

Summary of Results from the 2003-2004 Cambridge High School Health Survey

Submitted to:

The Cambridge Prevention Coalition
The Cambridge Public Schools, and
The Cambridge Public Health Department

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TABLE OF CONTENTS

➤ BACKGROUND	1
Report Format	1
Who Conducted the Survey?.....	1
How and When Was the Survey Conducted?	1
What Did the Survey Ask About?	2
Validity	2
Non-Respondents.....	2
Trends	2
Comparative Data.....	3
Who Has the Problem?	3
Who Is Responsible?	3
➤ SUBSTANCE USE	4
Current Substance Use for Cambridge High School Students (2004)	5
Current Substance Use for Cambridge High School Students, by Grade (2004)	6
Current Substance Use for Cambridge High School Students, by Gender (2004)	7
Trends in Current Substance Use for Cambridge High School Students ('92, '94, '96, '98, '00, '02, '04).....	8
Current Substance Use for Massachusetts (2003) and Cambridge (2004) High School Students.....	9
➤ VIOLENCE AND SAFETY	10
Percent of Cambridge High School Students Who Reported Violence-Related Experiences in the Past 12 Months (2002, 2004).....	11
Percent of Cambridge High School Students Who Reported Fighting, Being Threatened, or Bullied in the Past 12 Months (2002, 2004).....	12
Percent of Cambridge High School Students Who Reported Weapon Carrying and/or Staying Home Out of Fear in the Last 30 Days (2002, 2004).....	13
➤ MENTAL HEALTH	14
Self-Harm and Suicidal Ideation/Behavior in the Past 12 Months Among Massachusetts ('01, '03) and Cambridge ('02, '04) High School Students	15
➤ SEXUAL BEHAVIOR	16
Percent of Massachusetts (2003) and Cambridge (2004) High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade	17
Of Those Massachusetts (2003) and Cambridge (2004) High School Students Who Have Ever Had Sexual Intercourse, Percent Who Used a Condom the Last Time, Total and by Grade	18
➤ WEIGHT PERCEPTION AND CONTROL	19
Perception of Body Weight by Cambridge High School Students, by Gender (2004)	20
Percent of Cambridge High School Students Reporting Attempts to Change Their Weight, by Gender (2004)	21
➤ PHYSICAL ACTIVITY	22
Percent of Massachusetts (2003) and Cambridge (2004) High School Students Who Reported Vigorous Physical Activity in the Past 7 Days	23
➤ RESILIENCY	24
Percent of Cambridge High School Students Reporting Potential Protective Factors (2004)	25
➤ APPENDIX A: Selected Data Tables	
Alcohol and Other Drug Use	
Violence and Safety	
Mental Health Issues	
Health	

BACKGROUND

REPORT FORMAT

In March of 2004, 1,478 Cambridge high school students (grades 9-12) took part in the 2003-2004 Cambridge Teen 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 seventh administration of the Teen Health Survey (the survey was also administered in 1992, 1994, 1996, 1998, 2000, and 2002). A similar survey of Cambridge middle school students has also been conducted biennially since 1997.

This report summarizes results from the Cambridge Teen Health Survey. It is designed to provide an overview of key survey data, focusing on four 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)?; (3) How have the data changed since the last administration of the survey?; and (4) How do results in Cambridge compare to those in Massachusetts as a whole? The summary presents an overview of findings grouped according to the following themes: Substance Use, Violence and Safety, Mental Health, Sexual Behavior, Weight Perception and Control, Physical Activity, and Resiliency. 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 March of 2004 to all Cambridge public school students in grades 9 through 12. The number of respondents in each grade is as follows:

9th	10th	11th	12th	Other/ Unknown	TOTAL
393	412	359	308	6	1478

School administrators set aside approximately 30-40 minutes 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 Kreyol.

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, other drugs), 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 Teen 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. The confidential nature of the survey was highlighted in the questionnaire 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, nor from students who have dropped out of school.

TRENDS

Trend comparisons can provide extremely useful information on whether certain behaviors or conditions 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 this is the seventh administration of the Cambridge Teen Health Survey, it is possible to look at certain 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 Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent administration of this survey occurred in the Spring of 2003.

WHO HAS THE PROBLEM?

Although this survey was administered to high school students, this does not mean that the problems addressed are confined solely to youth. In fact, 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 the many 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 substance use and violence are not school problems; they are community problems that require the attention of all community members and organizations.

Substance Use

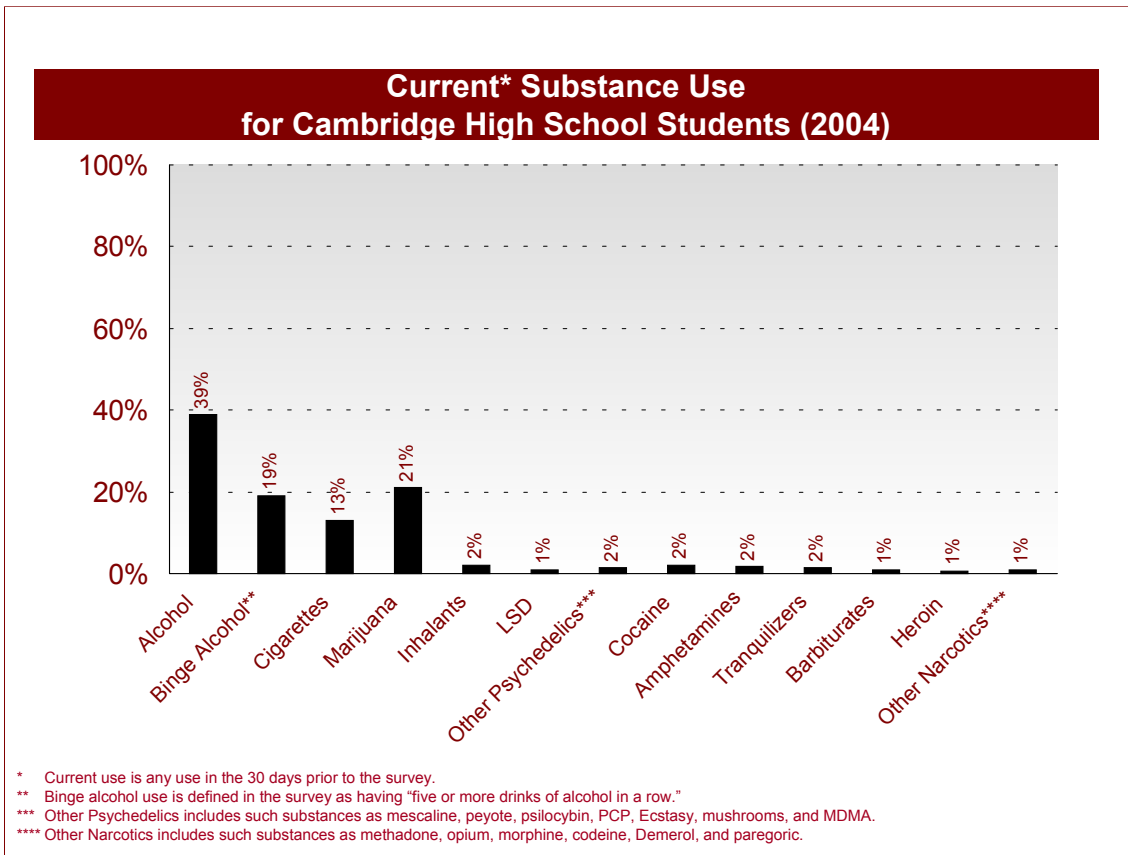
What substances are used most often by Cambridge youth?

How does use change as youth age?

Are boys or girls more likely to use substances?

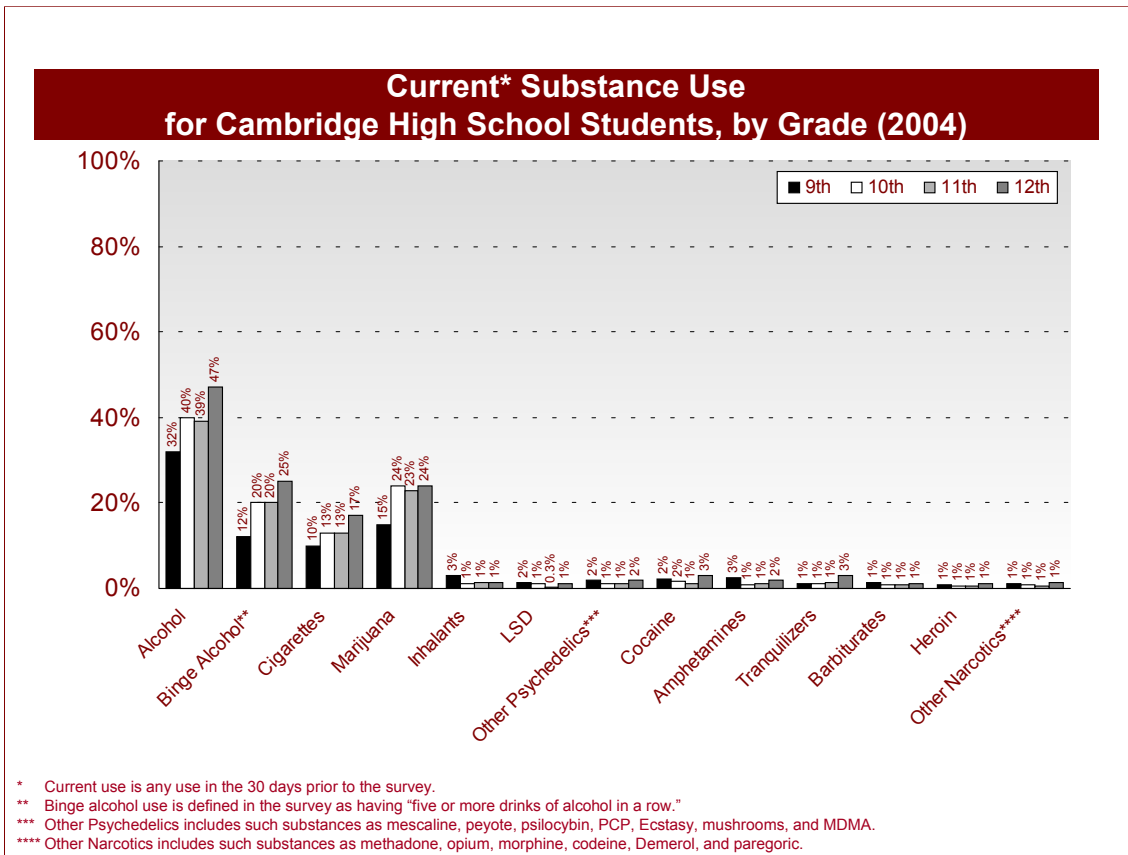
How has use changed in Cambridge over time?

Are rates of substance use higher or lower in Cambridge than in other places?



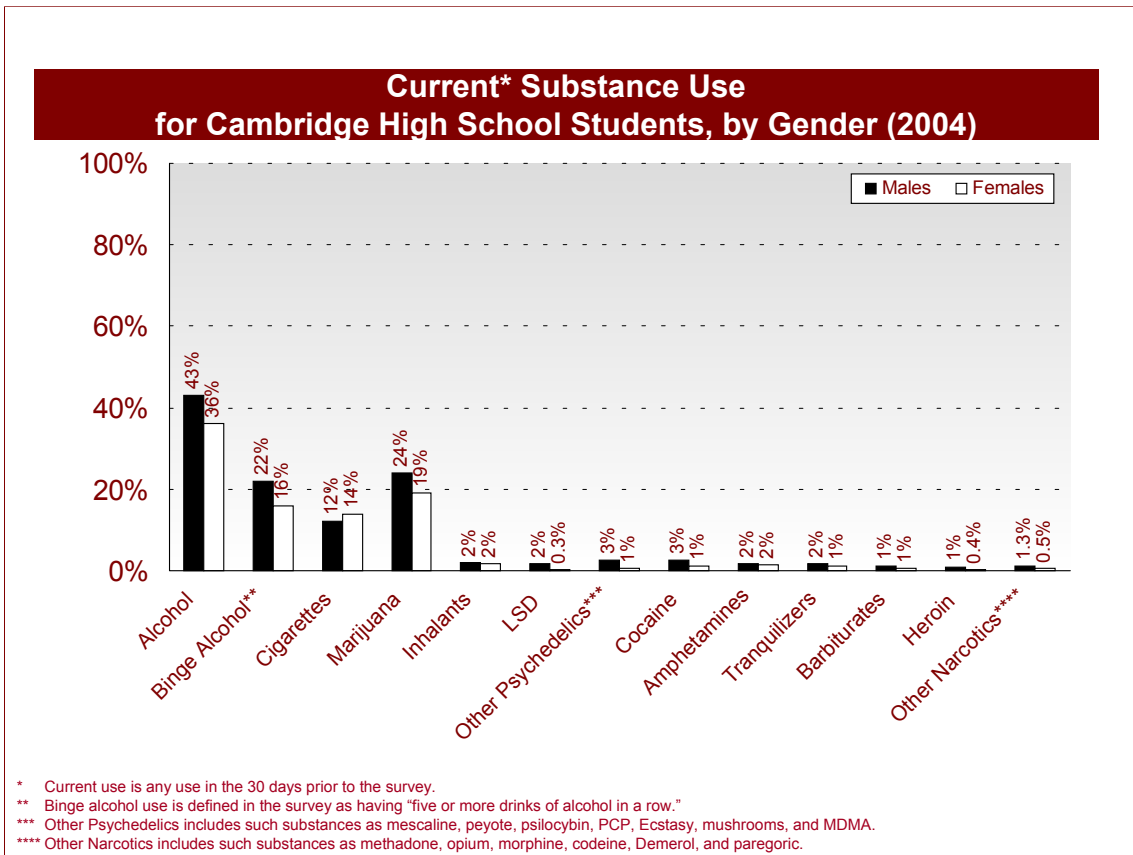
SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 39% of Cambridge high school students reporting that they consumed alcohol in the 30 days prior to the survey.
- Nineteen percent (19%) of respondents reporting binge drinking in the same time period. This means that close to half of those who drank in the past 30 days had five or more drinks in a row on at least one occasion.
- Note that the rate of current marijuana use (21%) is higher than the rate of current cigarette use (13%).
- No substance other than alcohol, cigarettes, and marijuana was used by more than 2% of respondents in the 30 days prior to the survey.



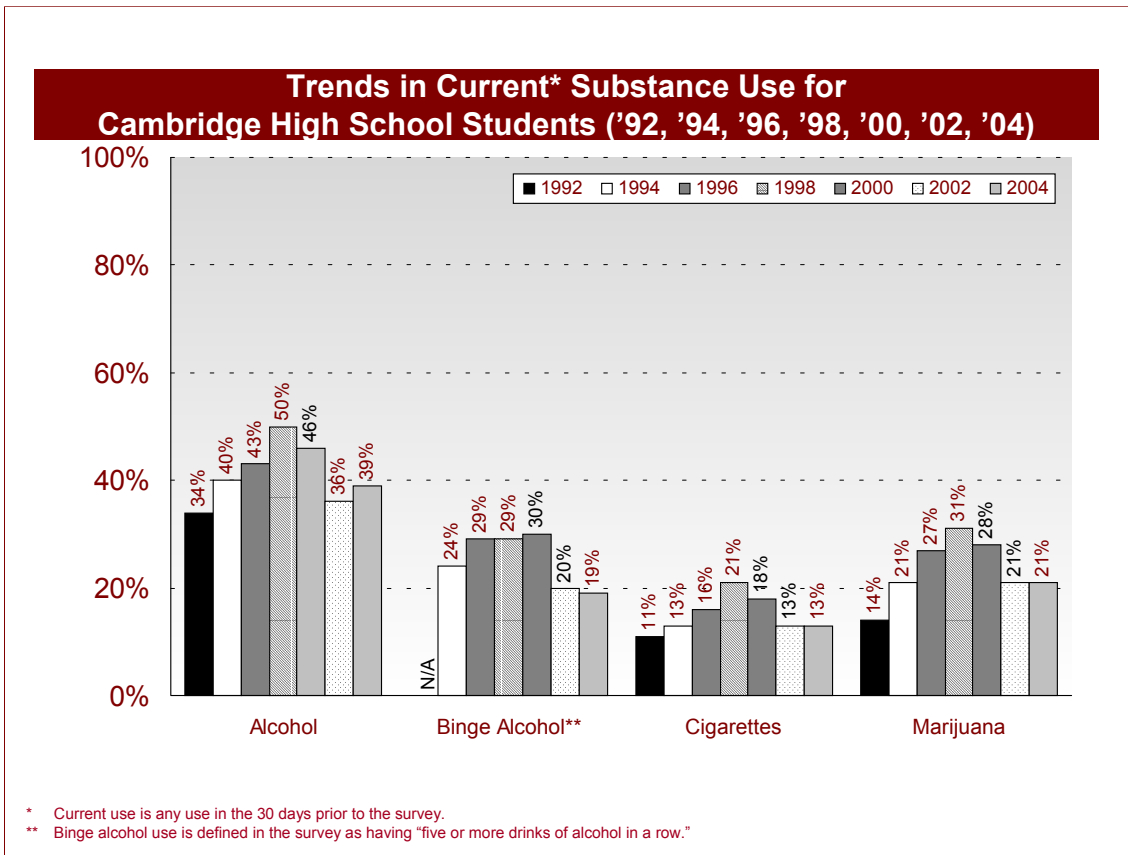
SELECTED POINTS

- In general, the percentage of Cambridge high school youth who reported current use of each of these substances increased with age/grade. For example, the percentage of students who reported current cigarette use increased from 10% in 9th grade to 17% in 12th grade.
- Twelfth graders reported the highest rates of current substance use across virtually all substances.



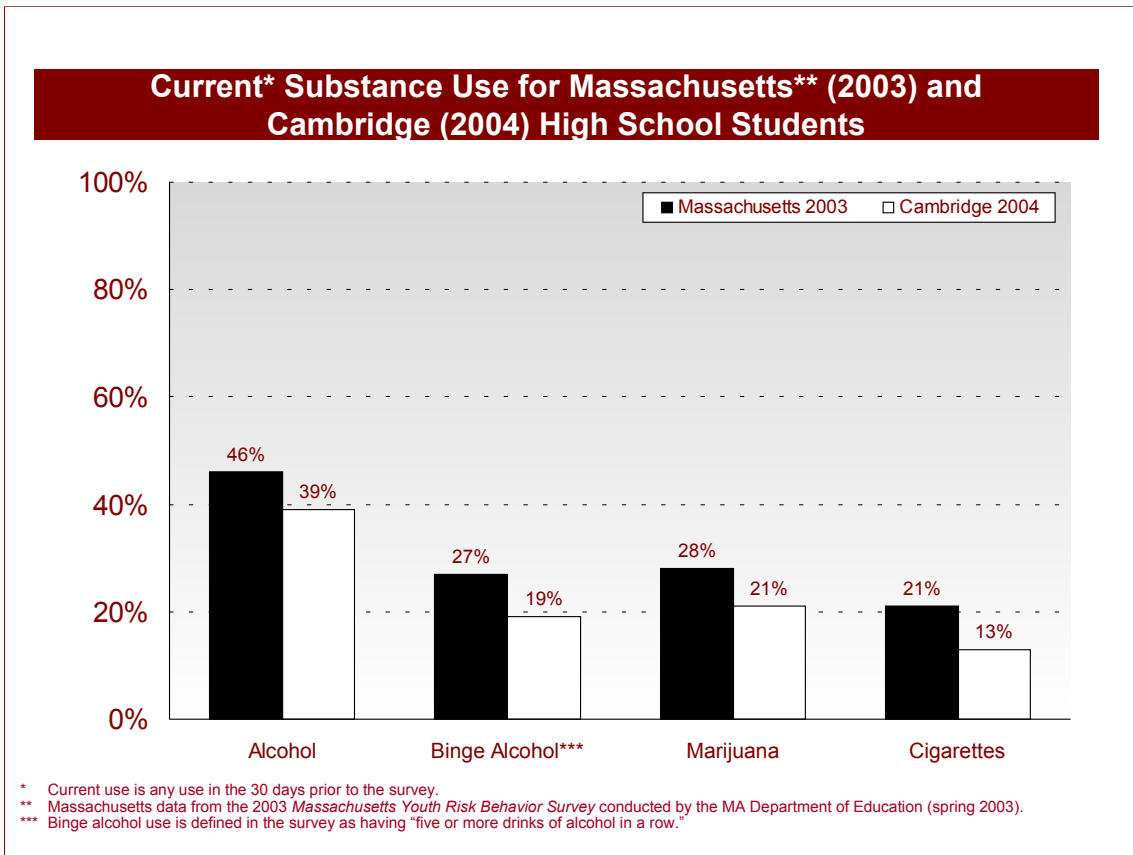
SELECTED POINTS

- Cambridge male high school students were substantively more likely than females to report current use of alcohol, marijuana, and other substances aside from cigarettes.
- Females were slightly more likely to report current use of cigarettes.



SELECTED POINTS

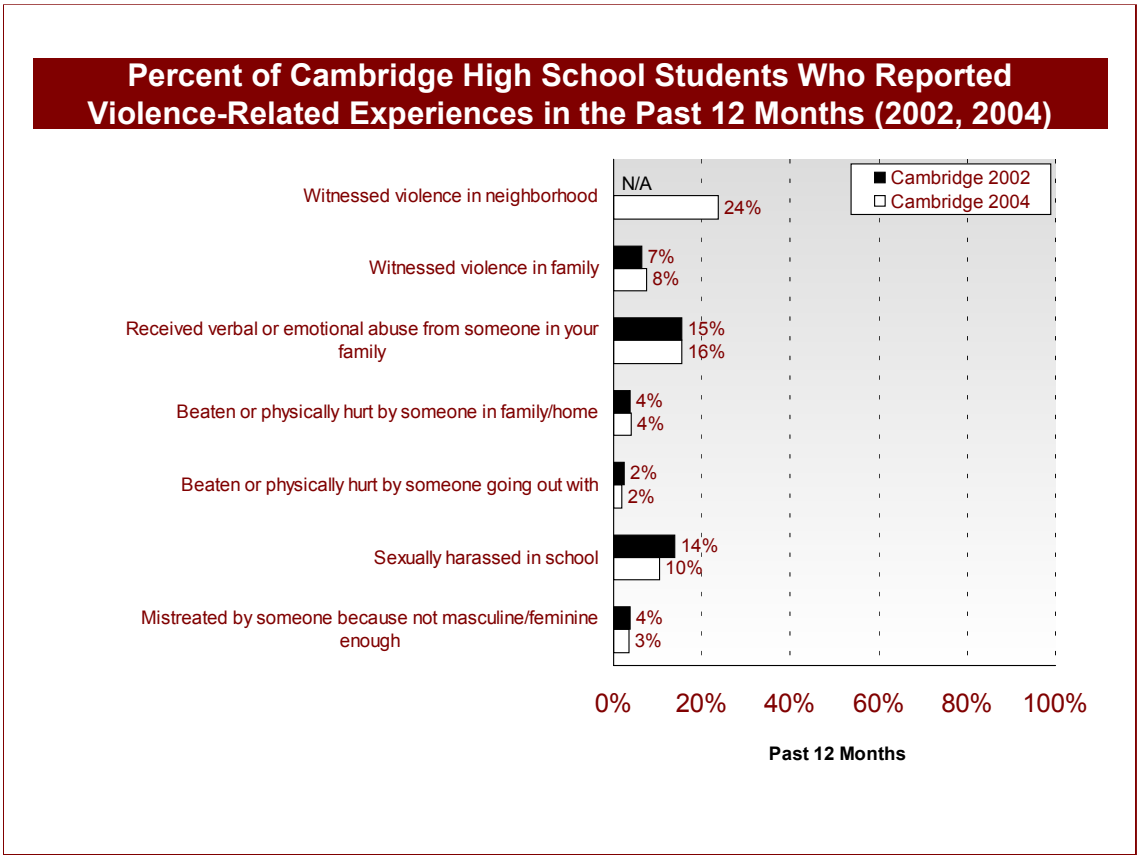
- Rates of cigarette use (13%), and marijuana use (21%) remained unchanged between 2002 and 2004.
- The rate of current alcohol use increased slightly from 2002 (36%) to 2004 (39%).
- Across each substance, the lowest recorded rate of current use was in 1992. This was followed by an increase in use across substances until it peaked in 1998. Since 1998, there has been a gradual decline back towards 1992 levels.



SELECTED POINTS

- Current use rates for all substances are lower in Cambridge than in Massachusetts as a whole (comparing Cambridge 2004 to the most recent 2003 Massachusetts YRBS data).
 - Alcohol Use – 39% Cambridge, 46% Massachusetts
 - Binge Alcohol Use – 19% Cambridge, 27% Massachusetts
 - Marijuana Use – 21% Cambridge, 28% Massachusetts
 - Cigarette Use – 13% Cambridge, 21% Massachusetts

Violence and Safety

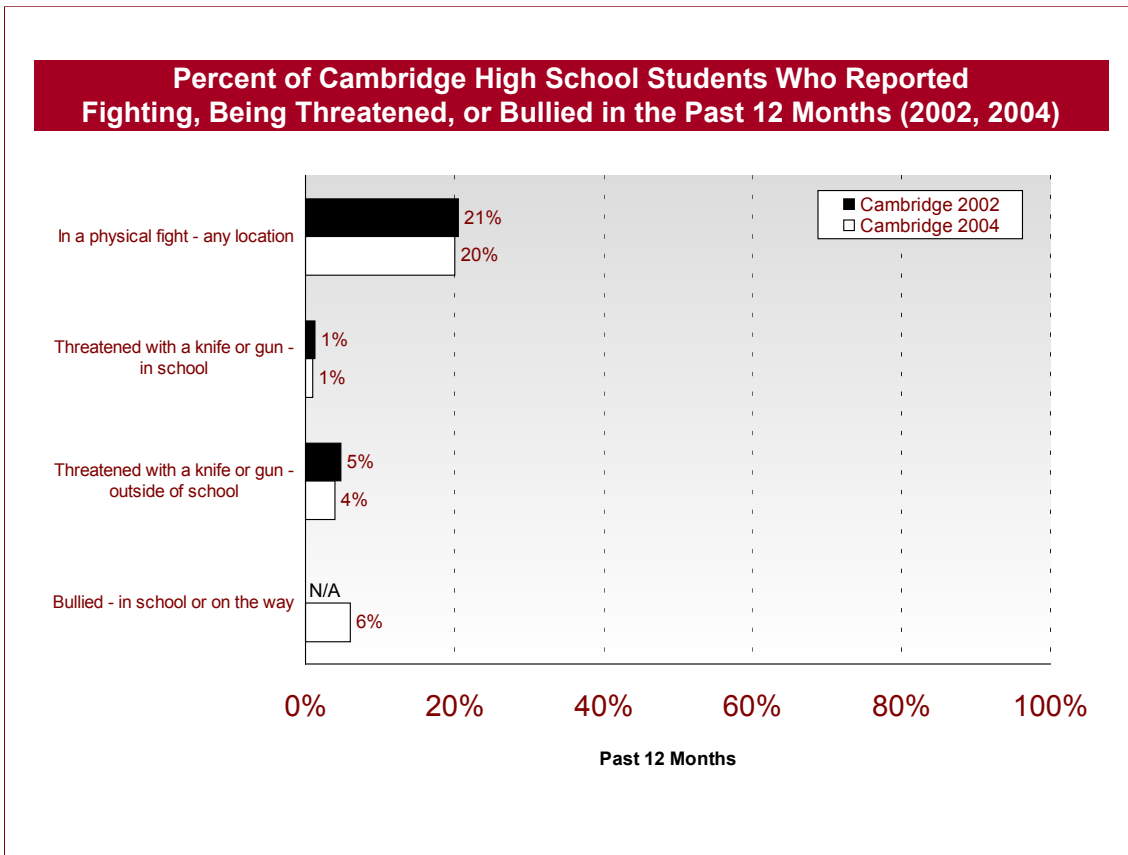


SELECTED POINTS

- These data illustrate violence-related experiences that respondents reported happened to them at least once in the past 12 months.
- **Trends:** Trend data reveal similar reports between 2002 and 2004 in violence-related experiences among Cambridge youth. There was a slight decrease in the percent of students who reported that they were sexually harassed in school in 2004 (10%) compared to 2002 (14%).

ADDITIONAL DATA

- **Comparisons:** Comparative state data are not available for these items.
- **Gender:** In 2004, Cambridge males were more likely than females report witnessing violence in their neighborhood (28% vs. 20%). Females were far more likely to report being sexually harassed in school (18% vs. 3%) and receiving verbal or emotional abuse from someone in their family (22% vs. 10%).
- **Grade:** In 2004, reports of violence-related experiences did not yield consistent changes by age/grade.



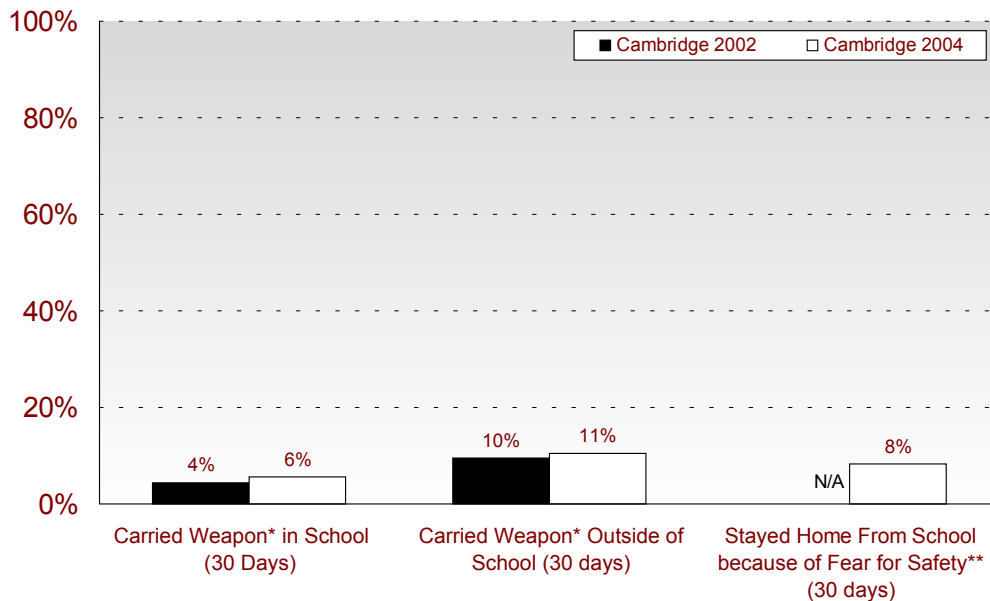
SELECTED POINTS

- These data illustrate the percent of students who reported fighting, being threatened with a knife or gun in or outside of school, and/or being bullied, at least once in the past 12 months.
- **Trends:** Trend data reveal near identical reports between 2002 and 2004 among Cambridge youth.

ADDITIONAL DATA

- **Comparisons:** A much smaller percentage of 2004 Cambridge students reported being in a physical fight in the past 12 months than 2003 Massachusetts students (20% Cambridge, 31% MA). Comparative state data are not available for the other items.
- **Gender:** In 2004, Cambridge males were more likely than females to report all four of these experiences/behaviors. This was particularly true for fighting, with males being almost twice as likely to report being in a physical fight in the past 12 months (26% vs. 15%).
- **Grade:** In 2004, physical fighting was reported most often among 9th graders and decreased with age/grade. Reports of being threatened or bullied did not yield consistent changes by age/grade.

Percent of Cambridge High School Students Who Reported Weapon Carrying and/or Staying Home Out of Fear in the Last 30 Days (2002, 2004)



* Respondents were asked about a weapon such as a knife, gun, or club.

** This item asked "During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?"

SELECTED POINTS

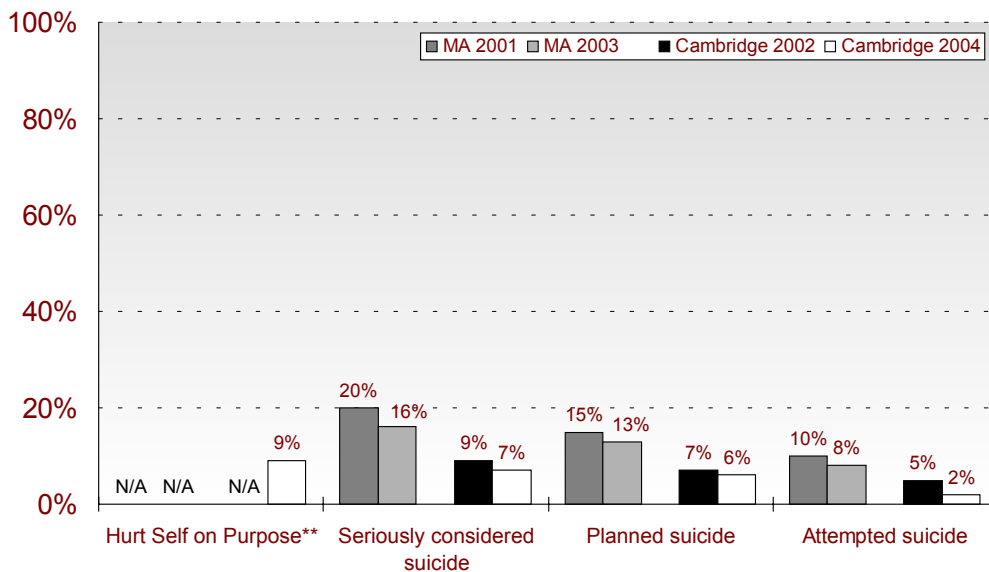
- These data illustrate the percent of students who reported carrying a weapon such as a knife, gun, or club in school or outside of school in the past 30 days, and those who stayed home from school in the past 30 days because of fear for their safety either in school or on the way to or from school.
- In both 2002 and 2004, students were much more likely to report carrying a weapon in the last 30 days outside of school as opposed to in school.
- **Trends:** Trend data reveal little change in reports between 2002 and 2004 among Cambridge youth.

ADDITIONAL DATA

- **Comparisons:** A larger percentage of 2004 Cambridge students reported staying home from school in the past 30 days because of fear for safety than 2003 Massachusetts students (8% Cambridge, 5% MA). Cambridge and Massachusetts students were similar in their rates of weapon carrying in school (6% Cambridge, 5% MA). Comparative state data are not available for rates of weapon carrying outside of school.
- **Gender:** In 2004, Cambridge males were more likely than females to report carrying weapons both in school (9% males, 3% females), and outside of school (17% males, 5% females). Females were more likely than males to report staying home out of fear (9% females, 8% males).
- **Grade:** In 2004, reports of weapon carrying and fear for safety did not yield consistent changes by age/grade.

Mental Health

Self-Harm and Suicidal Ideation/Behavior in the Past 12 Months Among Massachusetts* ('01, '03) and Cambridge ('02, '04) High School Students



* Massachusetts data from the 2003 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring '01 and '03).
 ** Item asks "During the past 12 months, did you hurt yourself on purpose (for instance, cut yourself, burn yourself, or bang your head on purpose)?"

SELECTED POINTS

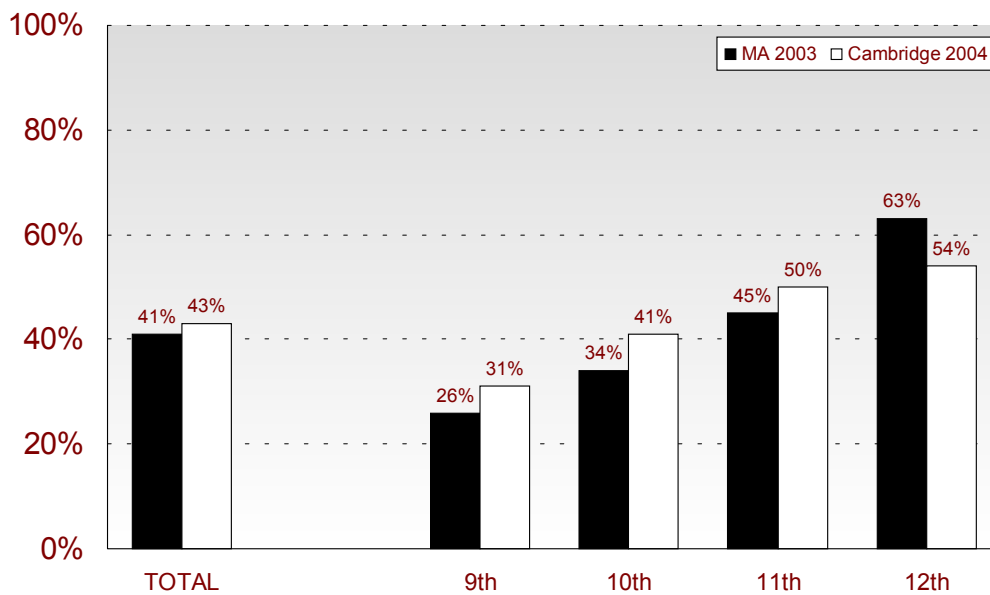
- Nine percent (9%) of 2004 Cambridge high school students reporting *hurting themselves on purpose* in the past 12 months, 7% reported *seriously considering* suicide, 6% *planned* to commit suicide, and 2% *attempted* suicide.
- **Trends:** Each of the suicidality items decreased among Cambridge high school students between 2002 and 2004: *seriously considered* (9% to 7%), *planned* (7% to 6%), *attempted* (5% to 2%). The item about hurting oneself on purpose was added to the survey in 2004.
- **Comparisons:** The 2004 rates of each of the suicidality items were much lower in Cambridge than the 2003 Massachusetts average. Rates declined in both the state and in Cambridge. Comparative state data are not available for hurting oneself on purpose.

ADDITIONAL DATA

- **Gender:** Female Cambridge high school students were more likely than their male counterparts to have reported each of these issues in 2004: *hurting themselves on purpose* (11% females, 7% males), *seriously considered suicide* (9%, 5%), *planned suicide* (7%, 4%), *attempted suicide* (3%, 1%).
- **Grade:** In 2004, the percentage of students reporting that they *seriously considered* suicide and *planned* suicide increased with age/grade. For those who reported they *seriously considered*, the rate increased from 6% in 9th grade to 9% in 12th grade. Similarly, the rate for those who reported that they *made a plan* to commit suicide increased from 3% in 9th grade to 9% in 12th grade. The percent who reported that they *hurt themselves on purpose* increased from 9th grade (8%) to 11th grade (10%), then decreased in 12th grade (9%). There were few differences by age/grade in reports of actually *attempting* suicide.

Sexual Behavior

Percent of Massachusetts* (2003) and Cambridge (2004) High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade



* Massachusetts data from the 2003 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2003).

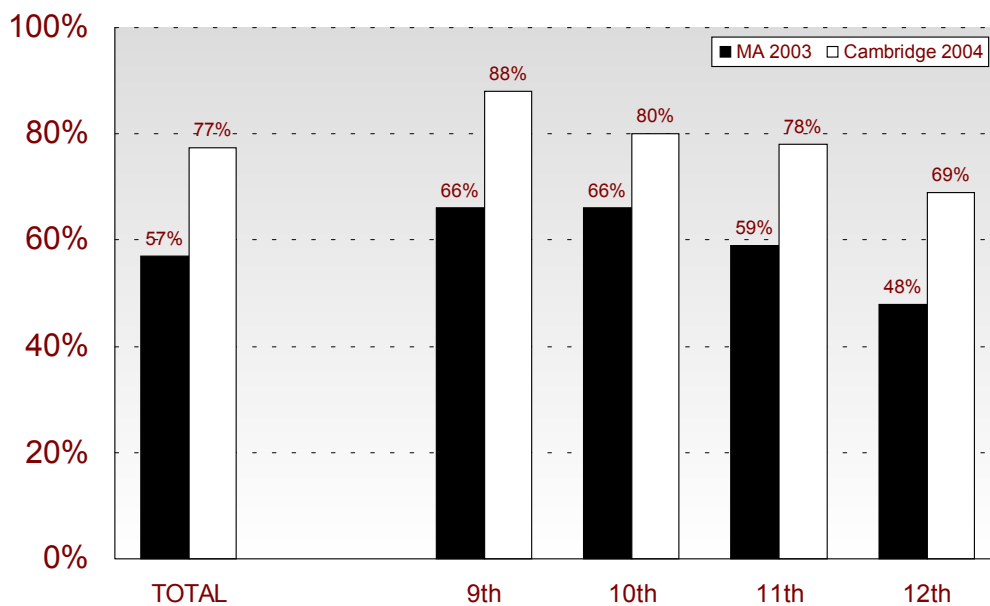
SELECTED POINTS

- Forty-three percent (43%) of all Cambridge high school students reported ever having sexual intercourse in 2004: 31% of 9th graders, 41% of 10th graders, 50% of 11th graders, and 54% of 12th graders.
- **Comparisons:** Overall, the rate of lifetime sexual intercourse among Cambridge high school students is slightly higher than the Massachusetts rate. The exception is the rate among 12th graders which was lower in Cambridge than Massachusetts (54% Cambridge 2004, 63% MA 2003).
- **Grade:** The percentage of 2004 Cambridge students who reported ever having sexual intercourse increased with age/grade (31% in 9th grade to 54% in 12th grade).

ADDITIONAL DATA

- **Trends:** The percentage of Cambridge high school students who reported ever having sexual intercourse increased from 2002 (38%) to 2004 (43%). From 2001 to 2003, the Massachusetts rate decreased (from 44% to 41%).
- **Gender:** In 2004, a larger percentage of Cambridge high school males (49%) than females (37%) reported ever having sexual intercourse.

Of Those Massachusetts* (2003) and Cambridge (2004) High School Students Who Have Ever Had Sexual Intercourse, Percent Who Used a Condom the Last Time, Total and by Grade



* Massachusetts data from the 2003 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2003).

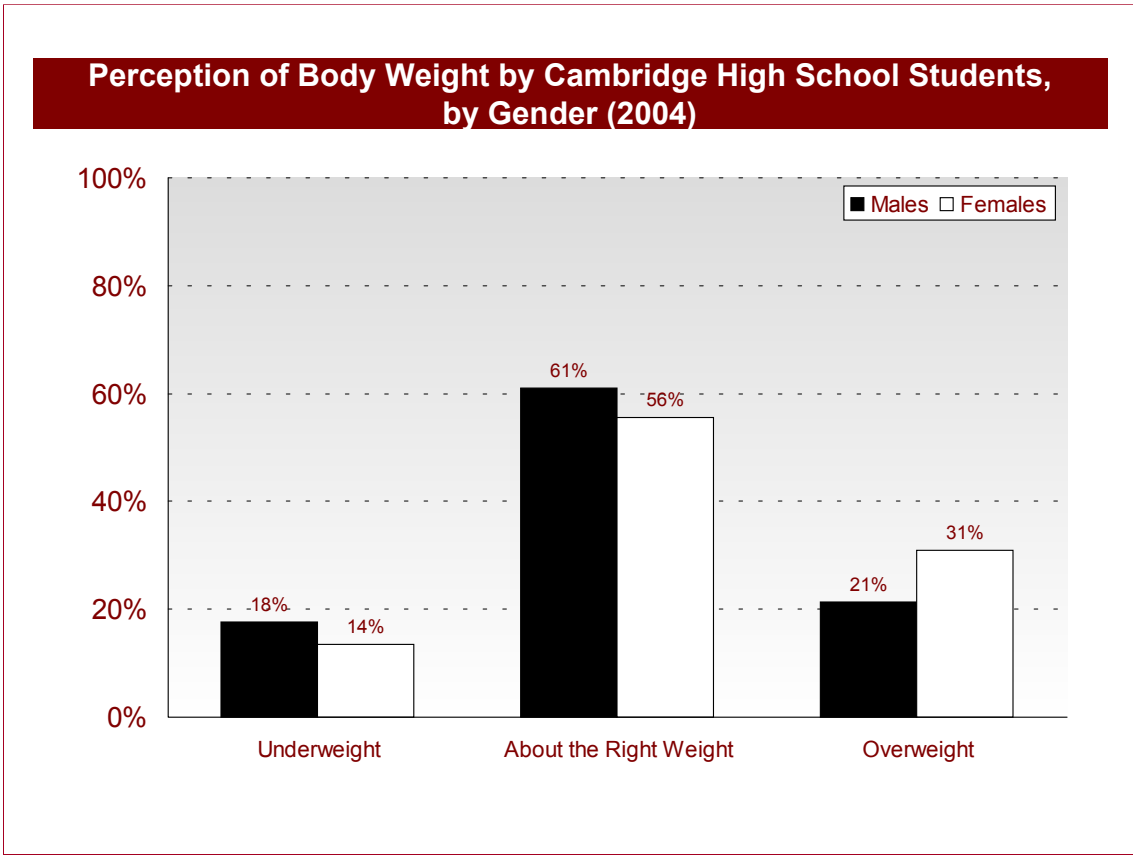
SELECTED POINTS

- Of those Cambridge high school students who reported ever having sexual intercourse, 77% reported using a condom the last time they did so.
- **Comparisons:** A significantly larger percentage of 2004 Cambridge high school students (77%) than 2003 Massachusetts students (57%) reported using a condom at their last sexual intercourse.
- **Grade:** In 2004, the percentage of Cambridge high school students who reported using a condom during their last sexual intercourse decreased with age/grade from 88% in 9th grade down to 69% in 12th grade.

ADDITIONAL DATA

- **Gender:** In 2004, male Cambridge high school students (82%) were more likely than females (72%) to report that they or their partner used a condom the last time they had intercourse.
- **Trends:** Seventy-seven (77%) percent of 2004 Cambridge high school students who have had sexual intercourse reported using a condom the last time they did so. This represented a slight increase from the 2002 Cambridge rate of 75%. In Massachusetts, the rate was similar in 2001 and 2003.

Weight Perception and Control



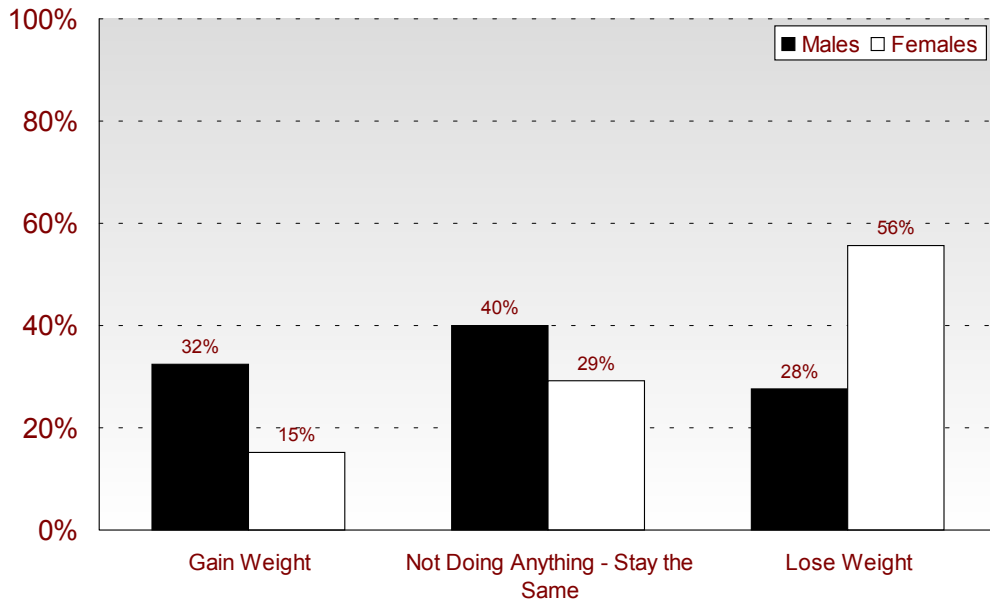
SELECTED POINTS

- Fourteen percent (14%) of Cambridge high school females described themselves as *underweight* compared to 18% of males, 56% as *about the right weight* compared to 61% of males, and 31% as *overweight* compared to 21% of males.

ADDITIONAL DATA

- **Trends:** This item was not asked in the 2002 survey.
- **Comparisons:** A smaller percentage of all 2004 Cambridge high school students described themselves as being *slightly/very overweight* (26%) than did 2003 Massachusetts students (31%).
- **Grade:** The percentage of students who perceive themselves as overweight increases between grades 9 (23%) and 11 (31%) and then decreases in grade 12 (26%).

Percent of Cambridge High School Students Reporting Attempts to Change Their Weight, by Gender (2004)



SELECTED POINTS

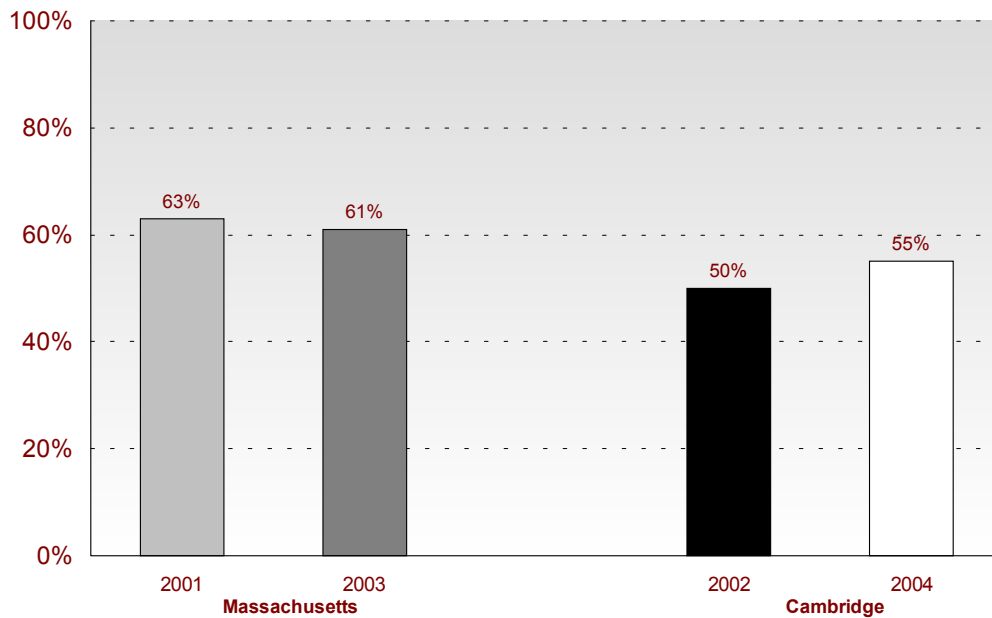
- In 2004, Cambridge high school males were much more likely than females to report that they were trying to *gain* weight (32% males, 15% females) and females were far more likely to report trying to *lose* weight (28% males, 56% females).

ADDITIONAL DATA

- **Trends:** This item was not asked in the 2002 survey.
- **Comparisons:** A smaller percentage of 2004 Cambridge high school students indicated that they were trying to lose weight (42%) than did 2003 Massachusetts students (46%).
- **Grade:** The percentage of students who report that they are trying to lost weight increases between grades 9 (39%) and 11 (47%) and then decreases in grade 12 (42%).

Physical Activity

Percent of Massachusetts* (2003) and Cambridge (2004) High School Students Who Reported Vigorous** Physical Activity in the Past 7 Days



* Massachusetts data from the 2003 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring '01 and '03).
 ** Vigorous physical activity was defined as participating in physical activities that make you sweat or breathe hard for at least 20 minutes on at least 3 of the past 7 days.

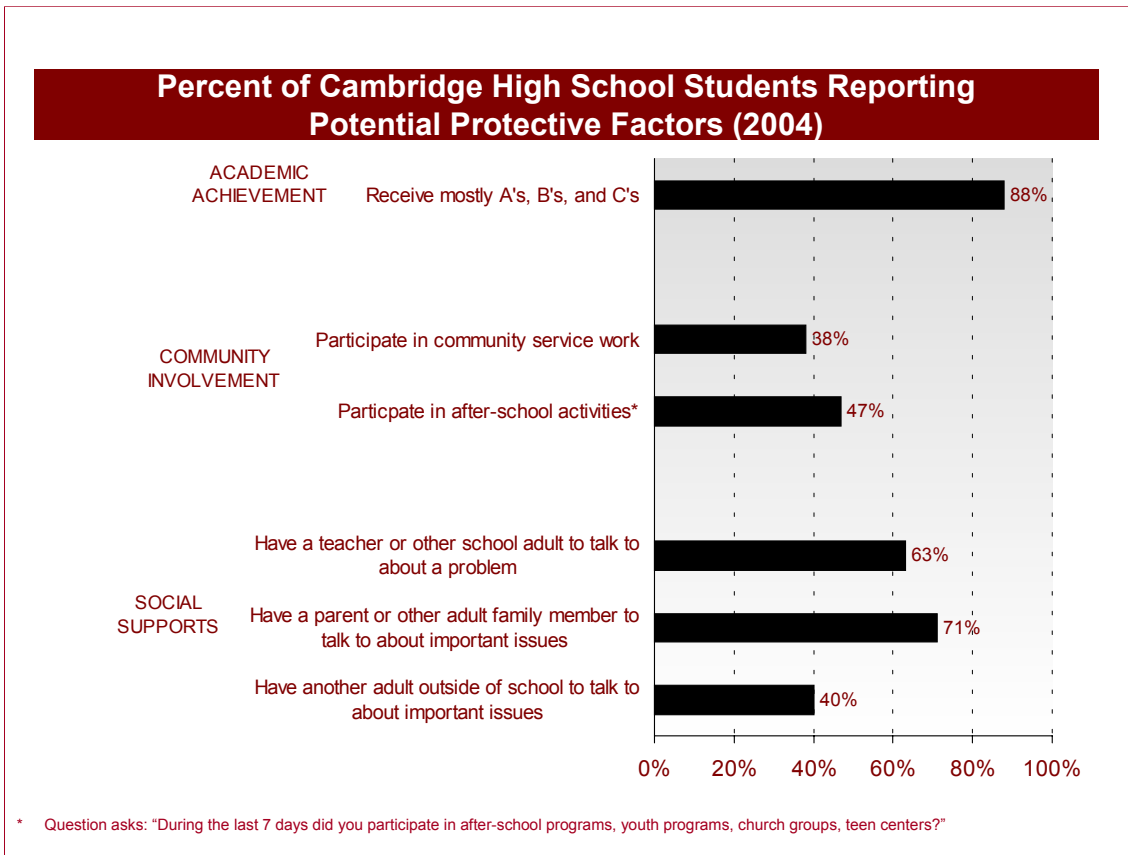
SELECTED POINTS

- Fifty-five percent (55%) of Cambridge high school students reported participating in *vigorous* physical activity at least 3 times in the past 7 days.
- Vigorous physical activity was defined in the survey as participating in physical activities that make you sweat or breathe hard for at least 20 minutes.
- **Trends:** There was an increase between 2002 (50%) and 2004 (55%) in the percentage of Cambridge high school students who reported engaging in *vigorous* physical activity.
- **Comparisons:** A smaller percentage of 2004 Cambridge high school students reported engaging in *vigorous* physical activity than 2003 Massachusetts students (55% Cambridge, 61% MA). The Massachusetts rate declined from 2001 (63%) to 2003 (61%), while the rate increased in Cambridge from 2002 (50%) to 2004 (55%).

ADDITIONAL DATA

- **Gender:** In 2004, Cambridge males were far more likely than females to report engaging in *vigorous* activity (68% males, 44% females).
- **Grade:** There was little variation by age/grade in the percentage of 2004 Cambridge high school students who reported engaging in *vigorous* physical activity.

Resiliency



SELECTED POINTS

- While the Cambridge survey focused on many risk behaviors, it also contained items designed to measure the strength of certain protective factors such as social support and community attachment.

ADDITIONAL DATA

- **Trends:** Trend data are not available for these items.
- **Comparisons:** Comparative Massachusetts data from 2003 were not available at the time of this report.
- **Gender:** In 2004, female students were slightly more likely to report receiving A's, B's, and C's, participating in community service work, participating in after-school activities, and having an adult outside of school to talk to about important issues than were male students.
- **Grade:** The percentage of 2004 Cambridge youth who reported having either a teacher/adult school staff member or another adult outside of school, and those that reported participating in community service work increased with age/grade.

Appendix A:

Selected Data Tables

2003-2004 CAMBRIDGE TEEN HEALTH SURVEY

Alcohol and Other Drug Use – High School (N. 1,478)

	TOTAL			GENDER		GRADE				
	Cambridge 2002 (1480)	2004 (1478)	MA YRBS 2001 (4204)	2003 (3624)	Females (747)	Males (728)	9 th (393)	10 th (412)	11 th (359)	12 th (308)
CURRENT (any use in past 30 days)										
Alcohol	36.3%	39.1%	53%	46%	35.5%	42.7%	32.0%	39.7%	39.1%	46.8%
Binge alcohol use ¹	19.8%	19.0%	33%	27%	16.4%	21.6%	12.3%	19.7%	19.8%	25.1%
Cigarettes	12.7%	12.8%	26%	21%	13.8%	11.7%	10.4%	12.6%	12.6%	16.6%
Marijuana	20.7%	21.2%	31%	28%	18.9%	23.6%	14.6%	23.8%	22.8%	24.4%
Inhalants	1.6%	1.9%	N/A	N/A	1.8%	2.0%	3.1%	1.2%	1.4%	1.3%
LSD	0.8%	0.9%	N/A	N/A	0.3%	1.7%	1.5%	1.0%	0.3%	1.0%
Psychedelics other than LSD ²	2.1%	1.5%	N/A	N/A	0.5%	2.5%	1.8%	1.2%	1.1%	1.9%
Cocaine	1.3%	1.9%	N/A	N/A	1.3%	2.5%	2.1%	1.7%	1.1%	2.9%
Amphetamines	1.6%	1.6%	N/A	N/A	1.5%	1.7%	2.6%	0.7%	1.1%	1.9%
Tranquilizers	0.8%	1.5%	N/A	N/A	1.3%	1.7%	1.0%	1.0%	1.4%	2.9%
Barbiturates	0.5%	1.0%	N/A	N/A	0.7%	1.2%	1.3%	0.7%	0.8%	1.0%
Heroin	0.5%	0.7%	N/A	N/A	0.4%	1.0%	0.8%	0.5%	0.6%	1.0%
Narcotics other than heroin ³	1.2%	0.9%	N/A	N/A	0.5%	1.3%	1.0%	0.7%	0.6%	1.3%

¹ Respondents were asked if they had "5 or more drinks of alcohol in a row."

² Other Psychedelics includes such substances as mescaline, peyote, psilocybin, PCP, Ecstasy, mushrooms, and MDMA.

³ Other Narcotics includes such substances as methadone, opium, morphine, codeine, Demerol, and paregoric.

2003-2004 CAMBRIDGE TEEN HEALTH SURVEY

Violence and Safety – High School (N. 1,478)

	TOTAL			GENDER		GRADE				
	Cambridge 2002 (1480)	2004 (1478)	MA YRBS 2001 (4204)	2003 (3624)	Females (747)	Males (728)	9 th (393)	10 th (412)	11 th (359)	12 th (308)
VIOLENCE-RELATED EXPERIENCES IN THE PAST 12 MONTHS										
Witnessed violence in family (12 months)	6.5%	7.5%	N/A	N/A	8.5%	6.5%	9.1%	6.1%	7.0%	8.2%
Witnessed violence in neighborhood (12 months)	N/A	23.8%	N/A	N/A	19.9%	27.8%	29.3%	21.5%	19.4%	24.7%
Received verbal or emotional abuse from someone in your family (12 months)	15.3%	15.5%	N/A	N/A	21.5%	9.5%	16.1%	13.1%	14.9%	18.8%
Mistreated by someone who thought you were not masculine or feminine enough (12 months)	3.7%	3.4%	N/A	N/A	2.3%	4.5%	3.9%	4.7%	2.8%	1.6%
Sexually harassed in school (12 months)	13.7%	10.4%	N/A	N/A	18.2%	2.5%	10.7%	9.8%	9.8%	11.5%
Beaten or physically hurt by someone in your family or home (12 months)	3.6%	3.9%	N/A	N/A	5.4%	2.4%	4.4%	4.2%	4.2%	2.6%
Beaten or physically hurt by someone you were going out with (12 months)	2.3%	1.9%	N/A	N/A	2.7%	1.1%	1.3%	1.7%	2.8%	2.0%
Were a member of a gang (12 months)	2.0%	4.3%	8%	10%	2.5%	6.3%	5.0%	4.3%	4.3%	3.7%
BULLYING, FIGHTING, & THREATENING IN THE PAST 12 MONTHS										
Were bullied, threatened, or pushed around in school or on the way (12 months)	N/A	6.3%	N/A	N/A	5.0%	7.6%	9.6%	5.1%	3.4%	6.9%
In a physical fight - any location (12 months)	20.5%	20.4%	33%	31%	15.0%	26.1%	22.3%	21.6%	18.4%	18.7%
Threatened with a knife or gun - in school (12 months)	1.2%	1.2%	N/A	N/A	0.7%	1.8%	1.3%	1.5%	1.1%	0.7%
Threatened with a knife or gun - outside of school (12 months)	4.8%	3.6%	N/A	N/A	1.5%	5.7%	3.1%	2.2%	4.8%	4.3%
WEAPONS CARRYING AND STAYING HOME FROM SCHOOL IN THE PAST 30 DAYS										
Carried a weapon in school, such as a gun, knife, or club (30 days)	4.4%	5.7%	6%	5%	2.6%	9.0%	5.2%	5.9%	6.8%	4.6%
Carried a weapon outside of school, such as a gun, knife, or club (30 days)	9.5%	10.5%	N/A	N/A	4.6%	16.6%	10.4%	10.3%	11.0%	9.9%
Stayed home from school because of fear for safety at school or on the way to or from school (30 days)	N/A	8.2%	8%	5%	8.7%	7.7%	7.9%	7.8%	7.2%	10.5%

2003-2004 CAMBRIDGE TEEN HEALTH SURVEY

Mental Health – High School (N. 1,478)

	TOTAL				GENDER		GRADE			
	Cambridge 2002 (1480)	2004 (1478)	MA YRBS 2001 (4204)	2003 (3624)	Females (747)	Males (728)	9 th (393)	10 th (412)	11 th (359)	12 th (308)
PERSONAL EXPERIENCES IN PAST 12 MONTHS										
Divorce or separation in family	10.3%	8.2%	N/A	N/A	9.5%	6.8%	8.8%	8.4%	8.1%	7.2%
Family moved	14.0%	10.4%	N/A	N/A	11.3%	9.3%	8.5%	9.9%	12.6%	10.5%
Family member or close friend died	34.3%	35.3%	N/A	N/A	39.7%	30.8%	40.2%	33.4%	37.3%	29.3%
Ran away from home	4.3%	5.1%	N/A	N/A	5.7%	4.5%	4.7%	5.2%	6.4%	3.9%
ANXIETY										
Felt tense, nervous, or worried every day for two or more weeks in a row (30 days)	N/A	23.4%	N/A	N/A	32.0%	15.0%	16.6%	21.3%	25.4%	33.0%
Had nightmares, flashbacks, or thoughts you could not get rid of about something terrible you saw or something that happened to you in the past (30 days)	N/A	19.6%	N/A	N/A	26.1%	13.0%	17.4%	17.2%	22.4%	22.3%
DEPRESSION, SELF-HARM, & SUICIDE										
Depressed ¹ (30 days)	N/A	28.0%	N/A	N/A	38.2%	17.5%	23.4%	27.2%	27.9%	34.4%
Hurt self on purpose (e.g., cut self, burned self, or banged head on purpose) (12 months)	N/A	8.8%	N/A	N/A	11.0%	6.5%	8.3%	8.5%	9.5%	9.1%
Seriously considered suicide (12 months)	9.4%	7.0%	20%	16%	8.8%	5.3%	5.9%	5.5%	7.3%	9.6%
Made a plan to commit suicide (12 months)	7.0%	5.6%	15%	13%	7.2%	3.8%	2.8%	5.2%	5.9%	8.8%
Attempted suicide (12 months)	5.3%	2.3%	10%	8%	3.3%	1.2%	2.5%	2.3%	3.2%	1.0%
SOCIAL SUPPORTS										
Have a parent or other adult family member to talk to about important issues	N/A	71.0%	76%	N/A	70.4%	71.8%	74.5%	71.5%	69.1%	68.8%
Have a teacher or other adult school staff member to talk to about a problem	N/A	62.9%	65%	N/A	62.9%	63.1%	53.6%	62.1%	68.6%	70.1%
Have another adult outside of school to talk to about important issues	N/A	40.3%	50%	N/A	45.9%	34.5%	34.4%	41.1%	40.0%	47.6%

¹ Depression was described in the survey as "feeling sad or hopeless, most of every day for two or more weeks in a row."

2003-2004 CAMBRIDGE TEEN HEALTH SURVEY

Health – High School (N. 1,478)

	TOTAL			GENDER		GRADE				
	Cambridge 2002 (1480)	2004 (1478)	MA YRBS 2001 (4204)	2003 (3624)	Females (747)	Males (728)	9 th (393)	10 th (412)	11 th (359)	12 th (308)
SEXUAL BEHAVIOR										
Ever had sexual intercourse	38.4%	43.2%	44%	41%	37.4%	49.2%	30.7%	40.9%	49.6%	53.9%
Condom use at last intercourse ¹	75.0%	77.5%	58%	57%	72.2%	81.7%	87.5%	80.1%	77.8%	68.8%
Alcohol/drugs at last intercourse ¹	14.8%	12.8%	23%	25%	11.7%	13.5%	6.9%	18.8%	9.9%	13.2%
Ever been/gotten someone pregnant	3.7%	4.0%	5%	4%	4.3%	3.7%	1.5%	4.2%	5.6%	5.2%
Ever forced or tricked to have sex against will	N/A	5.1%	N/A	N/A	7.4%	2.8%	2.4%	4.7%	7.0%	6.7%
Ever been told had an STD	1.2%	1.3%	N/A	N/A	2.0%	0.5%	0.0%	1.0%	1.8%	2.5%
Ever talked with parents or other family adults about HIV or AIDS	43.7%	44.6%	N/A	N/A	49.4%	39.6%	40.8%	43.5%	47.8%	46.9%
WEIGHT										
Describe self as slightly/very overweight	N/A	26.2%	33%	31%	30.9%	21.3%	22.5%	26.4%	30.5%	25.9%
Trying to lose weight	N/A	41.7%	47%	46%	55.6%	27.5%	38.7%	40.1%	46.7%	42.2%
WEIGHT LOSS OR MAINTENANCE ACTIVITIES IN PAST 30 DAYS										
Exercised to lose/maintain weight	N/A	65.3%	N/A	N/A	66.7%	63.8%	66.5%	66.5%	66.7%	60.4%
Smoked cigarettes to lose/maintain weight	N/A	3.9%	N/A	N/A	3.8%	3.9%	2.7%	3.0%	4.7%	5.7%
Diet pills/powders/liquids to lose/maintain weight	N/A	3.2%	N/A	N/A	3.4%	2.9%	2.4%	2.5%	4.4%	3.7%
Skipped meals to lose/maintain weight	N/A	20.3%	N/A	N/A	28.4%	11.9%	19.6%	18.1%	23.0%	21.4%
Took laxatives to lose/maintain weight	N/A	1.5%	N/A	N/A	1.7%	1.3%	1.3%	0.5%	2.6%	1.7%
Ate less at meals to lose/maintain weight	N/A	31.9%	N/A	N/A	43.6%	19.5%	29.0%	28.5%	35.1%	36.5%
Ate fewer snacks to lose/maintain weight	N/A	34.3%	N/A	N/A	44.3%	23.9%	29.2%	34.2%	36.2%	39.0%
Vomited on purpose to lose/maintain weight	N/A	2.0%	N/A	N/A	2.7%	1.3%	2.7%	1.8%	1.7%	2.0%
Ate fewer fried and high-fat foods to lose/maintain weight	N/A	34.5%	N/A	N/A	43.5%	25.2%	31.1%	33.8%	38.3%	35.8%
Weight loss program to lose/maintain weight	N/A	4.6%	N/A	N/A	6.5%	2.6%	2.9%	5.9%	5.2%	4.4%
PHYSICAL ACTIVITY IN PAST 7 DAYS										
Participated in regular vigorous physical activity (3 or more times in week)	49.6%	55.2%	63%	61%	43.5%	67.7%	53.5%	60.0%	55.7%	49.9%

¹ Of those who had sexual intercourse.