

Summary of Results from the 2011-2012 Somerville High School Health Survey

Submitted to:

The Somerville Cares About Prevention Coalition (SCAP)
through The Somerville Health Department,
The Somerville Public Schools, and
The Cambridge Health Alliance

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Alcohol and Other Drug Use, Violence and Safety, Mental Health, Health

BACKGROUND

REPORT FORMAT

In February of 2012, 972 Somerville high school students (grades 9-12) took part in the 2011-2012 Somerville High School Health Survey. The survey was developed by the Somerville Cares About Prevention Coalition (SCAP) through the Somerville Health Department, the Somerville Public Schools, and the Cambridge Health Alliance. 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 Somerville, such as substance use, violence and safety, and stress. Similar surveys of Somerville high school students were conducted during the 2001-2002, 2003-2004, 2005-2006, 2007-2008, and 2009-2010 school years.

This report summarizes results from the Somerville High School 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 Somerville 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 Somerville Cares About Prevention Coalition through the Somerville Health Department, the Somerville Public Schools, and the Cambridge Health Alliance in collaboration with Social Science Research and Evaluation, Inc. (SSRE), 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 February of 2012 to all Somerville public school students in grades 9 through 12. The number of respondents in each grade is as follows:

9 th	10 th	11 th	12 th	Other/ Unknown	TOTAL
251	231	241	244	5	972

School administrators set aside approximately 20-30 minutes for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order. In addition to English, the survey was translated into Spanish, Portuguese, and Haitian.

WHAT DID THE SURVEY ASK ABOUT?

The survey focused 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 Somerville High School 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 (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 (see 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 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 sixth administration of the Somerville High School Health Survey (similar surveys were administered in 2002, 2004, 2006, 2008, and 2010), it is possible to look at certain trends among Somerville youth.

COMPARATIVE DATA

A limitation of such data is that it is difficult to compare results from Somerville 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 Somerville data and the most useful comparisons are made by looking at Somerville over time.

In addition to selected trend data for Somerville, limited comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the Youth Risk Behavior Survey (YRBS) to a sample of Massachusetts high school students every two years. When possible, comparisons are made to the most recent data available from the 2011 Massachusetts YRBS.

WHO HAS THE PROBLEM?

Although this survey was administered to high school 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 while the survey focuses on a number of risky behaviors, it may not fully 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 those addressed in the survey are not school problems; they are community problems that require the attention of all community members and organizations.

Substance Use

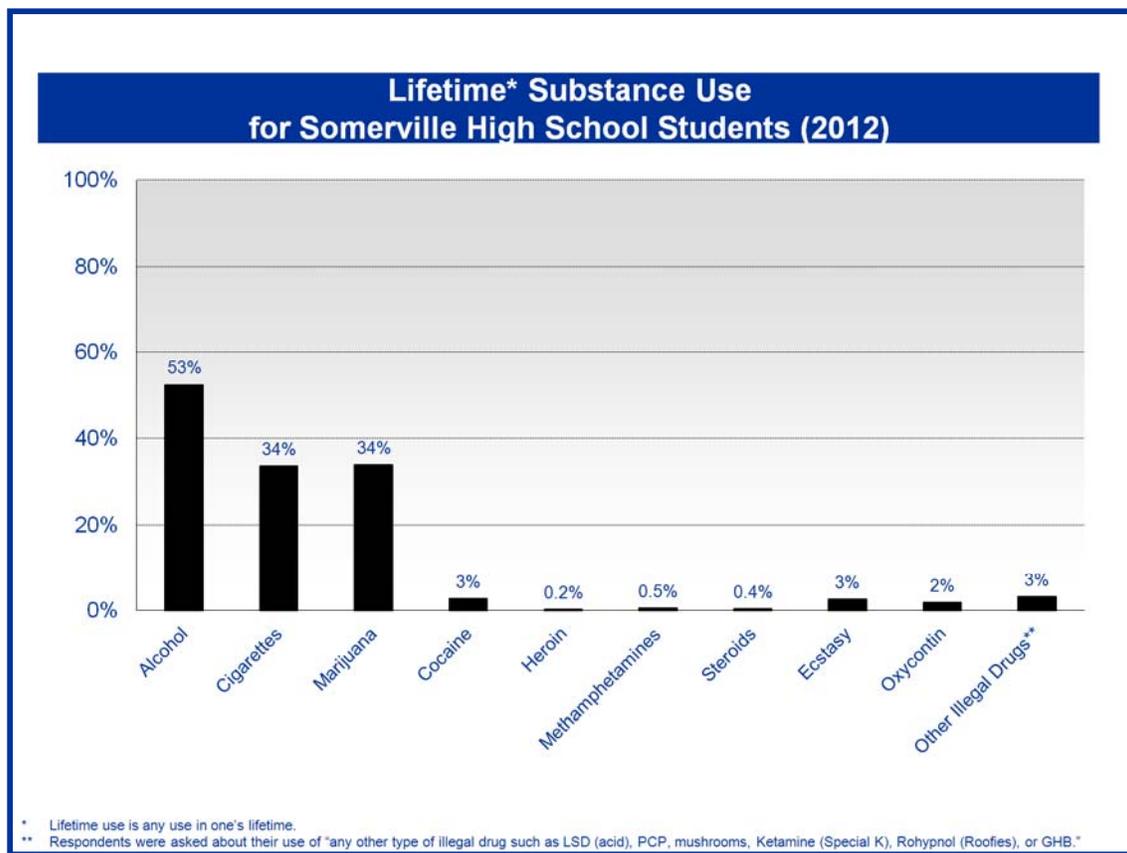
What substances are used most often by Somerville youth?

How does use change as youth age?

Are boys or girls more likely to use substances?

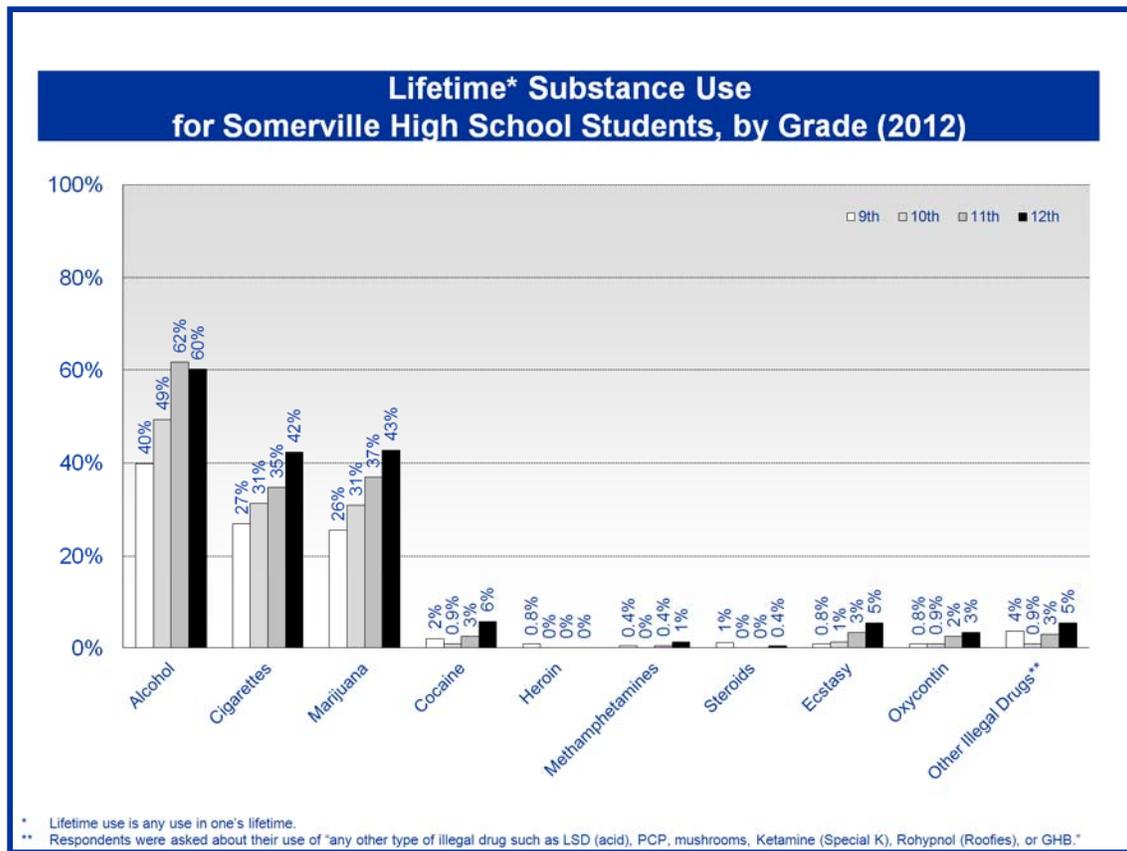
How has use changed in Somerville over time?

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



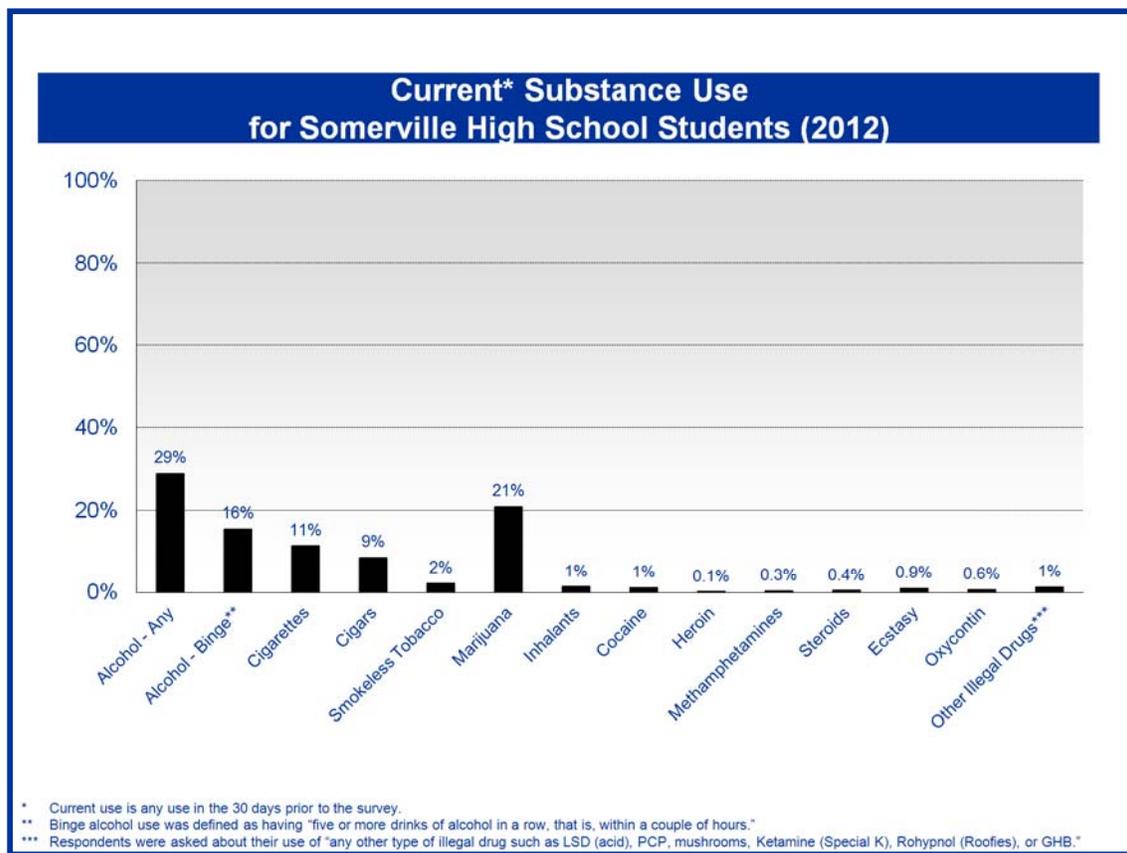
SELECTED POINTS

- Lifetime substance use is any use in one's lifetime.
- The questions about alcohol were preceded by the following instruction, "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, 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 53% of Somerville high school students reporting that they had consumed alcohol in their lifetime. Just over one-third reported ever smoking cigarettes (34%) or marijuana (34%). Use of other illegal drugs is much lower, with 3% or less reporting ever using cocaine (3%), ecstasy (3%), other illegal drugs (3%), oxycontin (2%), methamphetamines (0.5%), steroids (0.4%), or heroin (0.2%).



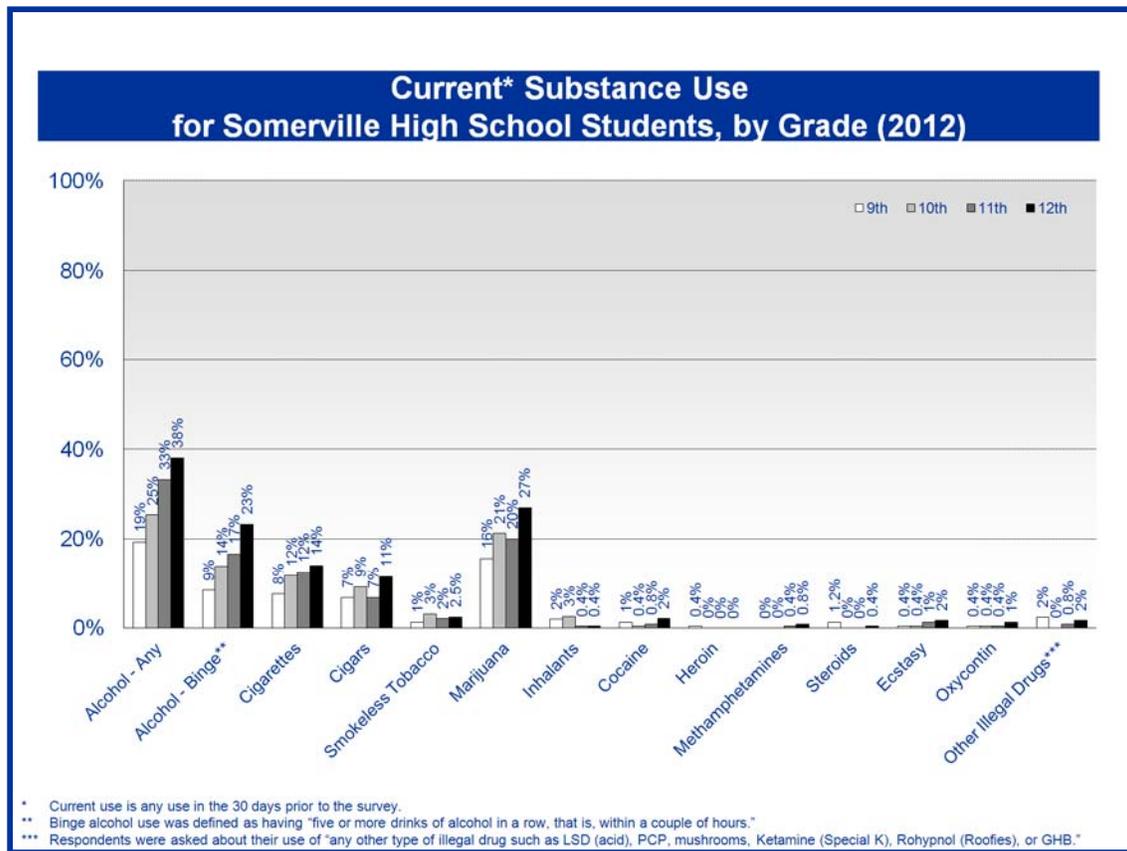
SELECTED POINTS

- Overall, the percentage of students who reported ever using substances increased with age/grade between grades 9 and 12. For example, 27% of Somerville 9th graders reported ever smoking cigarettes, compared to 42% of 12th graders.
- Use of illegal drugs other than marijuana remained relatively stable across grades. A notable exception is lifetime use of ecstasy, which was 0.8% among 9th graders and up to 5% among 12th graders.
- By late winter of their senior year, close to two-thirds of Somerville youth have tried alcohol (60%), and close to half have tried cigarettes (42%) and marijuana (43%).



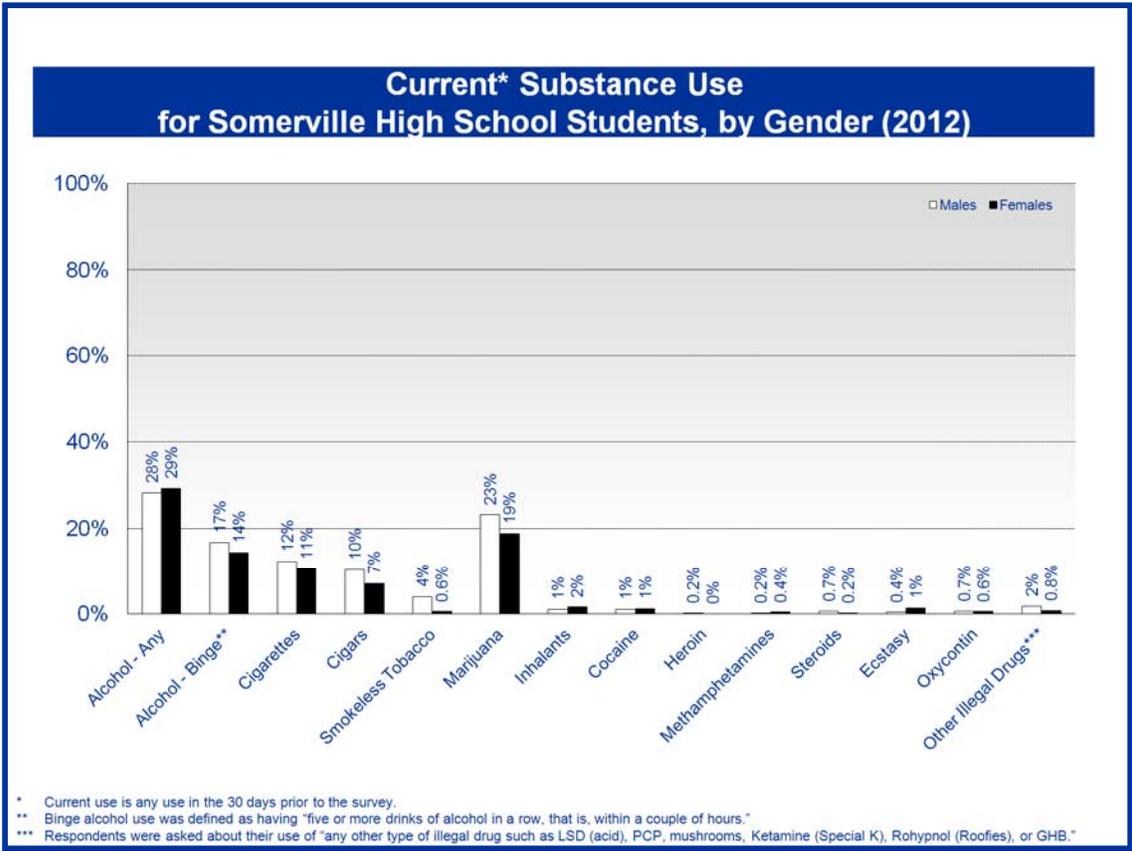
SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 29% of Somerville high school students reporting that they consumed alcohol in the 30 days prior to the survey.
- Sixteen percent (16%) of respondents reporting binge drinking in the same time period. This means that over half (55%) of those who drank in the past 30 days engaged in binge drinking.
- Note that the rate of current marijuana use (21%) is much higher than the rate of current cigarette use (11%).
- Current use of illegal drugs other than marijuana is comparatively low.



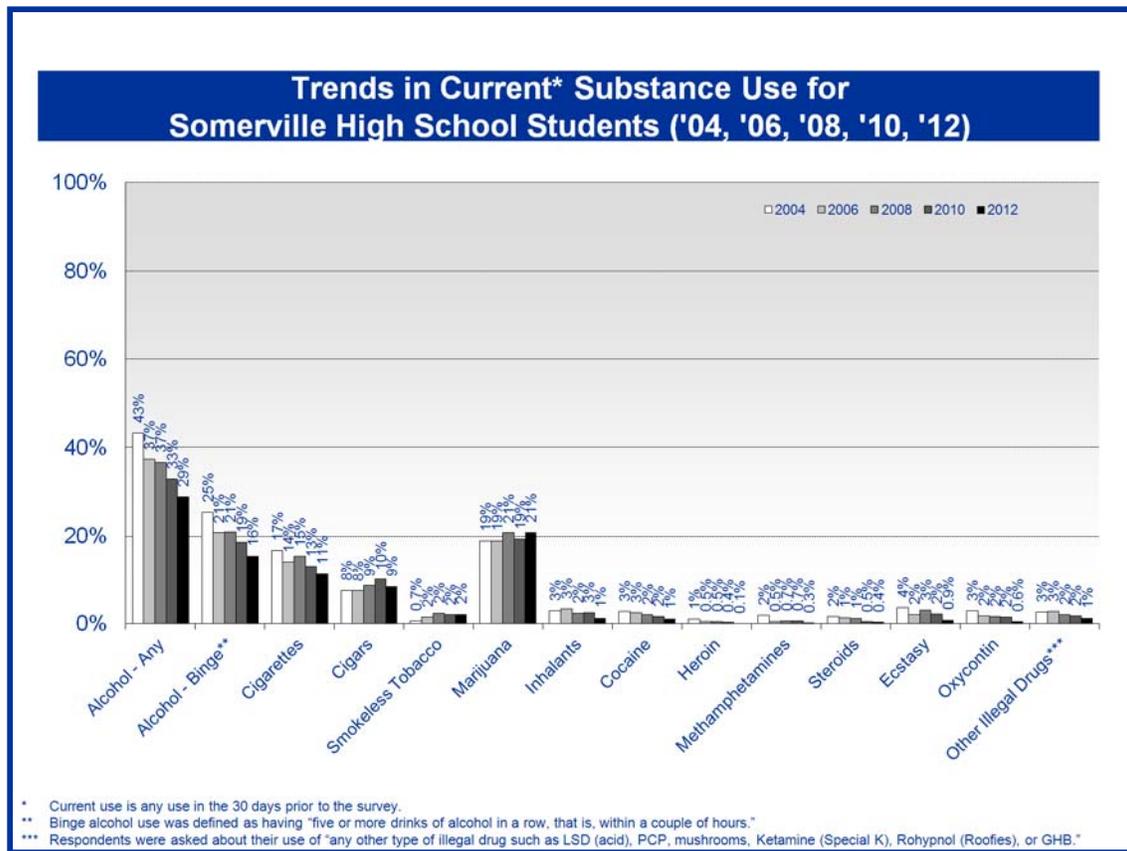
SELECTED POINTS

- The percentage of Somerville high school youth who reported current use of more commonly used substances such as alcohol and marijuana increased with age/grade. For example, the percentage of students who reported current alcohol use increased from 19% in 9th grade to 38% in 12th grade.
- Current use of tobacco products (cigarettes, cigars, and smokeless tobacco) increased more gradually with grade, and use of illegal drugs other than marijuana generally remained at a comparatively low level across grades.



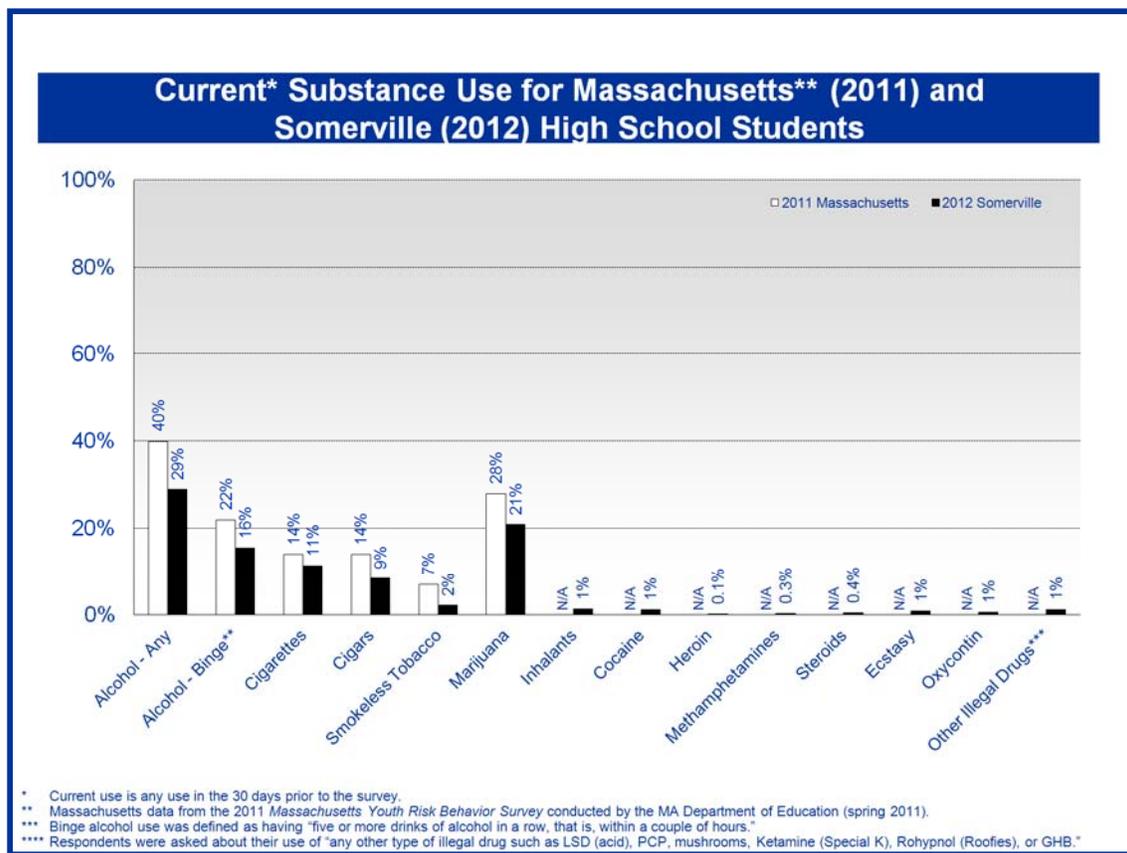
SELECTED POINTS

- Overall, Somerville high school males and females reported very similar rates of current substance use.
- Males were consistently more likely than females to report current use of tobacco products and marijuana.



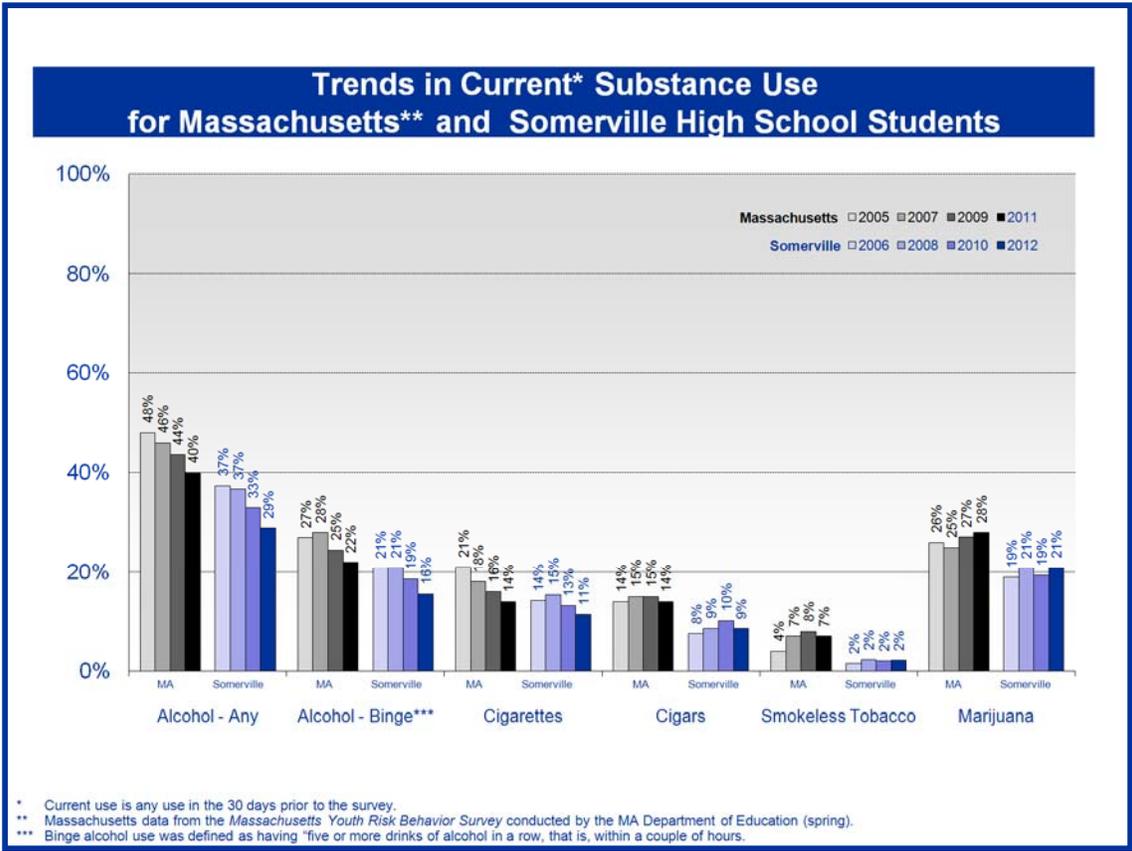
SELECTED POINTS

- There was an overall pattern of slight declines between 2010 and 2012 in current substance use among Somerville high school students. For example, current alcohol use decreased from 33% to 29%, binge drinking from 19% to 16%, cigarette use from 13% to 11%, and cigar use from 10% to 9%. Current marijuana use is an exception, with reported use increasing slightly since 2010 (19% to 21%), but remaining largely consistent since 2004.
- Levels of current use of illegal drugs other than marijuana remain consistently lower than use of alcohol, tobacco products, and marijuana, with no evidence of increased use over time.



SELECTED POINTS

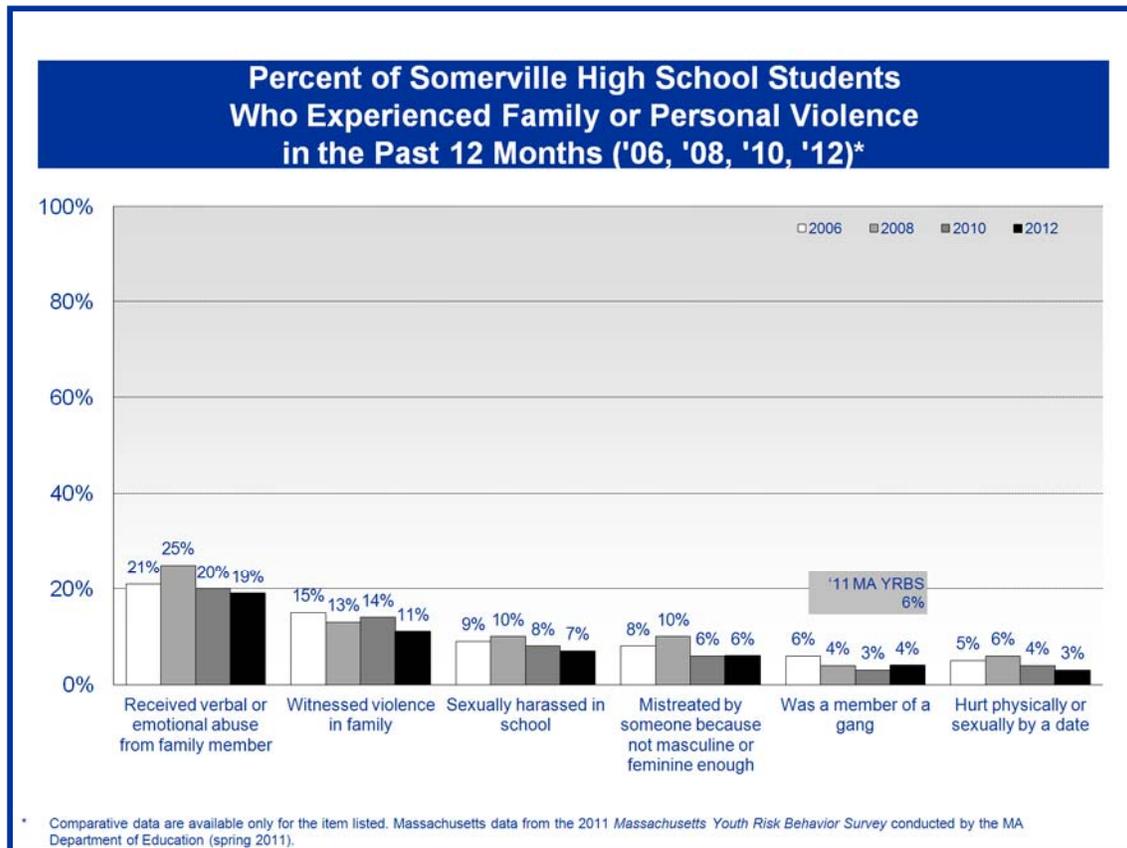
- Current use rates for all substances were lower in Somerville than in Massachusetts as a whole (comparing Somerville 2012 to the most recent Massachusetts 2011 data):
 - Alcohol (40% MA vs. 29% Somerville)
 - Binge Alcohol (22% vs. 16%)
 - Cigarettes (14% vs. 11%)
 - Cigars (14% vs. 9%)
 - Smokeless Tobacco (7% vs. 2%)
 - Marijuana (28% vs. 21%)
- Comparative data are not available for other substances because the questions were not included in the Massachusetts survey.



SELECTED POINTS

- This chart displays trend data for Massachusetts high school students (grey-shaded bars) and Somerville high school students (blue-shaded bars). Note that the years of the surveys alternate consecutively by one year.
- In most instances, trends in Somerville are similar to those in Massachusetts as a whole, with levels trending slightly downward. Exceptions in both Somerville and Massachusetts are consistency and some increases in cigar use (largely consistent), smokeless tobacco use (increase in Massachusetts with no change in Somerville), and marijuana use (largely consistent, with slight increase in Massachusetts).

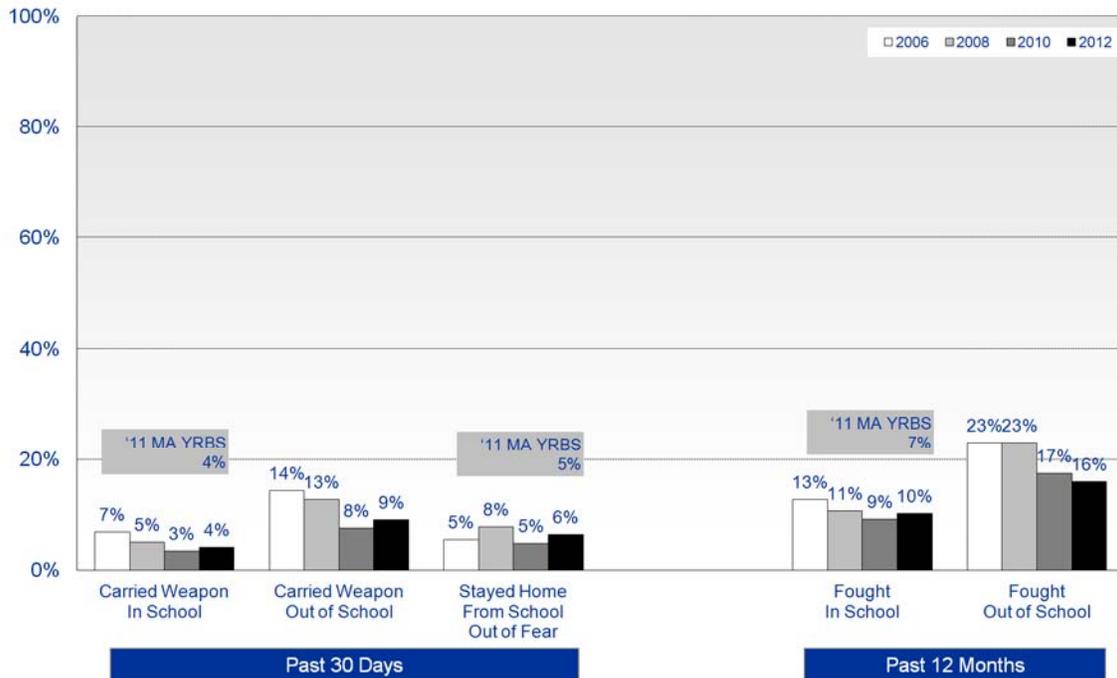
Violence and Safety



SELECTED POINTS

- The data illustrate family and personal violence-related experiences that respondents reported happened to them at least once in the past 12 months. Approximately one-fifth (19%) of 2012 Somerville high school students reported being verbally or emotionally abused by a family member, 11% witnessed family violence, 7% were sexually harassed in school, 6% were mistreated by someone who thought they weren't masculine or feminine enough, 4% were a member of a gang, and 3% had been physically or sexually hurt by a date.
- **Trends:** Available trend data reveal a continuation of slight decreases since 2008 in most violence-related experiences among Somerville youth.
- **Comparisons:** Available data comparing Somerville 2012 results and Massachusetts 2011 results show that fewer Somerville high school students reported being a member of a gang (4% Somerville, 6% MA). *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** Females were more likely than males to have experienced most of these issues: verbally/emotionally abused (12% males, 24% females), witnessed family violence (11%, 12%), sexually harassed in school (4%, 8%), hurt by a date (3%, 3%). Males were more likely to report being a gang member (9%, 0.8%) and being mistreated for being perceived as not masculine/feminine enough (8%, 6%).
- **Grade:** Overall, rates remained fairly consistent across grades with inconsistent variation. See Appendix A for details.

Violence and Safety-Related Experiences Among Somerville High School Students ('06, '08, '10, '12)

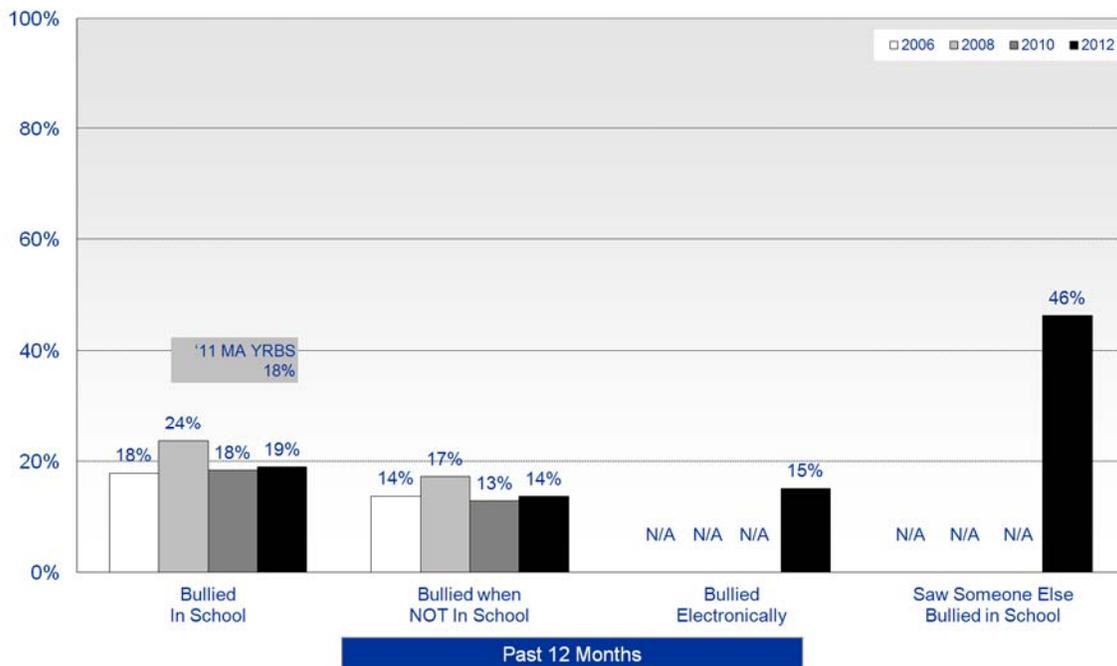


* Massachusetts data from the 2011 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2011).

SELECTED POINTS

- The data illustrate violence and safety-related experiences occurring in the past 30 days (carried a weapon, stayed home from school in fear) or in the past 12 months (in a physical fight), most detailing experiences that occurred both at school and when NOT at school. All available comparative data are highlighted.
- **On and Off School Property:** Respondents reported that weapon carrying and fighting were more likely to have occurred when they were away from school than when they were at school.
- **Trends:** Available trend data reveal slight but consistent increases between 2010 and 2012 in most of these issues among Somerville youth, reversing previously observed decreases.
- **Comparisons:** Rates of these issues were similar among both 2012 Somerville and 2011 Massachusetts youth, although Somerville youth were more likely to report engaging in physical fighting: carried a weapon on school property (4% Somerville, 4% MA), stayed home from school out of fear for safety (6% Somerville, 5% MA), in a physical fight at school (10% Somerville, 7% MA). *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** Males were much more likely than females to report all behaviors related to weapons and fighting, while both were equally likely to report staying home from school out of fear for safety. See Appendix A for details.
- **Grade:** In general, reports of these issues varied inconsistently across ages/grades. The exception was the percentage of students who stayed home from school out of fear for their safety, which was most common among younger respondents (9th = 9%, 10th = 7%, 11th = 6%, 12th = 4%). See Appendix A for details.

Percent of Somerville High School Students Who Reported Being Bullied and Seeing Someone Else Bullied in the Past 12 Months ('06, '08, '10, '12)

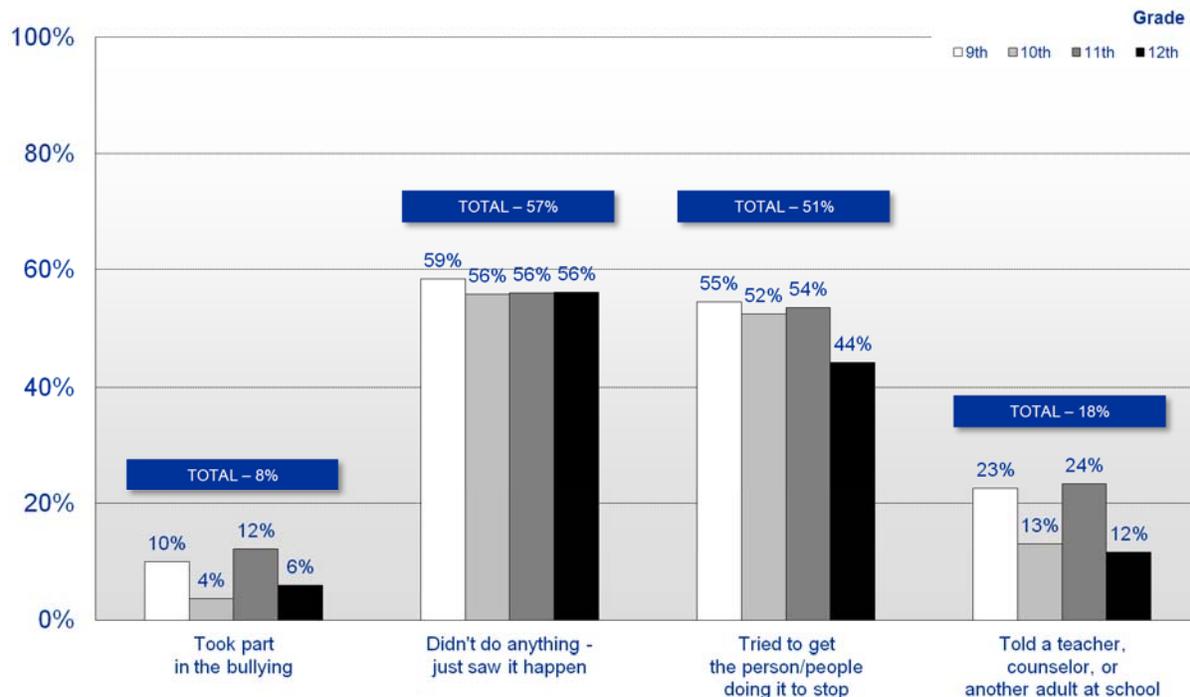


* Massachusetts data from the 2011 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2011).

SELECTED POINTS

- In contrast to safety concerns and fighting, respondents were more likely to report being bullied when they were in school than when they were not in school. Nineteen percent (19%) of Somerville high school students reported that they had been bullied in school in the 12 months prior to the survey, compared to 14% who were bullied when they were not in school. Fifteen percent (15%) had been bullied electronically in that period (through e-mail, chat rooms, instant messaging, Web sites, or texting).
- Forty-six percent (46%) of Somerville high school students reported that they saw someone else bullied in school in the 12 months prior to the survey.
- **Trends:** While the percentage of Somerville high school students who reported being bullied both in school and when not in school increased slightly between 2010 and 2012, rates have stayed relatively level since 2006 with the exception of higher levels in 2008. Data for other items are not available as they were added to the survey in 2012.
- **Comparisons:** The rate of bullying at school is similar among 2011 Massachusetts (18%) and 2012 Somerville (19%) students. *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** Female students were more likely than males to report each of these bullying experiences: bullied in school (16% males, 22% females), bullied when not in school (10%, 17%), bullied electronically (10%, 20%), saw someone else bullied in school (42%, 51%).
- **Grade:** The percentage of students who reported being bullied in school decreased throughout the high school grades, while reports of other bullying experiences remained largely consistent: bullied in school (26% 9th grade, 21% 10th grade, 14% 11th grade, 15% 12th grade); bullied when not in school (16%, 15%, 9%, 15%), bullied electronically (15%, 17%, 13%, 15%), saw someone else bullied in school (44%, 53%, 43%, 46%).

Response Last Time They Saw Someone Else Bullied In School in the Past 12 Months*, by Grade – Multiple Responses Possible (2012)



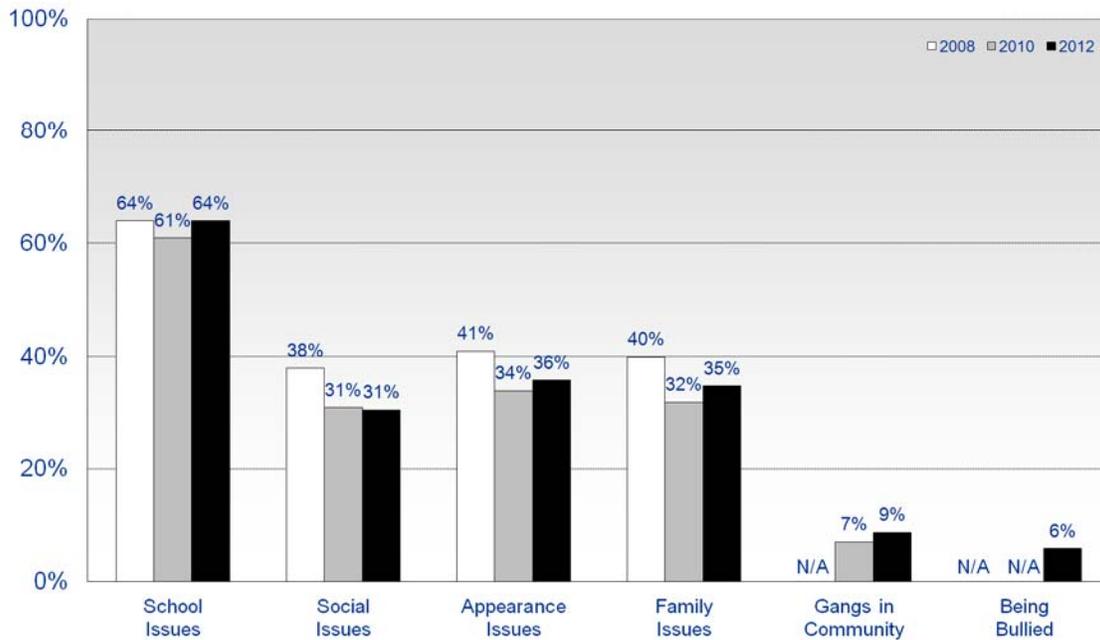
* New item in the 2012 Somerville survey.

SELECTED POINTS

- Respondents who had seen someone else bullied in school in the 12 months prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Respondents in all grades were generally most likely to report not doing anything (just seeing it happen), followed by trying to get the person/people doing it to stop, telling a school adult, and taking part in the bullying.
- **Trends:** As this was a new item in the 2012 survey, trend data are not available.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** While a greater percentage of males than females reported that they took part in the last bullying incident that they witnessed in school, results by gender for other responses were largely similar: took part in the bullying (15% males, 3% females); did nothing (55% males, 57% females); tried to get the person/people doing it to stop (53% males, 50% females); told a teacher, counselor, or another adult at school (16% males, 19% females).
- **Grade:** As displayed in the chart, the percentage of Somerville students who reported joining in and/or telling a school adult the last time they saw someone else being bullied in school varied by grade, while the percentage who reporting not doing anything and/or intervening remained largely consistent. Of note is the lower level of intervening behavior among 12th graders (44%).

Mental Health

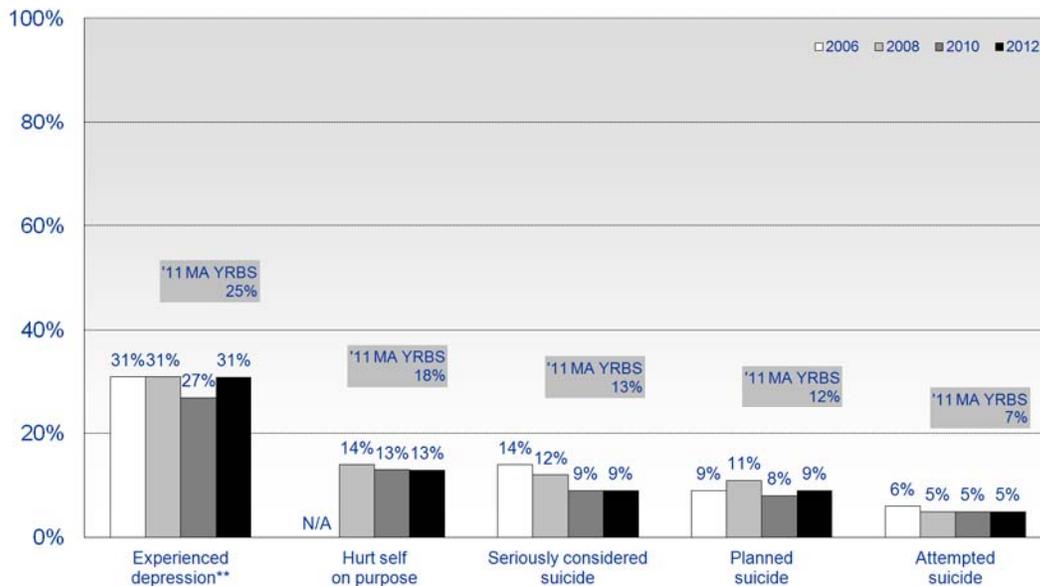
Percent of Somerville High School Students Who Worry About Issues “Fairly Often” or “Very Often” ('08, '10, '12)



SELECTED POINTS

- In 2012, Somerville high school students reported worrying most about school issues (64%), followed by appearance issues (36%), family issues (35%), social issues (31%), gangs in the community (9%), and being bullied (6%).
- **Trends:** Concern about these issues generally increased between 2010 and 2012, reversing decreases previously observed. The item on concern about being bullied was added to the survey in 2012.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2012 were more likely than males to report frequent worrying about each of these issues, with the exception of community gangs: school issues (53% males, 74% females), social issues (26% males, 35% females), appearance issues (28% males, 43% females), family issues (26% males, 42% females), gangs in the community (10% males, 8% females), being bullied (4% males, 7% females).
- **Grade:** Frequent worrying varied with age/grade: school issues (58%, 61%, 68%, 70%), social issues (26%, 31%, 32%, 33%), appearance issues (34%, 40%, 37%, 33%), family issues (28%, 35%, 37%, 40%), gangs in the community (10%, 10%, 7%, 8%), being bullied (7%, 5%, 5%, 6%).

Self-Harm, Depression, and Suicidal Ideation and Behavior in the Past 12 Months Among Somerville High School Students ('06, '08, '10, '12)*

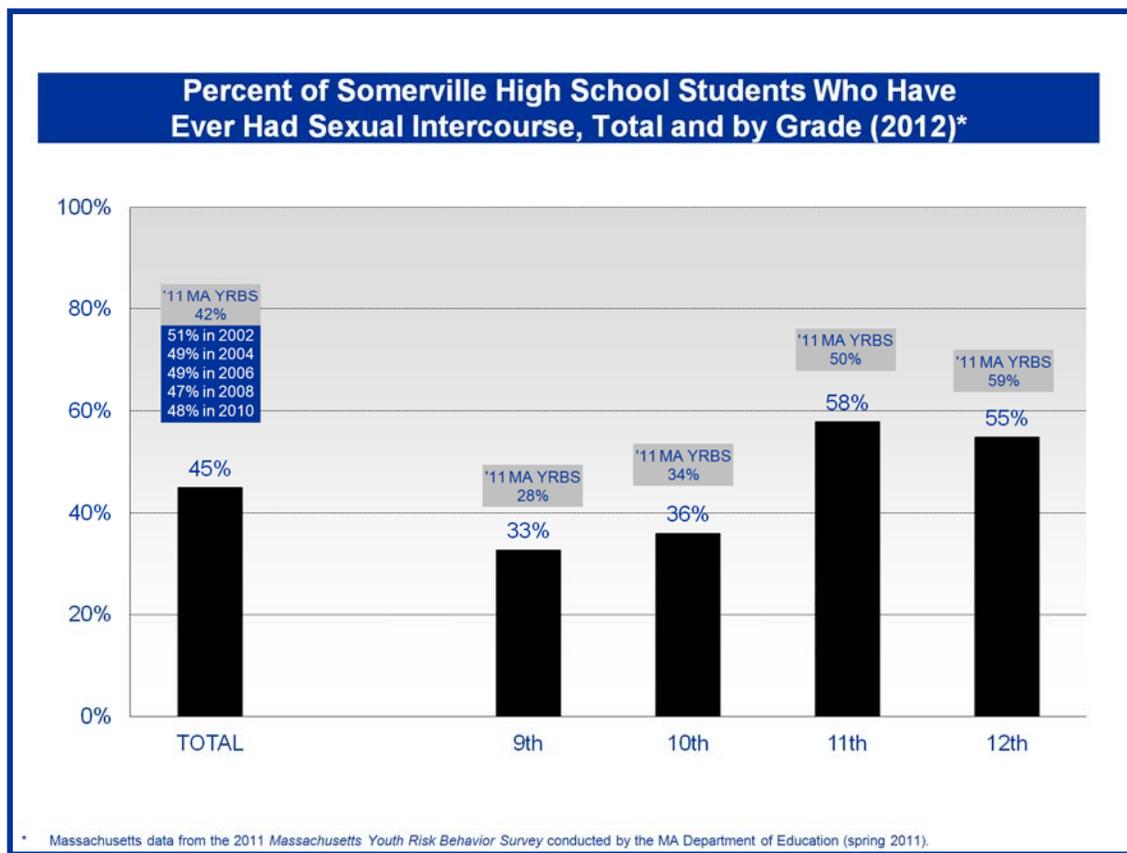


* Massachusetts data from the 2011 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2011).
 ** Depression is defined in the survey as feeling "so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities."

SELECTED POINTS

- Thirty-one percent (31%) of 2012 Somerville high school students reported experiencing *depression* in the 12 months prior to the survey, while 13% reported hurting themselves on purpose, 9% *seriously considered* suicide, 9% *planned* to commit suicide, and 5% *attempted* suicide.
- **Trends:** With the exception of an increase in the percentage of students reporting experiencing depression, there was little change between 2010 and 2012 in rates of these mental health concerns among Somerville high school students: reported *depression* (27% to 31%), hurt self on purpose (level at 13%), *seriously considered* suicide (level at 9%), *planned* suicide (8% to 9%), *attempted* suicide (level at 5%).
- **Comparisons:** With the exception of reported depression, rates of mental health concerns were lower among 2012 Somerville high school students than 2011 Massachusetts high school students: reported *depression* (31% Somerville, 25% MA), hurt self on purpose (13% Somerville, 18% MA), *seriously considered* suicide (9% Somerville, 13% MA), *planned* suicide (9% Somerville, 12% MA), *attempted* suicide (5% Somerville, 7% MA). *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** Female Somerville high school students were more likely than their male counterparts to have reported each of these issues in 2012: reported *depression* (25% males, 37% females), self-harm (10%, 15%), *seriously considered* suicide (7%, 11%), *planned* suicide (7%, 10%), *attempted* suicide (4%, 5%).
- **Grade:** There were no consistent differences by grade in reports of these mental health issues (see Appendix A).

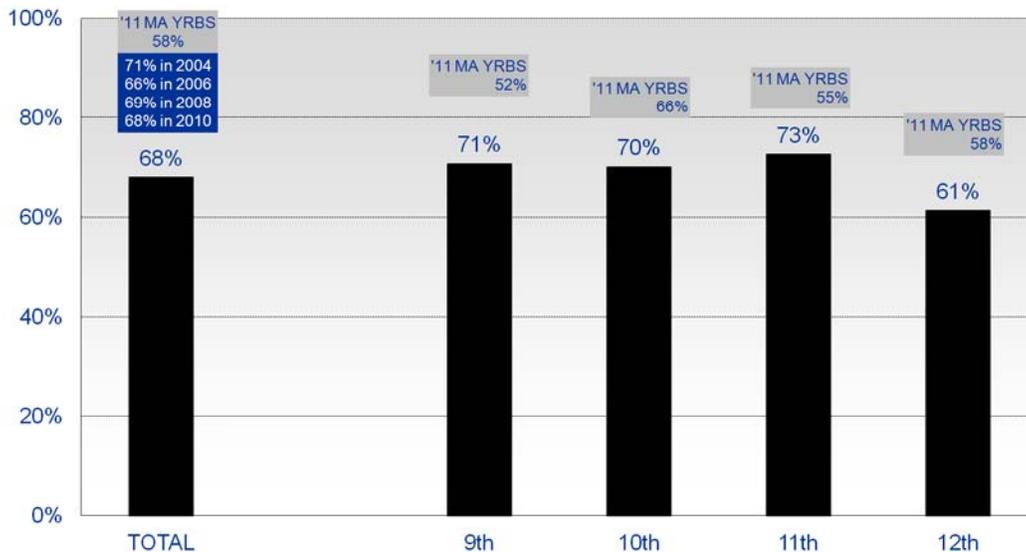
Sexual Behavior



SELECTED POINTS

- Forty-five percent (45%) of all 2012 Somerville high school students reported ever having sexual intercourse: 33% of 9th graders, 36% of 10th graders, 58% of 11th graders, and 55% of 12th graders.
- **Trends:** Rates of lifetime sexual intercourse decreased in 2012 after a period of general stability: 51% in 2002, 49% in 2004, 49% in 2006, 47% in 2008, 48% in 2010, 45% in 2012.
- **Comparisons:** The rate of lifetime sexual intercourse among 2012 Somerville high school students (45%) was above the 2011 Massachusetts rate (42%). Rates observed in each grade varied: 9th (33% Somerville vs. 28% MA), 10th (36% vs. 34%), 11th (58% vs. 50%), 12th (55% vs. 59%). *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** A larger percentage of 2012 Somerville high school males (50%) than females (41%) reported ever having sexual intercourse.
- **Grade:** The percentage of Somerville students who reported having sexual intercourse increased with age/grade (33% in 9th grade to 55% in 12th grade).

Percent of Sexually Active Somerville High School Students Who Used a Condom at the Last Time They Had Sex, Total and by Grade (2012)*

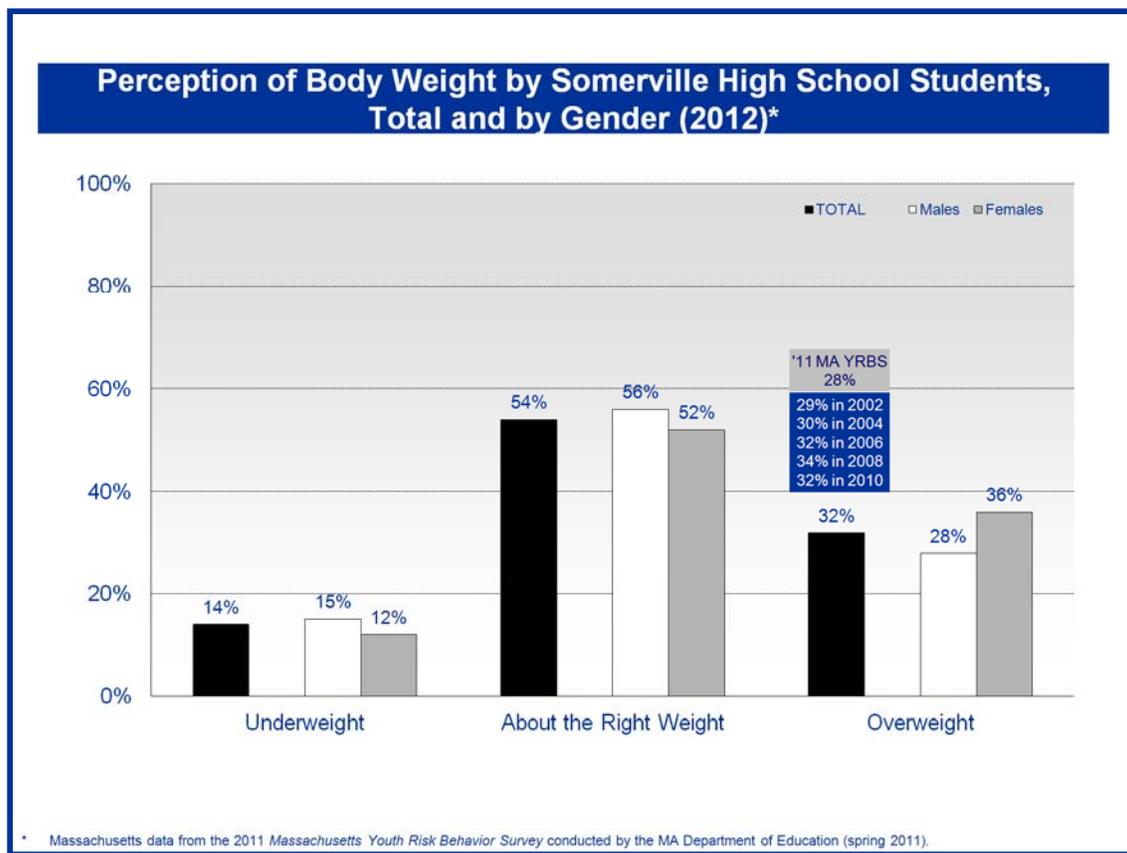


* Massachusetts data from the 2011 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2011).

SELECTED POINTS

- Of those 2012 Somerville high school students who reported ever having sexual intercourse, 68% reported using a condom the last time they did so.
- **Trends:** The percentage of sexually active Somerville high school students who reported that they or their partner used a condom the last time they had sexual intercourse remained consistent in 2012 at 68%, compared to 71% in 2004, 66% in 2006, 69% in 2008, and 68% in 2010.
- **Comparisons:** A greater percentage of 2012 Somerville high school students (68%) than 2011 Massachusetts students (58%) reported using a condom at their last sexual intercourse, and this pattern held in each grade: 9th (71% Somerville vs. 52% MA), 10th (70% vs. 66%), 11th (73% vs. 55%), 12th (61% vs. 58%). *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** Male Somerville high school students (72%) were more likely than females (64%) to report that they or their partner used a condom the last time they had intercourse.
- **Grade:** The percentage of Somerville high school students who reported using a condom during their last sexual intercourse remained largely consistent across grades, with the lowest percentage (61%) among 12th graders.

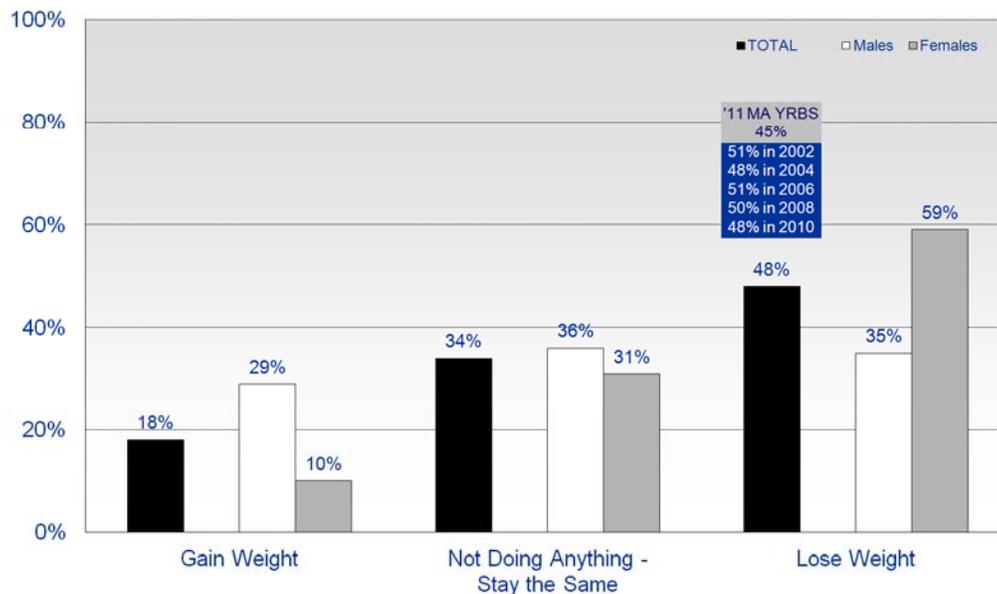
Weight and Physical Activity



SELECTED POINTS

- Fourteen percent (14%) of 2012 Somerville high school students described themselves as *underweight*, 54% as *about the right weight*, and 32% as *overweight*.
- Twelve percent (12%) of Somerville high school females described themselves as *underweight* compared to 15% of males, 52% as *about the right weight* compared to 56% of males, and 36% as *overweight* compared to 28% of males.
- **Trends:** The percentage of Somerville high school students who described themselves as *overweight* has remained largely consistent: 29% in 2002, 30% in 2004, 32% in 2006, 34% in 2008, 32% in 2010, 32% in 2012.
- **Comparisons:** Somerville 2012 high school students (32%) were more likely than 2011 Massachusetts (28%) high school students to describe themselves as *overweight*. MA data from the 2011 MA Youth Risk Behavior Survey.
- **Grade:** There were no consistent differences by age/grade in 2012 Somerville high school students' perception of whether they were *overweight* (9th grade – 33%, 10th grade – 41%, 11th grade – 29%, 12th grade – 28%).

Percent of Somerville High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2012)*

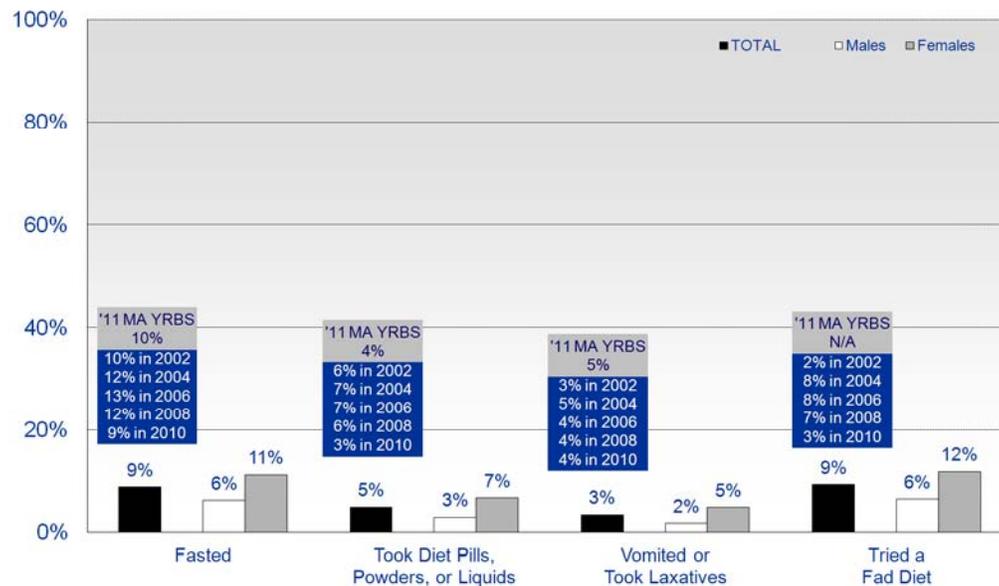


* Massachusetts data from the 2011 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2011).

SELECTED POINTS

- Eighteen percent (18%) of 2012 Somerville high school students reported that they were trying to *gain weight*, 34% were trying to *stay the same weight*, and 48% were trying to *lose weight*.
- Somerville high school males were much more likely than females to report that they were trying to *gain weight* (29% males, 10% females) or *stay the same weight* (36%, 31%), while females were far more likely to report trying to *lose weight* (35% males, 59% females).
- **Trends:** The overall percentage of Somerville high school students who reported that they were trying to *lose weight* has remained largely consistent and close to 50% over time: 51% in 2002, 48% in 2004, 51% in 2006, 50% in 2008, 48% in 2010, 48% in 2012.
- **Comparisons:** A similar but slightly larger percentage of 2012 Somerville (48%) than 2011 Massachusetts (45%) high school students reported that they were trying to *lose weight*. MA data from the 2011 MA Youth Risk Behavior Survey.
- **Grade:** The percentage of 2012 Somerville high school students who reported that they were trying to *lose weight* varied with age/grade (9th grade – 50%, 10th grade – 51%, 11th grade – 46%, 12th grade – 45%).

Weight Loss/Maintenance Methods Used by Somerville High School Students in the Past 30 Days, Total and by Gender (2012)*

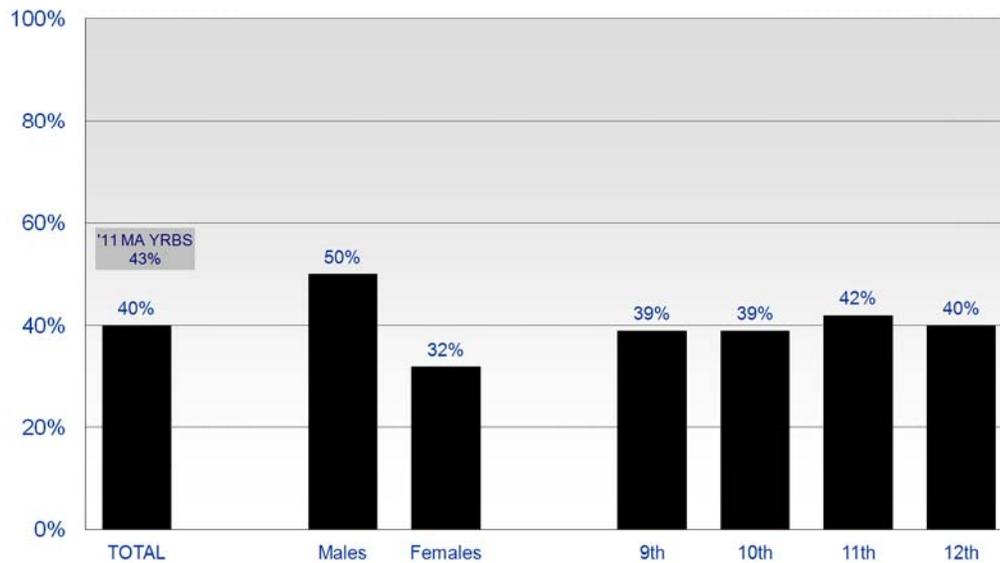


* Massachusetts data from the 2011 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2011).

SELECTED POINTS

- Nine percent (9%) of 2012 Somerville high school students reported that they had fasted for 24 hours or more in the 30 days prior to the survey in order to lose or maintain their weight. Five percent (5%) took diet pills/powders/liquids, 3% vomited or took laxatives, and 9% tried a fad diet.
- Eleven percent (11%) of Somerville high school females reported that they had fasted to lose or maintain their weight compared to 6% of males, 7% had taken diet pills, powders, or liquids compared to 3% of males, 5% vomited or took laxatives compared to 2% of males, and 12% tried a fad diet compared to 6% of males.
- **Trends:** Of note is an increase from 3% in 2010 to 9% in 2012 in the percent of Somerville high school students who reported trying a fad diet: fasted (10%, 12%, 13%, 12%, 9%, 9%); took diet pills, powders, or liquids (6%, 7%, 7%, 6%, 3%, 5%); vomited or took laxatives (3%, 5%, 4%, 4%, 4%, 3%); tried a fad diet (2%, 8%, 8%, 7%, 3%, 9%).
- **Comparisons:** Similar percentages of 2012 Somerville and 2011 Massachusetts high school students reported these behaviors: fasting (9% Somerville, 10% MA); taking diet pills, powders, or liquids (5%, 4%); vomiting or taking laxatives (3%, 5%). Comparable MA data about fad dieting are not available. *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Grade:** Differences in method use by age/grade among Somerville high school students were inconsistent: fasted (12%, 9%, 9%, 5%); took diet pills, powders, or liquids (4%, 7%, 6%, 3%); vomited or took laxatives (3%, 5%, 3%, 2%); tried a fad diet (8%, 13%, 10%, 6%).

Recommended Level of Physical Activity Among Somerville High School Students in the Past 7 Days, Total and by Gender and Grade (2012)*

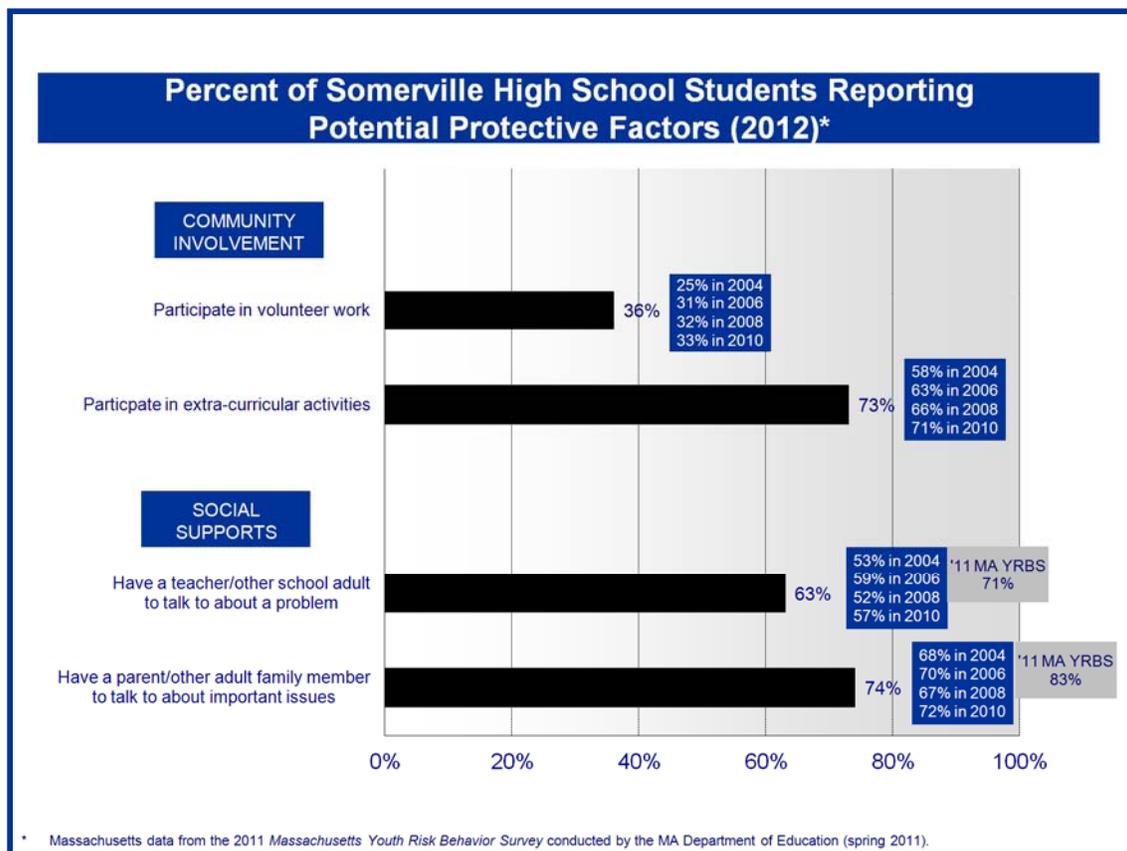


* Massachusetts data from the 2011 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2011).
 ** Defined as participating in "physical activity that increased your heart rate and made you breathe hard some of the time" on at least 5 of the prior 7 days.

SELECTED POINTS

- Forty percent (40%) of Somerville high school students reported engaging in 60 or more minutes of physical activity at least 5 of the prior 7 days (recommended level of activity).
- Physical activity was defined in the survey as participating in physical activities that increased their heart rate and made them breathe hard some of the time.
- **Trends:** Trend data are not available, as this measure was added to the Somerville survey in 2012 to align with the recommended measure for physical activity.
- **Comparisons:** The Somerville rate of reported physical activity (40%) is below the Massachusetts high school average (43%). *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** Somerville males were more likely than females to report engaging in this level of activity (50% males, 32% females).
- **Grade:** The percentage of Somerville high school students who reported engaging in the recommended level of physical activity was largely consistent across grades (39%, 39%, 42%, 40%).

Resiliency



SELECTED POINTS

- While the Somerville 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.
- **Trends:** The percentage of Somerville high school students who reported community involvement increased between 2010 and 2012, continuing an upward trend since 2004: volunteer work (25%, 31%, 32%, 33%, 36%), extra-curricular activities (58%, 63%, 66%, 71%, 73%). Rates of reported access to adult social supports increased between 2010 and 2012 – school adult confidant (57% to 63%), family adult confidant (72% to 74%) – continuing increases observed since 2008.
- **Comparisons:** Comparative Massachusetts data are available only for the items related to social supports. These data show that Somerville high school students were less likely to report having caring adults to speak with about problems: a teacher or other school adult (63% Somerville, 71% MA), parent or other adult family member (74% Somerville, 83% MA). *MA data from the 2011 MA Youth Risk Behavior Survey.*
- **Gender:** Males and females reported similar levels of these positive factors: participating in extracurricular activities (75% males, 72% females), volunteering (31%, 39%), having a school adult confidant (61%, 64%), having a family adult confidant (73%, 75%).
- **Grade:** The percentage of Somerville high school students who reported these factors tended to increase with age/grade: extra-curricular activities (71%, 76%, 73%, 73%), volunteer work (27%, 30%, 44%, 41%), teacher/other school adult confidant (54%, 57%, 65%, 73%), parent or other family adult confidant (70%, 75%, 74%, 78%).

Appendix A:

Selected Data Tables

2011-2012 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Alcohol and Other Drug Use - High School (N=972)

	SOMERVILLE						Massachusetts YRBS						GENDER		GRADE			
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'01 (4204)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	Females (514)	Males (450)	9th (251)	10th (231)	11th (241)	12th (244)
LIFETIME (any use in lifetime)																		
Alcohol	64.6%	65.5%	62.9%	63.7%	60.8%	52.5%	81%	75%	76%	73%	71%	68%	55.1%	49.7%	39.9%	49.3%	61.7%	60.2%
Binge alcohol use ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Cigarettes	N/A	47.6%	41.5%	40.3%	39.5%	33.6%	62%	53%	51%	46%	43%	39%	31.6%	35.7%	26.9%	31.3%	34.9%	42.3%
Cigars, cigarillos, little cigars	N/A	22.8%	19.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smokeless Tobacco	N/A	3.3%	4.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Marijuana	N/A	36.9%	33.5%	35.2%	34.3%	33.9%	50%	47%	45%	41%	43%	43%	30.6%	37.4%	25.6%	31.0%	37.0%	42.8%
Inhalants	13.9%	8.3%	8.7%	8.4%	7.4%	5.0%	12%	N/A	N/A	N/A	N/A	N/A	5.1%	4.9%	6.9%	4.8%	2.5%	6.2%
Cocaine	N/A	6.5%	4.5%	5.5%	3.1%	2.8%	8%	8%	8%	9%	6%	5%	2.0%	3.8%	2.0%	0.9%	2.5%	5.7%
Heroin	N/A	1.7%	1.3%	1.3%	0.5%	0.2%	3%	3%	2%	N/A	2%	2%	0.0%	0.4%	0.8%	0.0%	0.0%	0.0%
Methamphetamines	N/A	3.1%	1.6%	1.5%	1.2%	0.5%	7%	6%	4%	4%	3%	3%	0.6%	0.4%	0.4%	0.0%	0.4%	1.2%
Steroids (no prescription)	5.2%	2.3%	1.8%	1.5%	0.9%	0.4%	5%	5%	4%	4%	3%	3%	0.2%	0.7%	1.2%	0.0%	0.0%	0.4%
Ecstasy	N/A	8.8%	5.4%	7.7%	4.9%	2.7%	13%	9%	7%	7%	6%	6%	2.9%	2.4%	0.8%	1.3%	3.3%	5.3%
Oxycontin (no prescription)	N/A	6.2%	2.9%	3.2%	2.7%	1.9%	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	1.3%	0.8%	0.9%	2.5%	3.3%
Other Illegal Drugs ²	N/A	6.7%	4.9%	4.1%	4.1%	3.2%	N/A	N/A	N/A	N/A	N/A	N/A	2.5%	3.8%	3.6%	0.9%	2.9%	5.4%
CURRENT (any use in past 30 days)																		
Alcohol	42.9%	43.3%	37.4%	36.7%	33.0%	28.9%	53%	46%	48%	46%	44%	40%	29.3%	28.3%	19.4%	25.4%	33.3%	38.1%
Binge alcohol use ¹	26.3%	25.5%	20.8%	20.9%	18.6%	15.5%	33%	27%	27%	28%	25%	22%	14.3%	16.7%	8.5%	14.0%	16.6%	23.4%
Cigarettes	20.5%	16.8%	14.2%	15.4%	13.2%	11.4%	26%	21%	21%	18%	16%	14%	10.5%	12.3%	7.6%	11.7%	12.4%	14.1%
Cigars, cigarillos, little cigars	N/A	7.6%	7.5%	8.7%	10.1%	8.5%	13%	12%	14%	15%	15%	14%	7.1%	10.3%	6.9%	9.3%	6.8%	11.5%
Smokeless Tobacco	4.4%	0.7%	1.5%	2.3%	2.0%	2.2%	4%	4%	4%	7%	8%	7%	0.6%	4.1%	1.2%	3.1%	2.1%	2.5%
Marijuana	27.9%	18.9%	19.0%	20.8%	19.4%	20.9%	31%	28%	26%	25%	27%	28%	18.8%	23.2%	15.7%	21.3%	20.1%	27.0%
Inhalants	N/A	2.9%	3.4%	2.4%	2.6%	1.3%	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	1.1%	2.0%	2.6%	0.4%	0.4%
Cocaine	N/A	2.8%	2.6%	2.1%	1.6%	1.1%	N/A	N/A	N/A	N/A	N/A	N/A	1.2%	1.1%	1.2%	0.4%	0.8%	2.0%
Heroin	N/A	1.0%	0.5%	0.5%	0.4%	0.1%	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.2%	0.4%	0.0%	0.0%	0.0%
Methamphetamines	N/A	1.9%	0.5%	0.7%	0.7%	0.3%	N/A	N/A	N/A	N/A	N/A	N/A	0.4%	0.2%	0.0%	0.0%	0.4%	0.8%
Steroids (no prescription)	N/A	1.6%	1.3%	1.2%	0.5%	0.4%	N/A	N/A	N/A	N/A	N/A	N/A	0.2%	0.7%	1.2%	0.0%	0.0%	0.4%
Ecstasy	N/A	3.6%	2.2%	3.0%	2.3%	0.9%	N/A	N/A	N/A	N/A	N/A	N/A	1.4%	0.4%	0.4%	0.4%	1.2%	1.6%
Oxycontin (no prescription)	N/A	3.0%	1.9%	1.6%	1.5%	0.6%	N/A	N/A	N/A	N/A	N/A	N/A	0.6%	0.7%	0.4%	0.4%	0.4%	1.2%
Other Illegal Drugs ²	N/A	2.7%	2.8%	2.1%	1.8%	1.2%	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	1.8%	2.4%	0.0%	0.8%	1.7%

¹ Respondents were asked if they had "5 or more drinks of alcohol in a row, that is, within a couple of hours."

² Respondents were asked about their use of "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

2011-2012 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Violence and Safety - High School (N=972)

	SOMERVILLE						Massachusetts YRBS						GENDER		GRADE			
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'01 (4204)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	Females (514)	Males (450)	9th (251)	10th (231)	11th (241)	12th (244)
VIOLENCE-RELATED EXPERIENCES IN THE PAST 12 MONTHS																		
Witnessed violence in your family (12 months)	9.8%	13.6%	14.5%	13.0%	13.5%	11.3%	N/A	N/A	N/A	N/A	N/A	N/A	11.7%	11.1%	12.5%	7.5%	12.6%	12.6%
Received verbal or emotional abuse from someone in your family (12 months)	15.3%	21.6%	21.3%	24.6%	20.3%	18.8%	N/A	N/A	N/A	N/A	N/A	N/A	24.3%	12.2%	17.4%	19.9%	19.1%	19.2%
Mistreated by someone who thought you were not masculine or feminine enough (12 months)	4.6%	8.0%	8.2%	10.3%	6.3%	6.4%	N/A	N/A	N/A	N/A	N/A	N/A	5.5%	7.6%	7.2%	7.1%	6.1%	5.5%
Sexually harassed in school (12 months)	4.5%	12.4%	9.4%	10.2%	7.8%	6.5%	N/A	N/A	N/A	N/A	N/A	N/A	8.3%	4.4%	8.8%	6.9%	5.6%	4.6%
Hurt physically or sexually by a date or someone you were going out with (12 months)	10.9%	5.0%	4.9%	5.6%	4.0%	3.2%	N/A	N/A	N/A	N/A	N/A	N/A	3.2%	3.3%	3.4%	0.5%	3.9%	5.0%
Were a member of a gang (12 months)	N/A	6.0%	5.9%	3.5%	3.3%	4.3%	8%	10%	10%	9%	7%	6%	0.8%	8.5%	4.6%	2.8%	6.9%	2.9%
BULLYING AND FIGHTING IN THE PAST 12 MONTHS																		
Bullied at school (12 months)	N/A	19.9%	17.8%	23.7%	18.4%	19.0%	N/A	23%	24%	22%	19%	18%	21.9%	16.0%	25.8%	20.7%	14.2%	15.4%
Bullied when NOT at school (12 months)	N/A	15.4%	13.7%	17.2%	12.9%	13.7%	N/A	N/A	N/A	N/A	N/A	N/A	17.2%	9.9%	15.7%	15.4%	9.3%	14.5%
Bullied electronically (12 months)	N/A	N/A	N/A	N/A	N/A	15.1%	N/A	N/A	N/A	N/A	N/A	17%	19.8%	9.9%	15.2%	16.7%	13.4%	15.3%
Saw someone else bullied at school (12 months)	N/A	N/A	N/A	N/A	N/A	46.4%	N/A	N/A	N/A	N/A	N/A	N/A	50.6%	41.8%	44.1%	53.1%	43.3%	45.6%
In a physical fight on school property (12 months)	N/A	15.0%	12.8%	10.6%	9.2%	10.2%	12%	10%	10%	9%	9%	7%	7.8%	13.2%	9.6%	12.3%	7.9%	11.2%
In a physical fight when NOT on school property (12 months)	N/A	24.0%	23.1%	23.0%	17.4%	15.9%	N/A	N/A	N/A	N/A	N/A	N/A	12.9%	19.5%	16.1%	14.5%	15.1%	17.9%
WEAPONS CARRYING AND STAYING HOME FROM SCHOOL IN THE PAST 30 DAYS																		
Carried a weapon such as a gun, knife, or club on school property (30 days)	N/A	5.8%	6.9%	5.0%	3.4%	4.1%	6%	5%	6%	5%	4%	4%	1.8%	6.9%	4.4%	3.5%	5.0%	3.7%
Carried a weapon such as a gun, knife, or club when NOT on school property (30 days)	N/A	12.7%	14.4%	12.7%	7.6%	9.1%	N/A	N/A	N/A	N/A	N/A	N/A	3.9%	15.0%	11.6%	7.0%	8.7%	9.1%
Stayed home from school because of fear for safety (30 days)	7.2%	6.6%	5.5%	7.8%	4.9%	6.4%	8%	5%	4%	5%	4%	5%	6.4%	6.5%	8.8%	6.6%	6.2%	4.1%

2011-2012 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Mental Health - High School (N=972)

	SOMERVILLE						Massachusetts YRBS						GENDER		GRADE			
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'01 (4204)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	Females (514)	Males (450)	9th (251)	10th (231)	11th (241)	12th (244)
PERSONAL EXPERIENCES IN PAST 12 MONTHS																		
Divorce or separation in family	6.5%	6.9%	8.2%	8.5%	8.3%	7.1%	N/A	N/A	N/A	N/A	N/A	N/A	7.0%	7.1%	6.6%	6.9%	8.8%	6.0%
Family moved	9.8%	13.3%	14.7%	13.6%	12.7%	12.5%	N/A	N/A	N/A	N/A	N/A	N/A	12.4%	12.3%	7.9%	19.4%	11.4%	11.1%
Family member or close friend died	28.7%	41.7%	38.4%	32.2%	36.9%	32.4%	N/A	N/A	N/A	N/A	N/A	N/A	36.5%	27.4%	32.8%	36.3%	32.9%	27.5%
Ran away from home	5.2%	4.9%	6.2%	6.5%	5.5%	5.5%	N/A	N/A	N/A	N/A	N/A	N/A	6.8%	4.1%	4.9%	3.8%	6.6%	6.8%
ISSUES THAT CAUSE WORRY - Percent of students who report worrying "fairly often" or "very often" about issues in past month																		
School issues (grades, homework, tests, etc.)	N/A	N/A	N/A	63.9%	60.7%	64.0%	N/A	N/A	N/A	N/A	N/A	N/A	74.0%	52.5%	58.2%	60.8%	67.6%	69.6%
Social issues (friendships, dating, teasing, etc.)	N/A	N/A	N/A	38.0%	31.0%	30.6%	N/A	N/A	N/A	N/A	N/A	N/A	34.8%	25.5%	26.4%	30.9%	32.4%	33.1%
Appearance issues (your weight, how you look, etc.)	N/A	N/A	N/A	41.5%	34.2%	35.9%	N/A	N/A	N/A	N/A	N/A	N/A	43.0%	27.8%	34.3%	40.3%	37.0%	32.9%
Family issues (relationship with your parent[s], family's financial situation, family health concerns, etc.)	N/A	N/A	N/A	39.7%	32.3%	34.9%	N/A	N/A	N/A	N/A	N/A	N/A	42.4%	26.1%	28.2%	34.5%	36.9%	40.2%
Gangs in the community	N/A	N/A	N/A	N/A	6.9%	8.7%	N/A	N/A	N/A	N/A	N/A	N/A	7.7%	10.0%	10.2%	9.9%	7.1%	7.9%
Being bullied by other students	N/A	N/A	N/A	N/A	N/A	5.8%	N/A	N/A	N/A	N/A	N/A	N/A	7.3%	4.1%	7.4%	4.5%	5.4%	5.8%
SELF-HARM, DEPRESSION, AND SUICIDE																		
Hurt/injured self on purpose (12 months)	N/A	N/A	N/A	13.5%	12.9%	12.6%	N/A	18%	19%	17%	17%	18%	15.4%	9.7%	15.7%	11.8%	14.1%	9.1%
Depressed ¹ (12 months)	38.4%	31.6%	30.7%	31.0%	26.9%	31.2%	29%	28%	27%	24%	24%	25%	36.5%	25.3%	28.6%	33.0%	29.0%	34.2%
Seriously considered suicide (12 months)	21.0%	13.5%	13.6%	11.5%	9.1%	9.0%	20%	16%	13%	13%	14%	13%	10.6%	7.2%	9.7%	9.6%	9.2%	7.5%
Made plan to commit suicide (12 months)	19.5%	11.8%	9.0%	10.6%	8.3%	8.6%	15%	13%	12%	11%	11%	12%	10.4%	6.8%	7.7%	9.6%	8.3%	9.1%
Attempted suicide (12 months)	14.1%	6.6%	5.8%	5.3%	4.7%	4.5%	10%	8%	6%	8%	7%	7%	5.0%	4.1%	6.1%	3.1%	5.8%	2.9%
SOCIAL SUPPORTS																		
Have a parent or other adult family member to talk to about important issues	N/A	68.3%	69.8%	66.6%	71.5%	74.2%	76%	N/A	81%	84%	83%	83%	75.1%	73.3%	69.8%	74.7%	74.3%	78.1%
Have a teacher or other adult school staff member to talk to about a problem	N/A	52.7%	59.3%	51.9%	56.9%	62.5%	65%	N/A	67%	69%	71%	71%	63.6%	61.3%	54.4%	57.3%	65.3%	72.6%
Have another adult outside of school to talk to about important issues	N/A	38.3%	39.6%	39.1%	40.3%	35.6%	50%	N/A	48%	N/A	N/A	N/A	38.2%	32.1%	33.1%	37.6%	33.3%	39.3%

¹ Depression was described in the survey as feeling "so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities."

2011-2012 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Health - High School (N=972)

	SOMERVILLE						Massachusetts YRBS						GENDER		GRADE			
	'02 (1466)	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'01 (4204)	'03 (3624)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	Females (514)	Males (450)	9th (251)	10th (231)	11th (241)	12th (244)
SEXUAL BEHAVIOR																		
Ever had sexual intercourse	50.8%	49.8%	49.1%	47.3%	48.0%	45.4%	44%	41%	45%	44%	46%	42%	41.2%	50.2%	32.8%	36.1%	57.9%	54.9%
Condom use at last intercourse ¹	N/A	71.4%	66.2%	68.5%	67.8%	68.1%	58%	57%	65%	61%	58%	58%	64.3%	71.8%	70.7%	70.1%	72.6%	61.4%
Alcohol/drugs at last intercourse ¹	N/A	17.1%	16.4%	16.7%	14.3%	17.5%	23%	N/A	23%	25%	24%	23%	14.0%	21.3%	13.9%	14.7%	17.6%	21.4%
Ever been/gotten someone pregnant	8.1%	5.2%	4.4%	5.7%	4.5%	3.8%	5%	4%	5%	5%	6%	5%	3.5%	4.1%	2.8%	3.2%	3.8%	5.4%
Ever sexual contact against will	N/A	8.0%	8.1%	8.3%	8.2%	5.6%	10%	10%	10%	11%	11%	10%	7.3%	3.7%	7.8%	3.7%	5.5%	5.4%
Ever had an STD	2.8%	1.6%	1.1%	1.6%	2.1%	1.7%	3%	6%	5%	3%	2%	2%	2.2%	1.2%	2.0%	0.9%	2.1%	1.7%
Ever taught about AIDS/HIV in school	89.2%	87.7%	87.3%	87.0%	86.7%	81.3%	94%	92%	93%	89%	87%	84%	85.5%	76.2%	76.7%	80.6%	83.5%	84.9%
Ever talked with parents or other family adults about AIDS/HIV infection	51.3%	48.5%	53.3%	48.8%	47.8%	46.7%	N/A	N/A	N/A	N/A	N/A	N/A	50.8%	42.0%	50.8%	44.5%	49.6%	42.0%
WEIGHT																		
Describe self as slightly/very overweight	28.5%	30.4%	32.1%	34.5%	31.6%	32.3%	33%	31%	31%	29%	29%	28%	35.9%	28.2%	32.8%	40.8%	29.1%	27.6%
Trying to lose weight	50.7%	47.8%	50.8%	50.2%	47.8%	47.9%	47%	46%	47%	46%	45%	45%	59.1%	35.0%	50.2%	50.5%	46.4%	45.2%
WEIGHT LOSS OR MAINTENANCE ACTIVITIES IN PAST 30 DAYS																		
Fasted for 24 hours or more	9.8%	11.9%	13.1%	11.6%	8.7%	8.8%	14%	12%	11%	11%	8%	10%	11.2%	6.1%	11.6%	9.2%	9.4%	5.1%
Took diet pills/powders/liquids without a doctor's advice	6.3%	6.5%	6.7%	5.5%	2.8%	4.8%	8%	7%	5%	6%	5%	4%	6.6%	2.8%	4.2%	6.5%	5.5%	3.4%
Vomited/took laxatives	3.4%	5.0%	4.2%	4.3%	3.5%	3.3%	6%	6%	6%	5%	5%	5%	4.8%	1.7%	3.3%	5.1%	3.0%	2.1%
Tried a fad/trend diet	1.6%	8.0%	8.0%	6.8%	3.3%	9.2%	N/A	N/A	N/A	N/A	N/A	N/A	11.8%	6.4%	8.4%	13.2%	9.7%	6.0%
PHYSICAL ACTIVITY IN PAST 7 DAYS																		
Participated in regular vigorous physical activity (3 or more times in week)	46.9%	48.1%	54.3%	58.8%	58.0%	58.3%	63%	61%	63%	N/A	N/A	N/A	50.2%	68.3%	54.3%	62.1%	62.0%	55.2%
Physically active for 60 minutes per day on 5 or more days in the past week (updated measure)	N/A	N/A	N/A	N/A	N/A	40.1%	N/A	N/A	N/A	41%	34%	43%	32.0%	49.6%	38.5%	39.1%	42.4%	40.1%
Watched television 3 or more hours per day	N/A	47.8%	47.0%	38.4%	37.3%	37.3%	N/A	31%	33%	28%	30%	28%	35.8%	39.7%	39.9%	46.8%	32.9%	30.3%
Used computers 3 or more hours per day	N/A	32.7%	35.9%	38.2%	41.2%	40.8%	N/A	N/A	N/A	N/A	30%	32%	36.7%	45.3%	41.7%	37.6%	43.0%	39.8%

¹ Of those who had sexual intercourse.