

2012

Masconomet Middle School

Youth Risk Behavior Survey Results



TABLE OF CONTENTS

Methods	3
Sample	4
Survey Findings.....	5
Substance Use.....	6
Access to Cigarettes	10
Access to Alcohol.....	10
Protective Factors.....	11
Social Norms.....	14
Depression and Suicidal Behaviors.....	15
Personal Safety & Violence.....	15
Bullying.....	16
Sexual Health	18
Exercise and Nutrition.....	19
Releasing Data to the Public.....	23
Contact Information	23

Methods

Masconomet Middle School students completed a youth survey to assess a host of risk and protective factors. This report provides the detailed survey findings.

SURVEY

The 2012 Masconomet Youth Survey was adapted from the 2011 Massachusetts Youth Risk Behavior Survey (YRBS) by the Centers for Disease Control¹. Questions in the survey measured student demographics, substance use, protective factors, depression, personal safety, and sexual health. Social norms questions were added to assess misperceptions among Masconomet Middle School students on areas of substance use. These questions were adapted from the *Most of Us Teen Norms Survey*².

SAMPLE

The survey was administered on November 19, 2012. The final number and demographic profile of students surveyed are discussed in the sample section of this report.

DATA CLEANING AND VALIDITY

Surveys were sent directly from students to *The Outcomes Project* for analysis. Several steps were taken to ensure that the gathered data accurately reflects the behaviors of Masconomet Middle School students, a process known as “data cleaning.”

First, the survey forms were analyzed visually for “doodling” which are designs made on the bubble answer sheet. Two students were removed for this reason. Finally, the data was analyzed for inconsistency and exaggeration. An example of exaggeration might be a student selecting the highest possible use rate for all substances on the survey. Two students were removed for these reasons. Surveys are removed for inconsistencies in cases where students gave inconsistent answers throughout the entire survey. No students were removed for inconsistencies; however, individual answers were removed due to inconsistencies.

Following the data cleaning procedure, the final sample size for the Masconomet Middle School Youth Risk Behavior Survey is 631 students.

COMPARISON DATA

Since the survey administered at Masconomet Middle School was based on an existing instrument, comparison data for many question items is publicly available. Comparisons are useful for providing context to survey results and can aid in identifying both strengths and priority areas.

Where available, comparison data is provided in this report. National comparison numbers are from the 2011 Youth Risk Behavior Survey data set issued by the Centers for Disease Control. State comparison numbers used are from the 2011 Massachusetts Youth Risk

¹ Center for Disease Control, www.cdc.gov

² Most of Us, www.mostofus.org

Behavior Survey data set reported by The Massachusetts Department of Elementary and Secondary Education and The Massachusetts Department of Public Health. This is the most current comparison data available.

Sample

Masconomet Middle School Survey Population

Total number of students enrolled at Masconomet Middle School	712 students
Number of students absent on day of survey	47 students
Surveys removed from final sample by evaluators through the data cleaning and validity process*	4 students
Students unaccounted for (survey not completed for unknown reason)	30 students
Final sample included in analysis for this report	631 students
Representation Rate (% of surveys included in analysis out of those available to take the survey)	95%

**Please see page 3 for explanation of validity check procedures.*

DEMOGRAPHIC PROFILE

Gender and Grade

	Number of Respondents	Percentage of Respondents
Total Valid Surveys	631	100%
Sex		
Male	313	50%
Female	315	50%
<i>Missing total</i>	3	0.5%
Grade		
7 th grade	289	46%
8 th grade	337	54%
<i>Missing total</i>	5	1%

Age and Race/Ethnicity

Age	Number	Percentage
12 years old	198	32%
13 years old	325	52%
14 years old	101	16%
15 years old	3	0.5%
<i>Missing total</i>	4	0.6%
Race/Ethnicity		
White	542	86%
Black or African American	14	2%
American Indian or Alaska Native	21	3%
Southeast Asian American	13	2%
Hispanic or Latino	20	3%
Asian American	15	2%
Native Hawaiian or Other Pacific Islander	0	0%
Other	69	11%

(The number of students in the first column may not always add up to the total amount in the sample of 631. Students were allowed to skip individual questions.)

Survey Findings

SUBSTANCE USE

Students were asked a range of questions related to their use of substances. Where applicable, comparisons are made to Massachusetts' (2011) averages.

Substance/Activity	Masconomet 2012	Masconomet 2010	MA (2011)
Alcohol			
Used within past 30 days	4%	3%	8%
Used within lifetime	11%	10%	20%
Age of onset	11.11 years	13.6 years	NA
First used before age 13	8%	6%	NA
High-risk drinking during past 30 days	2%	2%	3%
Rode with a driver who had been drinking alcohol in lifetime	15%	14%	NA
Cigarettes/Tobacco			
Used within past 30 days	2%	1%	3%
Used within lifetime	5%	5%	10%
Age of onset	10.43 years	12.9 years	NA
First used before age 13	3%	2%	NA
Ever smoked daily (at least 1 cigarette/day for 30 days)	2%	NA	NA
Chewing tobacco or dip during past 30 days	2%	NA	NA
Smoked flavored cigarettes, cigars, cigarillos or little cigars during the past 30 days	2%	NA	NA
Marijuana			
Used within past 30 days	2%	2%	4%
Used within lifetime	3%	5%	8%
Age of onset	10.79 years	13.6 years	NA
First used before age 13	2%	1%	NA
Prescription medications misuse			
Used within past 30 days	0.5%	NA	1%
Used within lifetime	4%	NA	4%

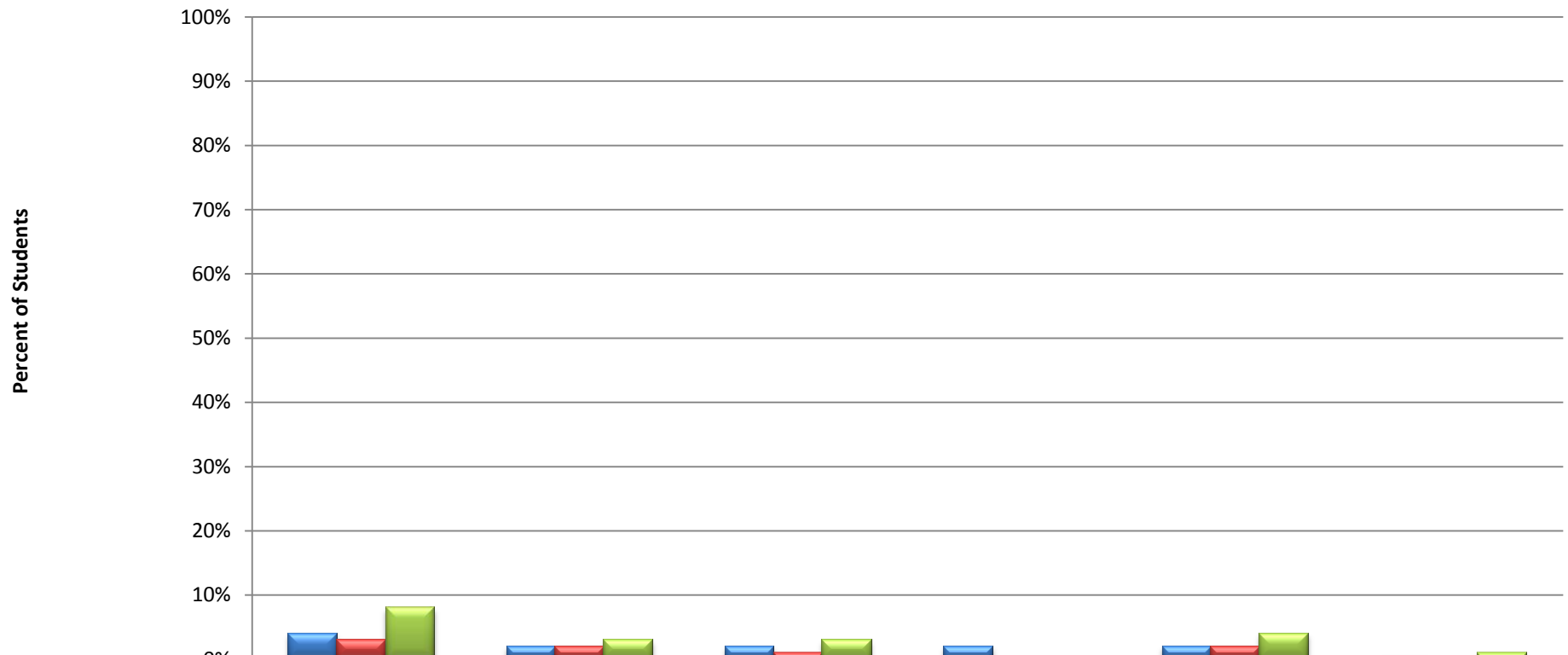
Substance/Activity	Masconomet 2012
Other Illicit Drug Use: Lifetime	
Non-prescription medicines (for something other than intended purpose)	1%
Inhalants	4%
Salvia, K2 or other synthetic marijuana or "legal bud"	2%

CIGARETTE USE PER DAY

Students were asked during the past 30 days, on the days they smoked, how many cigarettes they smoked per day.

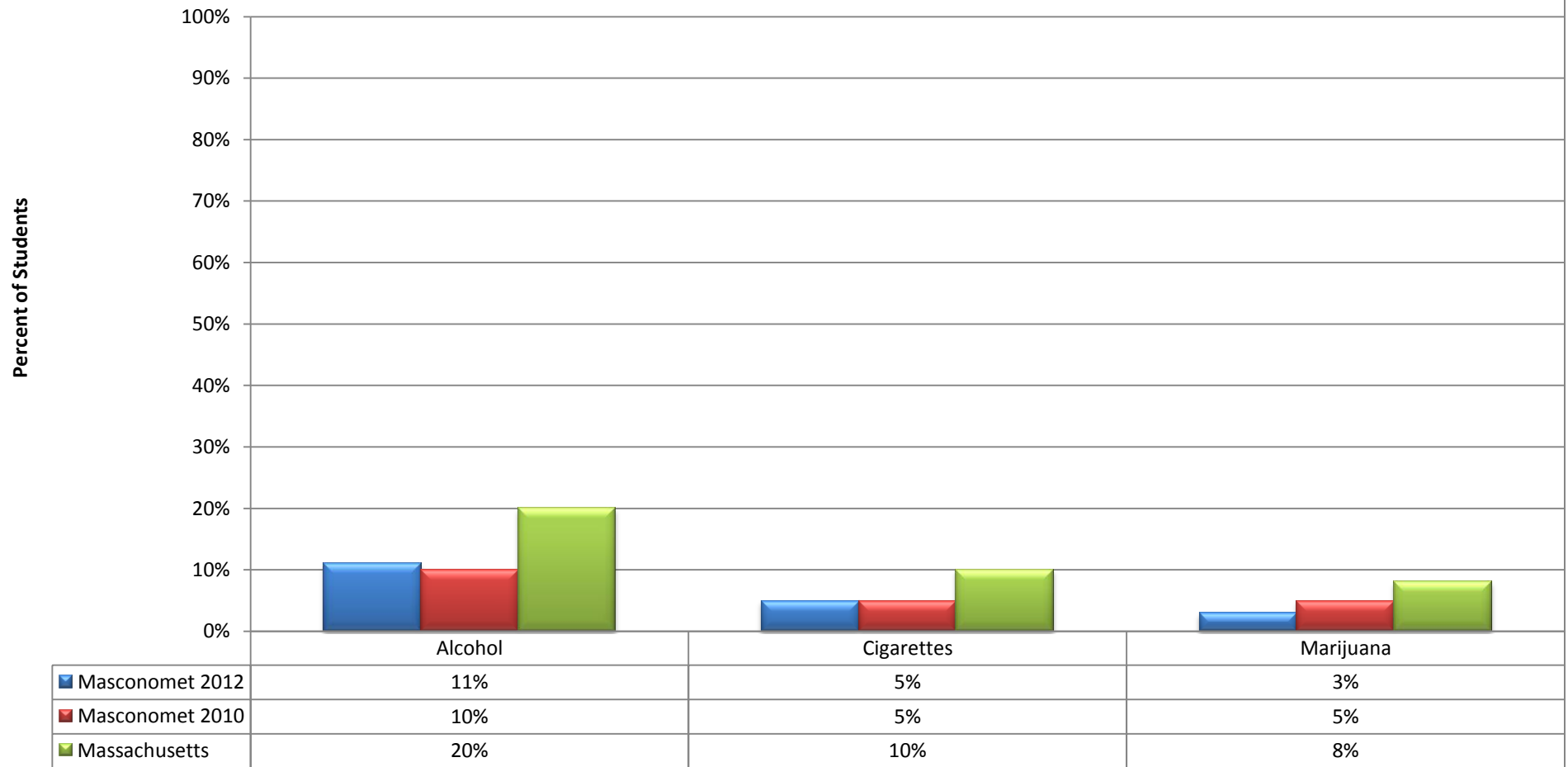
Response	Percentage
I did not smoke cigarettes during the past 30 days	98%
Less than 1 cigarette per day	1%
1 cigarette per day	0.3%
2 to 5 cigarettes per day	0.5%
More than 20 cigarettes per day	0.2%

**Chart 1. Masconomet Middle School Past 30 Days Substance Use (2012)
Compared to Massachusetts (2011)**



	Alcohol	High-risk drinking	Cigarettes	Chewing Tobacco	Marijuana	Rx Drugs
■ Masconomet 2012	4%	2%	2%	2%	2%	0.5%
■ Masconomet 2010	3%	2%	1%	NA	2%	NA
■ Massachusetts	8%	3%	3%	NA	4%	1%

**Chart 2. Masconomet Middle School Lifetime Substance Use (2012)
Compared to Massachusetts (2011)**



ACCESS TO CIGARETTES

Students were asked to report where they usually get their own cigarettes. The following table identifies access points of cigarettes for those students who indicated that they had smoked cigarettes within the past 30 days. Students were asked to select only one response for this question.

Access Point	Percentage of Students
I did not smoke cigarettes during the past 30 days	98%
I bought them in a store such as a convenience store, supermarket, discount store or gas station	1%
I borrowed (or bummed) them from someone else	0.2%
I took them from a store or family member	0.2%
I got them some other way	0.8%

ACCESS TO ALCOHOL

EASE OF ACCESS TO ALCOHOL

Students were asked if they wanted to, how difficult it would be to get beer, wine or liquor.

Access Point	Percentage of Students
Very easy	17%
Fairly easy	24%
Fairly difficult	8.5%
Very difficult	9%
Impossible	9%
Don't know	32%

WHERE STUDENTS OBTAIN ALCOHOL

Students were asked to report where they most frequently obtain alcohol. The following table identifies access points of alcohol for those students who indicated that they had drunk alcohol within the past 12 months. Students were asked to select all that apply.

Access Point	Percentage of Students
I don't drink or get alcohol	93.5%
I bought them from a supermarket or convenience store	0.6%
I bought it from a liquor store	0.3%
I bought it from bars, clubs or restaurants	0.3%
I got it at parties	2%
I got it at home	4%
I got it through my friends	2%
I had an adult buy it for me	1%

WHERE STUDENTS DRANK ALCOHOL

Students were asked to report where they have drunk alcohol in the past 12 months. The following table identifies access points of alcohol for those students who indicated that they had drunk alcohol within the past 12 months. Students were asked to select all that apply.

Access Point	Percentage of Students
I have not drunk alcohol in the past 12 months	91%
At a friend's house	3%
Weekend parties	1%
At family events	2%
At home	3%
At parks, in the woods, in a car or other outdoor places	0.6%
At school or school events-before, during or after school hours	0
Other places	1%

PROTECTIVE FACTORS

This section of the report will cover several areas related to protective factors associated with the prevention of substance use and other risky behaviors. These protective factors include feeling valued at school, having supportive adults, participation in organized activities, volunteer work and community service, physical activity, stress, perception of risk of harm of alcohol and drug use and perception of parental and peer disapproval of alcohol and drug use.

FEELING VALUED AT MASCONOMET MIDDLE SCHOOL

Students were asked to indicate their level of agreement with two statements. Percentages are reported in the table below.

Statement	"Strongly Agree"	"Agree"	"Neutral"	"Disagree"	"Strongly Disagree"	"Don't Know"
"I feel valued as a person at this school."	23%	52%	17%	2%	2%	5%
"I feel that faculty and staff care about me as a student."	24.5%	44%	23%	3%	2%	4%
"I feel valued as a person in the Tri-Town Community."	21%	44.5%	23%	3%	1%	6%
"I feel that adults in the Tri-Town community care about me as a young person."	22.5%	46%	19%	4%	1%	7%

SUPPORTIVE ADULTS

Students were asked how they agree with the following question.

Statement	Yes	No	Not sure
Is there at least one teacher or other adult in this school that you can talk to if you have a problem?	68%	9.5%	23%

Students were asked outside of school, if there is an adult (or adults) they can talk to about things that are important to them. The answer choices and corresponding results follow.

- Yes, parent or other adult family member: 57%
- Yes, non-family adult (such as religious leader, club advisor, neighbor, etc.): 3%
- Yes, both family and non-family adults: 32%
- No: 2%
- Not sure: 5%

PARTICIPATION IN ORGANIZED ACTIVITIES

Students were asked on how many days they took part in organized after school, evening or weekend activities during the past 7 days.

Response	Percentage
0 days	34%
1 day	18%
2 days	14%
3 days	10%
4 days	10%
5 days	6%
6 days	3%
7 days	4%

PARTICIPATION IN SPORTS TEAMS

Students were asked if they play on any sports teams.

- 81% reported 'yes'
- 19% reported 'no'

GRADES AT SCHOOL

Students were asked to describe their grades in school during the past 12 months.

Grades	Percentage
Mostly A's	52%
Mostly B's	38%
Mostly C's	6%
Mostly D's	0.6%
Mostly F's	0.2%
Not sure	3%

VOLUNTEER WORK AND COMMUNITY SERVICE

Students were asked how many hours they spent in an average month on volunteer work or community service or helping people outside of their home without getting paid. Students were told not to include community service required of them as a punishment.

Response	Percentage
0 hours	58%
1 to 4 hours	34%
5 to 9 hours	5%
10 or more hours	3%

PERCEPTION OF RISK OF HARM

This collection of questions asked students how much they believed people risked harming themselves by engaging in four risk behaviors.

Substance	'Moderate risk'	'Great risk'
Smoking one or two packs of cigarettes per day	23%	64%
Drinking five or more drinks of an alcoholic beverage once or twice a week	29%	55%
Taking one or two drinks of an alcoholic beverage nearly every day	36.5%	37%
Smoking marijuana once or twice a week	33%	47%
Using prescription drugs not prescribed to you	28%	58%

PERCEPTION OF PARENTAL DISAPPROVAL

A series of questions asked each student how wrong his/her parents feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana and use prescription drugs not prescribed to them.

Substance	'Wrong' Percentage	'Very wrong' Percentage
Smoking tobacco	9%	89%
Having one or two drinks of an alcoholic beverage nearly every day	11%	86%
Smoking marijuana	5.5%	93%
Using prescription drugs not prescribed to them	11%	87%

PERCEPTION OF PEER DISAPPROVAL

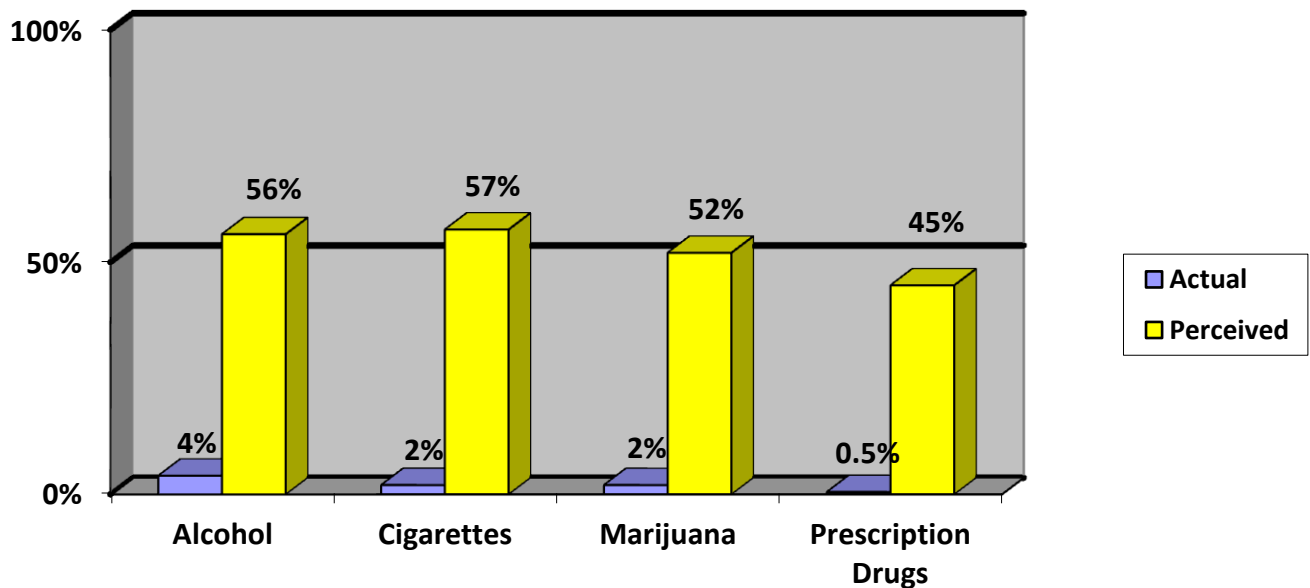
A series of questions asked each student how wrong his/her friends feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana and use prescription drugs not prescribed to them.

Substance	'Wrong' Percentage	'Very wrong' Percentage
Smoking tobacco	24%	70%
Having one or two drinks of an alcoholic beverage nearly every day	23%	68%
Smoking marijuana	19%	74%
Using prescription drugs not prescribed to you	22%	68%

SOCIAL NORMS

Questions were asked about perceptions of typical Masconomet Middle School students' use of substances within the past 30 days. The Social Norms Theory states that generally students (and individuals) overestimate their peers' risky behaviors. Students underestimate non-use/minimal use (1 or 2 occasions) and overestimate heavy/frequent use, creating a misperception. A misperception rate of 50% or more indicates a misperception if the actual usage rate is less than 50%.

The table below illustrates the 30-day use rate (actual) compared with the perception of use by peers. Masconomet Middle School students misperceive that the majority of their peers have used alcohol, marijuana, cigarettes and prescription drugs more than they actually do. This misperception can be considered a risk factor, based on the Social Norms Theory, as students may feel pressure to engage in that risky behavior because they believe that most (>50%) of their peers participate in that behavior.



PERCEPTION OF PERCENTAGE OF STUDENTS ENGAGING IN BEHAVIORS

Students were asked what percentage of students their age they believe have used alcohol and marijuana in the past 30 days.

Substance	25% or less	26-49%	50-74%	75-100%
Use alcohol	77%	18%	4%	2%
Use marijuana	75%	16%	5%	5%

SUICIDAL BEHAVIORS

Students were asked a series of questions that addressed suicide. Questions measured thoughts of suicide, suicide attempt and self-injury. Measures are reported in the following table.

Measure	Masconomet 2012	Masconomet 2010	MA (2011)
Seriously thought about killing oneself in lifetime	7%	6%	7%
Made a plan about how to kill oneself in lifetime	6%	3%	NA
Ever tried to kill oneself	2%	2%	4%*
Had purposely hurt or injured themselves without wanting to die (such as cutting, burning or bruising oneself on purpose) during the past 12 months	12%	NA	13%

*during the past 12 months

PERSONAL SAFETY & VIOLENCE

Results for violence-related questions for students who answered 'yes' or 'one time or more' for the given question.

Number of Students that Report Being Involved in Violence-Related Behaviors

Activity	Masconomet 2012	Masconomet 2010
Carried a weapon such as a gun, knife or club in lifetime	22%	18%
Been in a physical fight within lifetime	32%	33%
Been injured in a physical fight and had to be treated by a doctor or nurse within lifetime	4%	3%
Did not go to school because they felt it would be unsafe at school or on their way to or from school during the past 30 days	6%	NA

HELMET USE

Students were asked how often they wear a helmet when they rollerblade, skateboard or ride a bicycle.

Frequency	Percentage of Students
I do not rollerblade, skateboard or ride a bicycle	9%
Never	7%
Rarely	10%
Sometimes	16%
Most of the time	30%
Always	28%

❖ 33% of Masconomet Middle School students reported always wearing a helmet in 2010.

BULLYING

FREQUENCY OF BULLYING

Students were asked how often they have been bullied in the past couple of months at school, on their cell phone or internet with mean or hurtful messages, calls, or pictures.

Frequency	Bullied at school	Bullied on cell phone	Bullied over the internet
I have not been bullied in the past couple of months	75%	91%	91%
It happened once or twice	19%	7%	7.5%
2 or 3 times	3%	1%	0.6%
About once a week	2%	0.3%	0.5%
Several times a week	2%	0.3%	0.2%

WAYS STUDENTS HAVE BEEN BULLIED

Students were asked in what ways they have been bullied at school in the past couple of months. Students were allowed to select more than one response.

Response	Percentage of Students
I have not been bullied at school in the past couple of months	75%
I was called mean names, was made fun of, or was teased in a hurtful way	14%
I was excluded from a group of friends or completely ignored	8%
I was hit, kicked, shoved around or locked indoors	2%
Other students told lies or spread false rumors about me and tried to make others dislike me	6%
I had money or other things taken away from me or had my belongings damaged	1%
I was threatened or forced to do things I did not want to	1%
I was bullied in other ways	3.5%

WAYS STUDENTS BULLY OTHERS

Students were asked in what ways they have bullied another student(s) at school in the past couple of months. Students were allowed to select more than one response.

Response	Percentage of Students
I have not bullied another student(s) at school in the past couple of months	93%
I called another student(s) mean names, made fun, or teased in a hurtful way	3%
I kept him or her out of things on purpose, excluded him or her from a group of friends or completely ignored him or her	2%
I hit, kicked, shoved him or her around or locked him or her indoors	0.2%
I spread false rumors about him or her and tried to make others dislike him or her	0
I took money or other things away from him or her, or damaged his or her belongings	0
I threatened or forced him or her to do things he or she did not want to	0
I bullied another student(s) in other ways	0.3%

FREQUENCY OF BULLYING OTHER STUDENTS

Students were asked how often they have bullied another student(s) over the internet or on a cell phone with mean or hurtful messages, calls or pictures, or in other ways in the past couple of months.

Frequency	Percentage of Students
I have not bullied another student(s) over the internet or on a cell phone in the past couple of months	95%
Once or twice	4%
2 or 3 times	0.3%
About once a week	0.3%
Several times a week	0.5%

REACTION TO WITNESSING BULLYING

Students were asked how they usually react if they see or learn that a student their age is being bullied.

Response	Percentage of Students
I have never noticed that students my age have been bullied	30%
I take part in the bullying	1%
I do not do anything, but I think the bullying is okay	0.5%
I just watch what goes on	5%
I do not do anything, but I think I ought to help the bullied student	20%
I try to help the bullied student in one way or another	30.5%
I tell a teacher or another adult about the bullying	8.5%
I tell my parents or an adult family member about the bullying	5%

FREQUENCY OF TEACHER INTERVENTION TO BULLYING

Students were asked how often the teachers or other adults try to put a stop to it when a student is being bullied at school.

Frequency	Percentage
Almost never	10%
Once in a while	17%
Sometimes	19%
Often	24%
Almost always	30%

SEXUAL HEALTH

Masconomet Middle School students were asked questions about age of first sexual intercourse, number of sexual partners and condom usage.

SEXUAL INTERCOURSE

- 4% of Masconomet Middle School students reported having sexual intercourse in their lifetime.
 - ❖ In 2010, 6% of Masconomet Middle School students reported having sexual intercourse in their lifetime.

AGE AT FIRST SEXUAL INTERCOURSE

Of the students that have reported having sexual intercourse, the average age when they first had sex was 10.93 years.

Age	Percentage
Have never had sexual intercourse	96%
8 years old or younger	1%
9 years old	0.3%
10 years old	0
11 years old	0.3%
12 years old	1%
13 years old	1%
14 years old or older	0.3%

NUMBER OF SEXUAL PARTNERS IN LIFETIME

Students were asked how many people they have had sexual intercourse within their lifetime.

Number of Partners	Percentage
I have never had sexual intercourse	97%
1 person	2%
2 people	0.3%
3 people	0.2%
4 or more people	1%

CONDOM USAGE

Students were asked to report whether they had used a condom *the last time* they had sexual intercourse. Of the students that have had sexual intercourse, 50% of students reported they used a condom or their partner used a condom *the last time* they had sexual intercourse.

- ❖ In 2010, 30% of Masconomet Middle School students who reported ever having sexual intercourse used a condom the last time they had sexual intercourse.

EXERCISE AND NUTRITION

Masconomet Middle School students were asked questions about frequency of physical activity, use of technology and dietary habits.

PHYSICAL ACTIVITY

Students were asked to identify the number of days, within the past week; they were physically active for at least 20 minutes per day. They were told to add all the time they spent in any kind of physical activity that increased their heart rate and made them breathe hard some of the time.

Response	Percentage
0 days	5%
1 day	6%
2 days	9%
3 days	14%
4 days	17%
5 days	17%
6 days	12%
7 days	20%

- ❖ 37% of Massachusetts' middle school students reported that they were physically active for a total of at least 60 minutes per day on five or more of the past seven days.
- ❖ In 2010, 96% of Masconomet Middle School students reported engaging in physical activity one or more days in the past seven days.

WEIGHT DESCRIPTION

Students were asked how they would describe their weight.

Response	Percentage
Very underweight	2%
Slightly underweight	14%
About the right weight	63%
Slightly overweight	18%
Very overweight	3%

WEIGHT MANAGEMENT

Students were asked what they are trying to do about their weight.

Response	Percentage
Lose weight	33%
Gain weight	11%
Stay the same weight	28%
Not trying to do anything about weight	28%

WAYS TO LOSE WEIGHT

Students were asked if they have ever engaged in the following behaviors to lose weight or to keep from gaining weight.

Response	Percentage
Exercised	65%
Eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight	38%
Gone without eating for 24 hours or more	6%
Taken any diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight	1%
Vomited or taken laxatives to lose weight or to keep from gaining weight	3%

BREAKFAST HABITS

Students were asked how many days they ate breakfast during the past seven days.

Response	Percentage
0 days	4.5%
1 day	3.5%
2 days	5.5%
3 days	5%
4 days	5%
5 days	7%
6 days	8%
7 days	61%

MILK CONSUMPTION

Students were asked how many glasses of milk they drank during the past seven days.

Response	Percentage
Did not drink milk during the past 7 days	12%
1 to 3 glasses during the past 7 days	18%
4 to 6 glasses during the past 7 days	15%
1 glass per day	15%
2 glasses per day	19%
3 glasses per day	11%
4 or more glasses per day	10%

SODA CONSUMPTION

Students were asked how many times they drank a can, bottle or glass of soda or pop during the past seven days.

Response	Percentage
Did not drink soda or pop during the past 7 days	33%
1 to 3 times during the past 7 days	48%
4 to 6 times during the past 7 days	9%
1 time per day	5%
2 times per day	2%
3 times per day	1%
4 or more times per day	1%

FRUIT OR FRUIT JUICE CONSUMPTION

Students were asked how many times they ate fruit or drank 100% fruit juices during the past seven days.

Response	Percentage
Did not eat fruit or drink 100% fruit juice during the past 7 days	12%
1 to 3 times during the past 7 days	28%
4 to 6 times during the past 7 days	20%
1 time per day	11%
2 times per day	15%
3 times per day	8%
4 or more times per day	6%

GREEN SALAD CONSUMPTION

Students were asked how many times they ate green salad during the past seven days.

Response	Percentage
Did not eat green salad during the past 7 days	28%
1 to 3 times during the past 7 days	41%
4 to 6 times during the past 7 days	19%
1 time per day	7%
2 times per day	3%
3 times per day	0.5%
4 or more times per day	1%

VEGETABLE CONSUMPTION

Students were asked how many times they ate other vegetables during the past seven days.

Response	Percentage
Did not eat other vegetables during the past 7 days	7%
1 to 3 times during the past 7 days	33%
4 to 6 times during the past 7 days	22%
1 time per day	19%
2 times per day	12%
3 times per day	3%
4 or more times per day	3%

USE OF VIDEO/COMPUTER GAMES

Students were asked how many hours a day they spend playing video or computer games for something that is not school work on an average school day.

Response	Percentage
Do not play video or computer games or use a computer for something that is not school work	22%
Less than 1 hour per day	31%
1 hour per day	21%
2 hours per day	13.5%
3 hours per day	6%
4 hours per day	2%
5 hours or more per day	5%

❖ In 2010, 15% of Masconomet Middle School students reported playing video and computer games for 3 or more hours per day on an average school day.

USE OF TELEVISION

Students were asked how many hours a day they spend watching television on an average school day.

Response	Percentage
Do not watch TV on an average school day	13%
Less than 1 hour per day	26%
1 hour per day	26%
2 hours per day	19%
3 hours per day	10%
4 hours per day	3%
5 hours or more per day	2%

❖ In 2010, 14% of Masconomet Middle School students reported watching television for 3 or more hours per day on an average school day.

TEXTING

Students were asked how many hours a day they spend texting from their cell phone on an average school day.

Response	Percentage
Do not text from cell phone on an average school day	12%
Less than 1 hour per day	42%
1 hour per day	17%
2 hours per day	11%
3 hours per day	7.5%
4 hours per day	4%
5 hours or more per day	7%

Releasing Data to the Public

The Outcomes Project advises communities to be thoughtful and intentional in releasing data to the public. Research has found that publicizing the risks practiced by the **minority** of youth can actually be harmful, possibly increasing risky behaviors among young people. There are effective means to release your data to the public. For information on using your survey data effectively for both planning and educational purposes, please contact *The Outcomes Project* at Health Imperatives, Inc.

Contact Information

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