

# Masconomet High School Youth Risk Behavior Survey

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**Final Report  
January 2011**

The contents of this report are confidential and are to be viewed by authorized personnel only.



ASPECTS Consulting is the non-profit consulting arm of the Greater Lawrence Family Health Center and is a sister program to the Northeast Center for Healthy Communities. Our innovative team utilizes the latest resources and tools to build the skills of non-profit managers and executives to strengthen the non-profit sector as a whole. Through interactive assessment, evaluation and strategic planning processes and trainings, we help organizations build on their existing strengths to achieve their goals.

Our name and logo represent our philosophical approach to our work and our main service lines: Assessment, Strategic Planning, Evaluation, Coaching, and Training services. The circle is the strongest geometric shape and is represented in our logo to demonstrate our commitment to working with clients from a strengths-based perspective with the goal of enhancing and strengthening their work. The circle also highlights the “A” as a particular part or aspect, building off the name of ASPECTS Consulting.

Our philosophy is driven by our principles:

- Innovation and integrity steer our work.
- Quality is built on creating individual partnerships to address client’s unique goals.
- We listen to and learn from our clients to exceed expectations.
- We bring our experience and passion to enhancing organizational capacity and strengthening communities.

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#### Report Authors

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## INTRODUCTION

The Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability and social problems among youth. The 2010 Masconomet YRBS was conducted in November of 2010 and administered to a total of 1,150 students in 9<sup>th</sup> – 12<sup>th</sup> grades. This represents a 85% response rate.

Table 1. 2010 Response rate of those surveyed and those enrolled by grade.

<b>Grade</b>	<b>Number Surveyed</b>	<b>Number Enrolled</b>	<b>% Respondents</b>
9 <sup>th</sup>	307	362	85%
10 <sup>th</sup>	271	315	86%
11 <sup>th</sup>	279	332	84%
12 <sup>th</sup>	281	340	83%
Ungraded	12	-	-
<b>Totals</b>	<b>1,150</b>	<b>1,349</b>	<b>85%</b>

## SURVEY METHODS

The 2010 Masconomet High School YRBS Survey tool was adapted from the Massachusetts Department of Education (DOE) Youth Risk Behavior Survey and the 2005 Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Survey.

Teachers administering the survey were instructed to remind students of the importance and value of the data and to answer as honestly as possible. Instructions were read aloud, affirming that the survey was voluntary and anonymous.

Of the total surveys distributed, twelve students responded 'other' or 'ungraded' to the grade level question therefore, their surveys were omitted. Eighty-five students did not complete the height and weight sections, or they filled in responses that were identified as outliers (outside the expected normal range) and their answers were deleted. Three students did not answer more than 20 questions and their cases were deleted.

Percentages reported are of the total students responding to the question unless otherwise noted. The Excel file of raw data and frequency and crosstab tables are included in the Appendices.

## RESULTS

### Behaviors Related to Unintentional Injuries

- Seventy percent (70%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported ‘always’ wearing a seat belt when riding in a car driven by someone else.
- Fifteen percent (15%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported ‘always’ wearing a helmet when riding a bicycle.
- Twenty-one percent (21%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported riding in a car driven by someone who had been drinking alcohol during the past 30 days.
- Seven percent (7%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported driving a car or other vehicle when they had been drinking alcohol during the past 30 days.

### Violence – Related Behaviors and Experiences

- Eight percent (8%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported carrying a weapon during the past 30 days.
- Seventeen percent (17%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported being in a physical fight during the past 12 months.
- Three percent (3%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported being in a physical fight during the past 12 months in which they had been treated by a doctor or nurse.
- Twenty-one percent (21%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported being bullied at least once at school during the past couple of months.

### Suicidal Thinking and Behaviors

- Eleven percent (11%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported seriously considering suicide during the past 12 months.
- Nine percent (9%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported making a plan to commit suicide during the past 12 months.
- Ten percent (10%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported attempting suicide during the past 12 months.

### Tobacco Use

- Twenty-eight percent (28%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported smoking cigarettes in their lifetime.
- Fourteen percent (14%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported smoking cigarettes during the past 30 days.
- Five percent (5%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported first smoking cigarettes prior to age 13.
- Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported first cigarette use at an average age of 15.4 years.

## **Alcohol Use**

- Sixty percent (60%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported drinking alcohol in their lifetime.
- Thirty-five percent (35%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported having alcohol in the past 30 days.
- Twenty percent (20%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported drinking 5 or more drinks of alcohol in a row during the past 30 days.
- Ten percent (10%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported first alcohol use prior to age 13.
- Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported first alcohol use at an average age of 14.6 years.

## **Marijuana Use**

- Thirty-four percent (34%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported using marijuana in their lifetime.
- Twenty-three percent (23%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported using marijuana in the past 30 days.
- Four percent (4%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported smoking marijuana prior to age 13.
- Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported first marijuana use at an average age of 15.2 years.

## **Sexual Behaviors**

- Twenty-nine percent (29%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported having sexual intercourse in their lifetime.
- Of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders who reported ever having sexual intercourse, 65% reported using a condom the last time they had sexual intercourse.

## **Body Image, Physical Activity, and Screen Time**

- Eighty percent (80%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders have a healthy BMI (not at risk of overweight).
- Eighty-five percent (85%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported engaging in physical activity during the past 7 days.
- Fifteen percent (15%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported watching television for 3 or more hours per day on an average school day.
- Twenty-three percent (23%) of Masconomet 9<sup>th</sup> – 12<sup>th</sup> graders reported playing video or computer games 3 or more hours per day on an average school day.

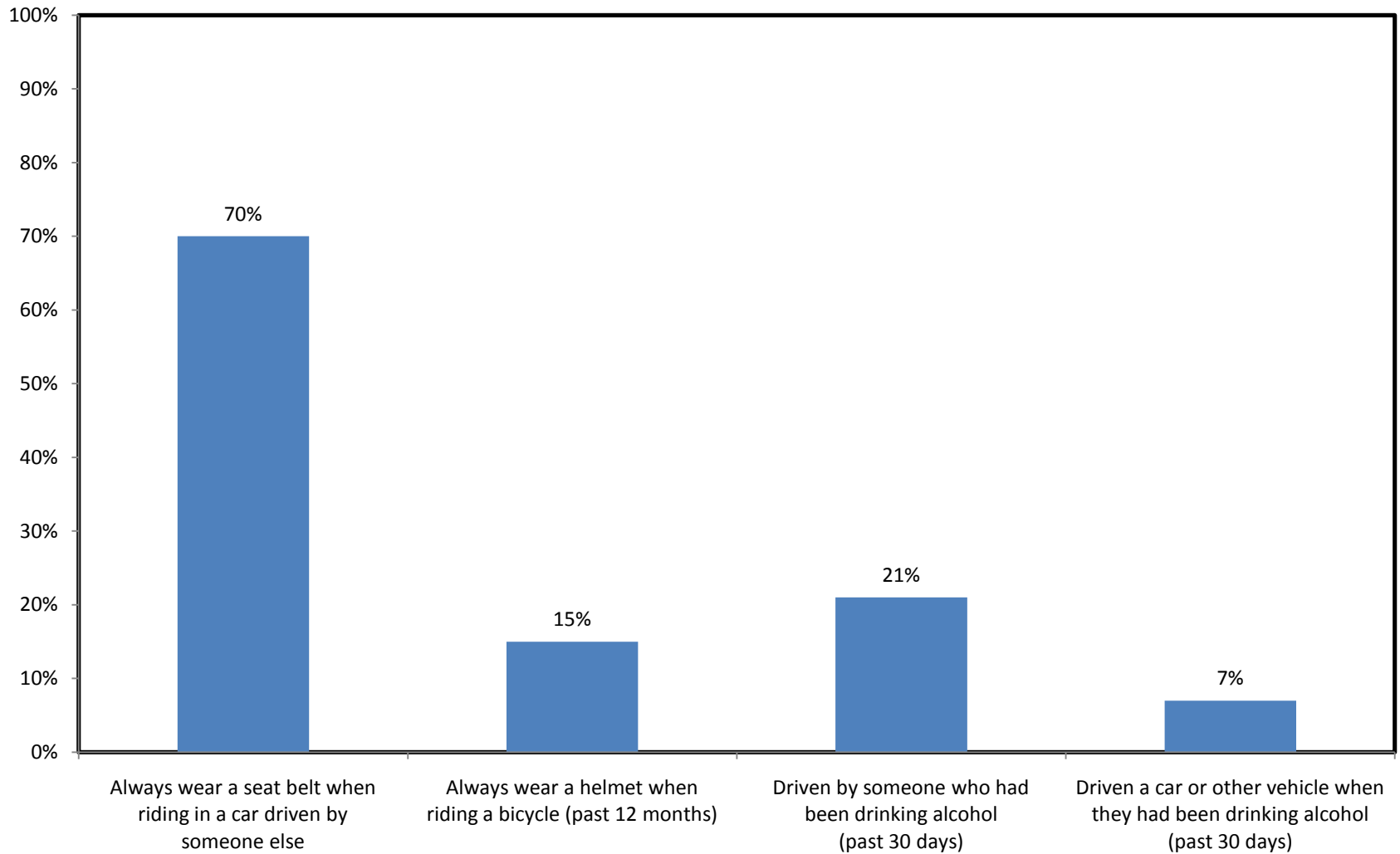
## **RECOMMENDATIONS**

The Youth Risk Behavior Survey (YRBS) is a useful tool when used by schools and community groups working in collaboration to assess and address risk behaviors that affect youth health and well-being. It is important to stress that these health issues, while measured in the school setting, are community issues and are best addressed through collaborative community efforts. This data represents one source of information. When possible, communities should collect data on their needs and resources from a variety of sources through different methods including multiple youth and adult surveys, focus groups, and interviews of key community members and leaders.

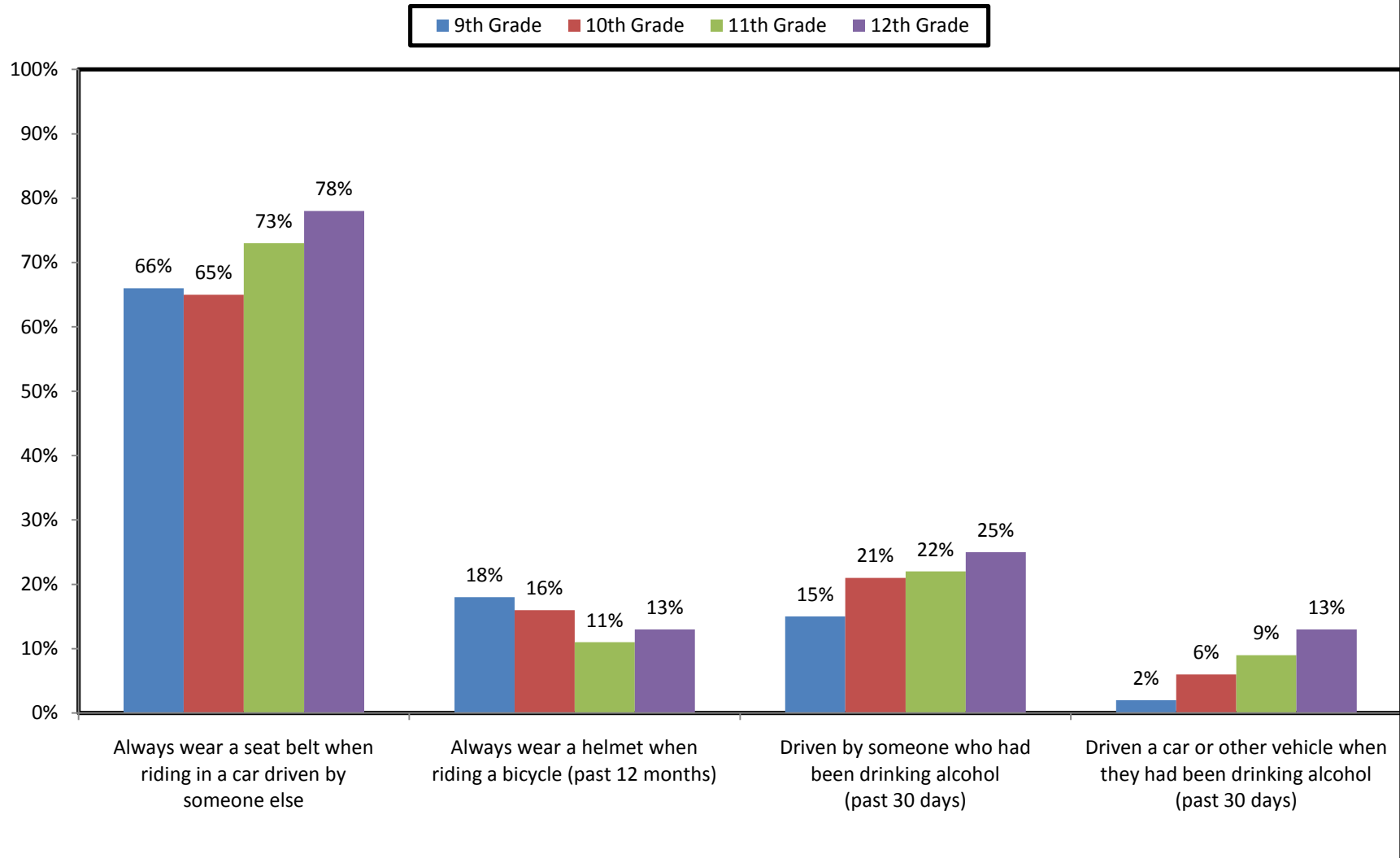
It is recommended that the program, curricula or strategies selected to address youth health issues, are research-based, or based in best practices in health promotion or prevention and evaluated for effectiveness. State agencies and departments such as the Regional Centers for Healthy Communities, the Northeast Center for Applied Prevention Technologies, the Department of Education and the Massachusetts Bureau of Substance Abuse Services are funded to work with communities in choosing, implementing and evaluating appropriate prevention programs, curricula and strategies.

In addition, it is useful to conduct the YRBS every two years in 6<sup>th</sup> – 12<sup>th</sup> grades to understand trends in youth-risk taking behavior. Data collected regularly through the YRBS can help communities understand what programs are working and where additional health promotion and prevention efforts should be focused.

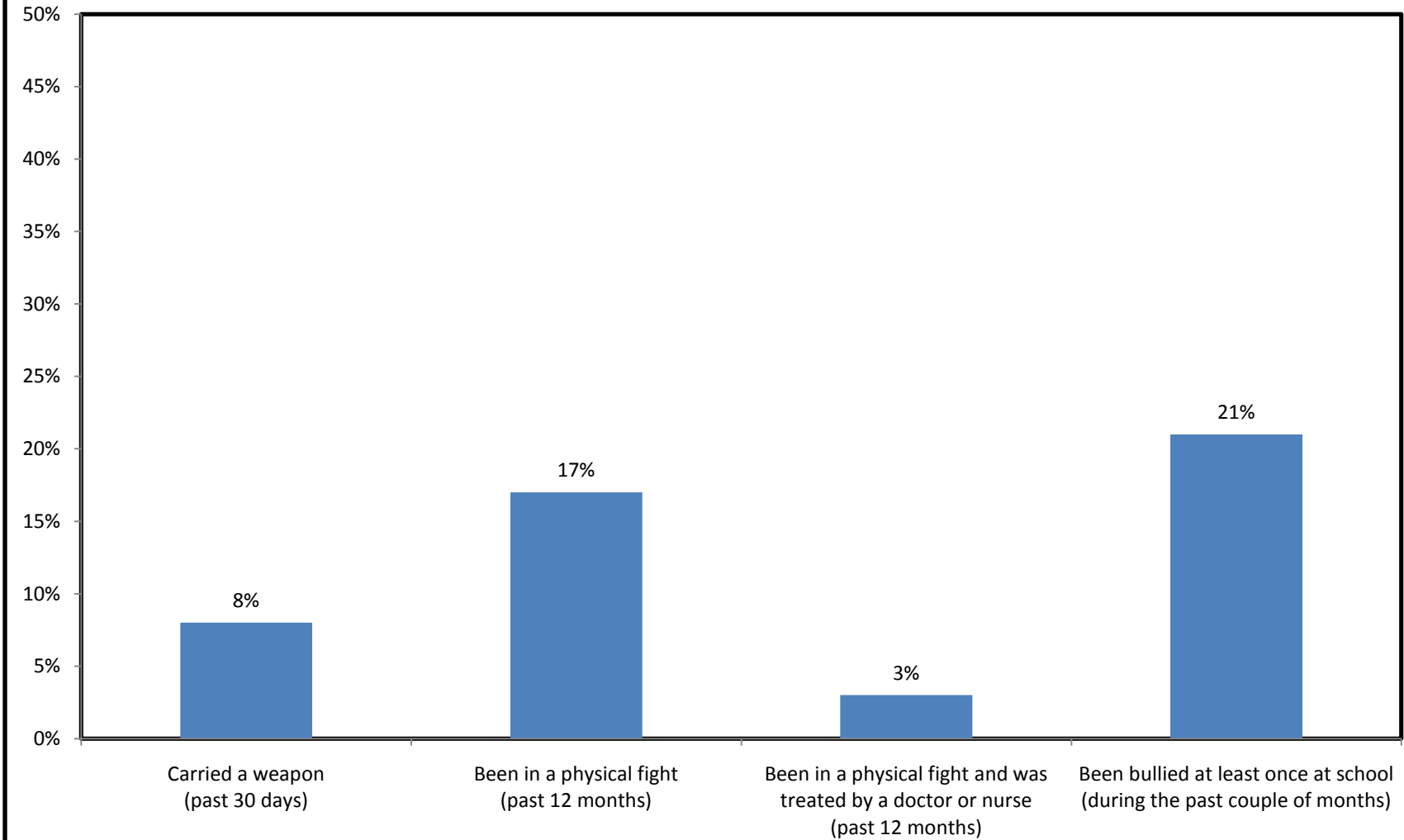
## Behaviors Related to Unintentional Injuries, 2010



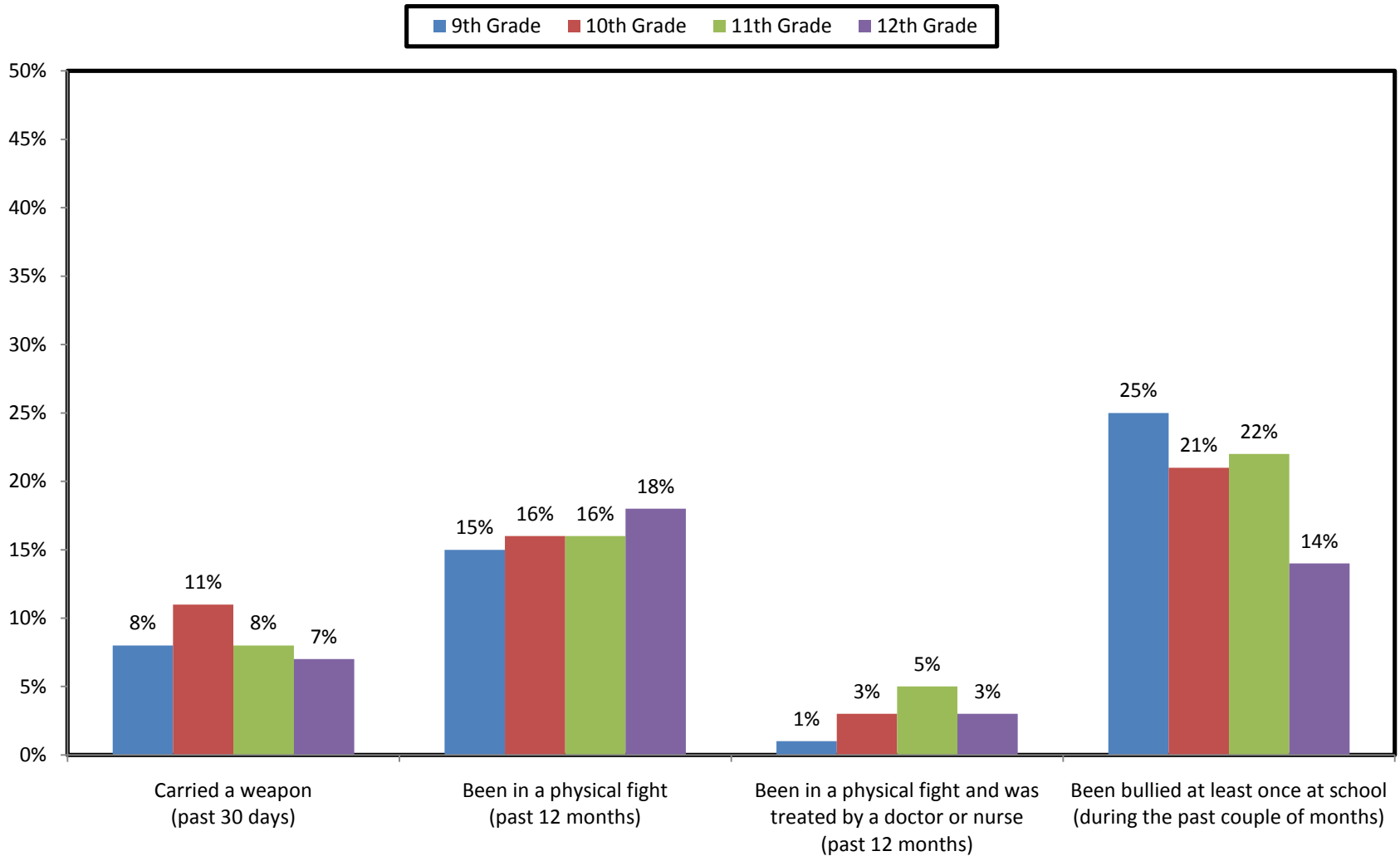
## Behaviors Related to Unintentional Injuries By Grade, 2010



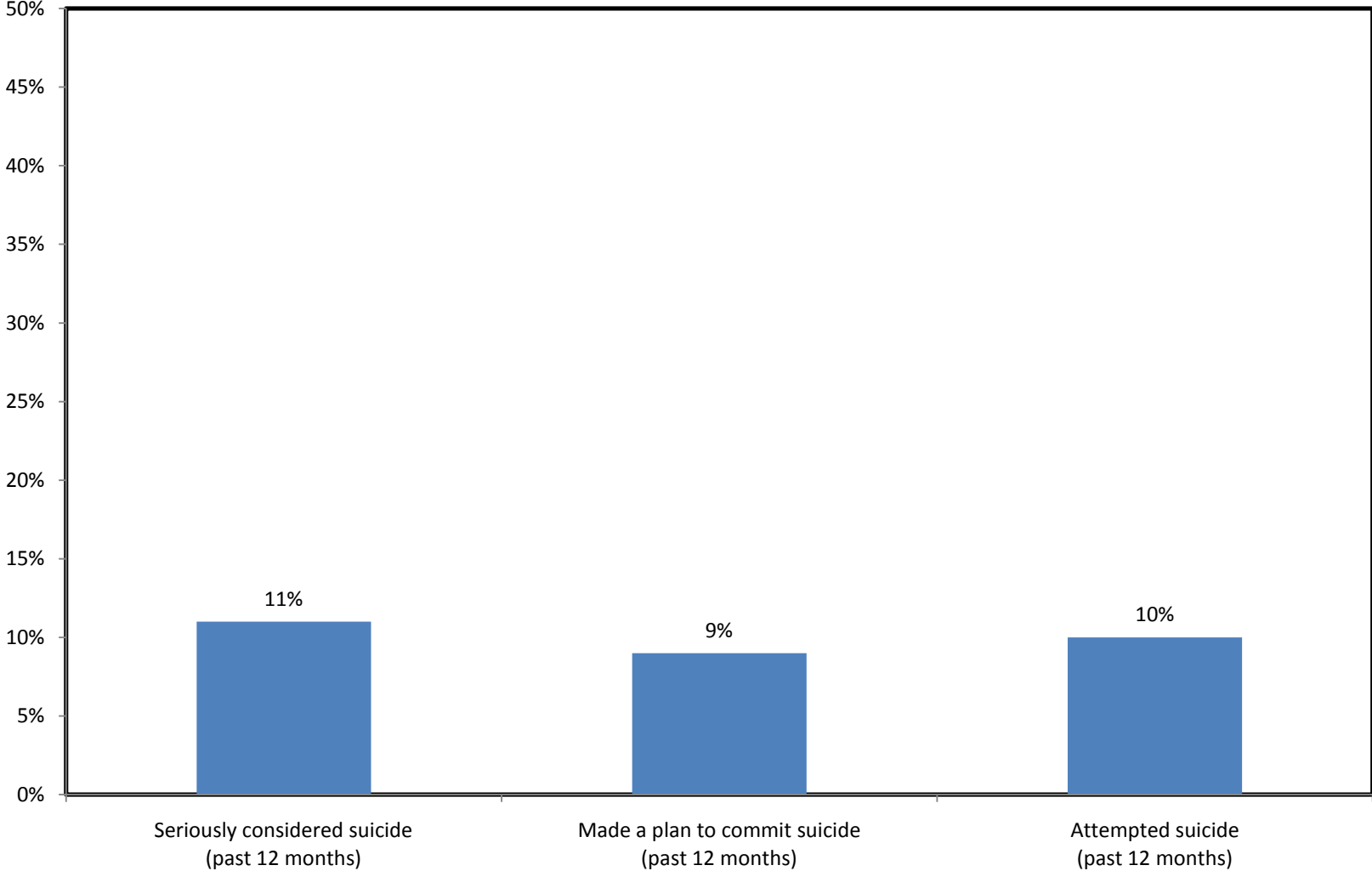
## Violence-Related Behaviors and Experiences, 2010



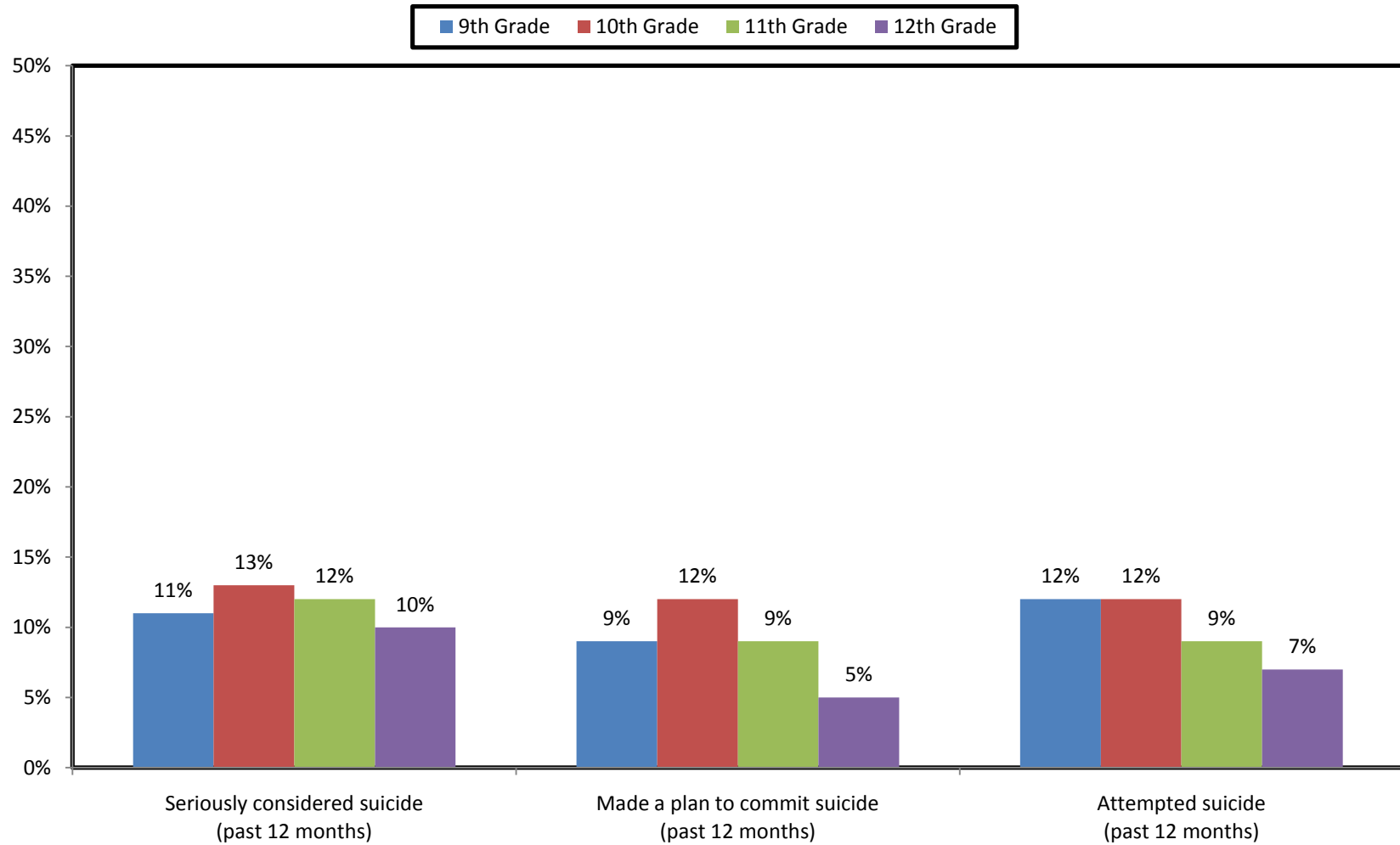
## Violence-Related Behaviors and Experiences By Grade, 2010



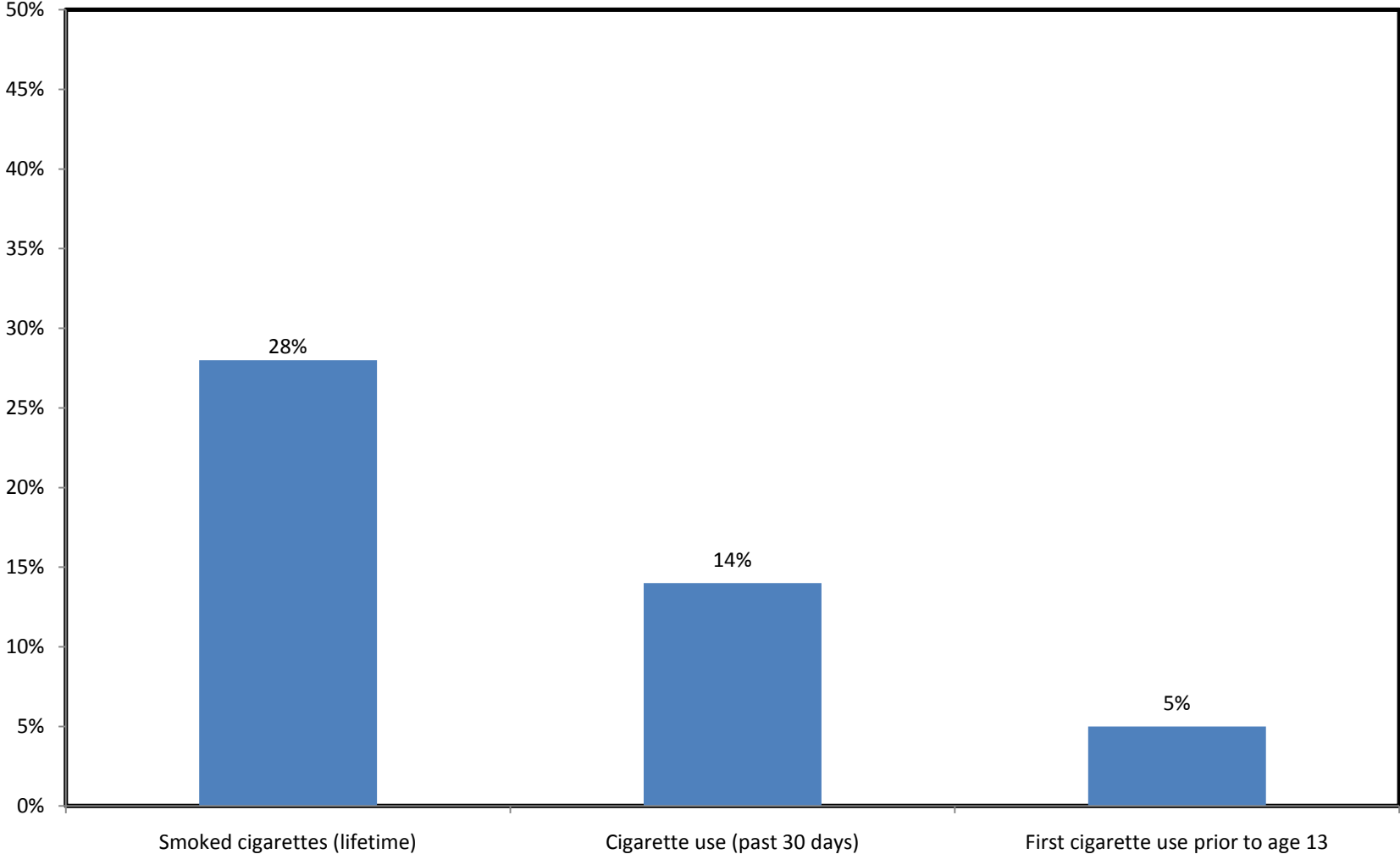
### Suicidal Thinking and Behaviors, 2010



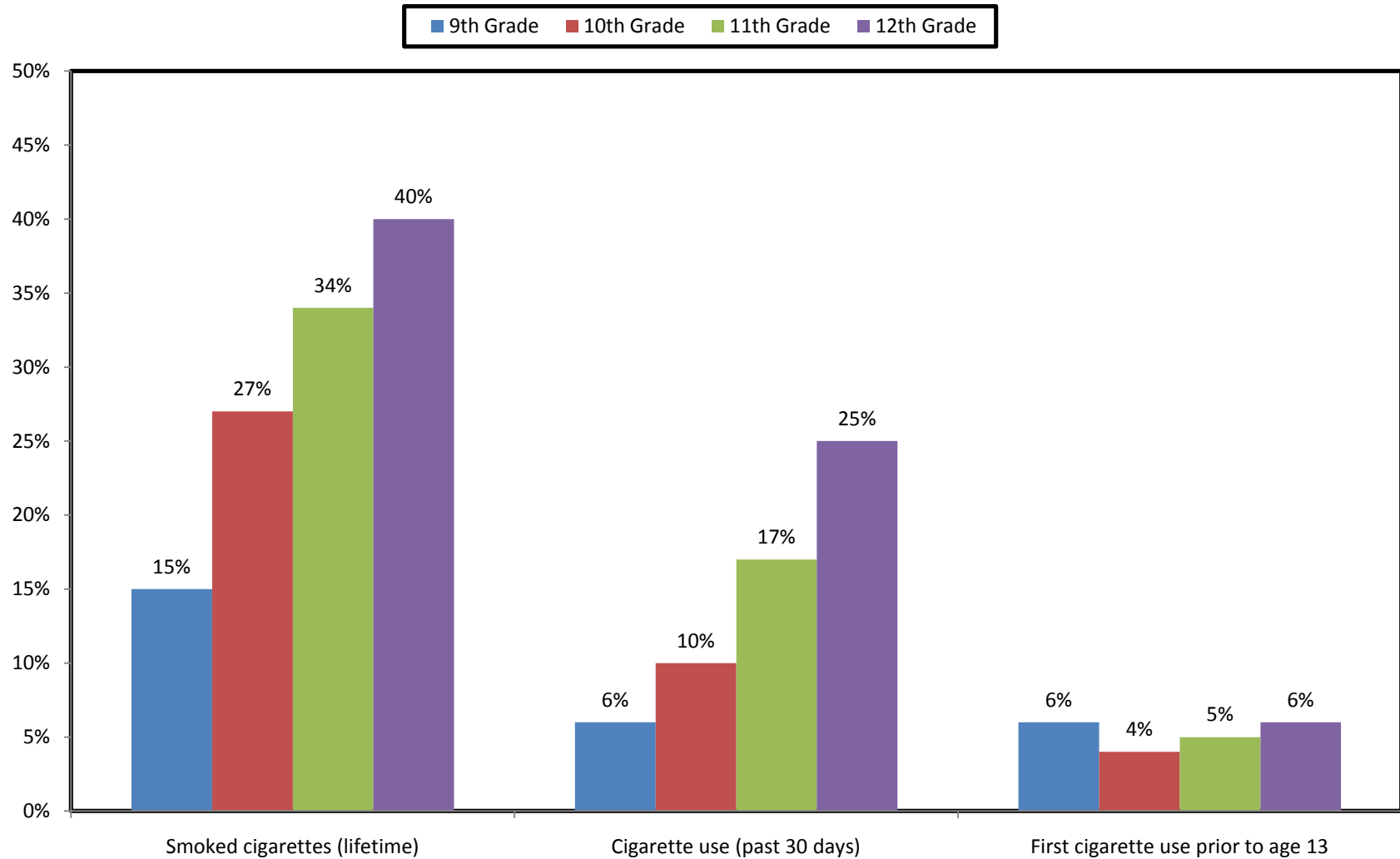
## Suicidal Thinking and Behaviors By Grade, 2010



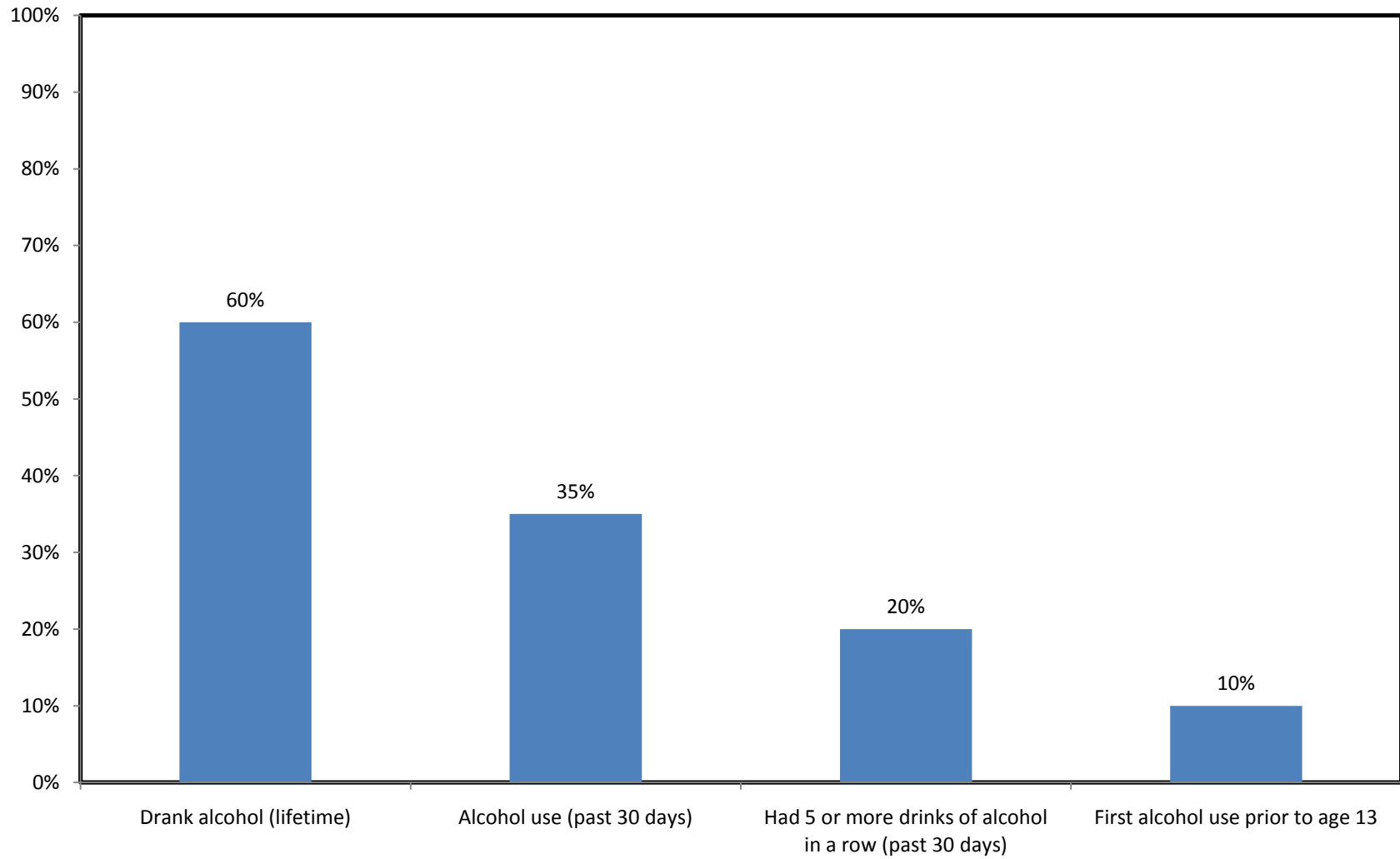
### Tobacco Use, 2010



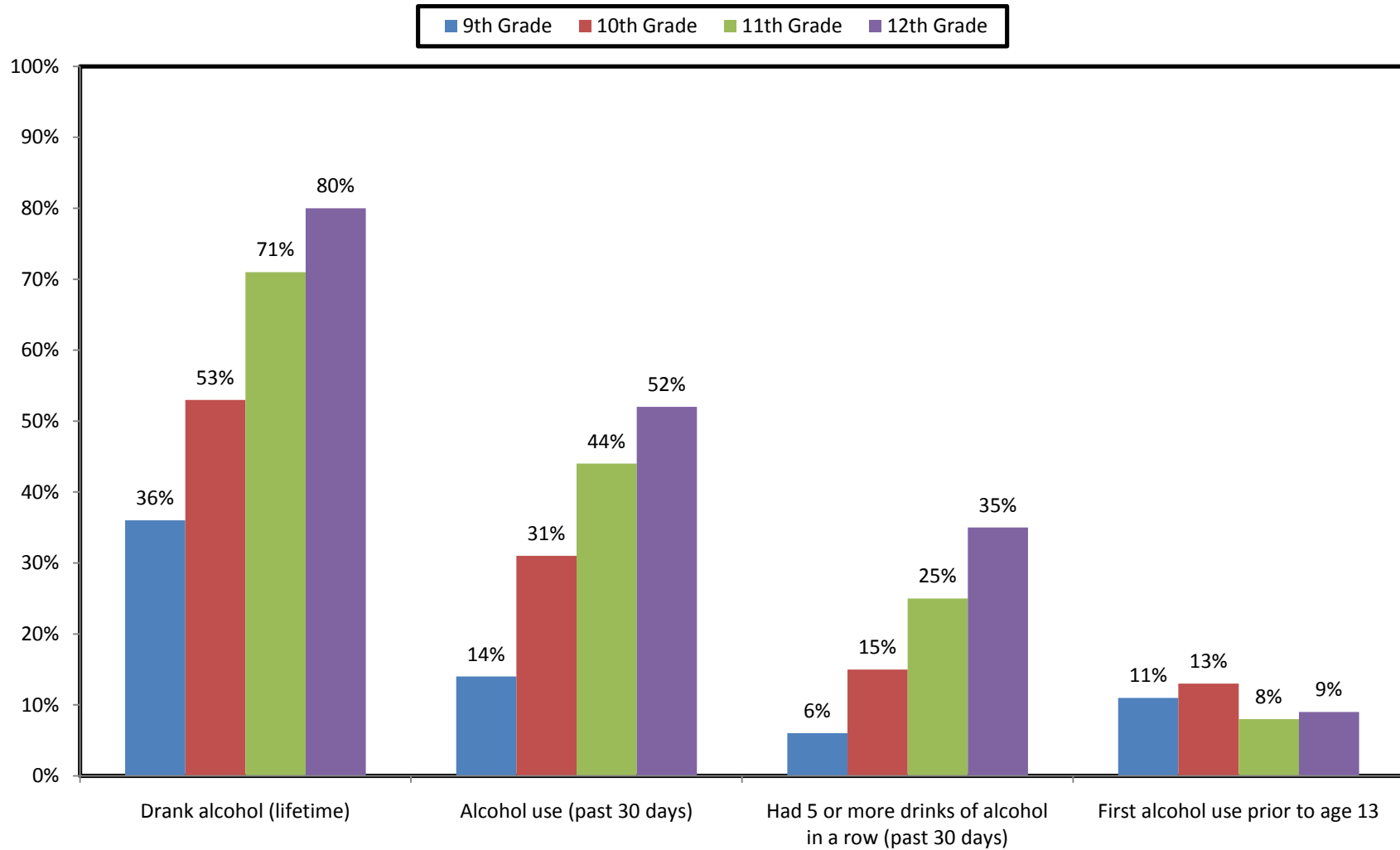
## Tobacco Use By Grade, 2010



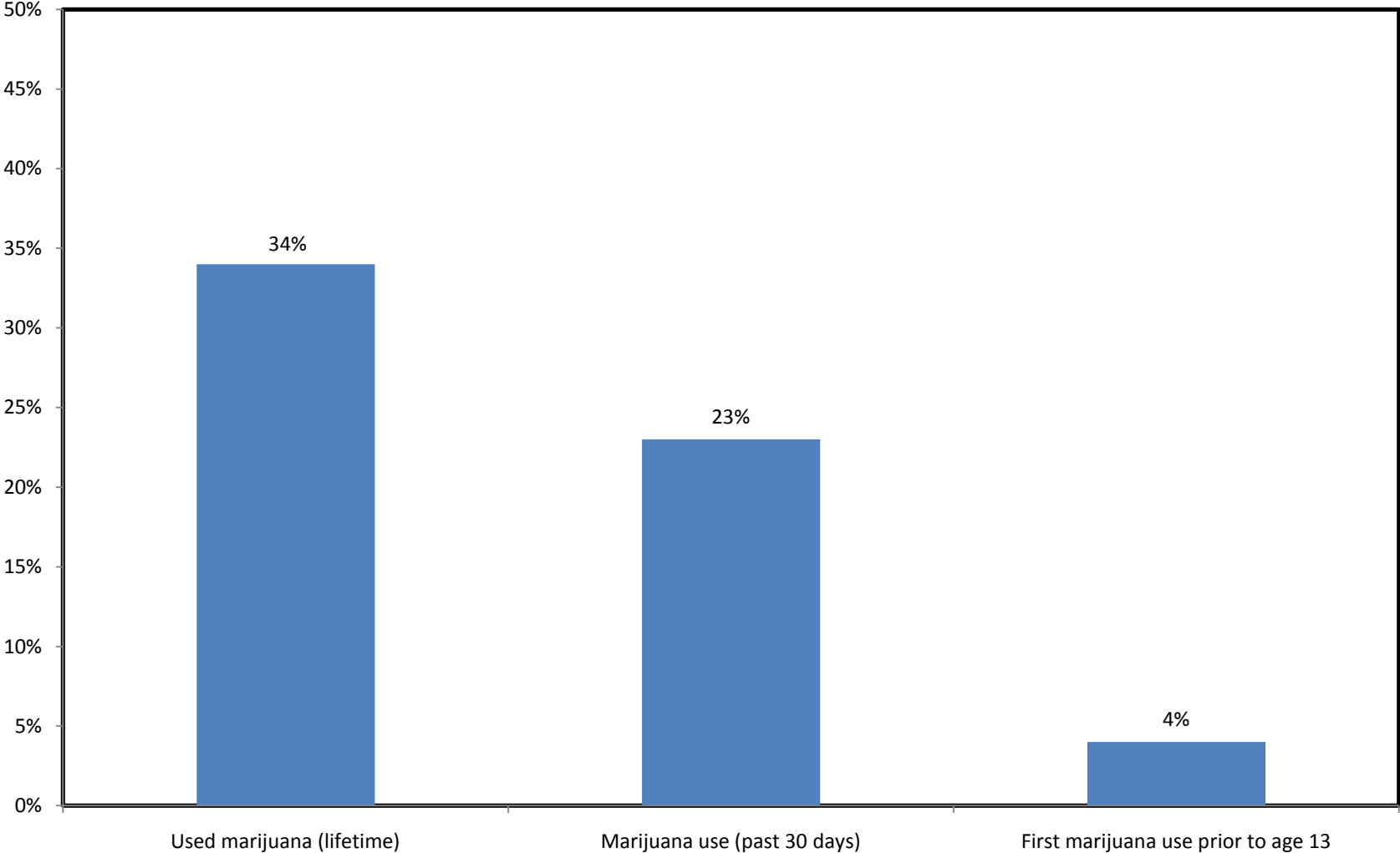
## Alcohol Use, 2010



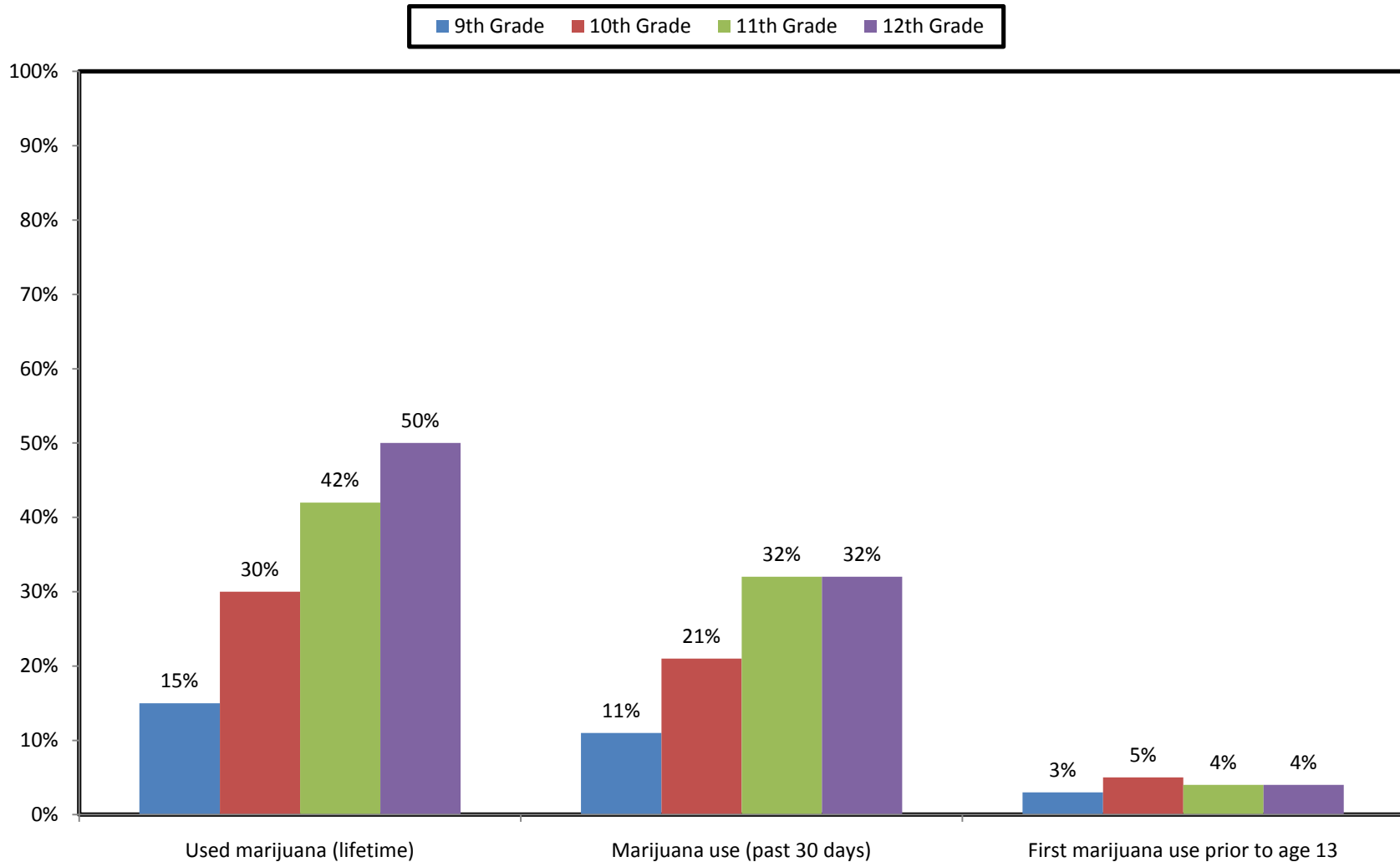
## Alcohol Use By Grade, 2010



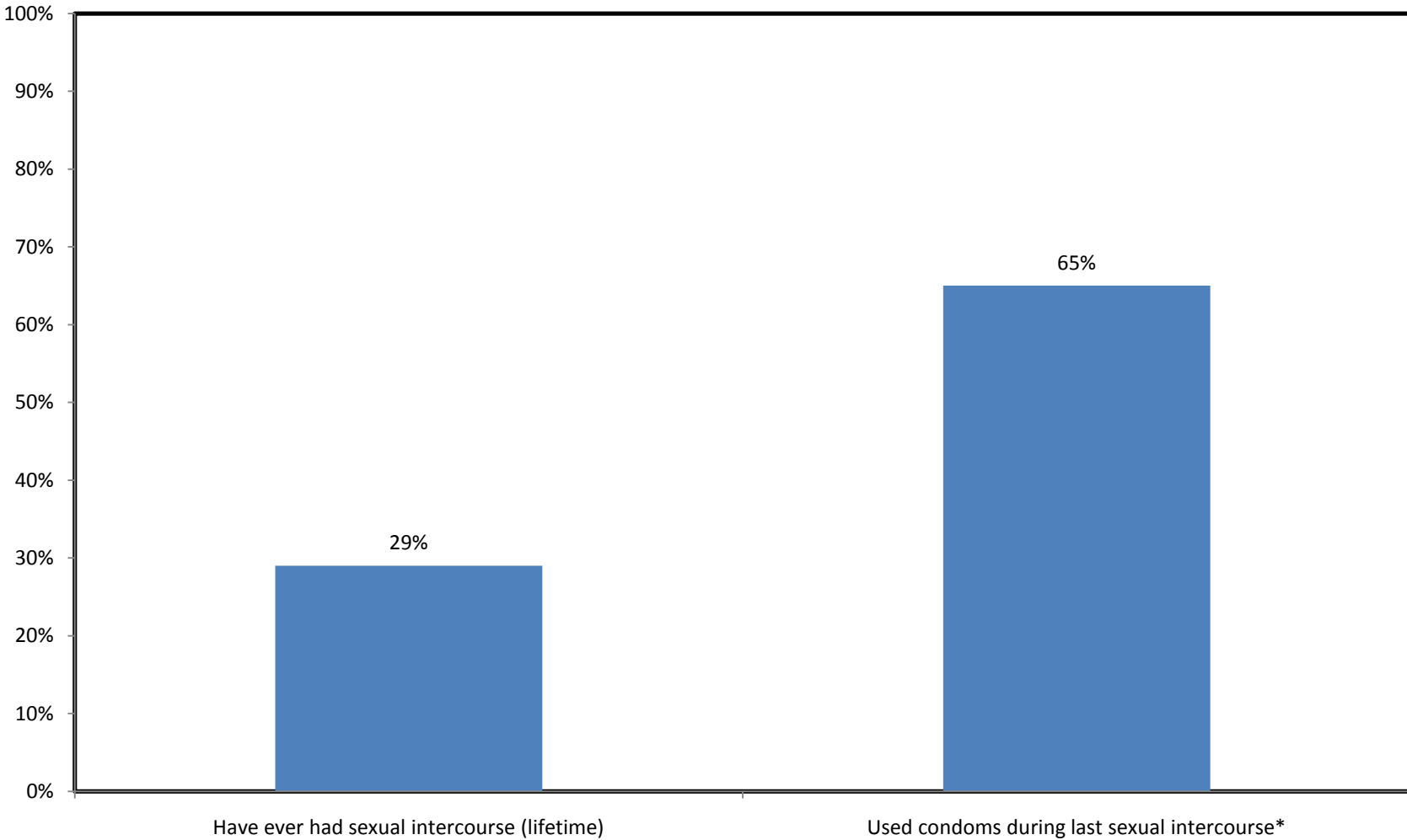
### Marijuana Use, 2010



## Marijuana Use By Grade, 2010

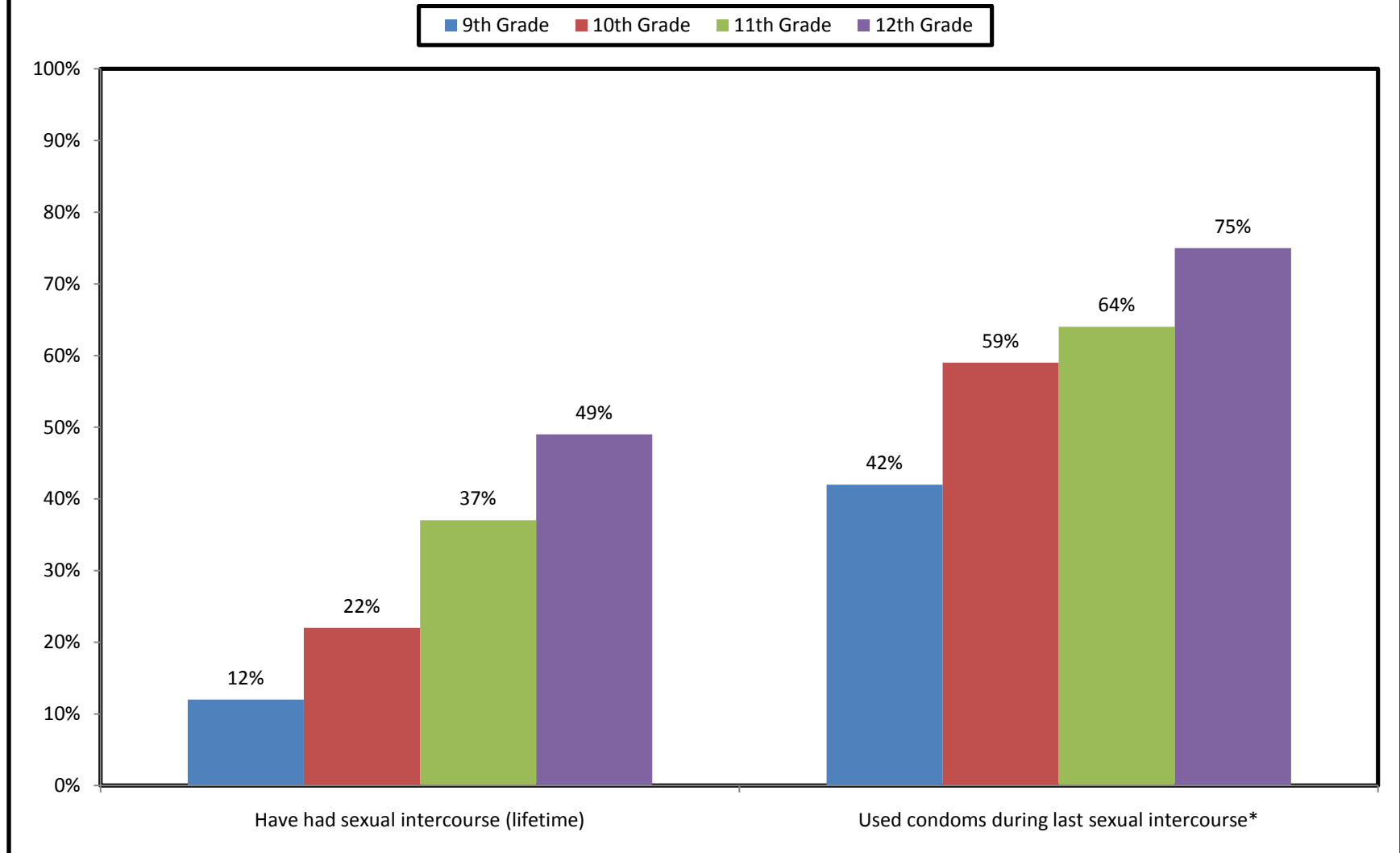


### Sexual Behaviors, 2010



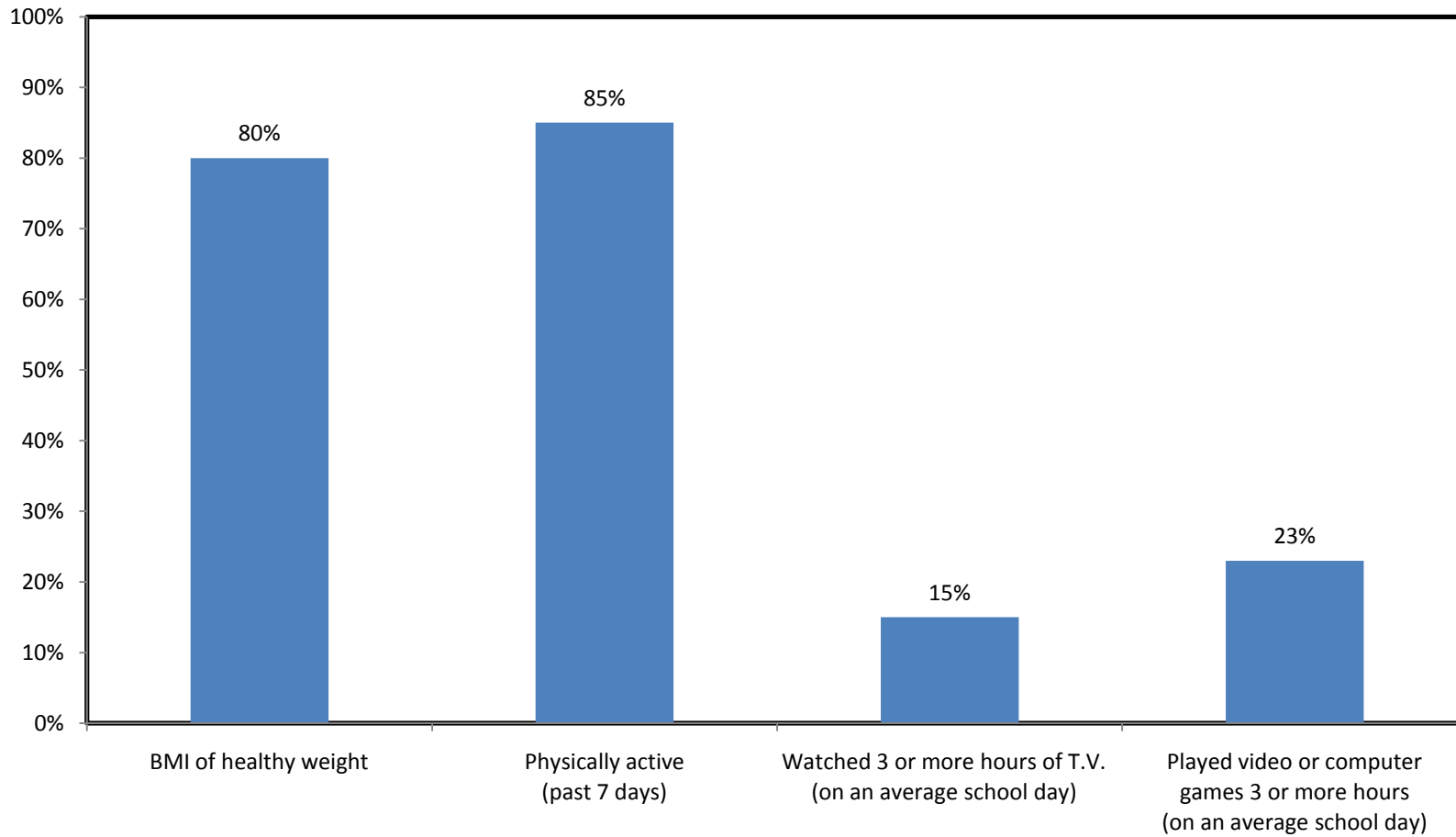
\*Of those who have ever had sexual intercourse.

## Sexual Behaviors By Grade, 2010



\*Of those who have ever had sexual intercourse.

## Body Image, Physical Activity and Screen Time, 2010



## Body Image, Physical Activity and Screen Time By Grade, 2010

