

Highlights from the MetroWest Adolescent Health Survey

Informing data-driven school and community health policies and practices

2016 | Wayland High School

GRADES 9-12



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Wayland High School

Background and Methodology

The 2016 MetroWest Adolescent Health Survey (MWAHS) marks the beginning of a new decade in monitoring trends in adolescent health behaviors to advance school and community prevention efforts. Since 2006, the MWAHS has been administered every other year in communities served by the MetroWest Health Foundation, with the goal of supporting data-driven improvements in health programs and policies at the local and regional levels. Wayland High School has participated in the MWAHS since 2006.

The 2016 high school survey was administered to a census of students in grades 9 through 12 in all 26 high schools in the region served by the MetroWest Health Foundation. In total, 24,385 high school students in the region participated in this voluntary and anonymous survey. At Wayland High School, 773 students in grades 9 through 12 participated in the 2016 MWAHS, representing 93% of students.

As in previous survey waves, local procedures were followed to inform parents of the survey and give them the choice to opt out their child(ren). Students were also informed that their participation was voluntary and that no names or other identifying information were being collected. Data collection at each school was guided by a protocol that protected the privacy of students' responses.

Findings from the MWAHS are used by schools and communities to improve health education, inform prevention efforts, and set priorities for achieving a healthier youth population. Highlights from your district's data in the areas of substance use, violence, bullying, unintentional injury, mental health, sexual behavior, physical activity, and protective factors are provided.

Key Findings: Substance Use

Cigarette Smoking and Use of Electronic Cigarettes

2016 Patterns » **10% of students have smoked a cigarette in their lifetime, and 3% smoked recently (in the past 30 days).**

- » Reports of lifetime and recent smoking are similar among females and males.
- » Initiation of smoking increases from 3% in 9th grade to 17% in 12th grade.
- » 21% of youth have used an electronic cigarette or other electronic vapor product in their lifetime, and 9% used electronic cigarettes in the past 30 days. More males than females have used electronic cigarettes in their lifetime (25% vs. 16%), and by 12th grade, 31% of all students have used electronic cigarettes.

2006-2016 Trends » **Many fewer youth are smoking cigarettes: Reports of lifetime smoking decreased from 29% in 2006 to 12% in 2014, and declined further to 10% in 2016.**

- » During the same time period, recent smoking decreased from 12% to 3%.
- » Cigarette smoking decreased substantially among both males and females.
- » Lifetime use of electronic cigarettes or other electronic vapor products is lower in 2016 (21%) compared with 2014 (27%), when data on electronic cigarette use was first collected.
- » In the MetroWest region, reports of cigarette smoking have declined consistently since 2006.

Alcohol Use

2016 Patterns » **52% of students drank alcohol in their lifetime, and 30% drank in the past 30 days.**

- » 16% of youth report recent binge drinking (defined as consuming 4 or more drinks in a row for females, or 5 or more drinks in a row for males in the past 30 days).
- » Lifetime drinking is similar among females and males, but current drinking is higher among females than males (35% compared with 25%).
- » Reports of binge drinking are also higher among females (18%) than males (14%); this does not take into account body weight or other factors that influence intoxication levels.
- » Alcohol use increases substantially by grade: Current drinking increases from 9% in 9th grade to 46% in 12th grade, and binge drinking increases from 2% to 26%.

2006-2016 Trends » **Lifetime alcohol use in high school declined from 62% in 2006 to 49% in 2012, and was slightly higher in 2016 at 52%.**

- » Current drinking and binge drinking follow a similar trend. For example, current drinking decreased from 39% in 2006 to 27% in 2012; in 2016, 30% of youth reported current drinking.
- » The recent increase in current drinking is driven by an increase among females, from 27% in 2012 to 35% in 2016.
- » Drinking among high school youth has declined substantially in MetroWest since 2006.

Marijuana Use

2016 Patterns » **24% of youth have used marijuana in their lifetime, and 14% used marijuana in the past 30 days.**

- » Reports of marijuana use are similar among females and males.
- » Marijuana use increases substantially by grade. For example, lifetime use increases from 5% in 9th grade to 44% in 12th grade. 27% of 12th grade students have used marijuana in the past 30 days.
- » 63% of youth report that marijuana is “fairly easy” or “very easy” to obtain.

2006-2016 Trends » **Lifetime marijuana use declined from 33% in 2010 to 22% in 2012, and then increased slightly to 24-25% in 2014-2016.**

- » Current marijuana use decreased from 21-22% in 2006-2010 to 14% in 2012 and remained similar in 2016.
- » The overall decrease in marijuana use since 2006 is greater among males than females. For example, current use decreased from 26% to 15% among males, and from 17% to 13% among females.
- » Marijuana use in the MetroWest region decreased from 2010 to 2016.

Prescription Drug Misuse

2016 Patterns » **5% of youth have misused prescription drugs in their lifetime (without a doctor’s prescription), and 2% have misused prescription drugs in the past 30 days.**

- » Slightly more females than males have misused prescription drugs in their lifetime (6% compared with 4%), but reports of current misuse do not differ by gender.
- » Lifetime prescription drug misuse increases from 9th grade (1%) to 12th grade (9%).
- » 5% of youth have misused prescription stimulants in their lifetime, and 3% have misused prescription opioids. Nonmedical use of stimulants and opioids is similar among females and males.

2006-2016 Trends » **Lifetime prescription drug misuse decreased from 11% in 2006 to 5% in 2016.**

- » The overall decrease in prescription drug misuse was greater among males (from 13% in 2006 to 4% in 2016) than among females (from 9% to 6%).
- » There has also been a substantial decrease in prescription drug misuse in the region since 2006.

Key Findings: Violence

Physical Fighting

2016 Patterns » **11% of youth have been in a physical fight in the past 12 months, and 3% have been in a fight on school property.**

- » More males than females report fighting (14% compared with 8%) and fighting on school property (4% compared with 1%).
- » Reports of physical fighting decrease slightly by grade, from 15% in 9th grade to 6% in 12th grade.

2006-2016 Trends » **Fewer youth are reporting physical fighting: Reports of fighting in the past 12 months decreased steadily, from 26% in 2006 to 11% in 2016.**

- » During this time, reports of fighting on school property decreased from 10% to 3%.
- » There were notable decreases in fighting among both males and females: From 2006 to 2016, fighting decreased from 35% to 14% among males, and from 17% to 8% among females.
- » In the MetroWest region, physical fighting has decreased steadily since 2006, both in general and on school property.

Weapon Carrying

2016 Patterns » **7% of youth carried a weapon in the past 30 days, and 2% carried a weapon on school property.**

- » Consistent with gender patterns for fighting, more males (10%) than females (4%) report carrying weapons.
- » Reports of weapon carrying decrease from 10% in 9th grade to 4% in 12th grade.
- » 4% of youth were threatened or injured with a weapon in the past 12 months, and 2% were threatened or injured with a weapon on school property.

2006-2016 Trends » **Overall reports of weapon carrying declined from 10% in 2006 to 4% in 2014, and were slightly higher in 2016 at 7%.**

- » Reports of weapon carrying on school property decreased steadily from 11% in 2010 to 3% in 2016.
- » There were also declines in reports of weapons-related threats and injuries, from 9-10% in 2006-2010 to 4% in 2014-2016.
- » In the MetroWest region, weapon carrying has not changed substantially since the MWAHS began, but weapons-related threats and injuries have declined slightly.

Key Findings: Bullying and Cyberbullying

Bullying

- 2016 Patterns** » **16% of high school youth have been bullied in the past 12 months, and 12% have been bullied on school property. 7% of students report bullying other students.**
- » More females than males are victims of bullying in general (21% compared to 11%) and on school property (16% compared to 9%).
 - » Reports of bullying at school decrease by grade, from 17% in 9th grade to 8% in 12th grade.
 - » Many bullying victims do not seek help from adults: Among students who were bullied at school in the past 12 months, 25% had talked to a school adult about being bullied, and 48% had talked to a parent or other adult outside of school.
 - » 18% of youth reported being verbally harassed in the past 12 months due to their race, ethnicity or culture, 5% due to their sexual orientation, 5% due to a disability, and 22% due to their appearance (height, weight, or how they look). This data was first collected in 2016.

- 2006-2016 Trends** » **School bullying has declined substantially: Victimization on school property decreased from 23% in 2006 to 15% in 2014, declining further to 12% in 2016.**
- » Reports of overall bullying victimization also decreased, from 28% in 2006 to 16% in 2016.
 - » Bullying decreased more among males than females. For example, school bullying declined from 24% in 2006 to 9% in 2016 among males, and from 22% to 16% among females.
 - » Bullying victimization decreased markedly in the MetroWest region from 2010 to 2016.

Cyberbullying

- 2016 Patterns** » **14% of youth report being victims of cyberbullying in the past 12 months, and 6% report cyberbullying someone else.**
- » Females are more likely to be victims of cyberbullying than males (17% vs. 12%).
 - » Cyberbullying ranges from 7-21% by grade and is highest among 9th and 10th grade students.
 - » 23% of youth spend three or more hours daily on social media (29% of females and 17% of males). Youth who spend more time online and on social media are also more likely to report being involved in cyberbullying.
 - » The majority of cyberbullying victims do not seek help from adults: Among students who were cyberbullied in the past 12 months, only 11% had talked to an adult at school and 30% had talked to a parent or other adult outside of school.

- 2006-2016 Trends** » **Cyberbullying has not changed substantially: Reports of victimization increased from 14% in 2006 to 17% in 2010, but returned to 14% in 2014 and remained steady in 2016.**
- » However, overall reports have increased slightly among females, from 13% in 2006 to 17% in 2016, whereas they have decreased among males from 14% to 12% during this time period.
 - » Cyberbullying victimization has decreased slightly in MetroWest since 2012.

Key Findings: Impaired and Distracted Driving

Impaired Driving

- 2016 Patterns** » **8% of students report being a passenger in a car driven by someone who had been drinking alcohol in the past 30 days, and 3% rode with a high school driver who had been drinking.**
- » 12% of students report being a passenger in a car driven by a high school student who had been using marijuana.
 - » 4% of 11th and 12th grade students who drive report driving after drinking in the past 30 days, and 12% report driving after using marijuana.
 - » Males are more likely than females to report driving after using alcohol (6% compared to 2%) or marijuana (16% compared to 8%).
 - » Reports of driving after drinking or using marijuana are similar among 11th and 12th grade drivers.
- 2006-2016 Trends** » **Reports of riding in a car driven by someone who had been drinking declined from 26% in 2006 to 8% in 2016.**
- » Fewer high school drivers report driving after drinking, from 21% in 2006 to 4% in 2016.
 - » Reports of driving after using marijuana have been similar at 11-12% since 2012. (2012 was the first year that driving after marijuana use was included in the survey.)
 - » Drinking and driving among youth in the MetroWest region has declined substantially since 2006, and driving after using marijuana is slightly lower since 2012.

Distracted Driving

- 2016 Patterns** » **29% of youth rode in a car with a high school driver who was texting in the past 30 days, and 36% of 11th and 12th grade drivers report texting while driving.**
- » Reports of texting while driving are similar among females and males.
 - » Many more 12th grade drivers report texting while driving (45%) compared with 11th grade drivers (27%).
- 2006-2016 Trends** » **Reports of texting while driving among 11th and 12th grade drivers decreased from 41% in 2010 to 31% in 2012, but were higher in 2014-2016 at 36%. (2010 was the first year that the survey asked about texting while driving.)**
- » In the MetroWest region, texting while driving has decreased since 2010.

Key Findings: Mental Health

Stress

- 2016 Patterns** » **37% of students report that their life was very stressful in the past 30 days.**
- » Females are much more likely to report this level of stress than males (50% vs. 26%).
 - » Reports of stress increase substantially by grade, from 28% in 9th grade to 49% in 12th grade.
 - » The most common source of stress is worrying due to school issues (70%). Specifically, 72% of students worry often or very often about getting good grades, 66% worry about finishing all of their work and studying, and 51% worry about plans after high school.
- 2006-2016 Trends** » **Reports of stress are higher in 2016 (37%) compared with 2006 (32%), though reports have not changed substantially in the more recent surveys.**
- » The overall increase in stress was driven by females, with reports increasing from 38% in 2006 to 50% in 2016.
 - » In the MetroWest region, stress has increased substantially over the two most recent surveys.

Depressive Symptoms, Self-Injury, and Suicidality

- 2016 Patterns** » **11% of students reported depressive symptoms in the past 12 months (defined as feeling sad or hopeless for two or more weeks in a row).**
- » 10% of youth reported self-injury (defined as cutting, burning, or bruising oneself on purpose) in the past 12 months.
 - » 7% of youth said they had considered suicide in the past 12 months, and 3% had made a suicide attempt during this time.
 - » Females are more likely than males to report mental health problems. For example, 19% of females and 5% of males report depressive symptoms.
 - » 4% of youth have missed school on one or more of the past 30 days due to feeling sad or hopeless, or having thoughts about hurting themselves (8% of females and 2% of males).
 - » Reports of depressive symptoms and self-injury do not vary substantially by grade. Reports of suicidal thoughts range from 4-11% by grade.
- 2006-2016 Trends** » **There are decreases in reports of depressive symptoms and self-injury in recent surveys. For example, reports of depressive symptoms in 2016 (11%) were lower than in 2014 (16%), with prior reports ranging from 13-17%.**
- » Reports of suicidal thoughts in 2016 (7%) are also lower than prior surveys (9-10%), and reports of suicide attempts have been steady at 3% since 2014, with prior reports at 4-6%.
 - » The recent declines in mental health problems were driven by declines among males, whereas reports among females have been relatively similar over the course of the MWAHS.
 - » There have also been small decreases in depressive symptoms and self-injury in the MetroWest region in recent years, but not suicide attempts.

Key Findings: Sexual Behavior

Sexual Intercourse and Condom Use

2016 Patterns » **15% of youth have engaged in sexual intercourse during their lifetime, and 11% are currently sexually active (had intercourse within the past three months).**

- » Among sexually active youth, 75% used a condom the last time they had intercourse.
- » More males than females report having had intercourse (17% compared with 12%).
- » The proportion of youth who have had intercourse in their lifetime increases from 3% in 9th grade to 38% in 12th grade. 29% of 12th grade youth are currently sexually active.

2006-2016 Trends » **The proportion of youth reporting lifetime sexual intercourse decreased from 25% in 2006 to 19% in 2014, and lowered further to 15% in 2016.**

- » There is also a decrease in the number of youth who are currently sexually active, from 22% to 11%.
- » Condom use among youth who are currently sexually active has ranged from 71-78% over the course of the MWAHS.
- » Regional data shows a recent decrease in sexual intercourse.

Key Findings: Physical Activity, Sleep and Overweight/Obesity

Physical Activity

2016 Patterns » **47% of youth report moderate physical activity**, defined as activity that increases your heart rate/makes you breathe hard some of the time for 60 minutes on 5 of the past 7 days.

- » 67% of youth report vigorous physical activity, defined as activity that makes you sweat or breathe hard for 20 minutes on 3 or more of the past 7 days.
- » Males are more likely than females to report moderate physical activity (57% compared to 35%) and vigorous physical activity (75% compared with 58%).
- » Reports of moderate physical activity decrease from 51% in 9th grade to 40% in 12th grade.
- » 34% of youth spend three or more hours of non-homework related screen time on an average school day, which may be an indicator of sedentary behavior.

2006-2016 Trends » **The proportion of youth exercising moderately on five or more days per week increased from 35% in 2006 to 59% in 2012, and then declined to 47% in 2016.**

- » The recent decline in physical activity is driven by lower reports among females.
- » Physical activity in the MetroWest region has increased since 2006.

Sleep

- 2016 Patterns** » **Only 27% of youth get 8 or more hours of sleep on an average school night.**
- » More males than females get 8 hours of sleep per night (33% compared to 20%).
 - » Reports of getting 8 or more hours of sleep decrease substantially as students get older, from 41% in 9th grade to 14% in 12th grade.
- 2006-2016 Trends** » **The proportion of youth sleeping 8 or more hours on an average school night is has been steady at 27% since 2014.** (2014 was the first year that sleep data was collected.)
- » Youth in the MetroWest region report slightly less sleep over the last two surveys.

Overweight/Obesity

- 2016 Patterns** » **18% of youth are overweight or obese** (Reports are based on self-reported height and weight, which is used to calculate body mass index. Overweight/obesity is defined as being in the 85th percentile or above for body mass index by age and gender, based on reference data.)
- » Males are more likely than females to be overweight or obese (22% compared with 13%).
 - » Overweight/obesity is similar across grades at 16-19%.
- 2006-2016 Trends** » **Overweight/obesity is similar in 2016 (18%) and 2006 (16%), with reports ranging from 12-18% over the course of the MWAHS.**
- » In the MetroWest region, overweight/obesity has not changed notably over the six surveys.

Key Findings: Protective Factors

School Attachment and Engagement

- 2016 Patterns** » **About four out of five youth report being engaged in and connected with their school.**
- This is indicated by agreement with statements such as “I feel close to people at this school” (79%), “I am happy to be at this school” (79%), and “I feel safe in my school” (91%).
- » While a majority of both males and females report high levels of school attachment, reports are higher among males.
 - » School attachment does not follow a consistent pattern by grade.
- 2006-2016 Trends** » **Reports of school attachment are slightly higher in 2016 compared with 2006.**
- » School attachment has been similar in the MetroWest region since the MWAHS began.

Adult Support

2016 Patterns » **71% of youth have at least one teacher or other adult at school to talk to if they have a problem, and 91% of youth have a parent or other adult outside of school to talk to about things that are important to them.**

- » Adult support at school is similar among both genders, and increases during the high school years, from 61% in 9th grade to 84% in 12th grade.
- » Reports of adult support outside of school are similar by gender and range from 89-95% by grade.

2006-2016 Trends » **Reports of adult support at school increased from 63% in 2006 to 71% in 2016.**

- » Adult support outside of school increased from 85% to 91% during this time.
- » In the MetroWest region, there has been an increase in adult support at school since 2006.

Conclusions

For more than a decade, the MWAHS has monitored trends in adolescent health, informing local decisions and strategies to improve education, policy, and prevention efforts across the MetroWest region. Each survey that is administered provides new data to highlight areas of progress as well as to draw attention to emerging risks and continued areas for concern. The 2016 data show that Wayland is making important advances in some behavioral health areas, such as cigarette smoking, fighting, school bullying, and sexual behavior. While these demand continued attention, the data also highlight other areas of concern, including alcohol and marijuana use, cyberbullying, and stress. Continued use of the MWAHS data to identify priorities and drive local decisions will help to address the greatest challenges to adolescent health and lead to safer and healthier communities.

Wayland High School (Grades 9-12)

2006-2016 Trends in Key Indicators

MetroWest Adolescent Health Survey

	Year of Survey (%)					
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)
SUBSTANCE USE						
Lifetime cigarette smoking	29.2	25.7	17.0	14.3	11.5	9.6
Current cigarette smoking (past 30 days)	11.9	9.4	7.9	7.0	2.9	3.3
Lifetime alcohol use	61.8	54.3	50.5	48.9	51.0	51.8
Current alcohol use (past 30 days)	38.9	35.5	29.0	27.4	28.6	29.7
Binge drinking (past 30 days)*	21.1	21.3	18.8	13.3	13.1	15.7
Rode with driver who had been drinking (past 30 days)	25.9	24.9	21.7	14.6	10.3	8.0
Lifetime marijuana use	33.1	29.1	33.3	21.7	24.6	24.0
Current marijuana use (past 30 days)	21.6	22.1	20.5	13.8	16.1	14.0
Lifetime prescription drug misuse [†]	11.0	8.8	7.0	6.9	6.5	4.8
VIOLENCE						
Physical fighting (past 12 months)	26.3	21.3	21.3	15.5	11.3	11.1
Physical fighting on school property (past 12 months)	10.1	8.8	10.7	6.8	3.5	2.6
Carried a weapon (past 30 days)	9.9	8.6	8.4	8.4	4.2	6.9
Carried a weapon on school property (past 30 days)	4.9	5.6	5.5	4.7	1.3	1.7
BULLYING VICTIMIZATION						
Bullying victim (past 12 months)	27.7	22.0	25.9	20.1	16.7	15.7
Bullying victim on school property (past 12 months)	23.4	19.0	22.9	16.8	14.8	12.2
Cyberbullying victim (past 12 months)	13.7	14.5	16.6	16.1	13.9	14.4
MENTAL HEALTH						
Life "very" stressful (past 30 days)	32.1	28.7	36.3	34.0	35.2	37.1
Depressive symptoms (past 12 months)	16.0	12.9	17.0	14.6	16.2	11.3
Self-injury (past 12 months)	11.5	12.0	11.5	13.1	12.0	9.8
Considered suicide (past 12 months)	8.8	8.5	10.2	10.4	9.3	7.1
Attempted suicide (past 12 months)	4.4	4.6	5.7	4.3	3.1	2.6
SEXUAL BEHAVIOR						
Lifetime sexual intercourse	25.4	23.2	23.9	18.6	19.1	14.6
Currently sexually active (past 3 months)	21.6	18.3	18.5	13.0	14.5	10.8
Condom use at last intercourse (among sexually active youth)	71.2	72.0	71.6	66.7	77.7	74.7
PHYSICAL ACTIVITY AND BODY WEIGHT						
Exercised for ≥60 minutes on 5 or more days/week	34.6	37.2	56.8	58.8	50.6	46.7
Overweight or obese [‡]	16.0	11.9	10.9	14.4	15.0	17.5

* From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. In 2016, binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

† Without a doctor's prescription

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

Wayland High School (Grades 9-12)

2016 Gender Patterns for Key Indicators

MetroWest Adolescent Health Survey

	<u>Gender (%)</u>		<u>Total (%)</u>
	Female (360)	Male (412)	(773)
SUBSTANCE USE			
Lifetime cigarette smoking	9.2	10.0	9.6
Current cigarette smoking (past 30 days)	3.4	3.2	3.3
Lifetime alcohol use	53.1	50.9	51.8
Current alcohol use (past 30 days)	34.6	25.4	29.7
Binge drinking (past 30 days)*	18.0	13.6	15.7
Rode with driver who had been drinking (past 30 days)	7.8	8.3	8.0
Lifetime marijuana use	23.7	24.3	24.0
Current marijuana use (past 30 days)	13.1	14.8	14.0
Lifetime prescription drug misuse [†]	6.2	3.7	4.8
VIOLENCE			
Physical fighting (past 12 months)	8.1	13.7	11.1
Physical fighting on school property (past 12 months)	1.4	3.7	2.6
Carried a weapon (past 30 days)	3.9	9.5	6.9
Carried a weapon on school property (past 30 days)	1.7	1.5	1.7
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	21.2	10.7	15.7
Bullying victim on school property (past 12 months)	16.2	8.8	12.2
Cyberbullying victim (past 12 months)	17.4	11.8	14.4
MENTAL HEALTH			
Life "very" stressful (past 30 days)	49.7	26.2	37.1
Depressive symptoms (past 12 months)	19.0	4.6	11.3
Self-injury (past 12 months)	16.0	4.4	9.8
Considered suicide (past 12 months)	9.0	5.4	7.1
Attempted suicide (past 12 months)	3.7	1.7	2.6
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	11.6	17.3	14.6
Currently sexually active (past 3 months)	7.4	13.9	10.8
Condom use at last intercourse (among sexually active youth)	69.2	77.4	74.7
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	34.6	57.4	46.7
Overweight or obese [‡]	13.0	21.9	17.5

* From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. In 2016, binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

† Without a doctor's prescription

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

Wayland High School (Grades 9-12)

2016 Grade Patterns for Key Indicators

MetroWest Adolescent Health Survey

	Grade (%)				Total (%)
	9 th (204)	10 th (200)	11 th (200)	12 th (167)	
SUBSTANCE USE					
Lifetime cigarette smoking	2.9	7.5	11.5	17.4	9.6
Current cigarette smoking (past 30 days)	1.5	3.0	2.5	6.1	3.3
Lifetime alcohol use	32.2	43.7	66.3	68.8	51.8
Current alcohol use (past 30 days)	9.4	27.4	39.0	46.0	29.7
Binge drinking (past 30 days)*	2.0	13.1	23.6	25.6	15.7
Rode with driver who had been drinking (past 30 days)	8.4	7.0	8.0	8.4	8.0
Lifetime marijuana use	4.9	13.1	37.5	43.9	24.0
Current marijuana use (past 30 days)	2.0	8.1	20.6	27.3	14.0
Lifetime prescription drug misuse [†]	1.0	2.5	7.6	8.5	4.8
VIOLENCE					
Physical fighting (past 12 months)	14.8	14.6	7.5	6.1	11.1
Physical fighting on school property (past 12 months)	2.9	3.0	2.0	2.4	2.6
Carried a weapon (past 30 days)	9.8	6.6	6.5	3.6	6.9
Carried a weapon on school property (past 30 days)	1.0	1.5	2.5	1.8	1.7
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	19.8	19.5	12.5	9.6	15.7
Bullying victim on school property (past 12 months)	16.7	14.1	9.5	7.8	12.2
Cyberbullying victim (past 12 months)	16.0	21.1	12.1	7.3	14.4
MENTAL HEALTH					
Life "very" stressful (past 30 days)	28.1	34.7	38.7	49.1	37.1
Depressive symptoms (past 12 months)	10.9	10.5	10.6	13.9	11.3
Self-injury (past 12 months)	10.0	10.6	9.6	9.0	9.8
Considered suicide (past 12 months)	4.0	11.2	6.1	7.2	7.1
Attempted suicide (past 12 months)	2.0	3.5	3.0	1.8	2.6
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	2.5	7.6	14.0	38.0	14.6
Currently sexually active (past 3 months)	0.5	5.1	11.9	29.0	10.8
Condom use at last intercourse (among sexually active youth)	100.0	70.0	77.3	73.9	74.7
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	51.3	50.8	43.7	40.1	46.7
Overweight or obese [‡]	18.7	17.1	18.4	16.0	17.5

* From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. In 2016, binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

† Without a doctor's prescription

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

This report was prepared by
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