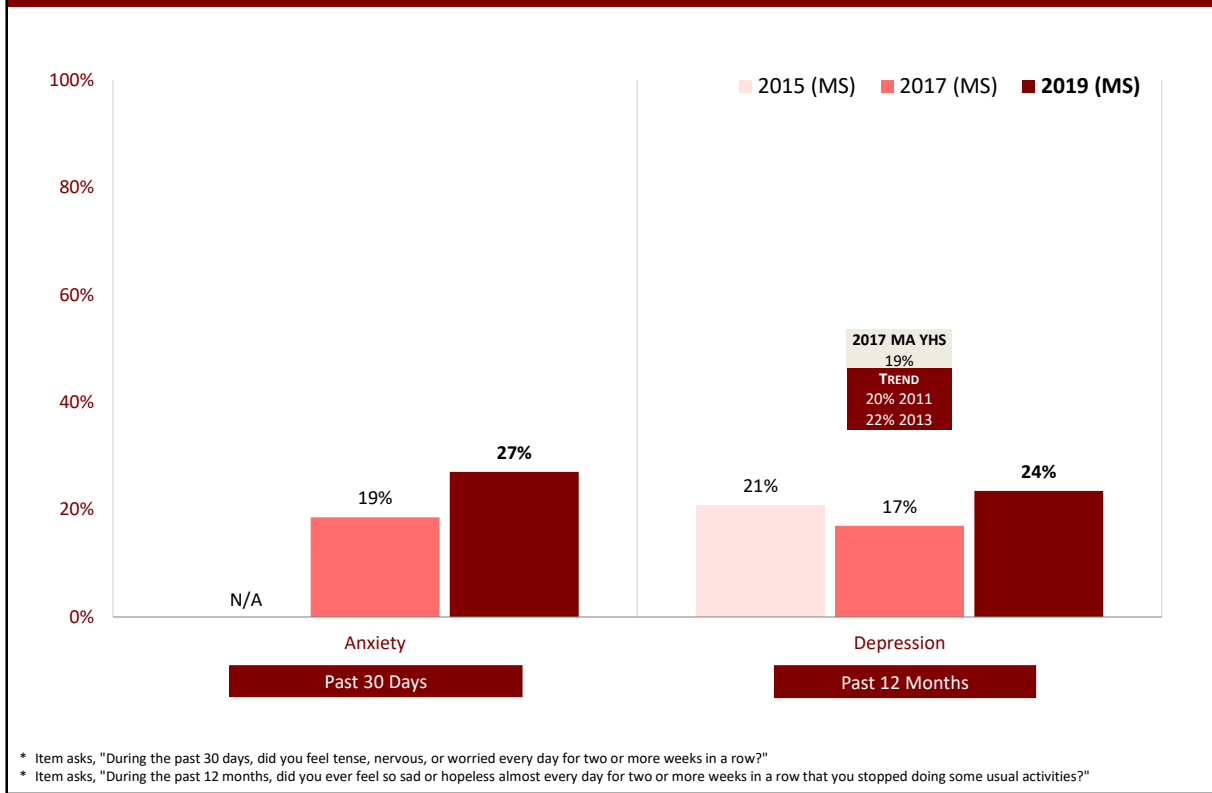


\* Chart displays students who reported worrying "fairly often" or "most of the time" about these issues on a 4-point scale.

### SELECTED POINTS

- Students were asked to report how much they worried about issues in the past 12 months on a four-point scale: *Never, Once in a While, Fairly Often, Most of the Time*. The chart shows the percentage of students who reported worrying about these issues "fairly often" or "most of the time."
- Cambridge middle grades students in 2019 reported worrying the most about school failure or poor grades (32%), MCAS (31%), weight problems (24%), arguing at home (17%), social status (popularity) (16%), their family not having enough money to get by (12%), and physical health problems (11%).
- Trends:** There were increases in almost all comparable items between 2017 and 2019, with rates of many concerns at their highest observed level. Additional long-term trend data prior to 2015 are available in summary report data tables.
- Gender:** Female respondents in 2019 were more likely than males to report worrying about these items. For example, data by gender for the top five items listed are as follows: school failure or poor grades (25% males, 38% females); MCAS (23%, 37%); weight problems (14%, 31%); arguing at home (15%, 20%); social status (popularity) (13%, 19%).
- Grade:** Differences on the worrying items were largely inconsistent across age/grade in 2019. Exceptions among more common concerns include increases by age/grade in concern about how others perceive them on social media (8% 6<sup>th</sup>, 9% 7<sup>th</sup>, 11% 8<sup>th</sup>) and their family not having enough money (10%, 12%, 13%), and decreases in concern about MCAS (36%, 30%, 27%) and social status (popularity) (18%, 18%, 13%).

## Anxiety\* and Depression\* Among Cambridge Middle Grades Students (2015-2019)

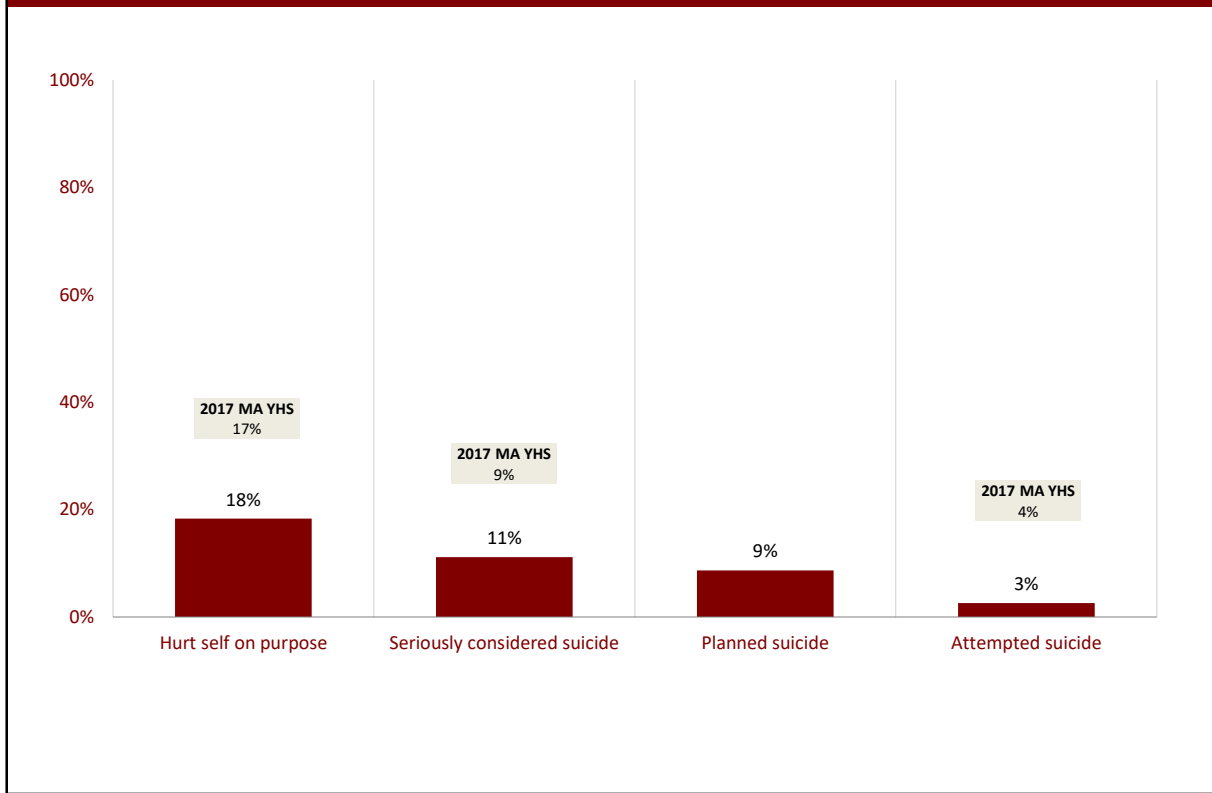


### SELECTED POINTS

- The terms "anxiety" and "depression" as used here are **not** clinical diagnoses and should not be interpreted as such. They are crude self-report indicators only.
- In 2019, 27% of Cambridge middle grades students reported that they experienced *anxiety* during the past 30 days (felt tense, nervous, or worried every day for two or more weeks in a row) and 24% reported that they experienced *depression* during the past 12 months (felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities).
- **Trends:** Reports of both anxiety and depression increased between 2017 and 2019, with the 2019 rate of reported depression slightly above all other historical levels: experienced anxiety in the past 30 days (19% 2017, 27% 2019); experienced depression in the past 12 months (20% 2011, 22% 2013, 21% 2015, 17% 2017, 24% 2019).
- **Comparisons:** Cambridge students in 2019 were more likely than Massachusetts students in 2017 to report depression in the past 12 months (19% MA, 24% Cambridge). Massachusetts data are not available for the item on anxiety. *MA data from the 2017 Youth Health Survey.*
- **Gender:** In 2019, females were much more likely than males to report anxiety (18% males, 35% females) and depression (18% males, 28% females).
- **Grade:** Reports of both anxiety and depression remained largely consistent by age/grade in 2019, with a slight increase in anxiety: anxiety (25% 6<sup>th</sup>, 28% 7<sup>th</sup>, 29% 8<sup>th</sup>), depression (22%, 27%, 22%).



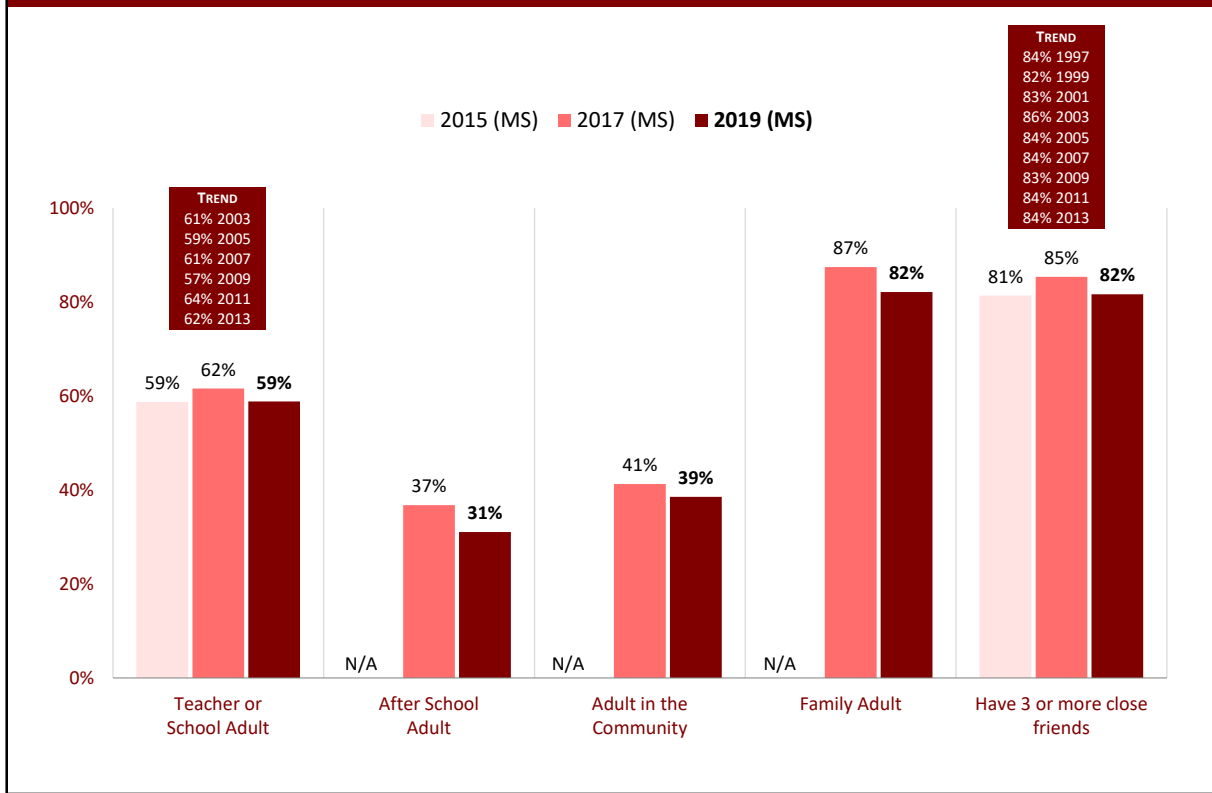
## Self-Harm and Suicide in the Past 12 Months Among Cambridge Middle Grades Students (2019)



### SELECTED POINTS

- Eighteen percent (18%) of Cambridge middle grades students in 2019 reported hurting themselves on purpose in the past 12 months, 11% seriously considered suicide, 9% planned suicide, and 3% actually attempted suicide.
- **Trends:** While similar items were included in prior surveys of Cambridge middle grades students, trend data are not available as the items were modified in 2019 to align with both a survey of Cambridge high school students and comparable statewide and national surveys.
- **Comparisons:** 2017 Massachusetts and 2019 Cambridge middle school students reported largely similar rates of self-harm and suicidality: hurt themselves on purpose in the past 12 months (17% MA, 18% Cambridge); seriously considered suicide (9% MA, 11% Cambridge); actually attempted suicide (4% MA, 3% Cambridge). Massachusetts data are not available for the item on planning suicide. *MA data from the 2017 Youth Health Survey.*
- **Gender:** Cambridge middle grades females were more likely than their male counterparts to report each of these issues in 2019: hurt themselves on purpose (14% males, 22% females); seriously considered suicide (5%, 16%); planned suicide (4%, 13%); attempted suicide (1%, 4%).
- **Grade:** While there was little consistent difference by age/grade in the percent of Cambridge middle grades students who reported these issues in 2019, there was a slight increase by age/grade in reports of seriously considering and/or planning suicide: hurt themselves on purpose (19% 6<sup>th</sup>, 16% 7<sup>th</sup>, 20% 8<sup>th</sup>); seriously considered suicide (9%, 11%, 13%); planned suicide (6%, 10%, 10%); attempted suicide (3%, 3%, 3%).

## Social Supports Among Cambridge Middle Grades Students (2015-2019)

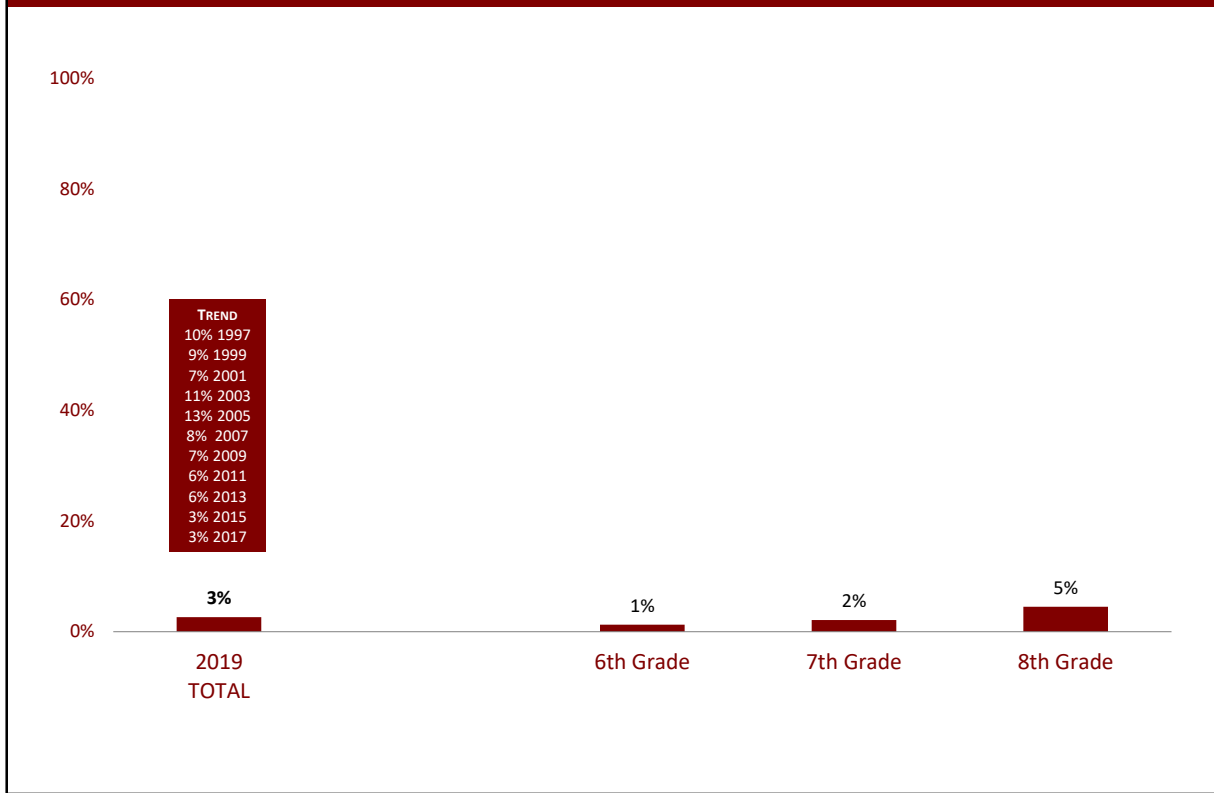


### SELECTED POINTS

- In 2019, a total of 59% of Cambridge middle grades students reported that they had a teacher or other school adult staff member to talk to about a problem, 31% had an adult after school to talk to, 39% had an adult in the community to talk to, 82% had a family adult to talk to, and 82% had three or more close friends.
- **Trends:** There was a decrease between 2017 and 2019 in the reported availability of each of these social supports: teacher or school adult to talk to (62% 2017, 59% 2019); after school adult to talk to (37%, 31%); community adult (41%, 39%); family adult (87%, 82%); have 3 or more close friends (85%, 82%). Available long-term trend data reveal historical consistency in access to a teacher or school adult and having 3 or more close friends.
- **Gender:** Reports of access to social supports were similar by gender in 2019.
- **Grade:** Reports of access to social supports were similar by age/grade in 2019.

# Sexual Health

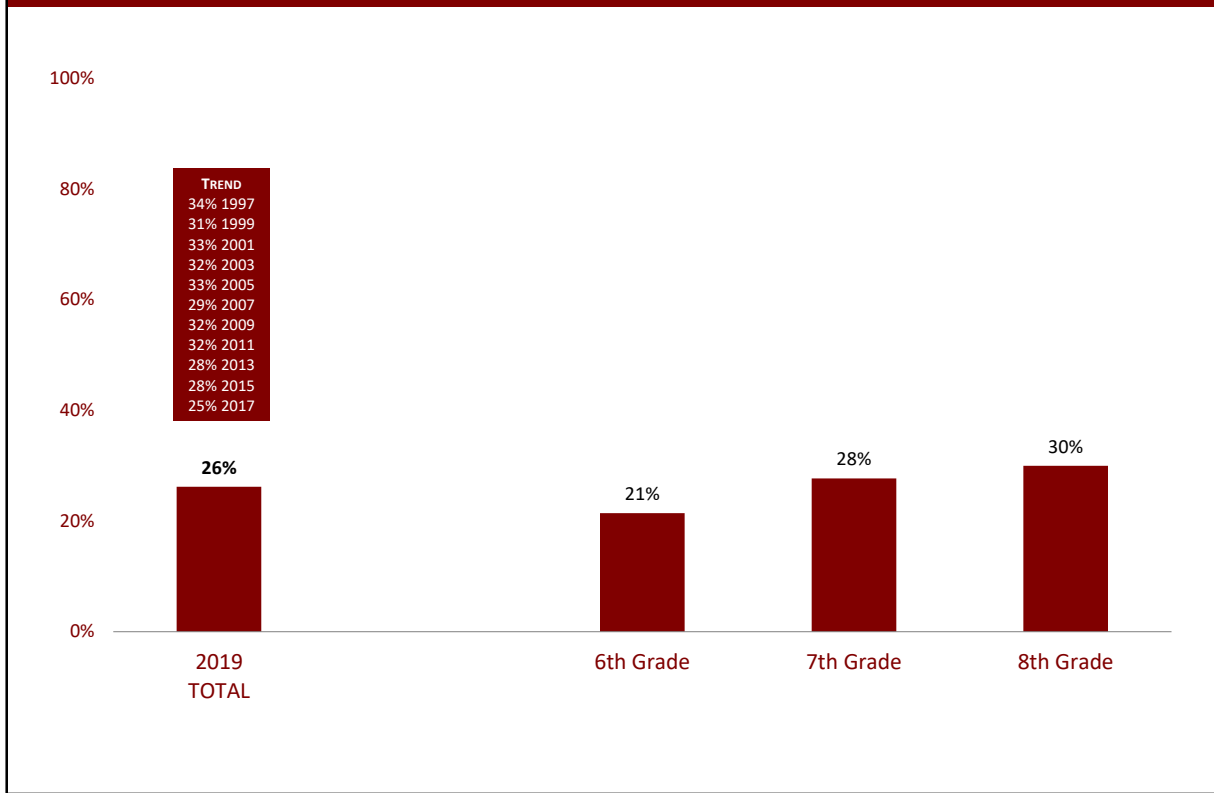
## Percent of Cambridge Middle Grades Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2019)



### SELECTED POINTS

- Three percent (3%) of all Cambridge middle grades students reported ever having sexual intercourse in 2019: 1% of 6<sup>th</sup> graders, 2% of 7<sup>th</sup> graders, and 5% of 8<sup>th</sup> graders.
- **Trends:** The percentage of Cambridge middle grades students who reported ever having sexual intercourse decreased from 1997 to 2001, increased from 2001 to 2005, fell between 2005 and 2015, and has remained at the lowest level on record since 2015 (3%).
- **Gender:** In 2019, a slightly larger percentage of Cambridge middle grades males (3%) than females (2%) reported ever having sexual intercourse.
- **Grade:** As displayed in the chart, the percentage of 2019 Cambridge middle grades students who reported ever having sexual intercourse increased from 1% in 6<sup>th</sup> grade to 5% in 8<sup>th</sup> grade.

## Percent of Cambridge Middle Grades Students Who Talked with their Parents About Sex in the Past 12 Months, Total and by Grade (2019)

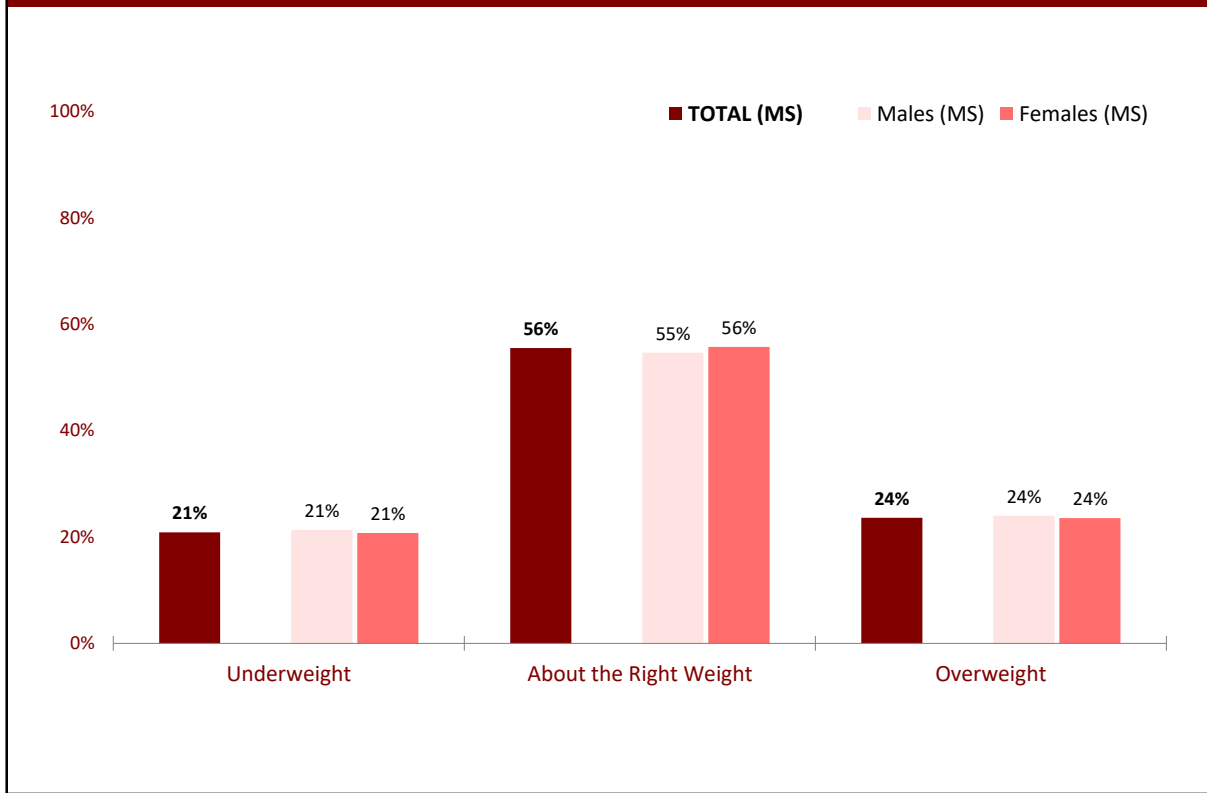


### SELECTED POINTS

- Twenty-six percent (26%) of all Cambridge middle grades students in 2019 reported that they talked with their parents about sex during the 12 months prior to the survey.
- **Trends:** The long-term trend in the percent of Cambridge middle grades students who report talking with their parents about sex during the past 12 months was fairly consistent from 1997 to 2011, but has declined since then with the 2017 and 2019 rates the lowest observed (25% 2017, 26% 2019).
- **Gender:** In 2019, female middle grades students were more likely than males to report having talked with their parents about sex (23% males, 29% females).
- **Grade:** As displayed in the chart, the percentage of 2019 Cambridge middle grades students who reported that they talked with their parents about sex during the 12 months prior to the survey increased from 21% in 6<sup>th</sup> grade to 30% in 8<sup>th</sup> grade.

# Weight Perception and Control

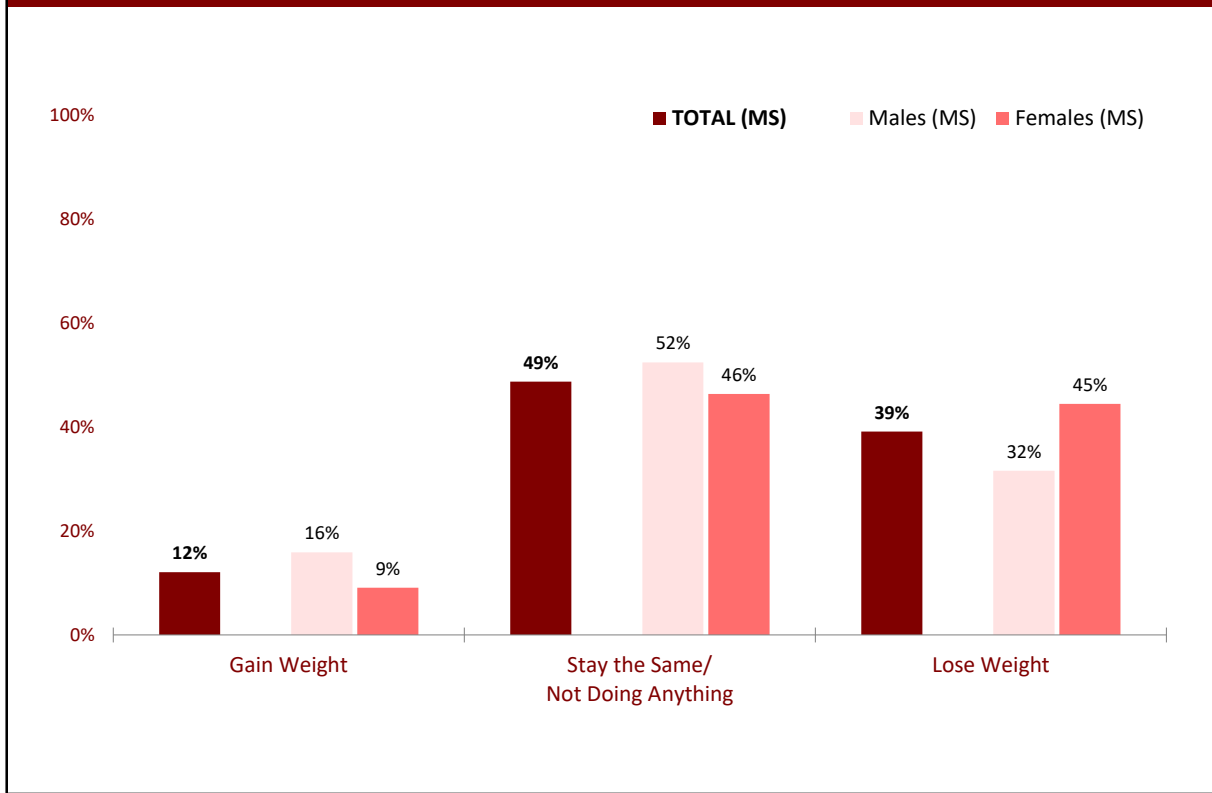
## Perception of Body Weight Among Cambridge Middle Grades Students, Total and by Gender (2019)



### SELECTED POINTS

- Twenty-one percent (21%) of 2019 Cambridge middle grades students described themselves as *underweight*, 56% as *about the right weight*, and 24% as *overweight*.
- **Trends:** There has been very little change over time in perceptions of weight.
- **Gender:** As displayed in the chart, there was no difference by gender in perception of weight in 2019.
- **Grade:** There was no consistent pattern by age/grade for this item in 2019.

## Current Weight Control Goal Among Cambridge Middle Grades Students, Total and by Gender (2019)

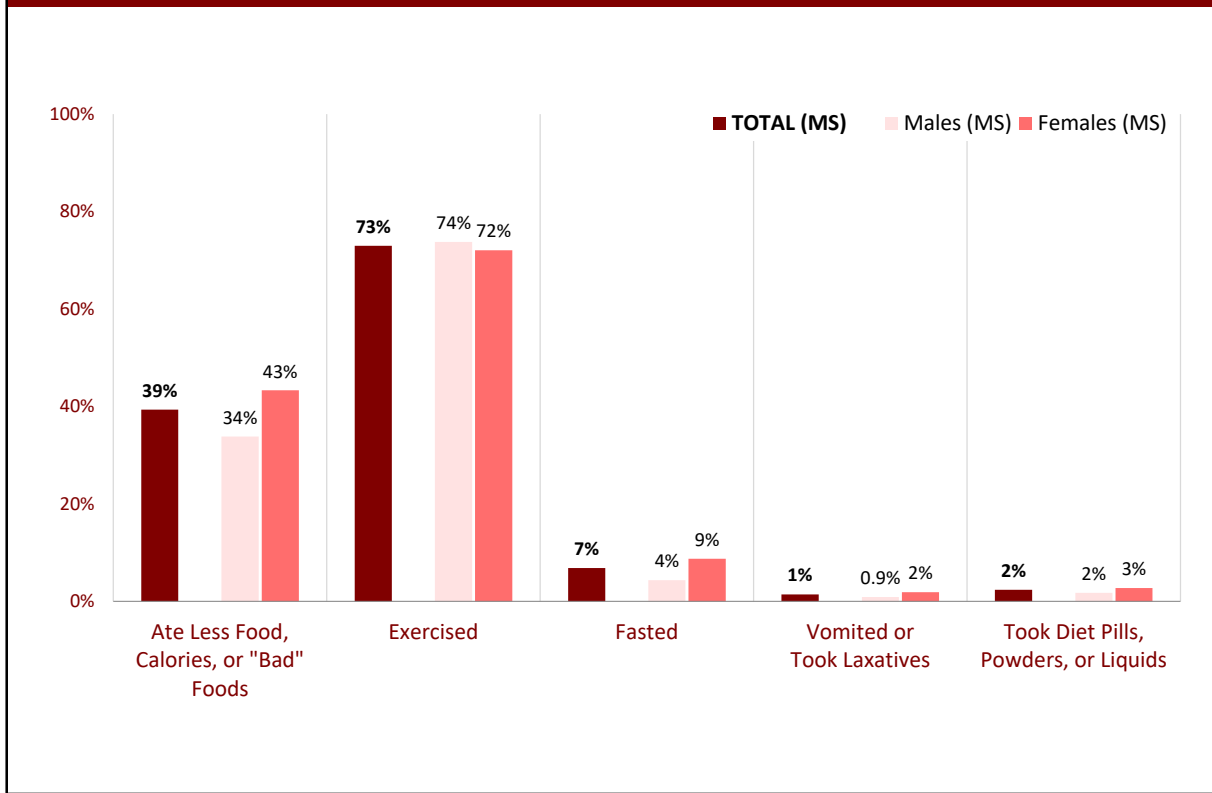


### SELECTED POINTS

- Twelve percent (12%) of 2019 Cambridge middle grades students reported that they were trying to *gain weight*, 49% that they were trying to *stay the same weight* or were *not trying to do anything about their weight*, and 39% that they were trying to *lose weight*.
- **Trends:** Overall, there has been very little change over time in reports of attempting to change weight.
- **Gender:** As displayed in the chart, male middle grades students in 2019 were more likely than females to report that they were trying to *gain or maintain* their weight (68% total for males, 55% total for females), while females were more likely to report trying to *lose weight* (32% males, 45% females).
- **Grade:** There was no consistent pattern by age/grade for this item in 2019.



## Weight Loss/Maintenance Methods Used by Cambridge Middle Grades Students in the Past 30 Days, Total and by Gender (2019)

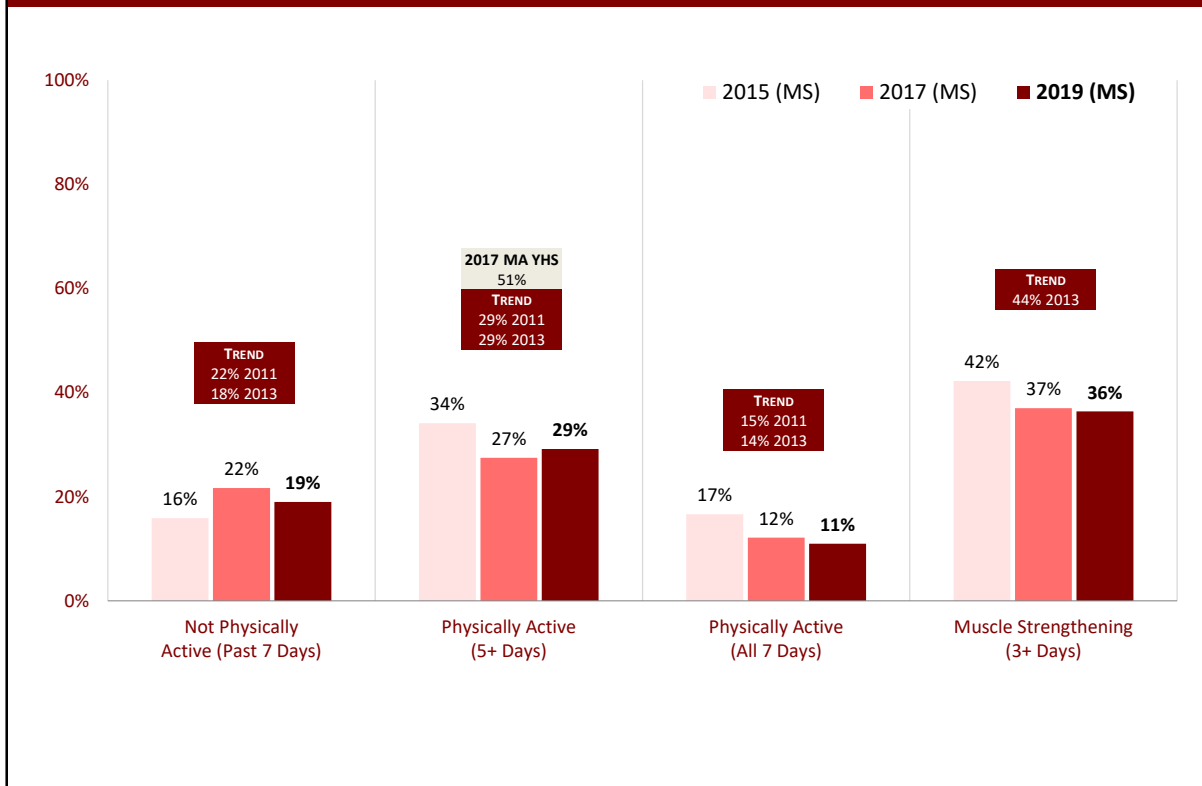


### SELECTED POINTS

- Thirty-nine percent (39%) of 2019 Cambridge middle grades students reported that they had *eaten less food, calories, or "bad" foods* in the 30 days prior to the survey in order to lose or maintain their weight. Seventy-three percent (73%) had *exercised* to do so, 7% had *gone without eating for 24 hours or more (fasted)*, 1% had *vomited or taken laxatives*, and 2% had *taken diet pills, powders, or liquids*.
- **Trends:** Long-term trends in these weight loss efforts have remained largely consistent.
- **Gender:** As displayed in the chart, with the exception of a higher rate of exercising among males, females were more likely than males to report these weight loss efforts in 2019.
- **Grade:** There was little consistent difference among these items by age/grade in 2019.

# Physical Activity and Nutrition

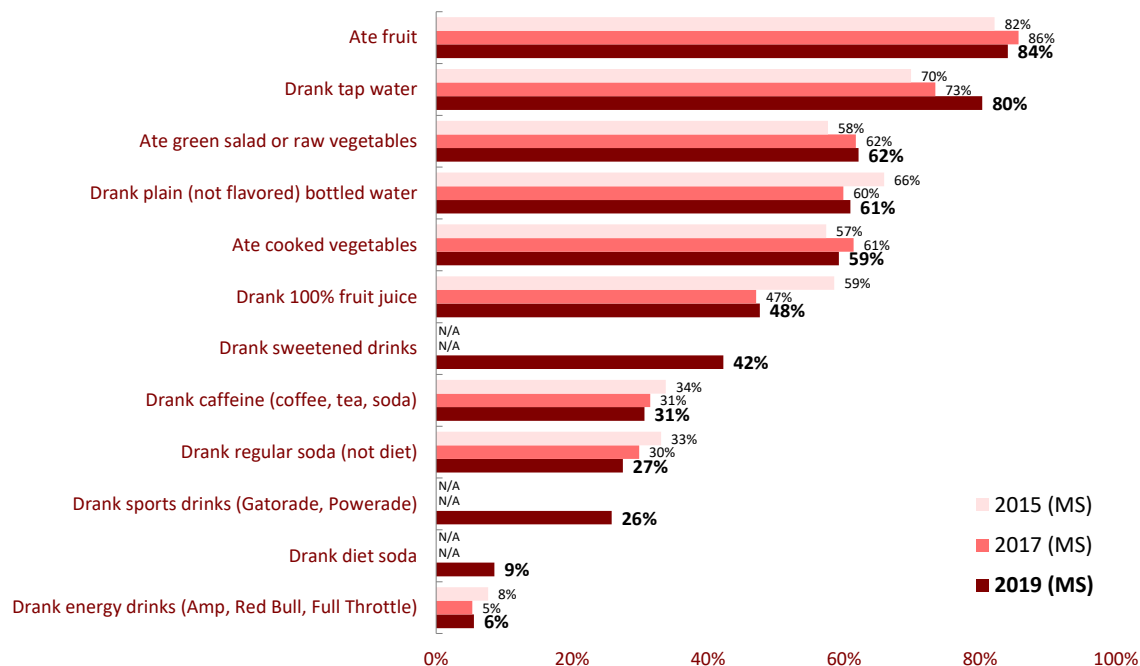
## Physical Activity in the Past 7 Days Among Cambridge Middle Grades Students (2015-2019)



### SELECTED POINTS

- *Physical activity* is defined as any kind of physical activity that increased your heart rate and made you breathe hard some of the time for at least 60 minutes per day. *Muscle strengthening* is defined as exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weightlifting.
- In 2019, nineteen percent (19%) of Cambridge middle grades students reported that they did not participate in physical activity for at least 60 minutes on any of the past 7 days, 29% participated in physical activity for 60 minutes per day on 5 or more of the past 7 days, and 11% participated in physical activity for at least 60 minutes per day on all 7 of the past 7 days. Thirty-six percent (36%) of students in 2019 engaged in muscle strengthening on 3 or more of the past 7 days.
- **Trends:** In general, reports of engaging in physical activity have declined since 2015 but remained largely consistent in 2019. For example, 34% of students reported being physically active on at least 5 of the prior 7 days in 2015, compared to 27% in 2017 and 29% in 2019.
- **Comparisons:** In 2019, Cambridge middle school students were much less likely than 2017 Massachusetts students to report that they were physically active on at least 5 of the prior 7 days (51% MA, 29% Cambridge). Massachusetts data are not available for other items. *MA data from the 2017 Youth Health Survey.*
- **Gender:** In 2019, Cambridge males were much more likely than females to report engaging in all forms of physical activity and muscle strengthening. For example, 39% of males and 22% of females reported that they were physically active on at least 5 of the prior 7 days.
- **Grade:** There was little consistent difference among these items by age/grade in 2019.

## Foods and Beverages Consumed Yesterday Among Cambridge Middle Grades Students (2015-2019)

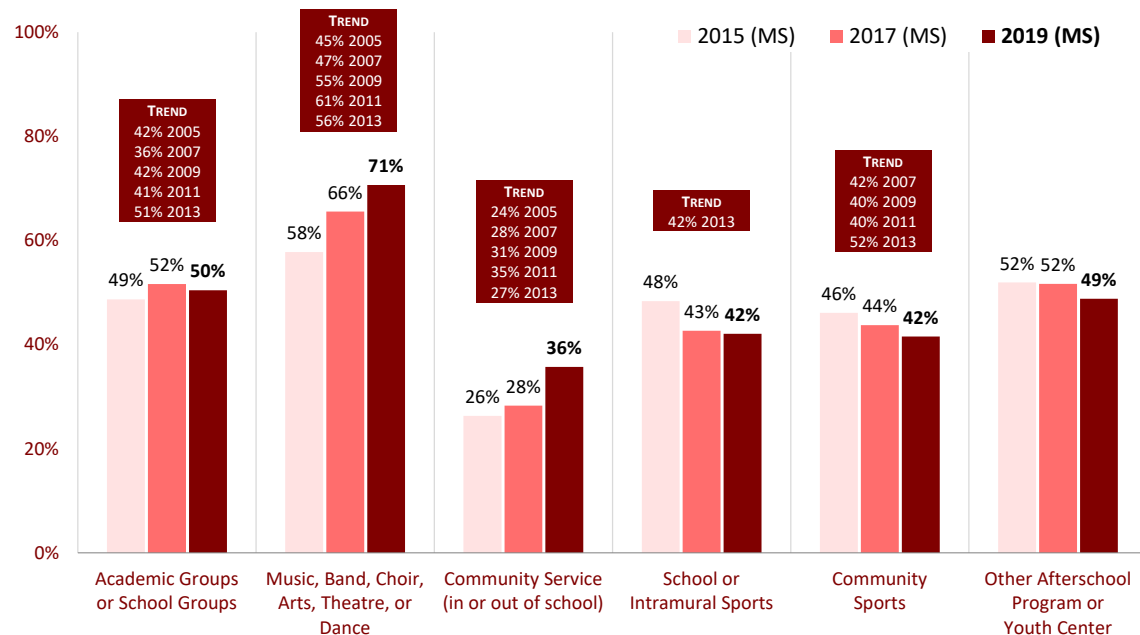


### SELECTED POINTS

- Eighty-four percent (84%) of Cambridge middle grades students in 2019 reported that they ate fruit at least one time the day prior to the survey, 80% drank tap water, 62% ate green salad or raw vegetables, 61% drank plain (not flavored) bottled water, 59% ate cooked vegetables, 48% drank 100% fruit juice, 42% drank sweetened drinks (like punch, Snapple, iced tea, or other fruit-flavored drinks), 31% drank caffeine, 27% drank regular (not diet) soda, 26% drank sports drinks (like Gatorade or Powerade), 9% drank diet soda, and 6% drank energy drinks (like Amp, Red Bull, or Full Throttle).
- **Trends:** Trends of note between 2015 and 2019 include decreased consumption of regular soda (33% 2015, 30% 2017, 27% 2019) and increased consumption of tap water (70%, 73%, 80%).
- **Gender:** In 2019, Cambridge middle grade males were more likely than females to report consuming sweetened beverages including 100% fruit juice (52% males, 44% females), sweetened drinks (45%, 40%), sports drinks (30%, 22%), and both regular soda (33%, 23%) and diet soda (10%, 7%).
- **Grade:** In 2019, there were consistent decreases by age/grade in reports of eating cooked vegetables (67% 6<sup>th</sup>, 59% 7<sup>th</sup>, 52% 8<sup>th</sup>), eating fruit (87%, 83%, 82%), and drinking 100% fruit juice (52%, 50%, 41%), and an increase in reports of drinking caffeine (29%, 29%, 34%).

# Habits and Activities

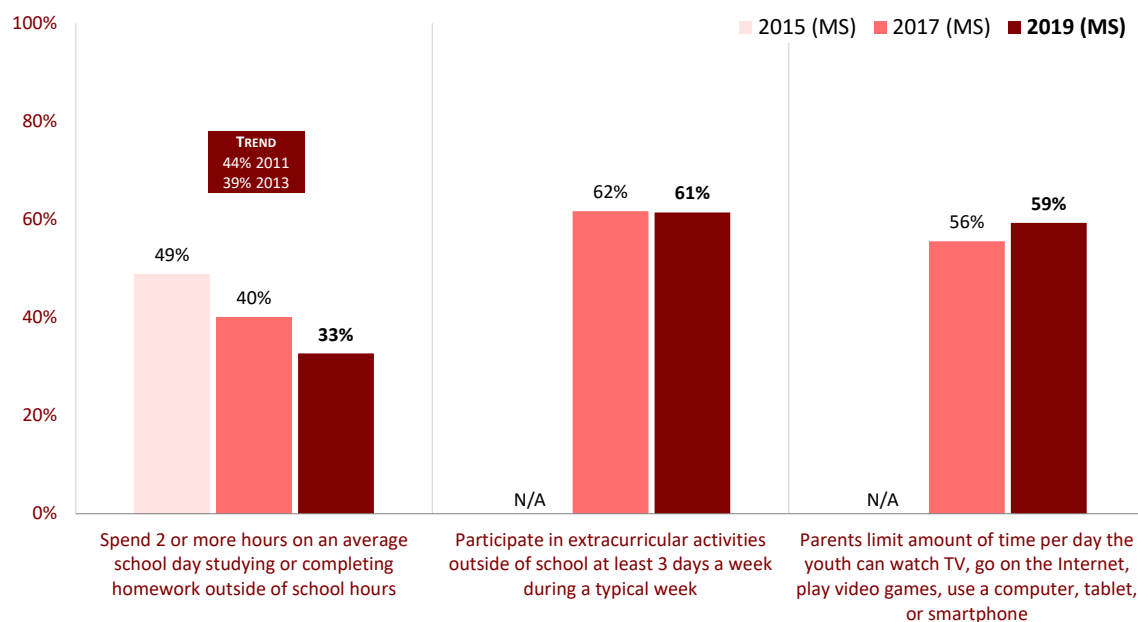
## School and Community Participation During the School Year Among Cambridge Middle Grades Students (2015-2019)



### SELECTED POINTS

- These data illustrate Cambridge middle grades students who reported engaging in various school and community activities during the academic year.
- **Trends:** Between 2015 and 2019 there has been an increase in reports of participating in music, band, choir, arts, theatre, or dance (58% 2015, 66% 2017, 71% 2019) and doing community service (26%, 28%, 36%), both continuing long-term increases since observed in 2005. There has been a decrease in reports of participating in school or intramural sports (48%, 43%, 42%) and community sports (46%, 44%, 42%).
- **Gender:** In 2019, female students were more likely than males to report participating in academic or school groups (43% males, 56% females), music, band, choir, arts, theatre, or dance (63%, 77%), and community service (31%, 39%). Males were more likely than females to report participating in school or intramural sports (50% males, 36% females), community sports (55%, 32%), and, to a lesser degree, attending another afterschool program or youth center (50%, 48%).
- **Grade:** While participation in academic or school groups, school/intramural or community sports, and afterschool programs/youth centers did not vary substantively with age/grade in 2019, participation in music, band, choir, arts, theatre or dance decreased overall with age/grade (79% 6<sup>th</sup>, 67% 7<sup>th</sup>, 66% 8<sup>th</sup>), while participation in community service increased (32%, 28%, 47%).

## Time Spent During After School Hours Among Cambridge Middle Grades Students (2015-2019)



### SELECTED POINTS

- These data illustrate time spent during after school hours among Cambridge middle grades students during an average school night.
- **Trends:** The percentage of students who reported spending 2 or more hours per night studying or completing homework outside of school hours has fluctuated over time, with a recent decrease between 2015 and 2019 (49% 2015, 40% 2017, 33% 2019). Participation in extracurricular activities was virtually unchanged between 2017 and 2019 (62%, 61%), while reported parental limitation of screen time increased slightly (56%, 59%).
- **Gender:** In 2019, female students were more likely than males to report spending two or more hours on an average school day studying or completing homework outside of school hours (27% males, 37% females). Rates of extracurricular participation (63% males, 61% females) and screen time limitation (60%, 59%) were more similar by gender.
- **Grade:** The percentage of 2019 middle grades students who reported spending two or more hours on an average school day studying or completing homework outside of school hours increased overall with age grade (31% 6<sup>th</sup>, 30% 7<sup>th</sup>, 37% 8<sup>th</sup>), while participation in extracurricular activities (64%, 61%, 60%) and parental limitation of screen time (70%, 60%, 48%) decreased.

## **Appendix A:**

### **Selected Data Tables**



# 2018-2019 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

## Substance Use - Middle School

	TOTAL												MA	GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	2017 (1078)	2019 (1123)	2017 YHS <sup>1</sup>	Males (501)	Females (610)	6th (402)	7th (340)	8th (366)
<b>LIFETIME (any use in lifetime)</b>																		
Alcohol (other than a few sips)	N/A	N/A	N/A	N/A	N/A	22.0%	21.1%	20.3%	19.9%	14.3%	15.6%	15.3%	13.5%	14.1%	16.0%	9.7%	15.9%	20.6%
Cigarettes - ever tried even one or two puffs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.5%	6.2%	5.3%	3.2%	4.5%	4.3%	4.5%	4.5%	2.6%	5.3%	5.8%
Cigarettes - ever smoked a whole cigarette	N/A	N/A	N/A	N/A	N/A	6.7%	6.0%	6.0%	3.3%	2.6%	1.3%	2.8%	N/A	2.9%	2.7%	1.8%	2.1%	4.7%
Electronic Cigarette (vaped, used a Juul, etc.)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.0%	3.7%	10.7%	9.9%	8.4%	12.6%	5.0%	10.8%	16.7%
Marijuana	N/A	N/A	N/A	N/A	N/A	4.8%	4.7%	6.2%	6.1%	4.6%	3.2%	5.5%	5.8%	3.5%	6.7%	1.8%	5.0%	9.9%
Prescription Drug (without a doctor's prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	2.8%	2.7%	3.7%	0.6%	4.2%	2.3%	2.7%	3.1%
Other Illegal Drugs (e.g., cocaine, crack, LSD, speed, heroin, downers)	N/A	N/A	N/A	N/A	N/A	1.3%	0.7%	1.2%	1.4%	0.6%	0.7%	1.0%	N/A	0.0%	1.7%	0.5%	1.2%	1.4%
<b>CURRENT (any use in past 30 days)</b>																		
Alcohol (other than a few sips)	25.2%	19.2%	17.0%	17.9%	18.6%	9.7%	8.2%	4.3%	6.3%	3.6%	4.2%	4.1%	4.2%	3.1%	4.8%	2.5%	4.7%	5.2%
Binge Alcohol (5 or more drinks in a row)	9.2%	5.6%	5.6%	6.6%	6.6%	3.4%	3.3%	1.4%	1.8%	0.7%	1.0%	0.6%	0.8%	0.2%	0.8%	0.2%	0.6%	1.1%
Cigarettes	8.3%	4.9%	3.4%	3.9%	3.8%	1.4%	1.9%	1.9%	1.9%	0.7%	0.3%	0.9%	0.8%	0.4%	1.3%	1.2%	0.6%	0.8%
Electronic Cigarette (vaped, used a Juul, etc.)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.5%	0.6%	2.8%	N/A	2.0%	3.5%	1.0%	2.3%	5.2%
Marijuana	8.5%	5.6%	5.9%	6.7%	6.5%	3.1%	2.4%	3.2%	3.9%	1.8%	1.1%	2.5%	2.3%	1.4%	3.3%	1.0%	2.9%	3.8%
Inhalants	5.0%	4.1%	3.3%	4.7%	5.8%	2.3%	2.3%	3.1%	4.8%	2.9%	2.3%	4.3%	N/A	3.0%	5.3%	2.6%	4.9%	5.6%
Prescription Drug (without a doctor's prescription)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.3%	0.4%	0.5%	1.3%	0.0%	0.8%	0.5%	0.3%	0.6%
Over-the-Counter Medication (to try to get high)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	1.0%	1.0%	N/A	0.8%	1.2%	0.5%	1.2%	1.4%
<b>ALCOHOL AND OTHER DRUG-RELATED ISSUES</b>																		
Rode with a drinking driver (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	4.8%	3.6%	5.4%	3.9%	9.1%	2.7%	4.8%	4.3%	2.3%	5.0%
Live with a smoker	34.9%	31.0%	29.4%	30.1%	28.4%	26.8%	N/A	N/A	22.0%	19.6%	16.7%	15.8%	25.1%	14.7%	16.2%	15.1%	16.5%	15.7%
Talked with parents/guardians about alcohol or other drugs (12 months)	52.8%	57.5%	57.2%	50.8%	49.0%	45.6%	42.5%	40.3%	37.5%	39.4%	33.9%	42.1%	N/A	37.0%	45.7%	39.6%	43.9%	43.1%
Influence of parents on decisions about whether or not to use alcohol or other drugs (fairly/very important)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	85.2%	83.3%	82.5%	N/A	78.3%	85.4%	88.7%	84.8%	73.9%
Had a problem with alcohol or drugs (12 months)	4.4%	3.2%	2.7%	3.4%	2.8%	2.5%	1.9%	1.7%	1.6%	1.8%	0.8%	1.2%	N/A	1.2%	1.2%	0.5%	2.0%	1.1%
Family member had a problem with alcohol or drugs (12 months)	11.6%	9.9%	9.5%	9.8%	10.4%	10.5%	9.7%	8.7%	7.9%	7.7%	7.5%	7.4%	N/A	6.8%	7.8%	5.3%	7.3%	9.8%
Attended class within 1 hour of using alcohol, pot, or drugs (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.0%	0.8%	0.7%	N/A	0.9%	3.4%	1.3%	2.7%	3.1%
Offered, sold, or given drugs on school property (12 months)	N/A	N/A	N/A	6.6%	4.9%	3.6%	3.9%	4.7%	3.5%	4.3%	3.1%	4.5%	N/A	4.4%	4.1%	1.9%	4.9%	7.0%

<sup>1</sup> Massachusetts data are from the 2017 Youth Health Survey administered by the Massachusetts Department of Public Health (winter/spring 2017).

# 2018-2019 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

## Substance Use Perceptions - Middle School

	TOTAL												MA	GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	2017 (1078)	2019 (1123)	2017 YHS	Males (501)	Females (610)	6th (402)	7th (340)	8th (366)
<b>PERCEIVED EASE OF OBTAINING ALCOHOL (Sort of Easy/Very Easy)</b>																		
From a liquor store, bar, or restaurant	N/A	N/A	N/A	N/A	N/A	N/A	7.0%	7.4%	12.4%	9.9%	8.8%	10.1%	N/A	11.6%	8.7%	11.3%	9.5%	9.5%
From home	N/A	N/A	N/A	N/A	N/A	N/A	37.2%	35.7%	34.4%	34.9%	34.4%	35.8%	N/A	33.5%	37.7%	30.9%	36.4%	40.3%
From an adult 21 years of age or older	N/A	N/A	N/A	N/A	N/A	N/A	17.1%	17.6%	18.0%	18.8%	15.6%	15.4%	N/A	16.8%	13.8%	15.1%	13.6%	17.3%
From someone less than 21 years of age	N/A	N/A	N/A	N/A	N/A	N/A	27.3%	26.5%	26.9%	22.8%	22.3%	24.4%	N/A	23.3%	25.1%	18.8%	23.8%	30.7%
<b>PERCEPTION OF RISK OF HARM (Moderate Risk/Great Risk)</b>																		
Taking one or two drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	61.7%	64.0%	65.8%	46.6%	51.2%	46.2%	50.0%	N/A	48.1%	51.4%	49.9%	52.9%	47.5%
Having five or more drinks of alcohol once or twice each weekend	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72.6%	72.9%	71.1%	71.0%	N/A	67.2%	74.1%	67.6%	73.5%	72.3%
Smoking one or more packs of cigarettes per day	N/A	N/A	N/A	N/A	N/A	78.3%	81.5%	80.7%	83.9%	85.6%	84.8%	84.6%	N/A	81.7%	86.9%	83.9%	84.5%	85.5%
Using an electronic vapor product (e.g., Juul) regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	71.7%	N/A	67.2%	75.1%	72.5%	70.7%	71.7%
Using marijuana regularly	N/A	N/A	N/A	N/A	N/A	79.6%	80.8%	79.5%	77.2%	80.1%	75.6%	74.7%	N/A	71.3%	77.5%	81.2%	74.8%	68.1%
Using prescription drugs not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.2%	88.5%	86.7%	N/A	84.5%	89.0%	84.6%	87.8%	87.9%
<b>PERCEIVED PARENTAL DISAPPROVAL OF SUBSTANCE USE (Wrong/Very Wrong)</b>																		
Drink beer, wine, or hard liquor regularly	N/A	N/A	N/A	N/A	N/A	89.6%	93.0%	93.8%	90.8%	93.6%	93.9%	92.9%	N/A	93.3%	92.9%	94.7%	94.5%	89.5%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	93.6%	95.8%	96.3%	95.1%	96.6%	96.9%	95.9%	N/A	95.4%	96.3%	97.3%	96.1%	94.1%
Use an electronic vapor product (e.g., Juul)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.8%	N/A	95.7%	94.1%	97.1%	95.8%	91.5%
Use marijuana	N/A	N/A	N/A	N/A	N/A	93.9%	95.7%	95.9%	94.3%	96.6%	96.3%	94.2%	N/A	94.1%	94.3%	96.6%	94.5%	91.2%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	94.8%	96.6%	96.3%	95.9%	97.2%	97.5%	96.2%	N/A	96.1%	96.3%	97.1%	96.6%	94.9%
Use prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	96.0%	96.8%	95.6%	N/A	95.9%	95.6%	96.3%	96.7%	93.8%
<b>PERCEIVED CLOSE FRIEND DISAPPROVAL OF SUBSTANCE USE (Wrong/Very Wrong)</b>																		
Drink beer, wine, or hard liquor regularly	N/A	N/A	N/A	N/A	N/A	74.6%	81.9%	80.6%	80.2%	85.6%	85.1%	81.5%	N/A	79.8%	83.0%	88.6%	83.7%	71.9%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	83.4%	88.8%	87.8%	88.8%	91.9%	91.8%	90.9%	N/A	91.2%	91.1%	94.1%	90.8%	87.7%
Use an electronic vapor product (e.g., Juul)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	77.3%	N/A	79.9%	75.5%	88.4%	74.8%	68.0%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	84.0%	88.4%	85.6%	83.2%	86.8%	87.8%	84.4%	N/A	85.7%	83.8%	93.0%	85.3%	74.4%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	88.2%	92.6%	93.0%	93.1%	94.6%	93.9%	93.2%	N/A	93.0%	93.5%	95.7%	93.6%	90.3%
Use prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	91.3%	92.7%	91.4%	N/A	89.9%	93.1%	93.2%	91.7%	89.1%

# 2018-2019 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

## Violence and Safety - Middle School

	TOTAL												MA	GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2017	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(1056)	(1010)	(1007)	(1078)	(1123)	YHS	(501)	(610)	(402)	(340)	(366)
<b>VIOLENCE-RELATED EXPERIENCES (past 12 months)</b>																		
Witnessed violence in family	10.1%	6.3%	7.5%	6.5%	8.6%	8.3%	7.8%	6.7%	8.7%	6.7%	6.2%	8.2%	8.2%	7.8%	8.5%	8.3%	8.2%	8.1%
Witnessed violence in neighborhood	N/A	N/A	N/A	19.9%	21.1%	18.0%	17.0%	14.7%	15.8%	12.9%	9.8%	11.8%	N/A	11.5%	11.7%	13.8%	12.6%	8.7%
Beaten or physically hurt by someone in your family or home	6.4%	4.5%	6.2%	5.3%	4.9%	4.2%	4.3%	4.7%	5.3%	5.3%	4.8%	5.5%	N/A	5.6%	5.2%	6.0%	6.5%	4.1%
Beaten or physically hurt by someone not a family member	4.8%	3.1%	4.1%	2.8%	4.0%	3.6%	3.3%	2.8%	3.8%	4.1%	3.8%	3.7%	N/A	5.6%	2.2%	3.7%	4.4%	3.0%
Verbally or emotionally abused by someone in your family	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.2%	11.0%	N/A	7.3%	13.6%	9.4%	11.3%	12.4%
Received rude sexual comments in school	N/A	N/A	N/A	N/A	N/A	11.1%	10.6%	9.9%	12.8%	12.7%	9.5%	13.9%	N/A	7.3%	19.4%	12.9%	12.4%	16.4%
Was touched, pinched, grabbed, or patted in a sexual way against will in school (past 12 months)	N/A	N/A	N/A	N/A	N/A	8.2%	8.2%	8.2%	9.5%	7.5%	6.9%	7.4%	N/A	4.8%	9.4%	6.1%	6.3%	10.0%
<b>BULLYING, FIGHTING, &amp; THREATENING (past 12 months)</b>																		
Was bullied while at school (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	35.7%	38.6%	32.5%	32.4%	34.0%	29.8%	34.8%	38.8%	26.6%	30.9%
Was bullied when not at school (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.8%	17.0%	18.2%	16.1%	N/A	16.3%	15.7%	19.6%	14.6%	13.6%
Was electronically bullied / cyber bullied (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.3%	13.8%	12.3%	12.0%	14.1%	8.2%	15.2%	13.5%	12.2%	10.1%
Bullied, threatened, or pushed other kids around in school (perpetrator)	17.6%	16.4%	12.2%	13.4%	13.6%	13.1%	10.1%	7.6%	4.8%	5.3%	3.9%	4.8%	4.7%	5.1%	4.5%	5.1%	3.8%	5.5%
Intentionally used social media to hurt someone else's feelings	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.4%	3.7%	N/A	3.0%	4.2%	2.0%	3.8%	5.5%
Treated unfairly in school because of race or ethnicity	N/A	N/A	N/A	8.2%	8.8%	10.0%	6.1%	6.8%	8.0%	12.7%	11.9%	16.1%	N/A	13.6%	17.9%	16.7%	15.5%	16.2%
Treated unfairly in school because of gender	N/A	N/A	N/A	7.0%	6.1%	8.6%	5.1%	4.8%	4.5%	9.1%	7.2%	14.0%	N/A	6.0%	20.3%	13.9%	12.7%	15.2%
Treated unfairly in school because of sexual orientation	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	3.2%	N/A	2.3%	4.1%	2.6%	4.8%	2.5%
Treated unfairly in school because of perceived masculinity or femininity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.1%	N/A	4.2%	7.5%	6.7%	5.1%	6.4%
Treated unfairly in school because of faith or religious beliefs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.5%	N/A	3.8%	5.1%	4.4%	3.9%	5.3%
Property stolen or deliberately damaged while on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.6%	21.9%	24.8%	22.3%	N/A	24.4%	20.3%	23.5%	21.6%	21.7%
In a physical fight - any location	25.4%	21.7%	15.3%	18.7%	16.8%	16.3%	13.3%	7.7%	10.6%	8.8%	7.8%	10.1%	N/A	13.5%	7.0%	11.4%	8.9%	9.9%
Were threatened with a knife or gun - any location	5.6%	5.3%	4.3%	4.6%	4.5%	5.3%	4.9%	1.5%	2.7%	1.8%	2.2%	2.8%	N/A	2.5%	2.7%	1.5%	3.0%	3.9%
Stayed home from school due to fear for safety (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.4%	9.5%	N/A	6.7%	11.7%	11.1%	9.6%	7.8%
<b>WEAPONS CARRYING (past 12 months)</b>																		
Carried a weapon to school such as a gun, knife, or stick	9.3%	5.4%	3.9%	4.5%	4.7%	3.1%	2.4%	1.8%	1.3%	1.9%	1.4%	1.7%	N/A	1.4%	1.7%	1.3%	2.3%	1.6%
Carried a weapon in your neighborhood	N/A	N/A	N/A	9.4%	8.2%	7.2%	5.5%	3.1%	3.2%	2.8%	2.9%	2.3%	N/A	3.1%	1.5%	1.5%	3.2%	2.2%

# 2018-2019 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

## Mental Health - Middle School

	TOTAL												MA	GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	MA	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(1056)	(1010)	(1007)	(1078)	(1123)	2017	(501)	(610)	(402)	(340)	(366)
PERSONAL EXPERIENCES (past 12 months)																		
Divorce or separation in family	11.0%	10.7%	12.2%	10.6%	13.4%	11.2%	9.3%	10.9%	10.0%	9.8%	9.7%	9.7%	N/A	6.7%	11.9%	10.5%	9.4%	9.2%
Family moved	17.1%	14.5%	14.8%	12.8%	15.7%	18.7%	13.1%	11.8%	13.4%	13.3%	13.8%	15.5%	N/A	14.9%	16.0%	16.6%	14.4%	15.4%
Ran away from home	3.7%	3.0%	3.1%	3.0%	4.2%	2.7%	2.9%	2.8%	3.9%	2.0%	2.2%	2.7%	N/A	1.9%	3.4%	2.5%	2.7%	2.8%
Family members or close friend died	40.9%	41.9%	41.3%	39.0%	38.6%	41.7%	40.3%	39.6%	41.0%	39.4%	31.5%	33.7%	N/A	31.0%	36.1%	33.7%	35.5%	32.1%
WORRYING "Fairly Often" or "Most of the Time" (past 12 months)																		
Physical health problems	N/A	N/A	N/A	N/A	9.0%	9.7%	8.7%	6.5%	8.6%	11.5%	9.1%	10.8%	N/A	8.1%	12.8%	10.6%	10.0%	11.7%
Weight problems (too heavy or thin)	N/A	N/A	N/A	N/A	19.2%	17.8%	20.5%	19.5%	21.8%	22.8%	19.1%	23.6%	N/A	14.1%	31.3%	18.2%	27.1%	26.2%
Sexually transmitted infection (STI), including HIV/AIDS	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.1%	N/A	1.4%	0.7%	0.5%	0.9%	1.9%
Sexual abuse	N/A	N/A	N/A	N/A	2.8%	3.2%	1.8%	2.1%	2.0%	2.3%	1.0%	2.7%	N/A	1.0%	3.8%	2.3%	3.5%	2.4%
Becoming or getting someone pregnant	N/A	N/A	N/A	N/A	2.8%	3.5%	2.4%	2.4%	2.9%	1.4%	1.0%	1.6%	N/A	1.0%	2.2%	1.0%	1.8%	2.2%
Gender identity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.0%	N/A	2.5%	6.6%	5.3%	4.7%	4.9%
School failure or poor grades	N/A	N/A	N/A	N/A	20.3%	21.2%	24.8%	22.5%	29.3%	33.3%	28.4%	32.2%	N/A	24.9%	38.0%	25.6%	38.1%	33.8%
MCAS	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	23.4%	25.8%	30.8%	N/A	23.5%	37.4%	35.5%	29.9%	26.7%
Social status (popularity)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.6%	16.3%	N/A	13.2%	18.6%	17.9%	17.8%	13.2%
How others perceive you on social media	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.8%	9.5%	N/A	6.4%	12.0%	8.1%	9.0%	11.4%
Drug or alcohol use in family	N/A	N/A	N/A	N/A	4.5%	5.5%	5.3%	4.9%	6.1%	4.7%	5.2%	5.0%	N/A	3.5%	6.3%	5.1%	3.2%	6.5%
Arguing at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.3%	16.8%	15.4%	17.5%	N/A	14.5%	19.7%	15.8%	20.4%	16.5%
Physical fights at home	N/A	N/A	N/A	N/A	3.7%	4.7%	4.2%	3.3%	3.0%	4.4%	3.4%	4.3%	N/A	3.5%	4.7%	5.5%	3.3%	3.8%
Physical fights at school	N/A	N/A	N/A	N/A	5.9%	5.9%	4.5%	3.3%	4.5%	4.0%	3.6%	4.6%	N/A	3.5%	5.3%	7.5%	4.1%	1.9%
Being treated unfairly because of race/ethnicity	N/A	N/A	N/A	N/A	8.2%	9.1%	4.8%	4.8%	4.5%	8.1%	8.7%	9.0%	N/A	5.9%	11.4%	8.8%	9.6%	8.7%
Sexual orientation	N/A	N/A	N/A	N/A	3.6%	3.7%	2.6%	1.5%	2.5%	2.9%	3.9%	7.3%	N/A	3.9%	10.0%	5.9%	8.6%	7.6%
Drugs in neighborhood	N/A	N/A	N/A	N/A	8.8%	7.5%	8.7%	6.6%	7.5%	4.8%	3.9%	5.0%	N/A	4.5%	5.5%	6.5%	5.9%	2.5%
Violence in neighborhood	N/A	N/A	N/A	N/A	10.4%	11.7%	10.5%	6.9%	7.3%	6.0%	4.2%	4.6%	N/A	4.5%	4.5%	6.3%	4.1%	3.3%
Your family not having enough money	N/A	N/A	N/A	N/A	N/A	6.7%	9.3%	6.7%	6.6%	9.3%	10.2%	11.7%	N/A	8.2%	14.3%	9.9%	12.4%	13.0%
Your family not having a place to live	N/A	N/A	N/A	N/A	N/A	3.7%	3.4%	1.9%	2.5%	3.1%	2.7%	2.9%	N/A	1.8%	3.8%	2.8%	2.9%	3.0%
Your immigration status or the status of your immediate family	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.6%	3.3%	N/A	2.4%	4.0%	4.0%	3.8%	1.9%
DEPRESSION, SELF-HARM, & SUICIDE (past 12 months)																		
Tense, nervous, worried every day for 2 or more weeks in a row (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.6%	27.0%	N/A	17.5%	34.7%	25.2%	27.6%	28.5%
Depressed	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.1%	22.4%	20.9%	17.0%	23.5%	18.9%	18.4%	27.8%	21.8%	26.8%	22.3%
Hurt self on purpose	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.3%	16.8%	13.5%	22.2%	19.1%	16.0%	19.6%
Seriously considered suicide	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.2%	8.6%	5.4%	15.7%	8.9%	11.4%	13.3%
Planned suicide	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.7%	N/A	3.5%	12.8%	6.1%	10.0%	10.3%
Attempted suicide	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.6%	4.2%	1.5%	3.6%	2.6%	2.7%	2.5%
SOCIAL SUPPORTS																		
Have a teacher/other adult school staff member to talk to about a problem	N/A	N/A	N/A	60.9%	58.9%	60.5%	57.1%	64.4%	62.0%	58.7%	61.6%	58.9%	N/A	58.7%	58.9%	58.3%	56.3%	61.8%
Have adult after school to talk to about a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	36.7%	31.1%	N/A	32.3%	29.5%	31.0%	29.8%	32.4%
Have an adult in the community to talk to about a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	41.3%	38.5%	N/A	37.1%	39.4%	37.7%	37.6%	40.2%
Have a family adult to talk to about a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.4%	82.1%	N/A	86.5%	78.6%	84.9%	82.9%	78.4%
Have 3 or more close friends	84.2%	81.9%	83.0%	85.8%	84.1%	84.3%	83.4%	83.7%	84.5%	81.4%	85.3%	81.6%	N/A	84.1%	79.6%	85.3%	76.9%	82.1%
Participate regularly in church/synagogue/mosque/other faith community	N/A	N/A	51.1%	47.0%	46.1%	44.4%	41.4%	40.0%	40.9%	40.9%	38.4%	33.5%	N/A	31.8%	35.1%	35.0%	36.4%	29.3%
COUNSELING AND MEDICATION (past 12 months)																		
Met with a school counselor for mental health/behavioral issue	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.4%	16.1%	19.8%	N/A	17.8%	21.6%	18.4%	21.9%	19.3%
Met with therapist with or without family present	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.3%	14.8%	17.7%	N/A	15.7%	19.3%	18.1%	17.7%	17.3%
Took medication for a mental health or behavioral issue	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.7%	10.1%	10.1%	N/A	11.0%	9.2%	12.7%	9.6%	7.6%

# 2018-2019 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

## Health - Middle School

	TOTAL												MA	GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2017	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(1056)	(1010)	(1007)	(1078)	(1123)	YHS	(501)	(610)	(402)	(340)	(366)
<b>SEXUAL BEHAVIOR</b>																		
Ever had sexual intercourse	9.7%	8.9%	7.4%	11.1%	12.5%	8.2%	6.8%	5.8%	5.9%	3.2%	3.2%	2.6%	N/A	3.4%	2.0%	1.3%	2.1%	4.5%
Had conversation with parents about sex (past 12 months)	34.3%	30.6%	32.6%	31.8%	33.4%	28.5%	32.2%	31.9%	28.2%	27.6%	25.0%	26.2%	N/A	22.5%	29.1%	21.4%	27.7%	30.0%
Had conversation with parents about sexuality or gender identity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.4%	20.3%	N/A	12.9%	26.1%	20.6%	20.2%	20.0%
Were forced, tricked, or pressured to have unwanted sex (past 12 months)	N/A	N/A	N/A	N/A	2.1%	1.9%	1.6%	1.4%	1.0%	1.0%	0.6%	0.7%	N/A	0.6%	0.8%	0.3%	0.9%	1.1%
Forced, tricked, or pressured someone to have sex with you (past 12 months)	2.1%	2.0%	1.7%	2.0%	1.6%	1.3%	0.2%	0.5%	0.6%	0.6%	0.3%	0.7%	N/A	0.6%	0.7%	0.5%	1.2%	0.5%
Hit, slapped, or physically hurt by a boyfriend or girlfriend (past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.3%	0.8%	1.4%	1.2%	1.0%	N/A	1.7%	0.5%	0.8%	0.6%	1.7%
<b>HEALTHCARE</b>																		
Saw a doctor or nurse (12 months)	63.7%	63.4%	62.0%	62.6%	63.3%	68.0%	74.8%	76.3%	78.9%	76.6%	78.1%	79.6%	N/A	77.1%	81.6%	76.5%	77.7%	84.6%
Saw a dentist (12 months)	70.6%	70.6%	69.4%	70.0%	70.6%	74.0%	76.2%	77.1%	77.2%	79.3%	80.2%	83.0%	87.9%	79.7%	85.7%	81.2%	82.9%	85.1%
<b>WEIGHT</b>																		
Describe self as slightly/very overweight	N/A	N/A	N/A	27.0%	27.2%	26.5%	27.8%	27.2%	24.9%	26.4%	22.8%	23.6%	24.7%	24.0%	23.6%	23.5%	21.9%	25.3%
Trying to lose weight	N/A	N/A	N/A	N/A	42.0%	42.4%	37.4%	38.8%	37.6%	41.0%	37.4%	39.2%	N/A	31.6%	44.5%	34.8%	41.7%	41.4%
<b>WEIGHT LOSS OR MAINTENANCE ACTIVITIES (past 30 days)</b>																		
Exercised to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	57.5%	69.5%	72.1%	73.0%	76.4%	74.2%	73.0%	76.2%	73.8%	72.1%	68.3%	76.5%	74.7%
Took diet pills/powders/liquids to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.5%	2.1%	2.4%	3.4%	2.5%	3.5%	2.4%	N/A	1.7%	2.7%	2.1%	2.5%	2.5%
Ate less food, calories, or "bad" foods to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	39.3%	N/A	33.8%	43.3%	37.7%	40.7%	39.9%
Went without eating for 24 hours or more (fasted) to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	5.4%	6.4%	5.8%	7.6%	8.3%	6.9%	6.9%	8.1%	4.4%	8.7%	6.1%	6.7%	7.7%
Vomited or took laxatives to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.3%	2.0%	2.0%	2.2%	2.7%	2.4%	1.4%	N/A	0.9%	1.9%	1.1%	1.6%	1.7%

# 2018-2019 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

## Physical Activity and Nutrition - Middle School

	TOTAL												MA	GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2017	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(1056)	(1010)	(1007)	(1078)	(1123)	YHS	(501)	(610)	(402)	(340)	(366)
<b>PHYSICAL ACTIVITY (past 7 days)</b>																		
Did not participate in at least 60 Minutes of physical activity on any day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.4%	18.2%	15.9%	21.7%	19.0%	N/A	17.2%	20.2%	18.8%	20.3%	18.0%
Physically active at least 60 minutes per day on 5 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.2%	29.0%	34.2%	27.5%	29.2%	50.9%	38.5%	21.6%	29.1%	30.2%	28.4%
Physically active at least 60 minutes per day on all 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.5%	14.1%	16.6%	12.2%	11.0%	N/A	15.6%	7.3%	11.1%	13.0%	9.0%
Physically active at least 30 minutes per day on 5 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	44.9%	47.8%	N/A	54.6%	42.6%	48.2%	47.6%	47.6%
Participated in muscle strengthening activities on 3 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43.6%	42.2%	37.0%	36.4%	N/A	41.8%	32.0%	37.8%	36.3%	35.0%
Taught in school how to follow a personal fitness plan	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43.1%	38.4%	N/A	37.1%	39.7%	37.0%	35.4%	42.7%
<b>NUTRITION (ate or drank yesterday)</b>																		
Drank tap water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.9%	69.9%	73.4%	80.3%	N/A	81.8%	79.2%	82.3%	81.8%	77.0%
Drank plain (not flavored) bottled water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.4%	65.9%	59.9%	60.9%	N/A	58.4%	62.7%	59.6%	60.5%	62.8%
Ate green salad or raw vegetables	N/A	N/A	N/A	51.6%	50.0%	54.9%	54.7%	59.7%	56.6%	57.7%	61.8%	62.1%	N/A	61.1%	62.9%	60.4%	64.1%	62.2%
Ate cooked vegetables	N/A	N/A	N/A	47.7%	52.5%	55.0%	56.9%	60.5%	59.9%	57.4%	61.4%	59.2%	N/A	56.3%	61.3%	66.7%	58.8%	51.7%
Ate fruit	N/A	N/A	N/A	72.2%	71.1%	79.5%	80.9%	82.8%	81.3%	82.2%	85.7%	84.1%	N/A	84.5%	83.6%	87.0%	83.5%	81.6%
Drank 100% fruit juice	N/A	N/A	N/A	71.6%	68.7%	71.2%	69.0%	68.4%	63.0%	58.6%	47.1%	47.6%	N/A	52.0%	44.1%	52.0%	49.5%	41.2%
Drank sweetened drinks	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.3%	N/A	44.7%	40.3%	41.9%	45.0%	40.1%
Drank sports drinks (Gatorade, Powerade)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	25.8%	N/A	30.2%	21.6%	29.5%	22.6%	25.0%
Drank regular soda (not diet)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.5%	36.2%	33.1%	29.9%	27.5%	N/A	32.9%	22.9%	28.3%	29.2%	24.9%
Drank diet soda	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.6%	N/A	10.0%	7.3%	8.7%	7.1%	9.9%
Drank caffeine (coffee, tea, soda)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	33.8%	31.5%	30.6%	38.9%	28.7%	32.0%	28.9%	29.4%	33.7%
Drank energy drinks (Amp, Red Bull, Full Throttle)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.6%	5.3%	5.6%	N/A	6.2%	5.0%	6.2%	4.6%	5.8%
<b>OTHER NUTRITION</b>																		
Eat breakfast 6-7 days a week	51.7%	50.2%	50.6%	50.3%	51.9%	55.8%	52.3%	54.3%	54.8%	57.2%	59.8%	56.7%	N/A	63.2%	52.1%	64.6%	57.7%	47.3%
Hungry in the past 12 months because there was not enough money at home to buy food	4.5%	5.1%	4.6%	4.3%	5.3%	5.3%	4.9%	4.2%	5.6%	6.1%	5.3%	5.7%	N/A	3.5%	7.3%	5.6%	4.9%	6.6%

# 2018-2019 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

## Habits and Activities - Middle School

	TOTAL												MA	GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	2015 (1007)	2017 (1078)	2019 (1123)	2017 YHS	Males (501)	Females (610)	6th (402)	7th (340)	8th (366)
<b>SCHOLASTIC ISSUES</b>																		
Received mostly A's or B's in school (12 months)	N/A	N/A	N/A	N/A	73.5%	73.8%	71.7%	73.1%	73.0%	73.4%	79.3%	80.4%	87.4%	75.4%	84.5%	80.8%	76.2%	83.9%
Had one or more failing grades on a report card (12 months)	30.6%	28.4%	27.3%	26.9%	24.0%	21.5%	25.5%	21.6%	25.4%	26.6%	26.5%	24.8%	N/A	27.9%	22.1%	24.1%	28.5%	22.2%
Skipped or cut school	14.3%	12.6%	11.1%	12.0%	7.9%	7.9%	6.5%	6.0%	6.0%	5.4%	5.5%	7.8%	N/A	5.7%	9.3%	4.0%	10.0%	9.8%
Suspended from school	11.9%	10.0%	10.7%	11.7%	12.2%	14.9%	10.7%	10.4%	8.6%	7.7%	5.3%	6.1%	N/A	8.5%	4.0%	5.0%	6.1%	7.4%
<b>AFTER SCHOOL HOURS</b>																		
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	N/A	44.3%	38.8%	48.8%	40.1%	32.6%	N/A	27.3%	37.1%	31.1%	29.7%	37.0%
Participate in extracurricular activities outside of school at least 3 days a week during a typical week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.7%	61.4%	N/A	62.5%	60.8%	63.5%	60.6%	60.0%
Parents limit amount of time per day the youth can watch TV, go on the Internet, play video games, use a computer, tablet, or smartphone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	55.6%	59.3%	N/A	60.1%	58.7%	69.6%	59.6%	48.4%
<b>LEISURE/FAMILY ACTIVITIES (past 7 days)</b>																		
Read (not required for school)	73.5%	68.0%	69.0%	69.2%	72.1%	74.0%	79.5%	79.1%	77.8%	73.8%	76.1%	69.9%	N/A	70.3%	69.7%	76.6%	70.1%	62.6%
Took care of family responsibilities or chores	82.2%	79.4%	80.6%	78.6%	81.5%	84.4%	82.1%	84.8%	82.5%	85.6%	89.2%	86.1%	N/A	85.3%	87.0%	83.6%	87.4%	87.6%
Took care of younger siblings or the health of someone in the home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	41.9%	38.9%	N/A	36.3%	40.7%	38.8%	39.3%	38.4%
Participated in after-school, youth, church, or teen center programs	N/A	N/A	N/A	N/A	52.2%	55.7%	51.9%	56.2%	59.8%	53.1%	62.9%	54.2%	N/A	52.5%	55.6%	54.9%	53.1%	54.3%
Engaged in enjoyable activities/interests during own time	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	93.4%	92.9%	91.7%	N/A	91.0%	92.3%	94.3%	88.0%	92.5%
Ate dinner with family (5 or more days a week)	N/A	N/A	N/A	N/A	N/A	63.9%	59.8%	66.9%	64.9%	67.8%	67.0%	64.5%	N/A	67.3%	62.6%	73.9%	65.1%	54.4%
<b>SCHOOL AND COMMUNITY ACTIVITIES (During 2018-2019 School Year)</b>																		
Participated in school academic groups, tutoring, clubs, or government	N/A	N/A	N/A	N/A	42.2%	36.0%	42.0%	40.9%	50.8%	48.7%	51.6%	50.4%	N/A	43.1%	56.4%	54.4%	44.4%	51.9%
Participated in music, band, choir, arts, theatre, or dance	N/A	N/A	N/A	N/A	44.7%	47.2%	54.7%	61.4%	56.3%	57.8%	65.6%	70.7%	N/A	63.0%	77.0%	78.6%	67.2%	65.6%
Participated in community service, in or out of school	N/A	N/A	N/A	N/A	24.1%	27.9%	31.4%	35.2%	27.5%	26.3%	28.3%	35.7%	N/A	31.5%	39.1%	32.2%	27.8%	46.7%
Participated in school organized or intramural sports	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.5%	48.3%	42.6%	42.1%	N/A	49.8%	35.9%	43.9%	40.3%	41.9%
Participated in community organized youth sports	N/A	N/A	N/A	N/A	N/A	41.7%	40.4%	39.9%	51.8%	46.1%	43.7%	41.6%	N/A	54.8%	31.6%	41.9%	41.1%	41.7%
Participated in some other afterschool program or youth center	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.9%	51.7%	48.8%	N/A	50.0%	48.1%	47.7%	48.5%	50.3%
<b>SLEEP</b>																		
Usually get 8 or more hours of sleep during a regular school night	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.4%	63.6%	59.0%	66.9%	61.1%	72.6%	65.1%	52.7%
<b>THEFT (past 12 months)</b>																		
Stole or shoplifted from a store	N/A	22.7%	17.6%	14.1%	14.0%	9.9%	11.9%	7.9%	6.4%	7.3%	7.5%	8.7%	N/A	6.8%	10.4%	3.8%	9.7%	13.2%
<b>INTERNET/PHONE ACCESS</b>																		
Family can send email or access Internet from home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.0%	94.7%	94.0%	N/A	93.4%	94.5%	93.0%	94.4%	94.6%
Has own cell phone or smartphone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	84.0%	84.5%	85.2%	N/A	82.6%	87.4%	75.7%	88.3%	92.2%
Has Internet access on cell phone or smartphone	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	71.8%	77.8%	79.4%	N/A	76.7%	81.8%	68.2%	81.8%	88.8%