

Summary of Results from the 2009-2010 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

Submitted by:

Social Science Research and Evaluation, Inc.
21-C Cambridge Street
Burlington, MA 01803
781-270-6613

2010

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
Lifetime Substance Use for Somerville High School Students (2010)	5
Lifetime Substance Use for Somerville High School Students, by Grade (2010)	6
Current Substance Use for Somerville High School Students (2010)	7
Current Substance Use for Somerville High School Students, by Grade (2010)	8
Current Substance Use for Somerville High School Students, by Gender (2010)	9
Trends in Current Substance Use for Somerville High School Students ('02, '04, '06, '08, '10)	10
Current Substance Use for Massachusetts (2007) and Somerville (2010) High School Students.....	11
Trends in Current Substance Use for Massachusetts and Somerville High School Students.....	12
VIOLENCE AND SAFETY	13
Percent of Somerville High School Students Who Reported Family and Personal Violence-Related Experiences in the Past 12 Months ('02, '04, '06, '08, '10)	14
Trends in Violence and Safety-Related Experiences among Somerville High School Students ('02, '04, '06, '08, '10).....	15
MENTAL HEALTH	16
Percent of Somerville High School Students Who Worry About Issues “Fairly Often” or “Very Often” (2010)	17
Self-Harm, Depression, and Suicidal Ideation and Behavior in the Past 12 Months Among High School Students ('02, '04, '06, '08, '10)	18
SEXUAL BEHAVIOR	19
Percent of Somerville High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2010)	20
Percent of Sexually Active Somerville High School Students Who Used a Condom the Last Time They Had Sexual Intercourse, Total and by Grade (2010)	21
WEIGHT PERCEPTION AND CONTROL	22
Perception of Body Weight by Somerville High School Students, Total and by Gender (2010)	23
Percent of Somerville High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2010)	24
PHYSICAL ACTIVITY	25
Percent of Somerville High School Students Who Reported Physical Activity in the Past 7 Days ('02, '04, '06, '08, '10)	26
RESILIENCY	27
Percent of Somerville High School Students Reporting Potential Protective Factors (2010)	28
APPENDIX A: Selected Data Tables	
Alcohol and Other Drug Use	
Violence and Safety	
Mental Health	
Health	

BACKGROUND

REPORT FORMAT

In February of 2010, 1,053 Somerville high school students (grades 9-12) took part in the 2009-2010 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, and 2007-2008 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 2010 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
269	287	262	222	13	1,053

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 fifth administration of the Somerville High School Health Survey (similar surveys were administered in 2002, 2004, 2006, and 2008), 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. The most recent administration of this survey occurred in the spring of 2009; however, data from that survey were not available at the time of this report. When possible, comparisons are made to the most recent data available, usually from the 2007 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

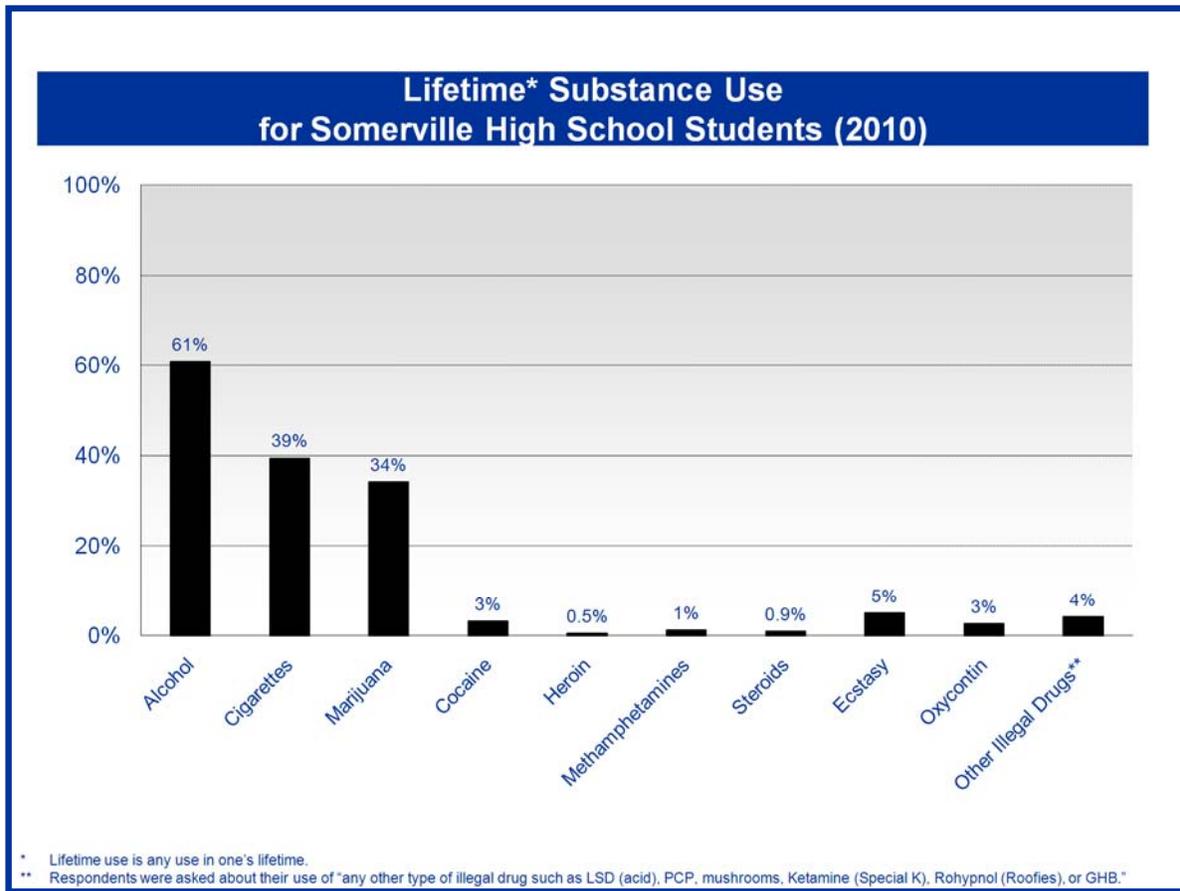
What substances are used most often by Somerville youth?

How does use change as youth age?

Are boys or girls more likely to use substances?

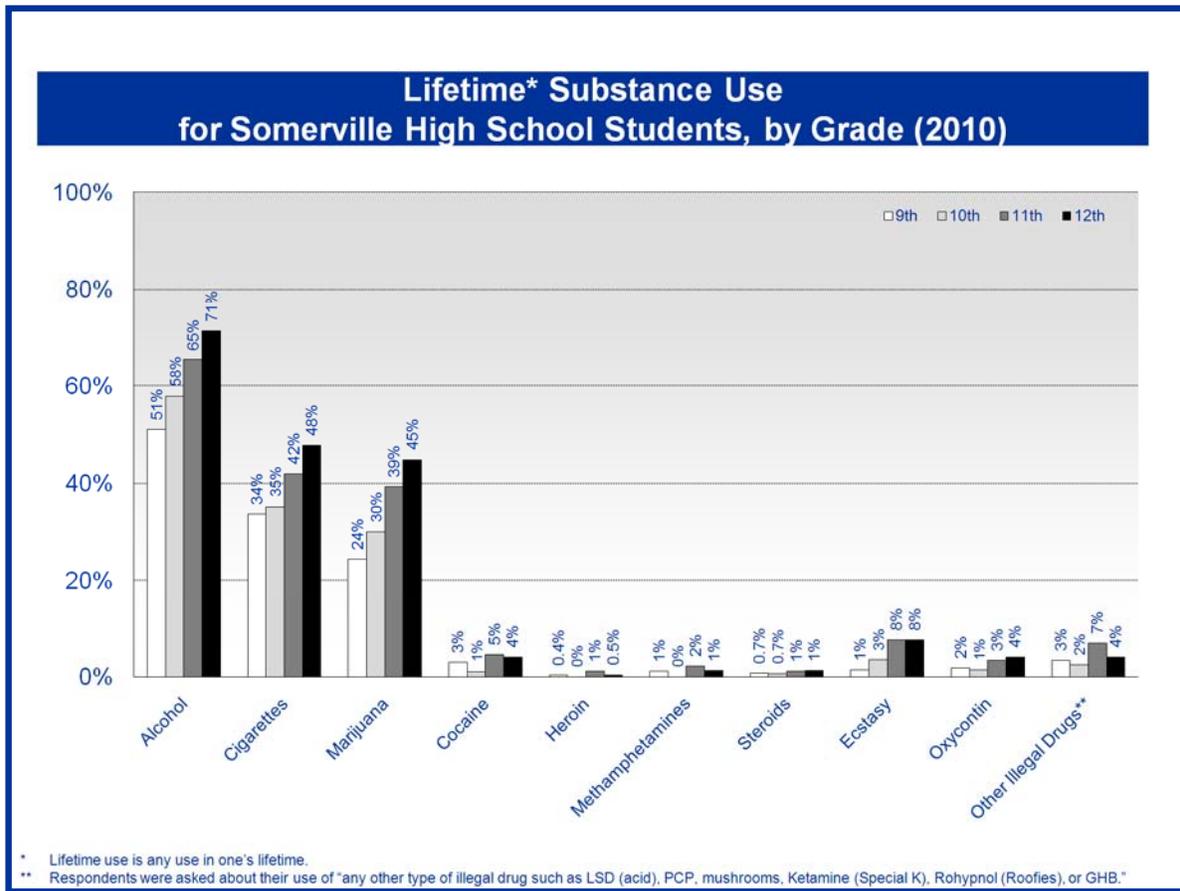
How has use changed in Somerville over time?

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



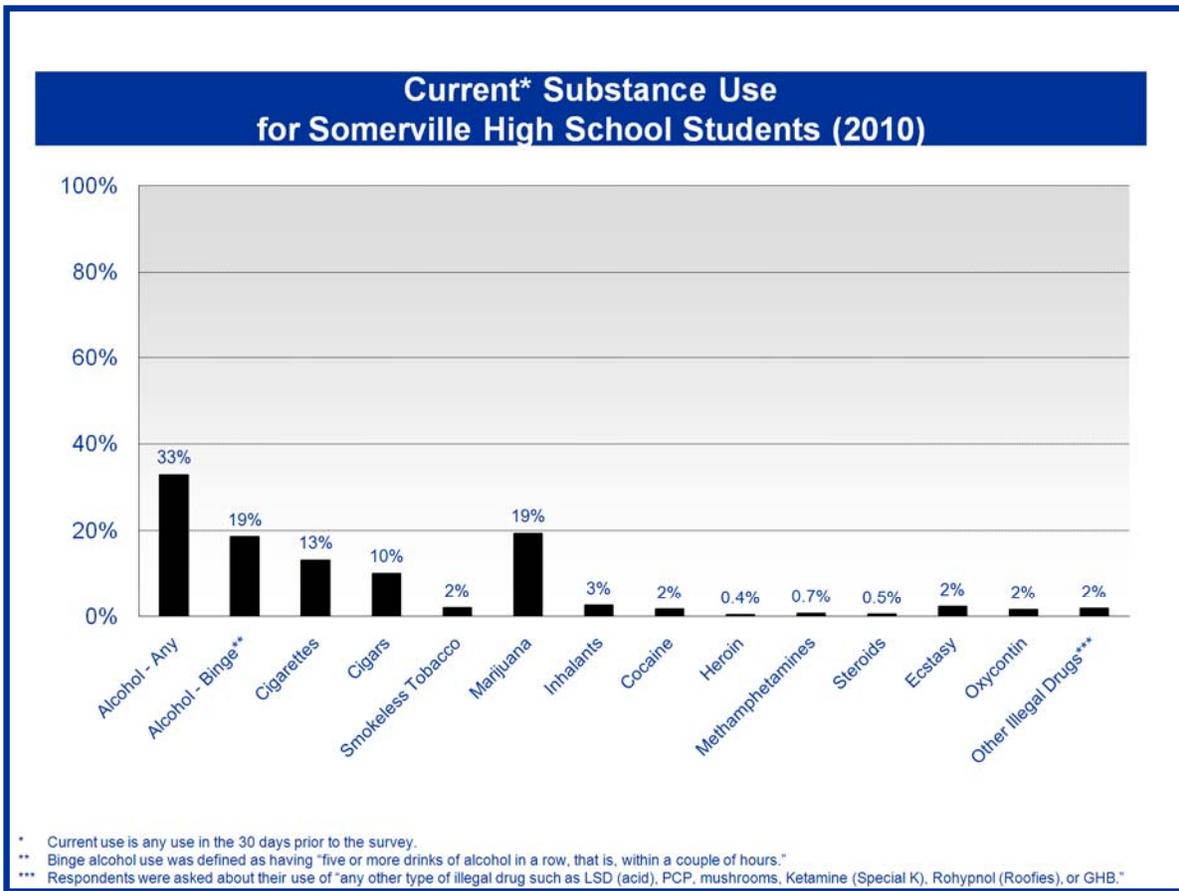
SELECTED POINTS

- 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 61% of Somerville high school students reporting that they had consumed alcohol in their lifetime. Just over one-third reported ever smoking cigarettes (39%) or marijuana (34%). Use of other illegal drugs is much lower with 5% or less reporting ever using ecstasy (5%), other illegal drugs (4%), cocaine (3%), oxycontin (3%), methamphetamines (1%), steroids (0.9%), or heroin (0.5%).



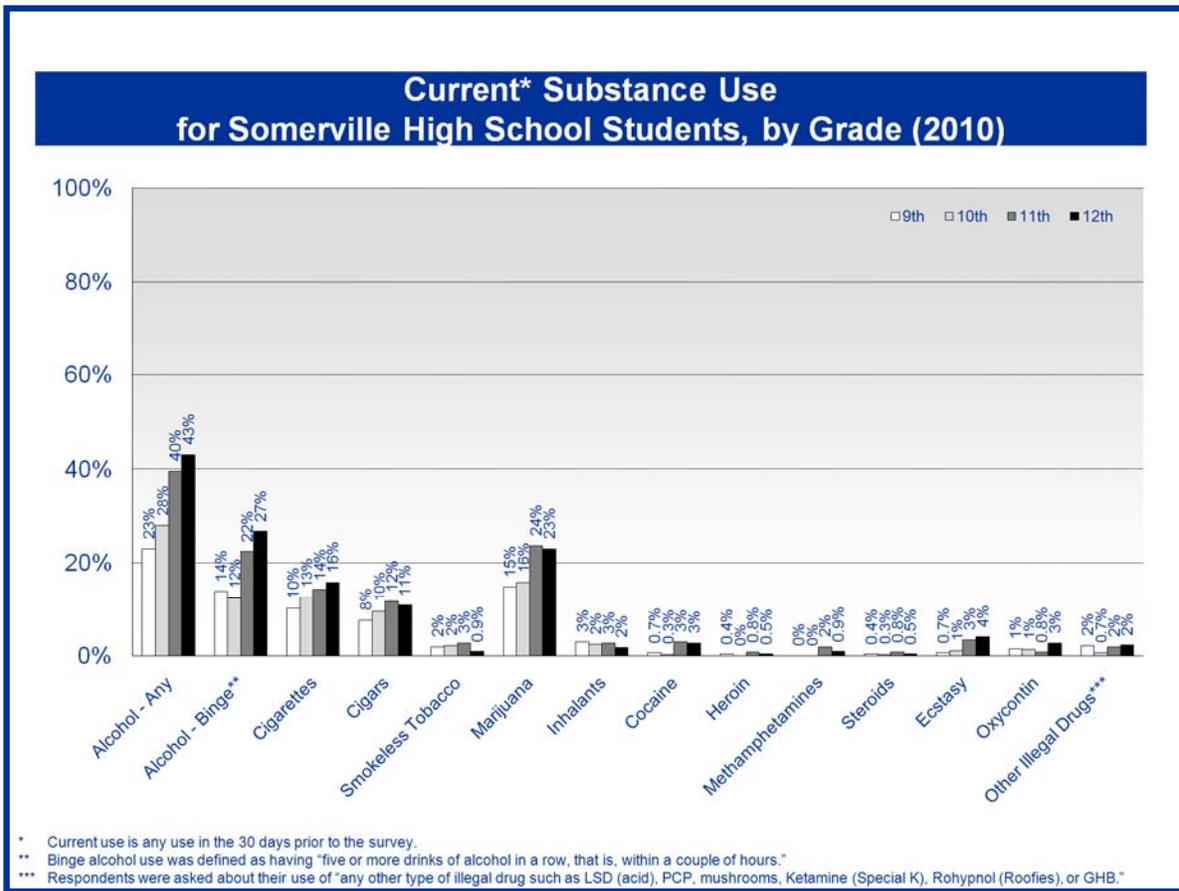
SELECTED POINTS

- Overall, the percentage of students who reported ever using substances increased with age/grade between grades 9 and 12. For example, 34% of Somerville 9th graders reported ever smoking cigarettes, compared to 48% 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 1% among 9th graders and up to 8% among 11th and 12th graders.
- By late winter of their senior year, close to three-quarters of Somerville youth have tried alcohol (71%), and close to half have tried cigarettes (48%) and marijuana (45%).



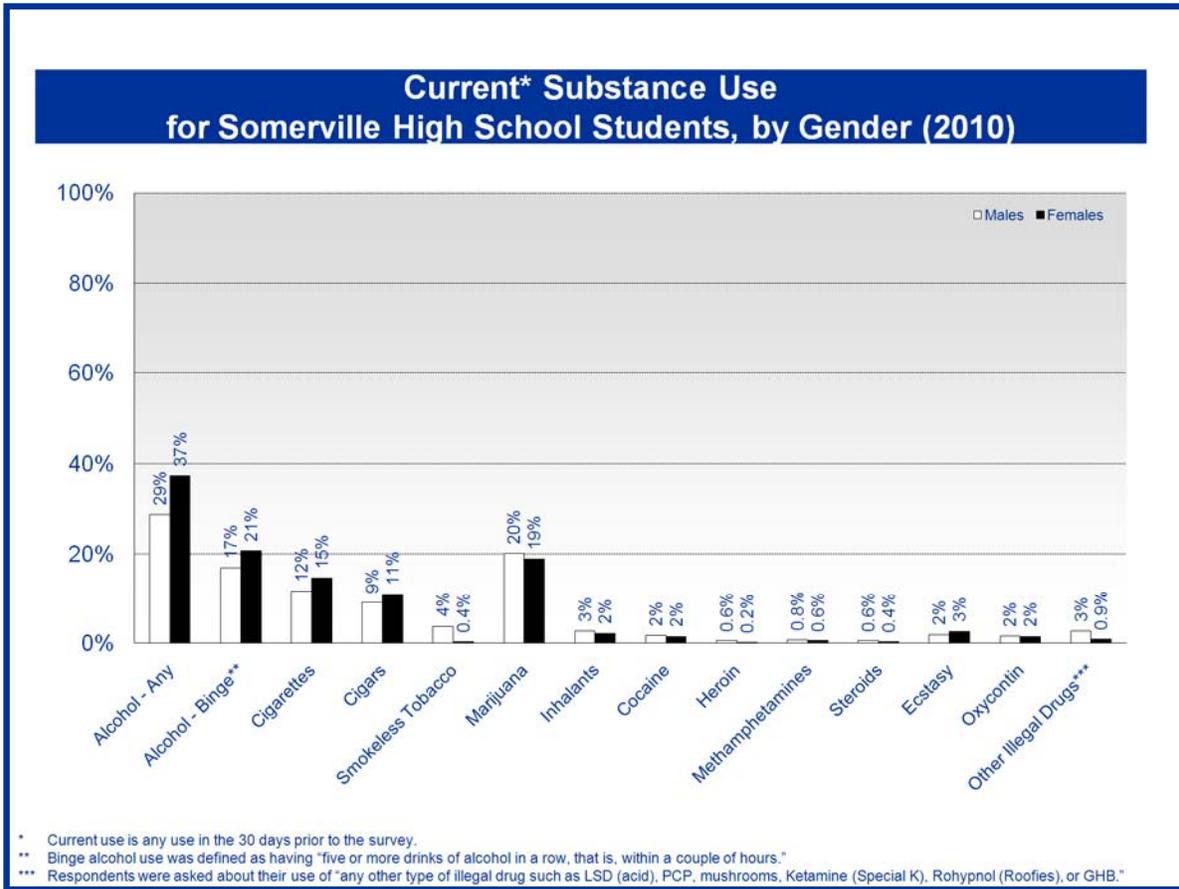
SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 33% of Somerville 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 over half (58%) of those who drank in the past 30 days engaged in binge drinking.
- Note that the rate of current marijuana use (19%) is higher than the rate of current cigarette use (13%).
- Current use of illegal drugs other than marijuana is comparatively low.



SELECTED POINTS

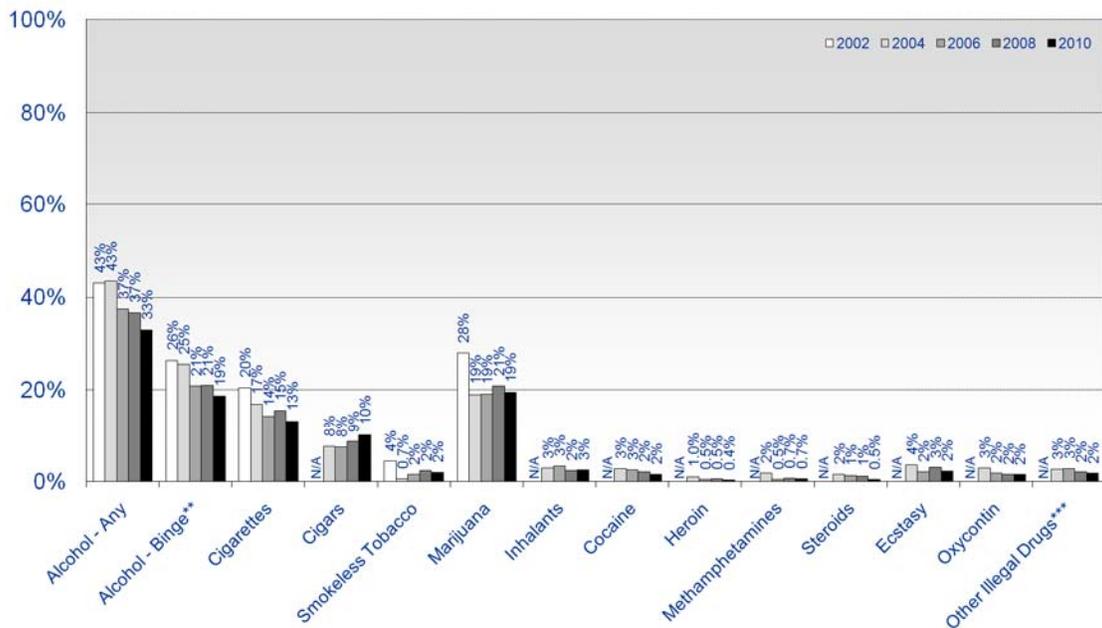
- The percentage of Somerville high school youth who reported current use of more commonly used substances such as alcohol and marijuana increased with age/grade. For example, the percentage of students who reported current alcohol use increased from 23% in 9th grade to 43% in 12th grade.
- Current use 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; however, females were consistently more likely than males to report use of alcohol and most tobacco products.
- Females were more likely than males to report any current alcohol use (37% to 29%) and binge alcohol use (21% to 17%), and were also more likely to use cigarettes (15% to 12%) or cigars (11% to 9%). Males were more likely to report smokeless tobacco use, but there was little difference in use of other substances, including marijuana (in 2008, 23% of Somerville males reported current marijuana use compared to 19% of females).

Trends in Current* Substance Use for Somerville High School Students ('02, '04, '06, '08, '10)



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

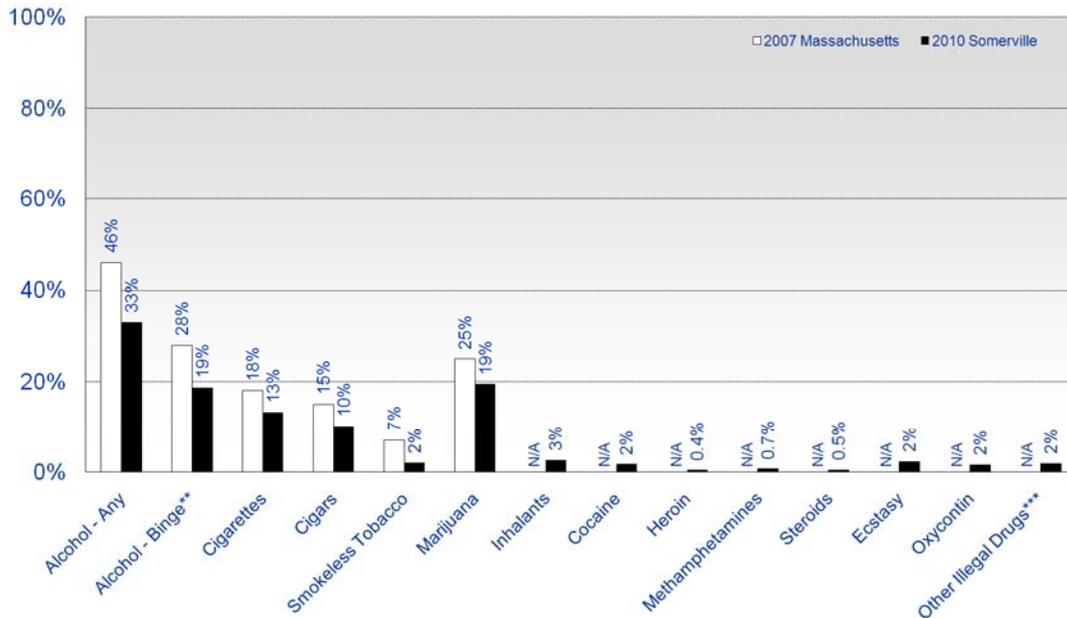
** Binge alcohol use was defined as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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."

SELECTED POINTS

- There was an overall pattern of slight declines between 2008 and 2010 in current substance use among Somerville high school students. For example, current alcohol use decreased from 37% to 33%, binge drinking from 21% to 19%, cigarette use from 15% to 13%, and marijuana use from 21% to 19%. Current cigar use is an exception, with reported use increasing slightly since 2006 (8%, 9%, 10%).
- 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.

Current* Substance Use for Massachusetts** (2007) and Somerville (2010) High School Students

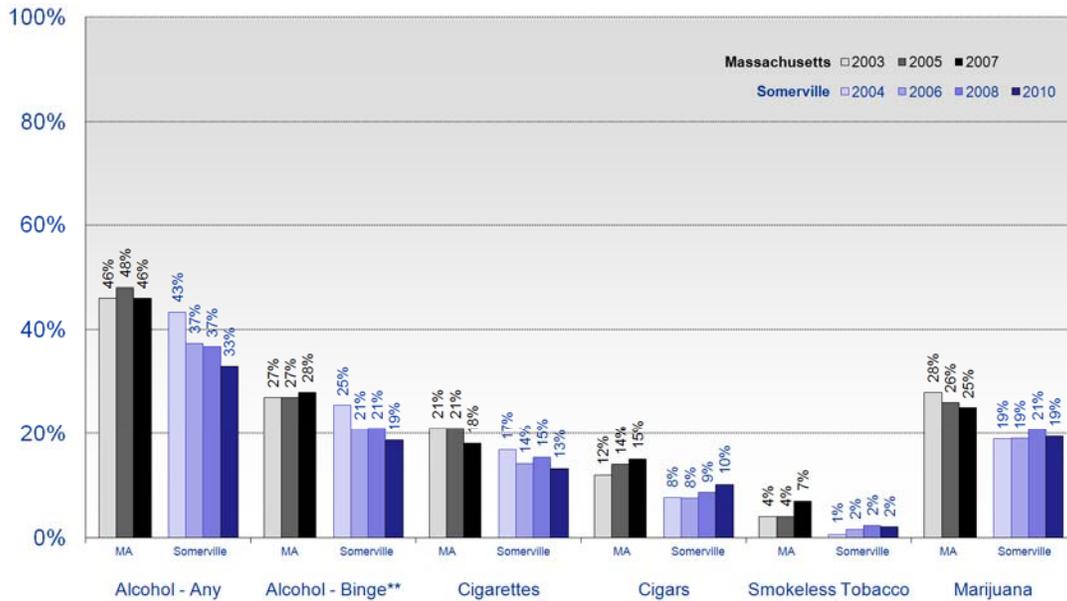


* Current use is any use in the 30 days prior to the survey.
 ** Massachusetts data from the 2007 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2007).
 *** Binge alcohol use was defined as having "five or more drinks of alcohol in a row, that is, within a couple of hours."
 **** 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."

SELECTED POINTS

- Current use rates for all substances were lower in Somerville than in Massachusetts as a whole (comparing Somerville 2010 to the most recent Massachusetts 2007 data):
 - Alcohol (46% MA vs. 33% Somerville)
 - Binge Alcohol (28% vs. 19%)
 - Cigarettes (18% vs. 13%)
 - Cigars (15% vs. 10%)
 - Smokeless Tobacco (7% vs. 2%)
 - Marijuana (25% vs. 19%)
- Comparative data are not available for other substances because the questions were not included in the Massachusetts survey.

Trends in Current* Substance Use for Massachusetts** and Somerville High School Students



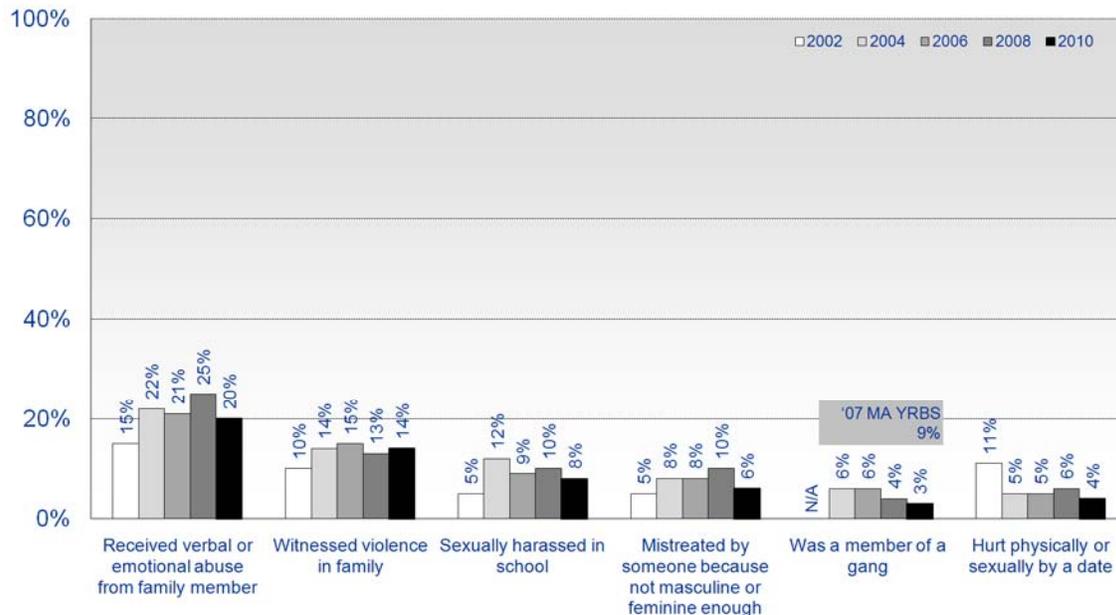
* Current use is any use in the 30 days prior to the survey.
 ** Massachusetts data from the *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring).
 *** Binge alcohol use was defined as having five or more drinks of alcohol in a row, that is, within a couple of hours.

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 remaining consistent or trending slightly downward. An exception in both Somerville and Massachusetts is a slight increase in reported cigar use.

Violence and Safety

Trends in the Percent of Somerville High School Students Who Reported Family and Personal Violence-Related Experiences in the Past 12 Months ('02, '04, '06, '08, '10)*

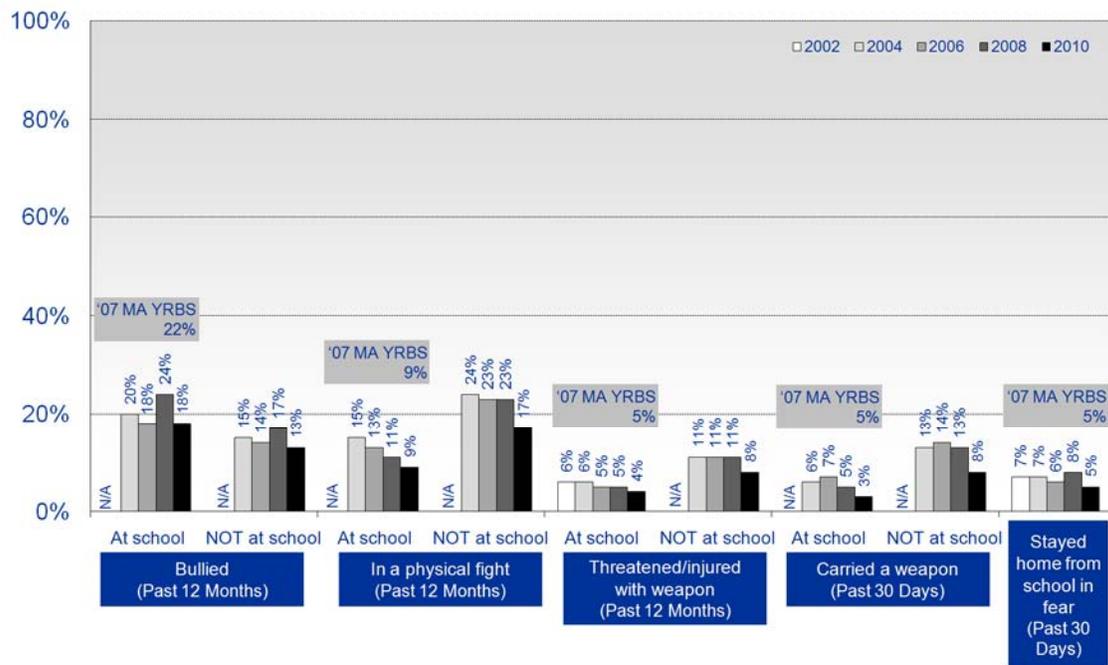


* Comparative data are available only for the item listed. Massachusetts data from the 2007 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2007).

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. One-fifth (20%) of 2010 Somerville high school students reported being verbally or emotionally abused by a family member, 14% witnessed family violence, 8% were sexually harassed in school, 6% were mistreated by someone who thought they weren't masculine or feminine enough, 3% were a member of a gang, and 4% had been physically or sexually hurt by a date.
- **Trends:** Available trend data reveal slight decreases between 2008 and 2010 in most violence-related experiences among Somerville youth, in contrast to slight increases observed between 2006 and 2008. There was also a notable decline in the percentage of respondents who reported being mistreated by someone who thought they were not masculine or feminine enough, down from 10% in 2008 to 6% in 2010.
- **Comparisons:** Available data comparing Somerville 2010 results and Massachusetts 2007 results show that fewer Somerville high school students reported being a member of a gang (3% Somerville, 9% MA). *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** Females were more likely than males to have experienced most of these issues: verbally/emotionally abused (13% males, 28% females), witnessed family violence (12%, 15%), sexually harassed in school (6%, 10%), hurt by a date (2%, 6%). Males were more likely to report being a gang member (6%, 0.8%), and both were similarly likely to report being mistreated for being perceived as not masculine/feminine enough (7%, 6%).
- **Grade:** Overall, rates remained fairly consistent across grades with inconsistent variation. See Appendix A for details.

Trends in Violence and Safety-Related Experiences among Somerville High School Students ('02, '04, '06, '08, '10)*



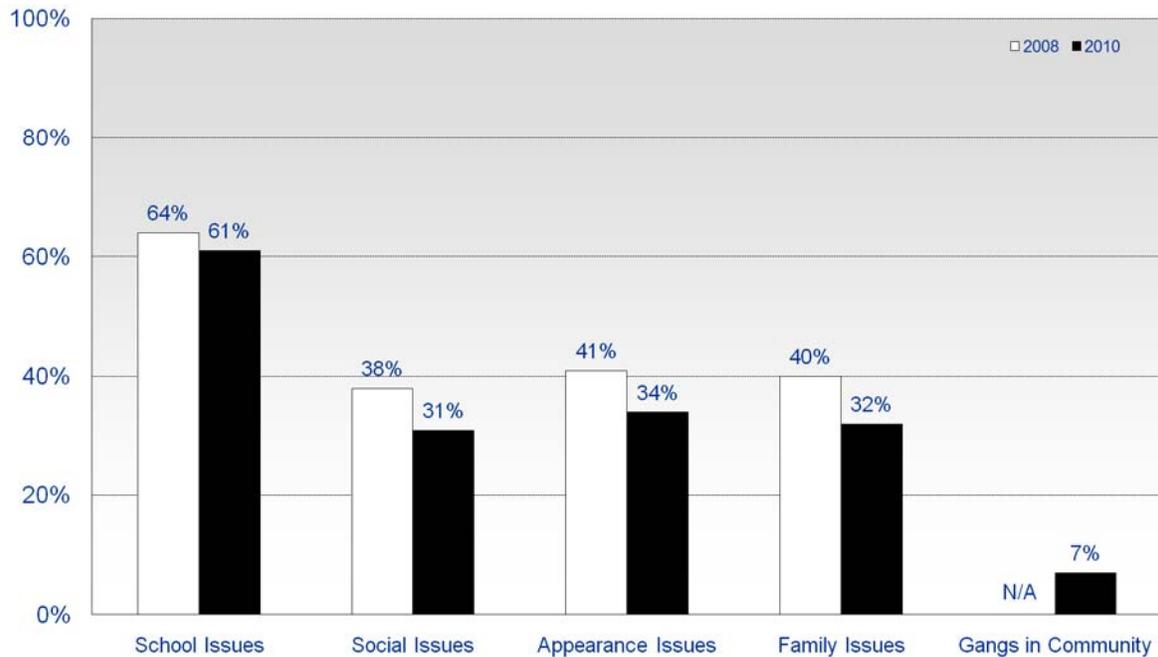
* Comparative data are available only for the items listed. Massachusetts data from the 2007 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2007).

SELECTED POINTS

- The data illustrate violence and safety-related experiences occurring in the past 12 months (bullied, in a physical fight, threatened/injured with a weapon) or in the past 30 days (carried a weapon, stayed home from school in fear), 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 fighting, being threatened/injured with a weapon, and weapon carrying were all twice as likely to have occurred when they were away from school than when they were at school; however, they were more likely to be bullied *at school* (18% of 2010 respondents reported being bullied at school in the past 12 months, compared to 13% who were bullied when they were not at school).
- **Trends:** Available trend data reveal decreases between 2008 and 2010 in each of these issues among Somerville youth, with levels at their lowest point since such data have been collected.
- **Comparisons:** In general, rates of these issues were similar among both 2010 Somerville and 2007 Massachusetts youth: bullied on school property (18% Somerville, 22% MA), in a physical fight at school (9%, 9%), threatened/injured with a weapon at school (4%, 5%), carried a weapon on school property (3%, 5%), stayed home from school out of fear for safety (5%, 5%). *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** Males were at least twice as likely as females to report all behaviors related to fighting and weapons, while females were more likely to report being bullied and 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 being bullied, physical fighting, and staying home from school out of fear were more common among younger respondents and highest among 9th graders. Reports of either carrying a weapon or being threatened/injured with one varied only slightly and inconsistently across ages/grades. See Appendix A for details.

Mental Health

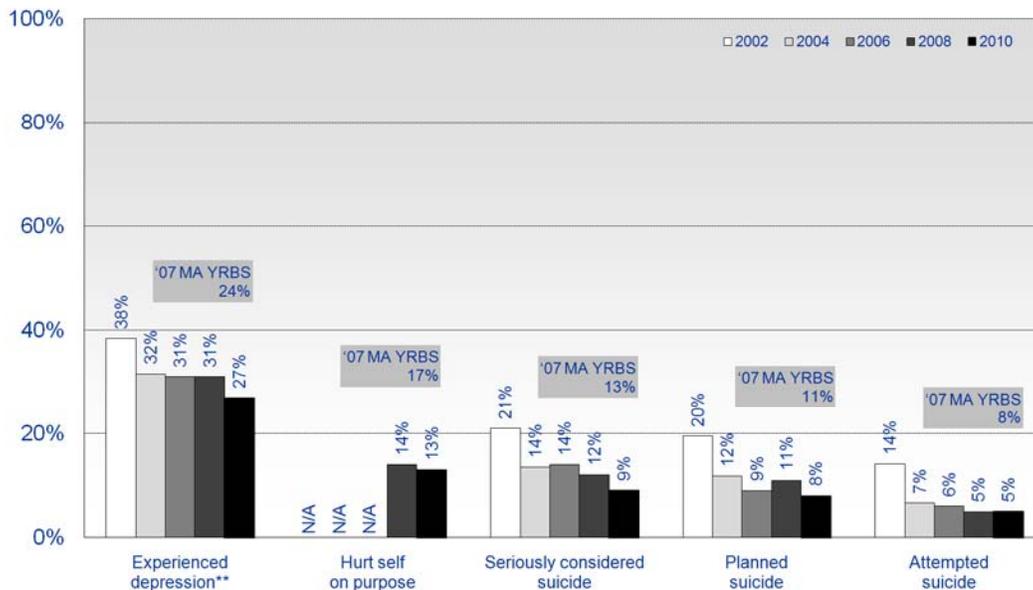
Percent of Somerville High School Students Who Worry About Issues “Fairly Often” or “Very Often” (2010)



SELECTED POINTS

- In 2010, Somerville high school students reported worrying most about school issues (61%), followed by appearance issues (34%), family issues (32%), social issues (31%), and gangs in the community (7%).
- **Trends:** Concern about these issues decreased between 2008 and 2010: school issues (64%, 61%), social issues (38%, 31%), appearance issues (41%, 34%), family issues (40%, 32%). The item on community gangs was added to the survey in 2010.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2010 were more likely than males to report frequent worrying about each of these issues, with the exception of community gangs: school issues (50% males, 71% females), social issues (25% males, 37% females), appearance issues (26% males, 42% females), family issues (24% males, 40% females), gangs in the community (8% males, 6% females).
- **Grade:** Frequent worrying varied with age/grade: school issues (59%, 54%, 66%, 65%), social issues (29%, 31%, 33%, 31%), appearance issues (36%, 31%, 36%, 35%), family issues (31%, 29%, 34%, 35%), gangs in the community (9%, 9%, 4%, 5%).

Self-Harm, Depression, and Suicidal Ideation and Behavior in the Past 12 Months Among Somerville High School Students ('02, '04, '06, '08, '10)*



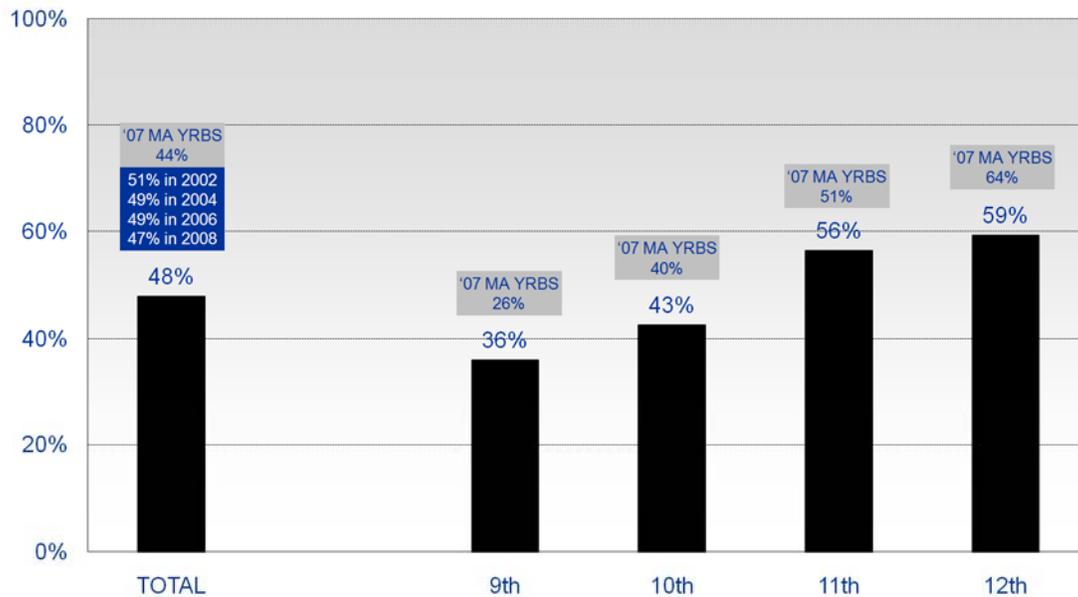
* Massachusetts data from the 2007 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2007).
 ** Depression is defined in the survey as feeling "so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities."

SELECTED POINTS

- Twenty-seven percent (27%) of 2010 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, 8% *planned* to commit suicide, and 5% *attempted* suicide.
- **Trends:** There was an overall decrease between 2008 and 2010 in rates of these mental health concerns among Somerville high school students, with rates at their lowest points since data have been collected: reported *depression* (31% to 27%), hurt self on purpose (14% to 13%), *seriously considered* suicide (12% to 9%), *planned* suicide (11% to 8%), *attempted* suicide (level at 5%).
- **Comparisons:** With the exception of reported depression, rates of mental health concerns were lower among 2010 Somerville high school students than 2007 Massachusetts high school students: reported *depression* (27% Somerville, 24% MA), hurt self on purpose (13% Somerville, 17% MA), *seriously considered* suicide (9% Somerville, 13% MA), *planned* suicide (8% Somerville, 11% MA), *attempted* suicide (5% Somerville, 8% MA). MA data from the 2007 MA Youth Risk Behavior Survey.
- **Gender:** Female Somerville high school students were far more likely than their male counterparts to have reported each of these issues in 2010: reported *depression* (19% males, 34% females), self-harm (9%, 17%), *seriously considered* suicide (6%, 12%), *planned* suicide (6%, 11%), *attempted* suicide (3%, 6%).
- **Grade:** There were no consistent differences by grade in reports of these mental health issues (see Appendix A).

Sexual Behavior

Percent of Somerville High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2010)*

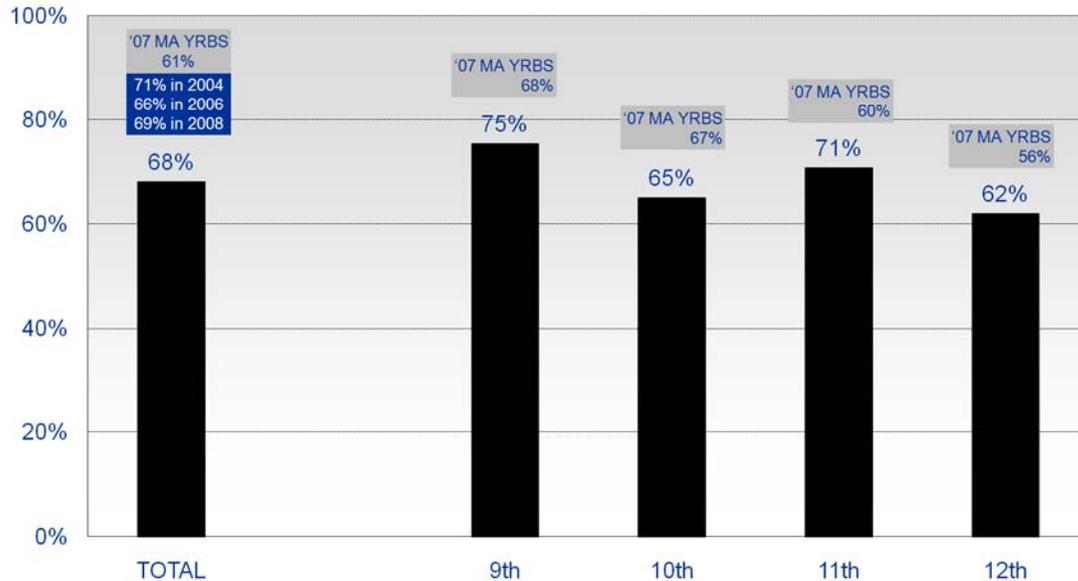


* Massachusetts data from the 2007 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2007).

SELECTED POINTS

- Forty-eight percent (48%) of all 2010 Somerville high school students reported ever having sexual intercourse: 36% of 9th graders, 43% of 10th graders, 56% of 11th graders, and 59% of 12th graders.
- **Trends:** Rates of lifetime sexual intercourse have remained largely consistent over time, with little change in 2010: 51% in 2002, 49% in 2004, 49% in 2006, 47% in 2008, 48% in 2010.
- **Comparisons:** The rate of lifetime sexual intercourse among 2010 Somerville high school students (48%) was slightly higher than the 2007 Massachusetts rate (44%). With the exception of 12th grade, rates observed in each grade were higher among Somerville high school students: 9th (36% Somerville vs. 26% MA), 10th (43% vs. 40%), 11th (56% vs. 51%), 12th (59% vs. 64%). MA data from the 2007 MA Youth Risk Behavior Survey.
- **Gender:** A larger percentage of 2010 Somerville high school males (51%) than females (45%) reported ever having sexual intercourse.
- **Grade:** The percentage of Somerville students who reported having sexual intercourse increased with age/grade (36% in 9th grade to 59% 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 (2010)*



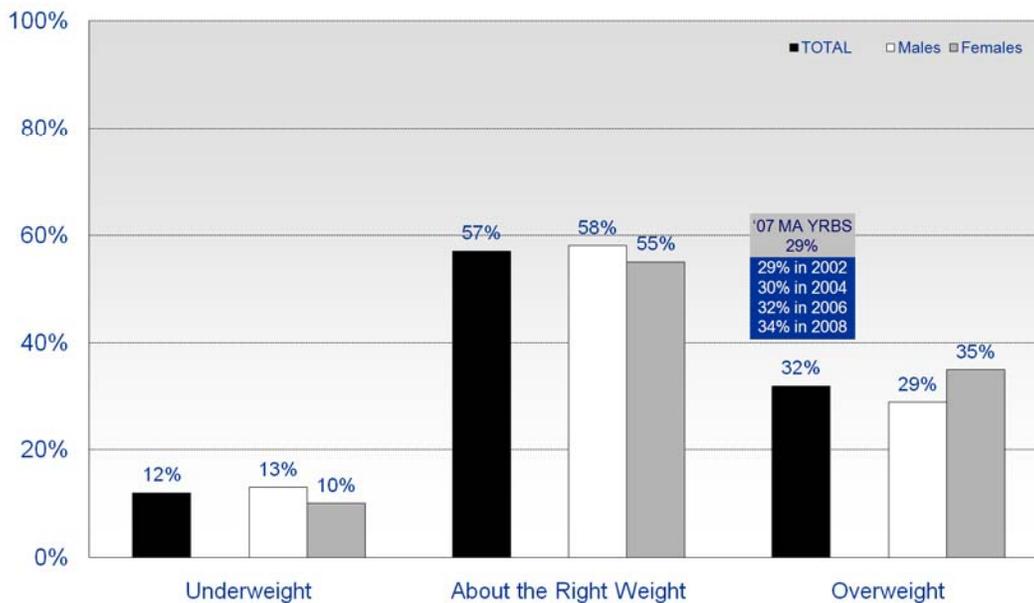
* Massachusetts data from the 2007 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2007).

SELECTED POINTS

- Of those 2010 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 2010 at 68%, compared to 71% in 2004, 66% in 2006, and 69% in 2008.
- **Comparisons:** A greater percentage of 2010 Somerville high school students (68%) than 2007 Massachusetts students (61%) reported using a condom at their last sexual intercourse, and this pattern held in each grade except 10th: 9th (75% Somerville vs. 68% MA), 10th (65% vs. 67%), 11th (71% vs. 60%), 12th (62% vs. 56%). *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** Male Somerville high school students (74%) were more likely than females (62%) 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 decreased with age/grade, falling from a high of 75% among 9th graders to a low of 62% among 12th graders.

Weight Perception and Control

Perception of Body Weight by Somerville High School Students, Total and by Gender (2010)*

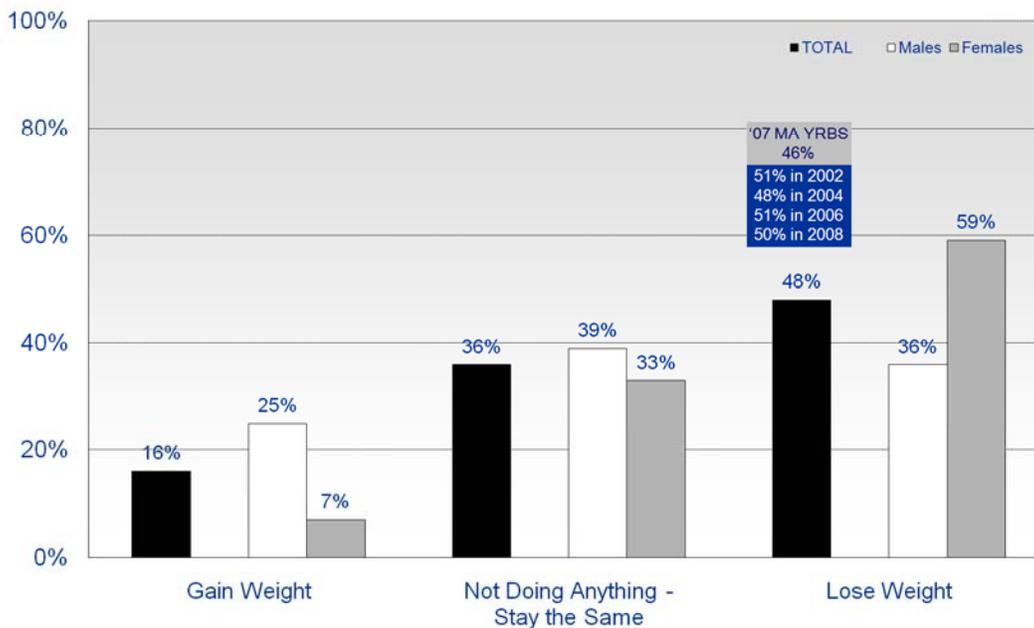


* Massachusetts data from the 2007 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2007).

SELECTED POINTS

- Twelve percent (12%) of 2010 Somerville high school students described themselves as *underweight*, 57% as *about the right weight*, and 32% as *overweight*.
- Ten percent (10%) of Somerville high school females described themselves as *underweight* compared to 13% of males, 55% as *about the right weight* compared to 58% of males, and 35% as *overweight* compared to 29% 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.
- **Comparisons:** Somerville 2010 high school students (32%) were more likely than 2007 Massachusetts (29%) high school students to describe themselves as *overweight*. MA data from the 2007 MA Youth Risk Behavior Survey.
- **Grade:** There were no consistent differences by age/grade in 2010 Somerville high school students' perception of whether they were *overweight* (9th grade – 32%, 10th grade – 28%, 11th grade – 31%, 12th grade – 35%).

Percent of Somerville High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2010)*



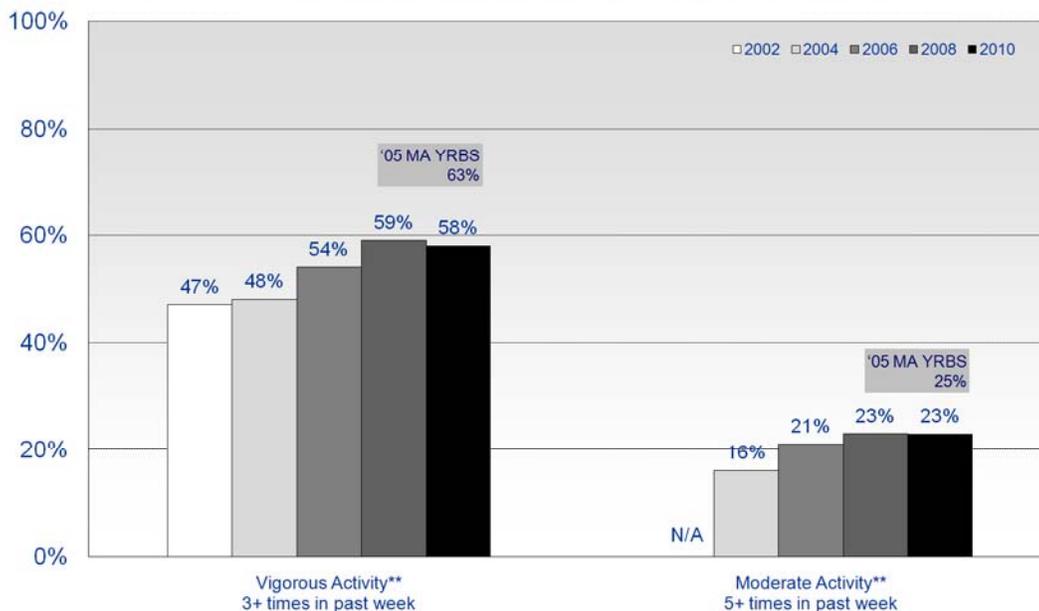
* Massachusetts data from the 2007 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2007).

SELECTED POINTS

- Sixteen percent (16%) of 2010 Somerville high school students reported that they were trying to *gain weight*, 36% 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* (25% males, 7% females) or *stay the same weight* (39%, 33%), while females were far more likely to report trying to *lose weight* (36% 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.
- **Comparisons:** A similar but slightly larger percentage of 2010 Somerville (48%) than 2007 Massachusetts (46%) high school students reported that they were trying to *lose weight*. *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Grade:** The percentage of 2010 Somerville high school students who reported that they were trying to *lose weight* varied with age/grade (9th grade – 49%, 10th grade – 42%, 11th grade – 48%, 12th grade – 53%).

Physical Activity

Percent of Somerville High School Students Who Reported Physical Activity in the Past 7 Days ('02, '04, '06, '08, '10)*

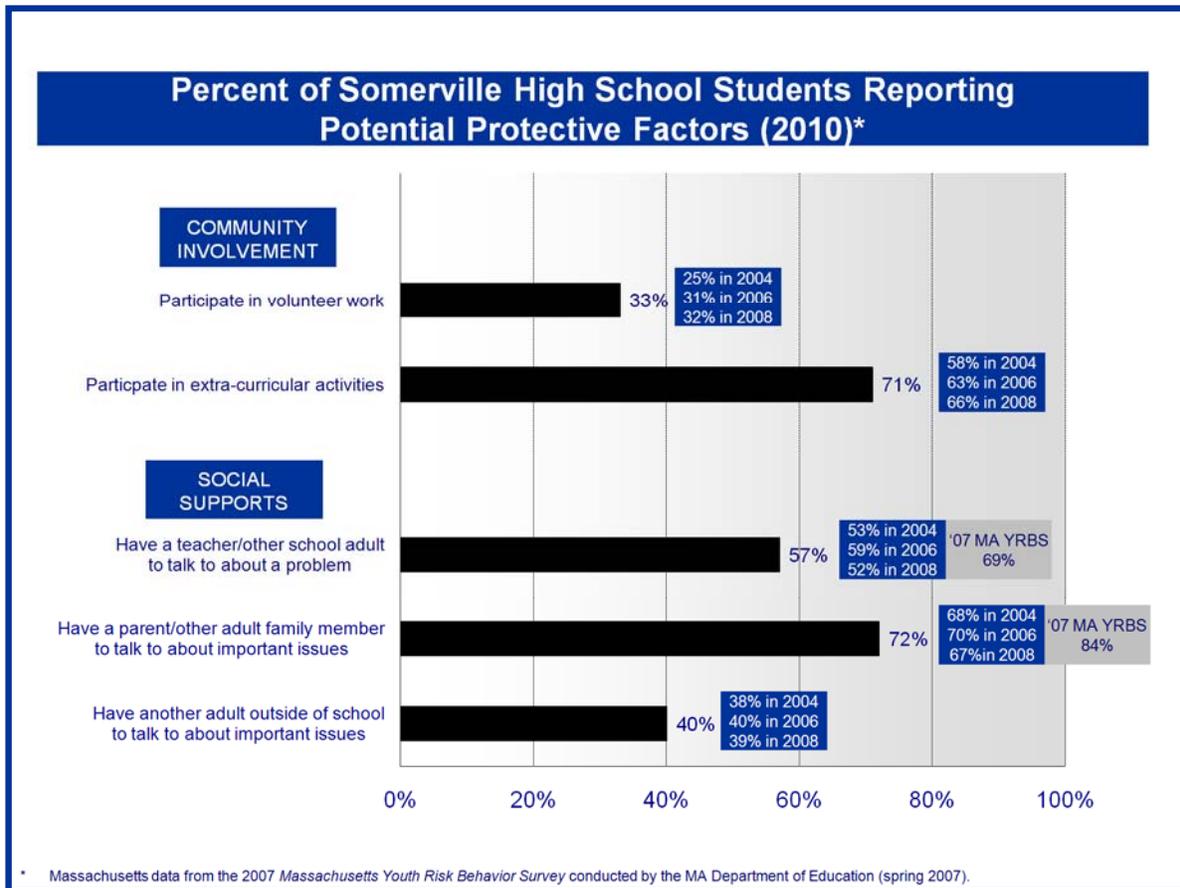


* Massachusetts data from the 2005 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2005). 2007 data are not available.
 ** Vigorous physical activity was defined as participating in physical activities that make you sweat or breathe hard for at least 20 minutes.
 Moderate physical activity was defined as participating in physical activities that do not make you sweat or breathe hard for at least 30 minutes.

SELECTED POINTS

- Fifty-eight percent (58%) of Somerville high school students reported participating in *vigorous* physical activity at least 3 times in the past 7 days and 23% reported engaging in *moderate* activity at least 5 times in the same period.
- 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. Moderate physical activity was defined as participating in physical activities that do not make you sweat or breathe hard for at least 30 minutes.
- **Trends:** After observing consistent increases in both *vigorous* and *moderate* activity over time between 2002 and 2008, rates remained level in 2010. Reports of regular *vigorous* activity increased from 47% in 2002, to 48% in 2004, 54% in 2006, 59% in 2008, and 58% in 2010. Reported *moderate* activity increased from 16% in 2004, to 21% in 2006, 23% in 2008, and 23% in 2010 (2002 data are not available).
- **Comparisons:** Rates of reported regular physical activity remain below 2005 state averages: *vigorous* activity three or more times (58% Somerville, 63% MA), *moderate* activity five or more times (23% Somerville, 25% MA). MA data from the 2005 MA Youth Risk Behavior Survey, the most recent available comparative data.
- **Gender:** Somerville males were more likely than females to report engaging in both *vigorous* activity (66% males, 51% females) and *moderate* activity (27% males, 20% females).
- **Grade:** The percentage of Somerville high school students who reported engaging in regular *vigorous* and *moderate* physical activity was higher among 9th and 10th graders than 11th and 12th graders: *vigorous* (61%, 61%, 54%, 55%), *moderate* (24%, 25%, 22%, 21%).

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 2008 and 2010, continuing an upward trend since 2004: volunteer work (25%, 31%, 32%, 33%), extra-curricular activities (58%, 63%, 66%, 71%). Rates of reported access to adult social supports increased between 2008 and 2010 – school adult confidant (52% to 57%), family adult confidant (67% to 72%), non-family/school adult confidant (39% to 40%) – reversing decreases previously observed between 2006 and 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 (57% Somerville, 69% MA), a parent or other adult family member (72% Somerville, 84% MA). *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** Females were slightly but consistently more likely than males to report each of these positive factors: participating in extracurricular activities (70% males, 72% females), volunteering (32%, 34%), having a school adult confidant (56%, 57%), having a family adult confidant (70%, 73%), and having a non-family/school adult confidant (38%, 42%).
- **Grade:** The percentage of Somerville high school students who reported each of these factors tended to increase with age/grade: extra-curricular activities (66%, 70%, 75%, 74%), volunteer work (19%, 28%, 39%, 50%), teacher/other school adult confidant (40%, 51%, 66%, 74%), parent or other family adult confidant (67%, 75%, 70%, 76%), another adult confidant outside of school (36%, 39%, 42%, 44%).

Appendix A:

Selected Data Tables

2009-2010 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Alcohol and Other Drug Use - High School (N=1,053)

	SOMERVILLE					Massachusetts YRBS				GENDER		GRADE			
	2002 (1466)	2004 (1382)	2006 (1003)	2008 (1125)	2010 (1053)	2001 (4204)	2003 (3624)	2005 (3522)	2007 (3131)	Females (532)	Males (513)	9th (269)	10th (287)	11th (262)	12th (222)
LIFETIME (any use in lifetime)															
Alcohol	64.6%	65.5%	62.9%	63.7%	60.8%	81%	75%	76%	73%	62.0%	59.6%	51.0%	57.8%	65.4%	71.4%
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
Cigarettes	N/A	47.6%	41.5%	40.3%	39.5%	62%	53%	51%	46%	40.7%	38.1%	33.7%	35.2%	42.0%	47.7%
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
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
Marijuana	N/A	36.9%	33.5%	35.2%	34.3%	50%	47%	45%	41%	33.1%	35.7%	24.4%	30.0%	39.3%	44.8%
Inhalants	13.9%	8.3%	8.7%	8.4%	7.4%	12%	N/A	N/A	N/A	8.3%	6.9%	7.8%	7.7%	7.7%	6.8%
Cocaine	N/A	6.5%	4.5%	5.5%	3.1%	8%	8%	8%	9%	2.4%	3.9%	3.0%	1.0%	4.6%	4.1%
Heroin	N/A	1.7%	1.3%	1.3%	0.5%	3%	3%	2%	N/A	0.2%	0.8%	0.4%	0.0%	1.1%	0.5%
Methamphetamines	N/A	3.1%	1.6%	1.5%	1.2%	7%	6%	4%	4%	1.1%	1.4%	1.1%	0.0%	2.3%	1.4%
Steroids (no prescription)	5.2%	2.3%	1.8%	1.5%	0.9%	5%	5%	4%	4%	0.8%	1.2%	0.7%	0.7%	1.2%	1.4%
Ecstasy	N/A	8.8%	5.4%	7.7%	4.9%	13%	9%	7%	7%	4.5%	5.3%	1.5%	3.5%	7.6%	7.7%
Oxycontin (no prescription)	N/A	6.2%	2.9%	3.2%	2.7%	N/A	N/A	N/A	N/A	2.1%	3.1%	1.9%	1.4%	3.5%	4.1%
Other Illegal Drugs ²	N/A	6.7%	4.9%	4.1%	4.1%	N/A	N/A	N/A	N/A	2.4%	5.7%	3.4%	2.4%	6.9%	4.1%
CURRENT (any use in past 30 days)															
Alcohol	42.9%	43.3%	37.4%	36.7%	33.0%	53%	46%	48%	46%	37.3%	28.7%	23.0%	28.0%	39.5%	42.9%
Binge alcohol use ¹	26.3%	25.5%	20.8%	20.9%	18.6%	33%	27%	27%	28%	20.6%	16.8%	13.9%	12.4%	22.4%	26.7%
Cigarettes	20.5%	16.8%	14.2%	15.4%	13.2%	26%	21%	21%	18%	14.6%	11.6%	10.2%	12.5%	14.2%	15.8%
Cigars, cigarillos, little cigars	N/A	7.6%	7.5%	8.7%	10.1%	13%	12%	14%	15%	10.9%	9.1%	7.6%	9.5%	11.7%	10.8%
Smokeless Tobacco	4.4%	0.7%	1.5%	2.3%	2.0%	4%	4%	4%	7%	0.4%	3.7%	1.9%	2.1%	2.7%	0.9%
Marijuana	27.9%	18.9%	19.0%	20.8%	19.4%	31%	28%	26%	25%	18.8%	20.1%	14.9%	15.7%	23.7%	23.0%
Inhalants	N/A	2.9%	3.4%	2.4%	2.6%	N/A	N/A	N/A	N/A	2.3%	2.7%	3.0%	2.4%	2.7%	1.8%
Cocaine	N/A	2.8%	2.6%	2.1%	1.6%	N/A	N/A	N/A	N/A	1.5%	1.8%	0.7%	0.3%	3.1%	2.7%
Heroin	N/A	1.0%	0.5%	0.5%	0.4%	N/A	N/A	N/A	N/A	0.2%	0.6%	0.4%	0.0%	0.8%	0.5%
Methamphetamines	N/A	1.9%	0.5%	0.7%	0.7%	N/A	N/A	N/A	N/A	0.6%	0.8%	0.0%	0.0%	1.9%	0.9%
Steroids (no prescription)	N/A	1.6%	1.3%	1.2%	0.5%	N/A	N/A	N/A	N/A	0.4%	0.6%	0.4%	0.3%	0.8%	0.5%
Ecstasy	N/A	3.6%	2.2%	3.0%	2.3%	N/A	N/A	N/A	N/A	2.6%	1.9%	0.7%	1.0%	3.4%	4.1%
Oxycontin (no prescription)	N/A	3.0%	1.9%	1.6%	1.5%	N/A	N/A	N/A	N/A	1.5%	1.6%	1.5%	1.4%	0.8%	2.7%
Other Illegal Drugs ²	N/A	2.7%	2.8%	2.1%	1.8%	N/A	N/A	N/A	N/A	0.9%	2.7%	2.2%	0.7%	1.9%	2.3%

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."

2009-2010 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Violence and Safety - High School (N=1,053)

	SOMERVILLE					Massachusetts YRBS				GENDER		GRADE			
	2002 (1466)	2004 (1382)	2006 (1003)	2008 (1125)	2010 (1053)	2001 (4204)	2003 (3624)	2005 (3522)	2007 (3131)	Females (532)	Males (513)	9th (269)	10th (287)	11th (262)	12th (222)
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%	N/A	N/A	N/A	N/A	14.6%	12.3%	15.8%	13.3%	11.7%	12.0%
Received verbal or emotional abuse from someone in your family (12 months)	15.3%	21.6%	21.3%	24.6%	20.3%	N/A	N/A	N/A	N/A	28.0%	12.5%	18.3%	18.3%	21.8%	22.8%
Mistreated by someone who thought you were not masculine or feminine enough (12 months)	4.6%	8.0%	8.2%	10.3%	6.3%	N/A	N/A	N/A	N/A	6.0%	6.8%	5.2%	5.8%	7.8%	6.5%
Sexually harassed in school (12 months)	4.5%	12.4%	9.4%	10.2%	7.8%	N/A	N/A	N/A	N/A	10.0%	5.5%	8.3%	4.0%	9.7%	9.2%
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%	N/A	N/A	N/A	N/A	6.2%	1.6%	3.6%	1.8%	5.1%	6.0%
Were a member of a gang (12 months)	N/A	6.0%	5.9%	3.5%	3.3%	8%	10%	10%	9%	0.8%	5.7%	2.8%	2.5%	3.9%	3.7%
BULLYING, FIGHTING, & THREATENING IN THE PAST 12 MONTHS															
Bullied at school (12 months)	N/A	19.9%	17.8%	23.7%	18.4%	N/A	23%	24%	22%	20.9%	16.0%	21.6%	20.6%	14.9%	15.4%
Bullied when NOT at school (12 months)	N/A	15.4%	13.7%	17.2%	12.9%	N/A	N/A	N/A	N/A	14.6%	11.3%	15.6%	14.4%	8.8%	11.8%
In a physical fight on school property (12 months)	N/A	15.0%	12.8%	10.6%	9.2%	12%	10%	10%	9%	5.7%	12.8%	11.0%	7.4%	6.5%	11.8%
In a physical fight when NOT on school property (12 months)	N/A	24.0%	23.1%	23.0%	17.4%	N/A	N/A	N/A	N/A	11.5%	23.7%	19.3%	15.8%	16.8%	16.8%
Threatened or injured with a weapon on school property (12 months)	5.8%	6.3%	5.2%	5.1%	3.7%	8%	6%	5%	5%	2.3%	5.3%	3.4%	2.5%	5.0%	4.1%
Threatened or injured with a weapon when NOT on school property (12 months)	N/A	10.5%	11.3%	11.1%	8.0%	N/A	N/A	N/A	N/A	5.1%	11.2%	7.5%	7.0%	8.4%	9.0%
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%	6%	5%	6%	5%	1.7%	5.3%	3.4%	2.1%	3.4%	4.5%
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%	N/A	N/A	N/A	N/A	3.4%	12.0%	8.2%	5.6%	8.4%	8.6%
Stayed home from school because of fear for safety (30 days)	7.2%	6.6%	5.5%	7.8%	4.9%	8%	5%	4%	5%	4.9%	4.7%	5.6%	5.6%	1.9%	5.9%

2009-2010 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Mental Health - High School (N=1,053)

	SOMERVILLE					Massachusetts YRBS				GENDER		GRADE			
	2002 (1466)	2004 (1382)	2006 (1003)	2008 (1125)	2010 (1053)	2001 (4204)	2003 (3624)	2005 (3522)	2007 (3131)	Females (532)	Males (513)	9th (269)	10th (287)	11th (262)	12th (222)
PERSONAL EXPERIENCES IN PAST 12 MONTHS															
Divorce or separation in family	6.5%	6.9%	8.2%	8.5%	8.3%	N/A	N/A	N/A	N/A	10.3%	6.1%	10.0%	9.4%	6.2%	6.9%
Family moved	9.8%	13.3%	14.7%	13.6%	12.7%	N/A	N/A	N/A	N/A	14.4%	11.0%	15.1%	10.8%	12.8%	12.0%
Family member or close friend died	28.7%	41.7%	38.4%	32.2%	36.9%	N/A	N/A	N/A	N/A	38.9%	35.1%	34.6%	34.4%	38.1%	40.6%
Ran away from home	5.2%	4.9%	6.2%	6.5%	5.5%	N/A	N/A	N/A	N/A	7.5%	3.4%	6.6%	4.7%	5.8%	4.6%
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%	N/A	N/A	N/A	N/A	71.1%	50.3%	59.4%	53.5%	66.2%	65.5%
Social issues (friendships, dating, teasing, etc.)	N/A	N/A	N/A	38.0%	31.0%	N/A	N/A	N/A	N/A	37.1%	24.8%	28.9%	31.0%	32.8%	30.8%
Appearance issues (your weight, how you look, etc.)	N/A	N/A	N/A	41.5%	34.2%	N/A	N/A	N/A	N/A	42.4%	25.9%	35.9%	31.2%	35.8%	34.8%
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%	N/A	N/A	N/A	N/A	40.0%	24.2%	31.0%	29.1%	34.0%	35.3%
Gangs in the community	N/A	N/A	N/A	N/A	6.9%	N/A	N/A	N/A	N/A	5.7%	8.2%	9.3%	8.5%	3.9%	5.0%
COPING AND CONTROL - Percent of students who report experiencing issues "fairly often" or "very often" in past month															
Found that you could not cope with all of the things that you had to do	N/A	N/A	N/A	24.7%	18.4%	N/A	N/A	N/A	N/A	22.7%	13.9%	15.0%	17.6%	20.9%	21.3%
Angered because of things that were outside of your control	N/A	N/A	N/A	31.9%	26.8%	N/A	N/A	N/A	N/A	31.3%	22.3%	25.1%	24.6%	29.2%	27.5%
SELF-HARM, DEPRESSION, AND SUICIDE															
Hurt/injured self on purpose (12 months)	N/A	N/A	N/A	13.5%	12.9%	N/A	18%	19%	17%	16.6%	8.9%	13.2%	8.4%	14.9%	15.5%
Depressed ¹ (12 months)	38.4%	31.6%	30.7%	31.0%	26.9%	29%	28%	27%	24%	34.5%	19.3%	28.4%	24.6%	27.3%	26.7%
Seriously considered suicide (12 months)	21.0%	13.5%	13.6%	11.5%	9.1%	20%	16%	13%	13%	12.3%	5.8%	10.3%	7.7%	10.1%	7.7%
Made plan to commit suicide (12 months)	19.5%	11.8%	9.0%	10.6%	8.3%	15%	13%	12%	11%	10.8%	5.6%	7.2%	6.7%	10.0%	8.6%
Attempted suicide (12 months)	14.1%	6.6%	5.8%	5.3%	4.7%	10%	8%	6%	8%	6.1%	3.4%	5.0%	4.2%	5.0%	4.5%
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%	76%	N/A	81%	84%	70.0%	73.3%	67.4%	74.8%	69.5%	75.9%
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%	65%	N/A	67%	69%	57.4%	56.3%	40.3%	50.7%	65.6%	73.8%
Have another adult outside of school to talk to about important issues	N/A	38.3%	39.6%	39.1%	40.3%	50%	N/A	48%	N/A	42.4%	38.3%	36.4%	39.0%	41.8%	43.6%

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."

2009-2010 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Health - High School (N=1,053)

	SOMERVILLE					Massachusetts YRBS				GENDER		GRADE			
	2002 (1466)	2004 (1382)	2006 (1003)	2008 (1125)	2010 (1053)	2001 (4204)	2003 (3624)	2005 (3522)	2007 (3131)	Females (532)	Males (513)	9th (269)	10th (287)	11th (262)	12th (222)
SEXUAL BEHAVIOR															
Ever had sexual intercourse	50.8%	49.8%	49.1%	47.3%	48.0%	44%	41%	45%	44%	45.4%	50.7%	36.0%	42.5%	56.4%	59.3%
Condom use at last intercourse ¹	N/A	71.4%	66.2%	68.5%	67.8%	58%	57%	65%	61%	61.6%	74.1%	75.3%	65.0%	70.6%	61.9%
Alcohol/drugs at last intercourse ¹	N/A	17.1%	16.4%	16.7%	14.3%	23%	N/A	23%	25%	12.1%	16.0%	10.9%	11.7%	12.9%	19.7%
Ever been/gotten someone pregnant	8.1%	5.2%	4.4%	5.7%	4.5%	5%	4%	5%	5%	4.2%	4.6%	5.3%	1.4%	3.9%	8.2%
Ever sexual contact against will	N/A	8.0%	8.1%	8.3%	8.2%	10%	10%	10%	N/A	12.5%	3.6%	9.1%	4.9%	9.8%	8.7%
Ever had an STD	2.8%	1.6%	1.1%	1.6%	2.1%	3%	6%	5%	3%	2.7%	1.6%	0.4%	1.4%	3.9%	2.8%
Ever taught about AIDS/HIV in school	89.2%	87.7%	87.3%	87.0%	86.7%	94%	92%	93%	89%	88.2%	85.1%	84.2%	87.0%	86.1%	91.7%
Ever talked with parents or other family adults about AIDS/HIV infection	51.3%	48.5%	53.3%	48.8%	47.8%	N/A	N/A	N/A	N/A	48.4%	47.2%	51.7%	49.1%	45.0%	47.0%
WEIGHT															
Describe self as slightly/very overweight	28.5%	30.4%	32.1%	34.5%	31.6%	33%	31%	31%	29%	34.5%	28.5%	31.7%	28.3%	31.3%	34.6%
Trying to lose weight	50.7%	47.8%	50.8%	50.2%	47.8%	47%	46%	47%	46%	59.5%	35.5%	49.4%	42.3%	47.9%	52.8%
WEIGHT LOSS OR MAINTENANCE ACTIVITIES IN PAST 30 DAYS															
Exercised	41.1%	67.0%	69.1%	75.0%	77.2%	32%	N/A	N/A	N/A	77.5%	77.3%	85.0%	75.7%	74.1%	74.2%
Ate less food, fewer calories, or foods low in fat	34.7%	44.2%	44.5%	47.4%	43.6%	9%	N/A	N/A	N/A	52.8%	33.4%	42.1%	39.0%	46.1%	47.5%
Fasted for 24 hours or more	9.8%	11.9%	13.1%	11.6%	8.7%	14%	12%	11%	11%	11.3%	5.7%	11.2%	6.4%	10.7%	6.9%
Took diet pills/powders/liquids without a doctor's advice	6.3%	6.5%	6.7%	5.5%	2.8%	8%	7%	5%	6%	2.5%	3.0%	2.7%	2.5%	4.0%	2.3%
Vomited/took laxatives	3.4%	5.0%	4.2%	4.3%	3.5%	6%	6%	6%	5%	6.0%	0.8%	2.3%	2.8%	5.1%	4.1%
Tried a fad/trend diet	1.6%	8.0%	8.0%	6.8%	3.3%	N/A	N/A	N/A	N/A	4.8%	1.6%	3.1%	2.5%	4.8%	2.8%
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%	63%	61%	63%	N/A	50.6%	66.1%	60.8%	60.9%	54.4%	54.9%
Participated in regular moderate physical activity (5 or more times in week)	N/A	16.1%	21.4%	23.0%	23.4%	25%	24%	25%	N/A	19.9%	27.3%	23.9%	24.8%	22.0%	21.4%

¹ Of those who had sexual intercourse.