

Masconomet Middle School Youth Risk Behavior Survey

**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.

Report Authors

Nicole McGowan, Program Support Specialist, ASPECTS Consulting
Tami Gouveia, Director, ASPECTS Consulting

Contributors from the Northeast Center for Healthy Communities

Rehab Bagegni, Data Support Specialist
Kirsten Doherty, Community Health Specialist

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 682 students in 7th – 8th grades. This represents an 83% response rate.

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

Grade	Number Surveyed	Number Enrolled	% Respondents
7 th	361	462	78%
8 th	316	356	89%
Ungraded or missing	5		
Total	682	818	83%

SURVEY METHODS

The 2010 Masconomet Middle School YRBS Survey tool was adapted from the 2005 Massachusetts Department of Education (DOE) Youth Risk Behavior Survey and the 2007 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, to affirm that the survey was voluntary and anonymous.

Of the total surveys distributed, five students responded to ‘other’ or ‘ungraded’ question therefore their surveys were omitted. Forty-nine students did not complete the height and weight sections, or filled in responses that were deleted as outliers (outside the expected normal range).

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 Appendix.

RESULTS

Behaviors Related to Unintentional Injuries

- Seventy-one percent (71%) of Masconomet 7th and 8th graders reported always wearing a seat belt when riding in a car.
- Thirty-three percent (33%) of Masconomet 7th and 8th graders reported always wearing a helmet when riding a bicycle.
- Fourteen percent (14%) of Masconomet 7th and 8th graders reported ever riding in a car driven by someone who had been drinking alcohol.

Violence – Related Behaviors and Experiences

- Eighteen percent (18%) of Masconomet 7th and 8th graders reported carrying a weapon in their lifetime.
- Thirty-three percent (33%) of Masconomet 7th and 8th graders reported being in a physical fight in their lifetime.
- Three percent (3%) of Masconomet 7th and 8th graders reported being in a physical fight in which they had been treated by a doctor or nurse in their lifetime.
- Twenty-eight percent (28%) of Masconomet 7th and 8th graders reported being bullied more than once in the past couple of months.

Suicidal Thinking and Behaviors

- Six percent (6%) of Masconomet 7th and 8th graders reported seriously considering suicide in their lifetime.
- Three percent (3%) of Masconomet 7th and 8th graders reported making a plan to commit suicide in their lifetime.
- Two percent (2%) of Masconomet 7th and 8th graders reported attempting suicide in their lifetime.

Tobacco Use

- Five percent (5%) of Masconomet 7th and 8th graders reported smoking cigarettes in their lifetime.
- One percent (1%) of Masconomet 7th and 8th graders reported smoking cigarettes during the past 30 days.
- Two percent (2%) of Masconomet 7th and 8th graders reported first smoking cigarettes prior to age 13.
- Masconomet 7th and 8th graders reported first cigarette use at an average age of 12.9 years.

Alcohol Use

- Ten percent (10%) of Masconomet 7th and 8th graders reported drinking alcohol during their lifetime.
- Three percent (3%) of Masconomet 7th and 8th graders reported drinking alcohol during the past 30 days.
- Two percent (2%) of Masconomet 7th and 8th graders reported having 5 or more drinks in a row during the past 30 days.
- Six percent (6%) of Masconomet 7th and 8th graders reported first alcohol use prior to age 13.
- Masconomet 7th and 8th graders reported first alcohol use at an average age of 13.6 years.

Marijuana Use

- Five percent (5%) of Masconomet 7th and 8th graders reported using marijuana in their lifetime.
- Two percent (2%) of Masconomet 7th and 8th graders reported using marijuana during the past 30 days.
- One percent (1%) of Masconomet 7th and 8th graders reported first marijuana use prior to age 13.
- Masconomet 7th and 8th graders reported first marijuana use at an average age of 13.6 years.

Sexual Behaviors

- Six percent (6%) of Masconomet 7th and 8th graders reported having sexual intercourse in their lifetime.
- Of the Masconomet 7th and 8th graders who reported ever having sexual intercourse, 30% reported using a condom the last time they had sexual intercourse.

Body Image, Physical Activity and Screen Time

- Eighty-five percent (85%) of Masconomet 7th and 8th graders have a healthy BMI (not at risk of overweight).
- Ninety-six percent (96%) of Masconomet 7th and 8th graders reported engaging in physical activity during the past 7 days.
- Fifteen percent (15%) of Masconomet 7th and 8th graders reported playing video and computer games for 3 or more hours per day on an average school day.
- Fourteen percent (14%) of Masconomet 7th and 8th graders reported watching television for 3 or more hours per day on an average school day.

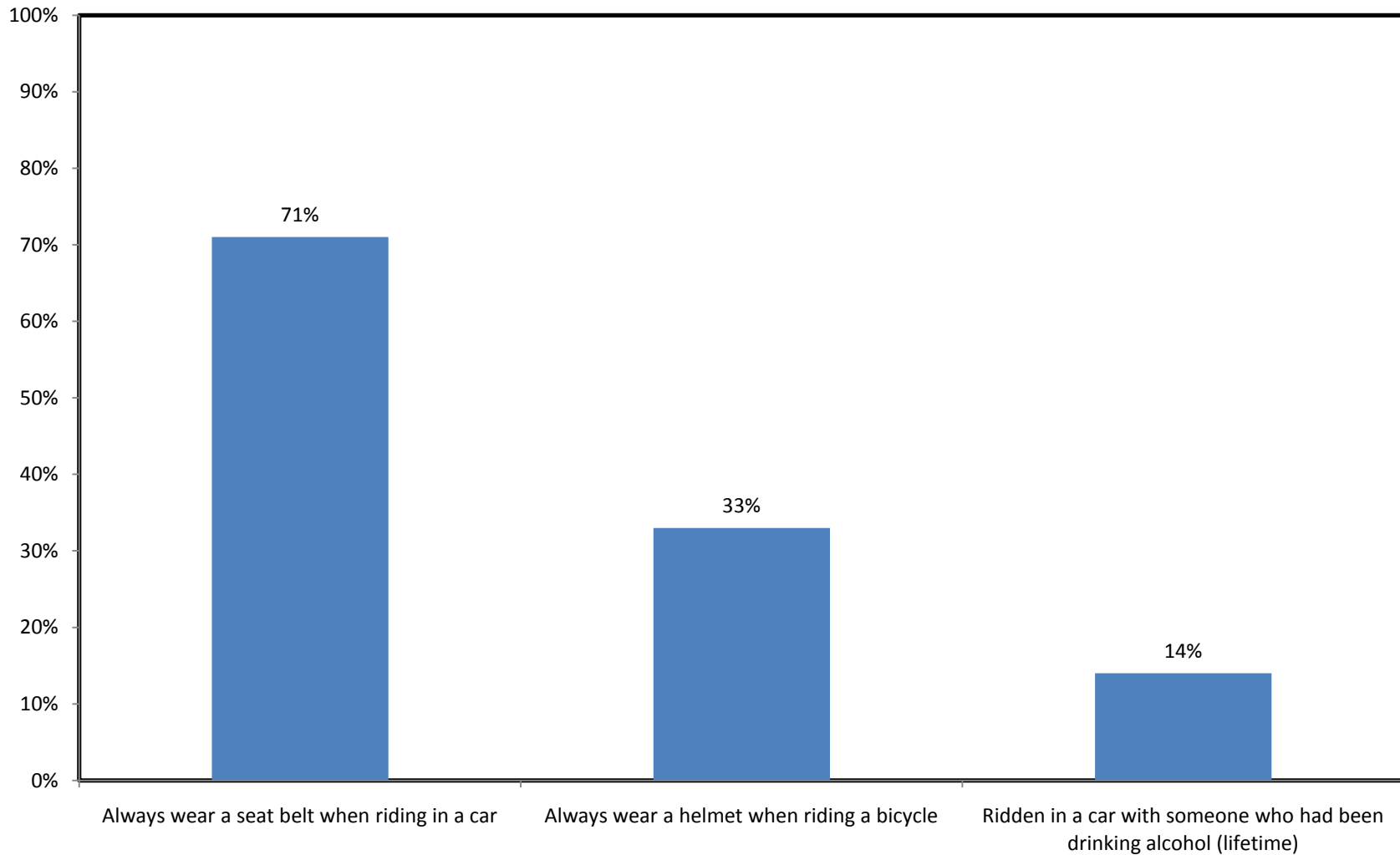
RECOMMENDATIONS

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 data. 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.

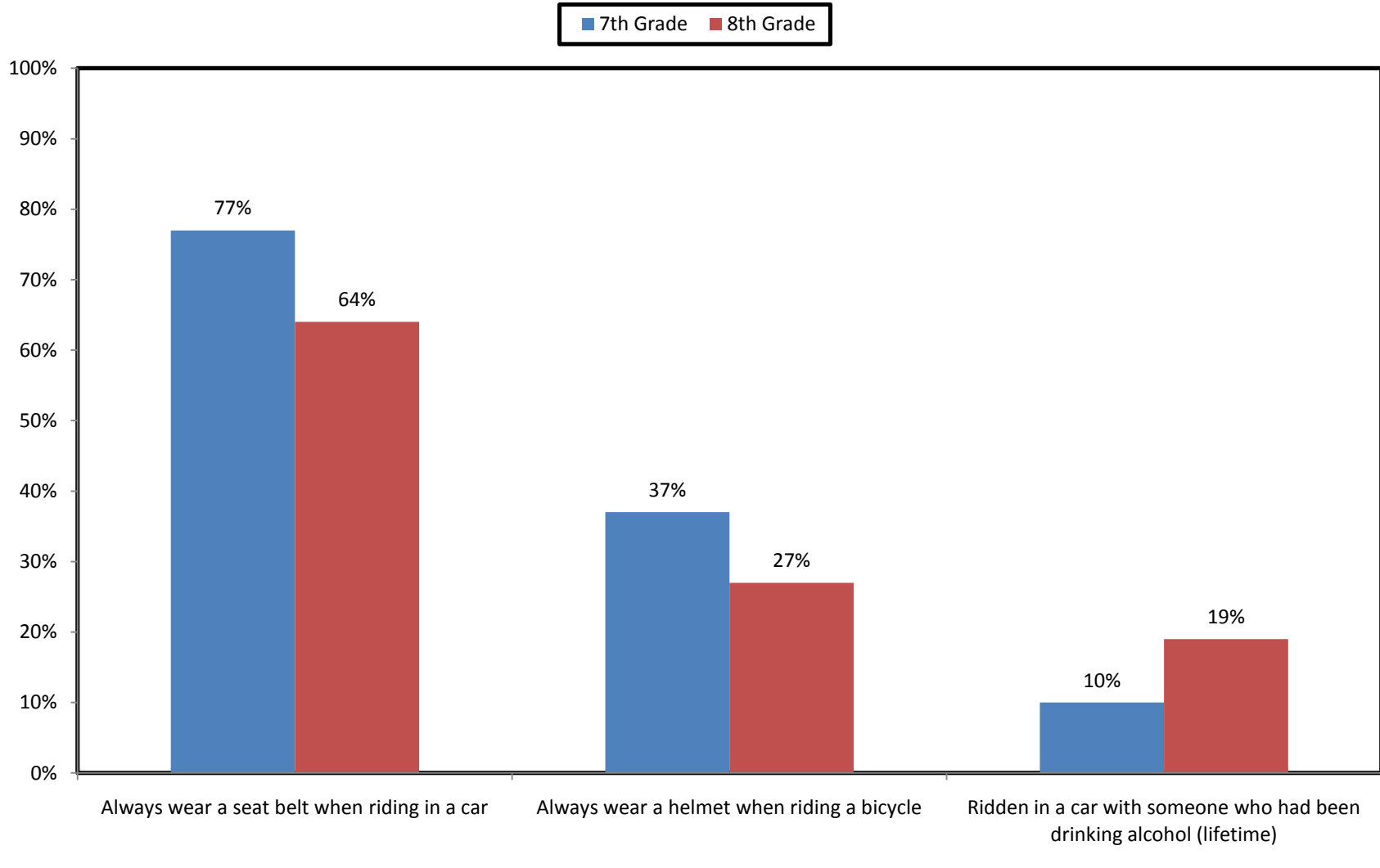
It is recommended that the program, curricula or strategies selected to address youth health issues, are research-based, or based in best practices in health promotion or prevention and evaluated for effectiveness. State agencies and departments such as the Regional Centers for Healthy Communities, the 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 6th – 12th 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.

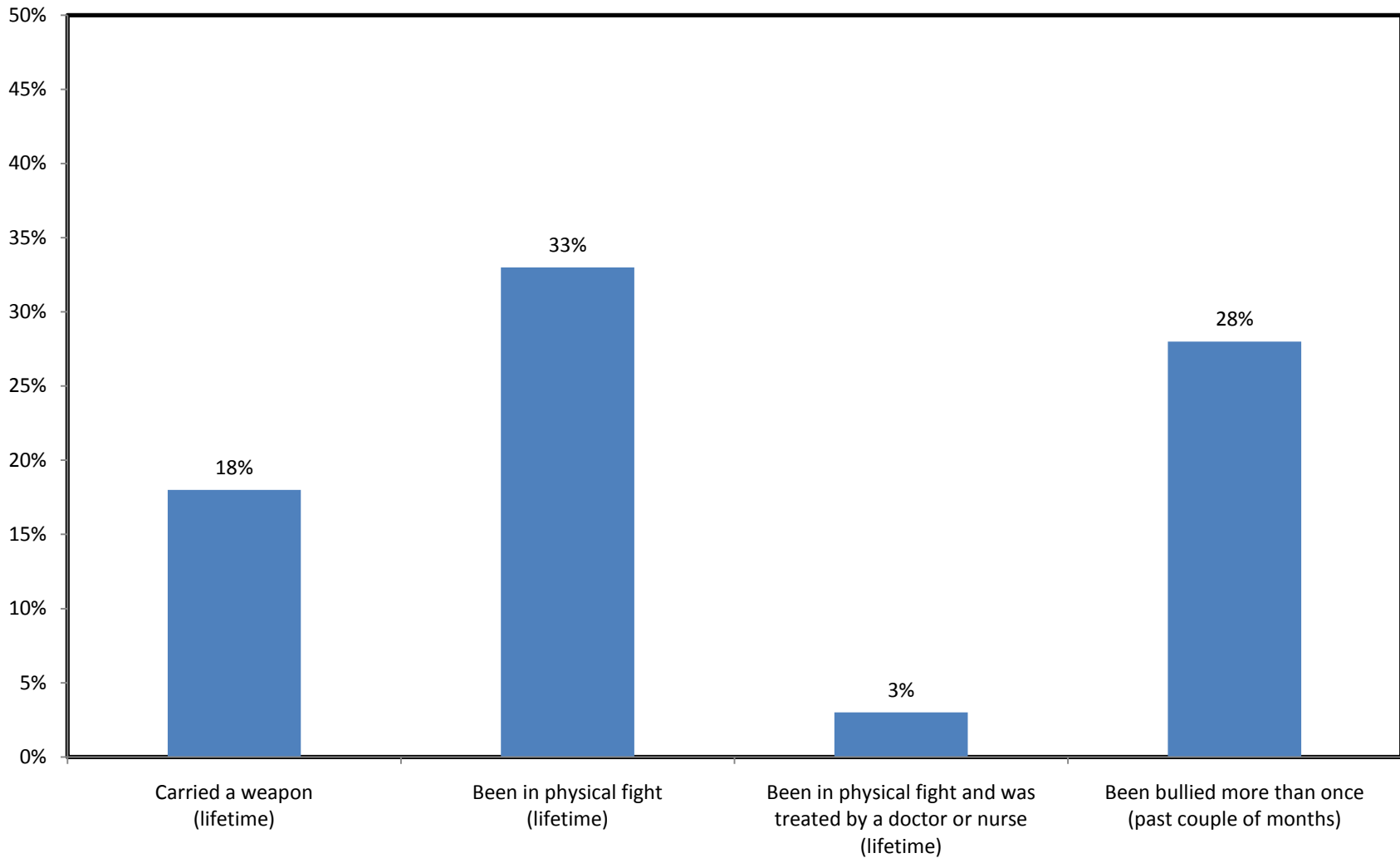
Behaviors Related to Unintentional Injuries, 2010



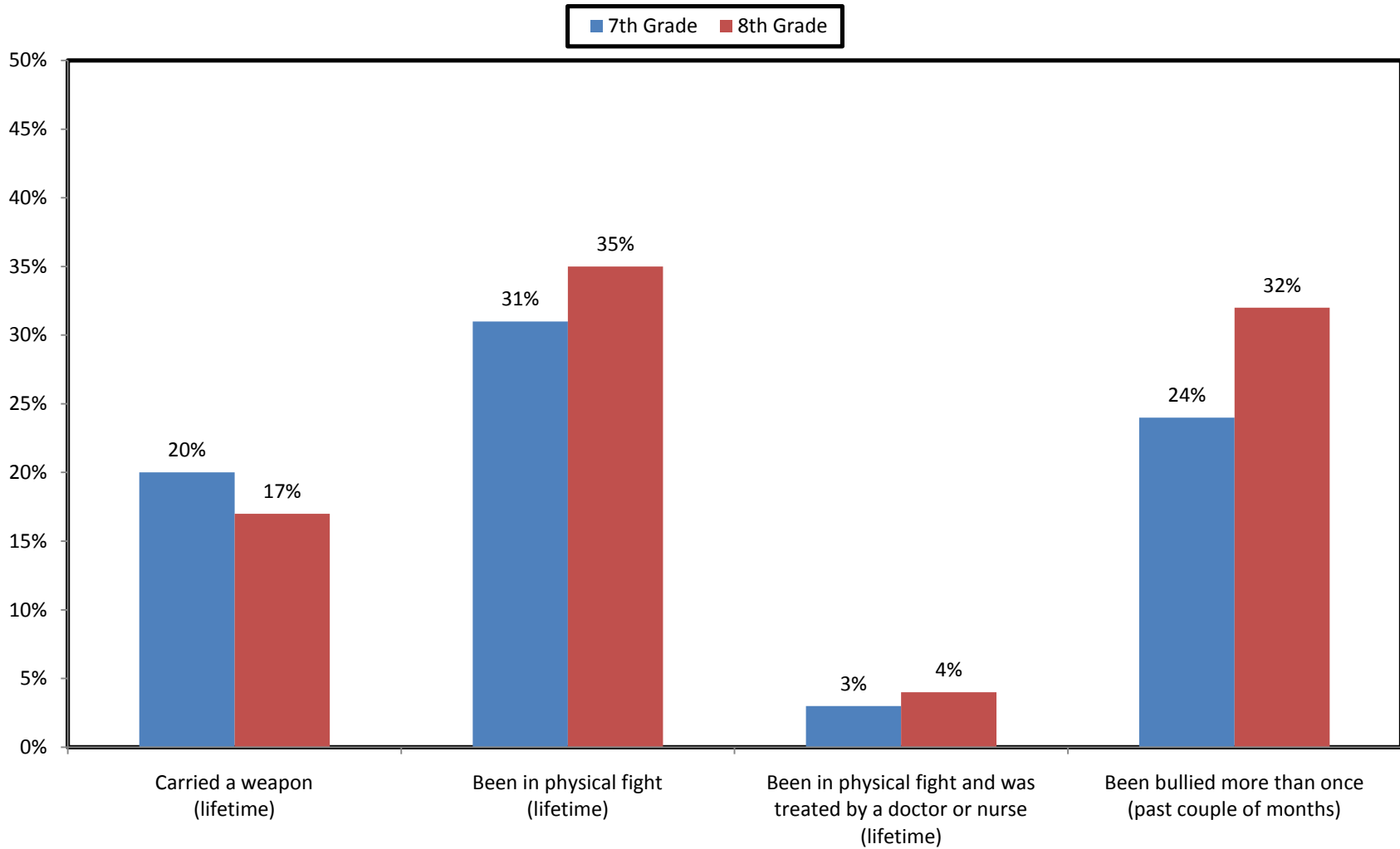
Behaviors Related to Unintentional Injuries By Grade, 2010



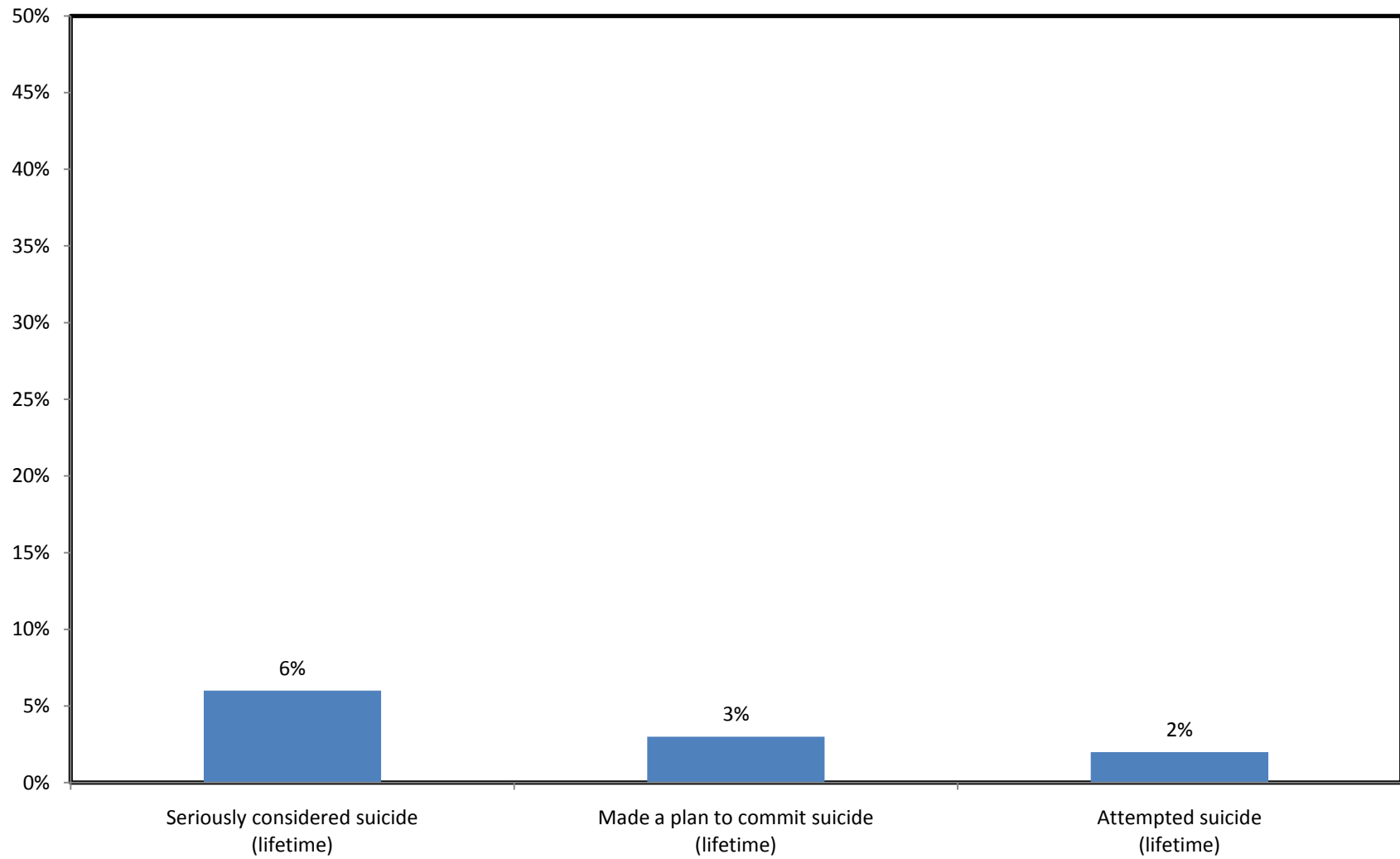
Violence-Related Behaviors and Experiences, 2010



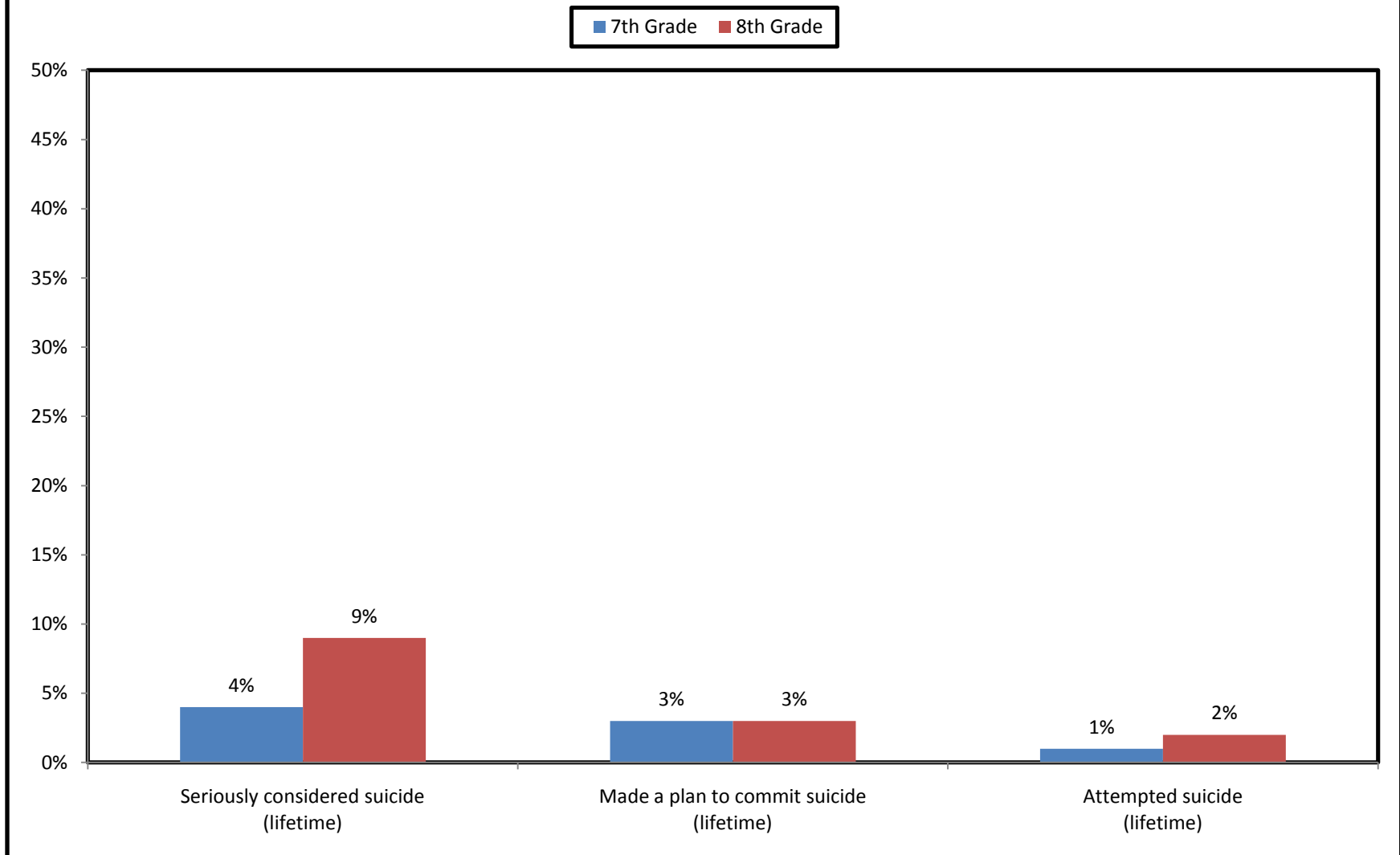
Violence-Related Behaviors and Experiences By Grade, 2010



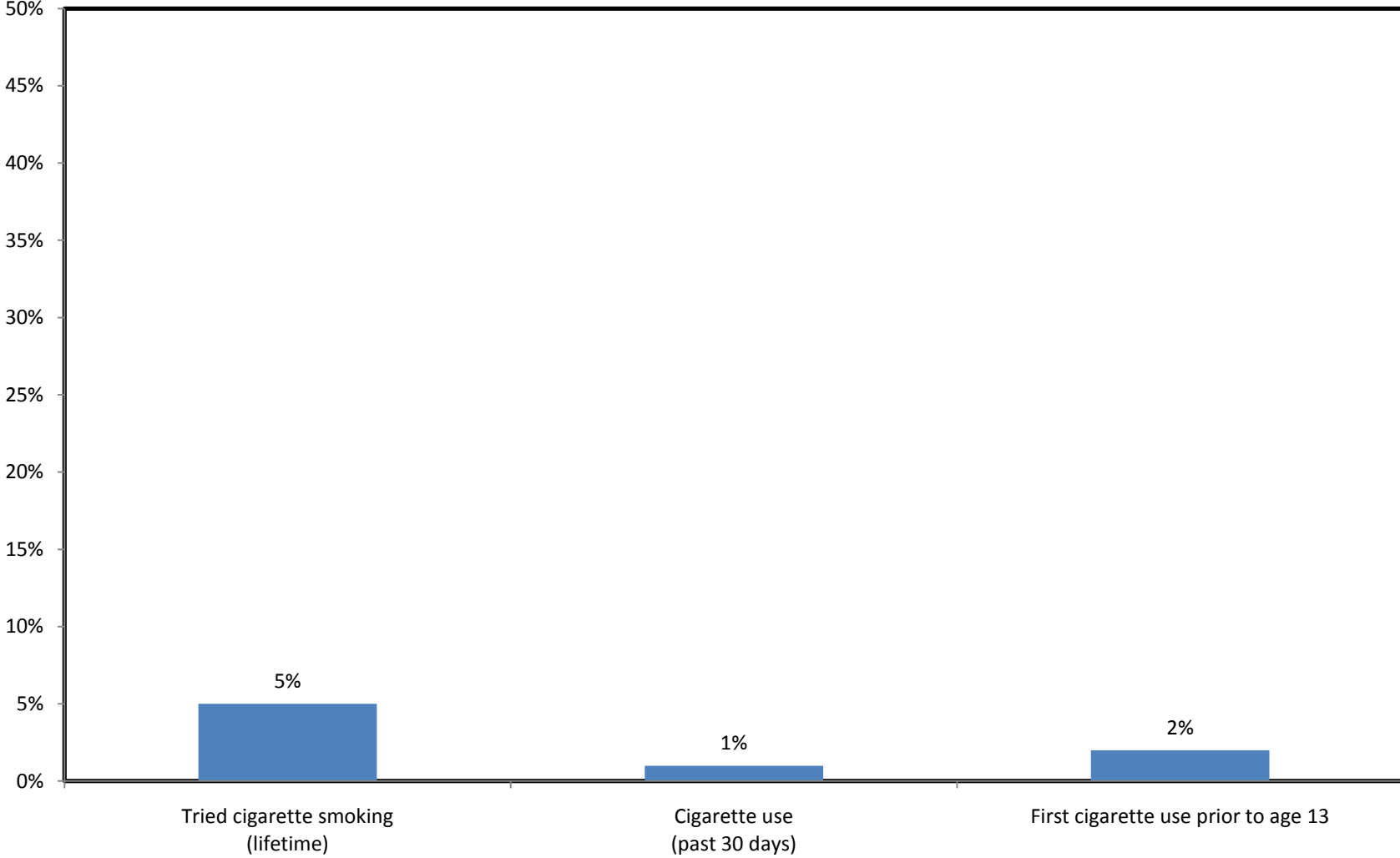
Suicidal Thinking and Behaviors, 2010



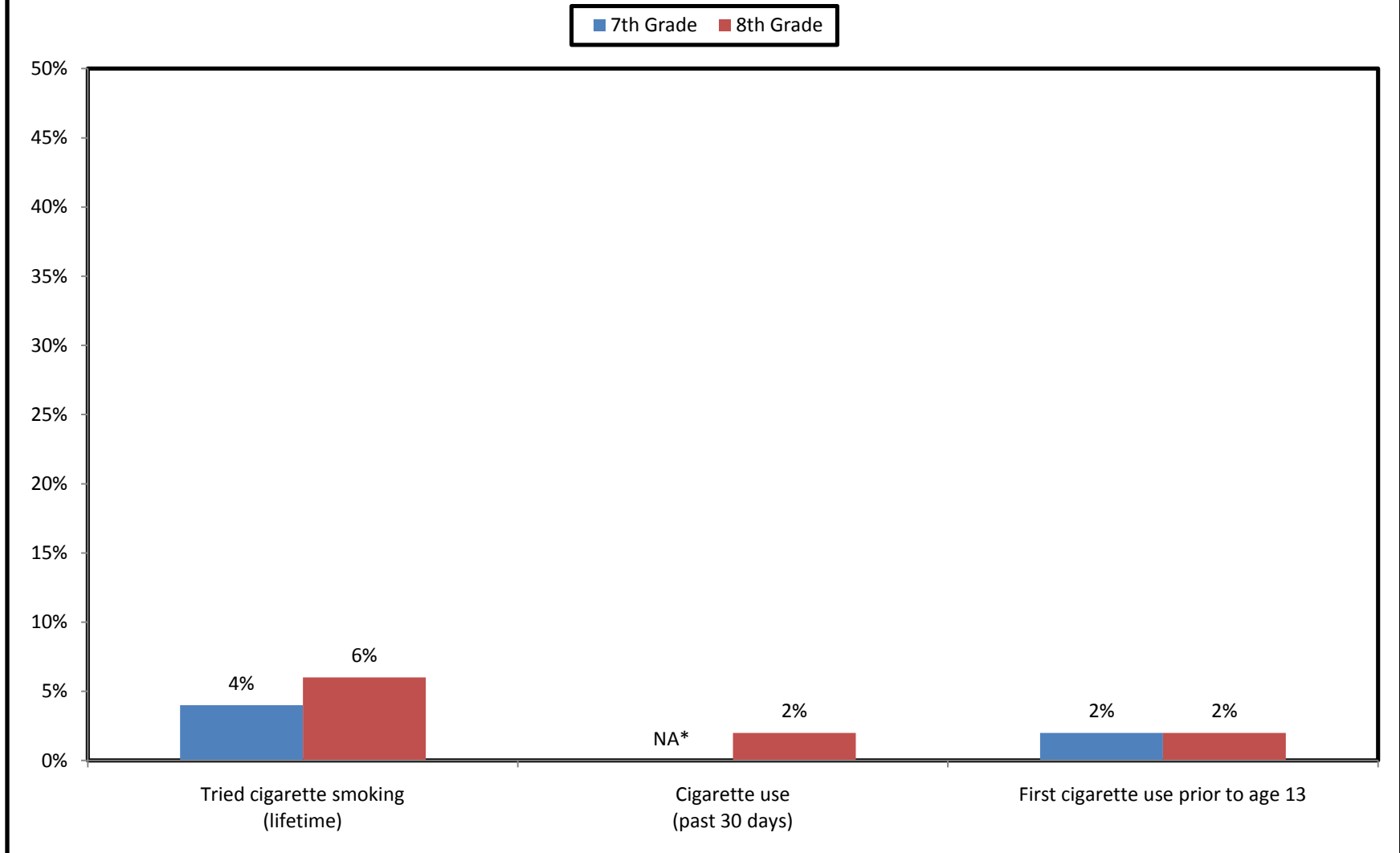
Suicidal Thinking and Behaviors By Grade, 2010



Tobacco Use, 2010

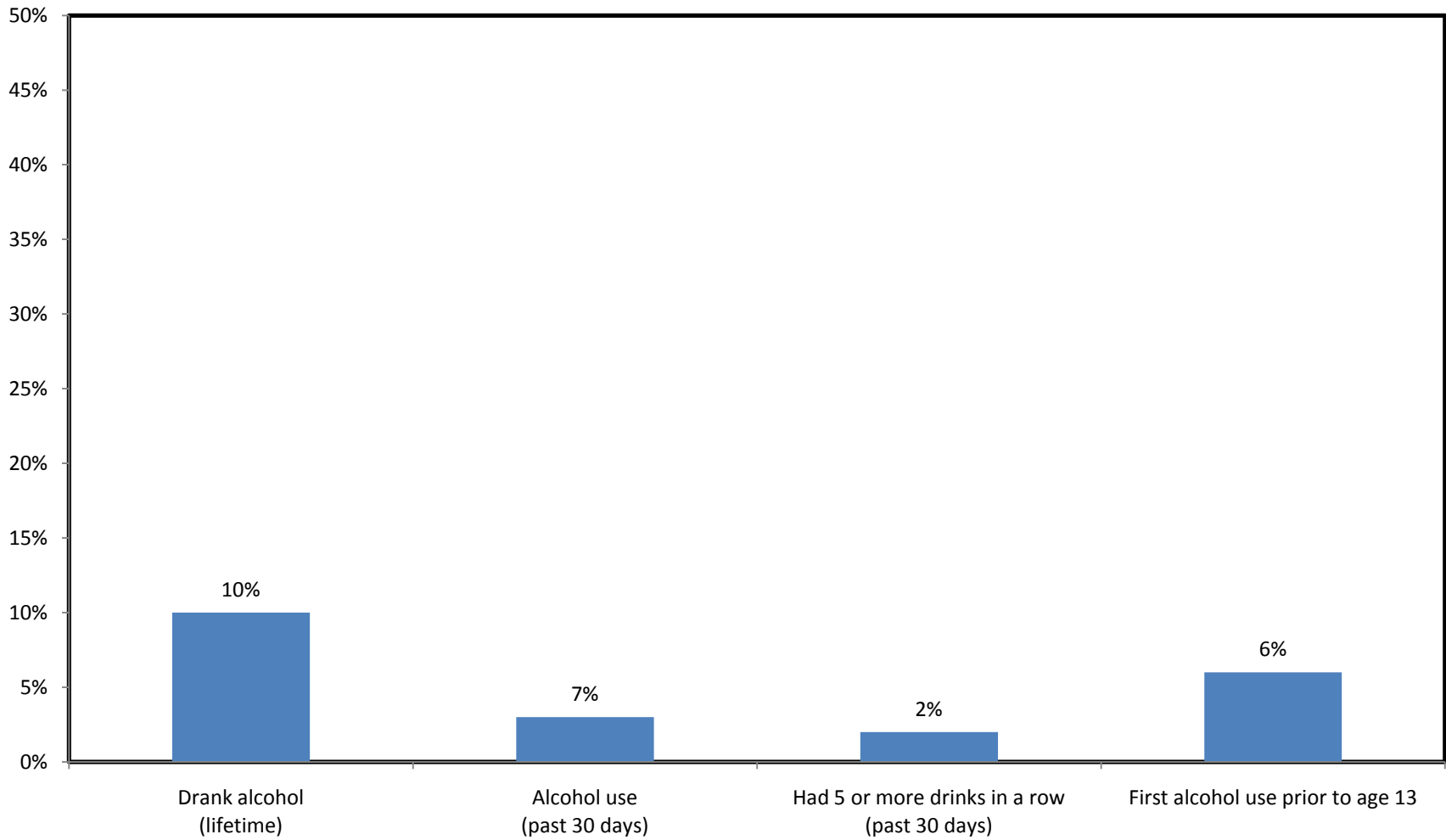


Tobacco Use By Grade, 2010

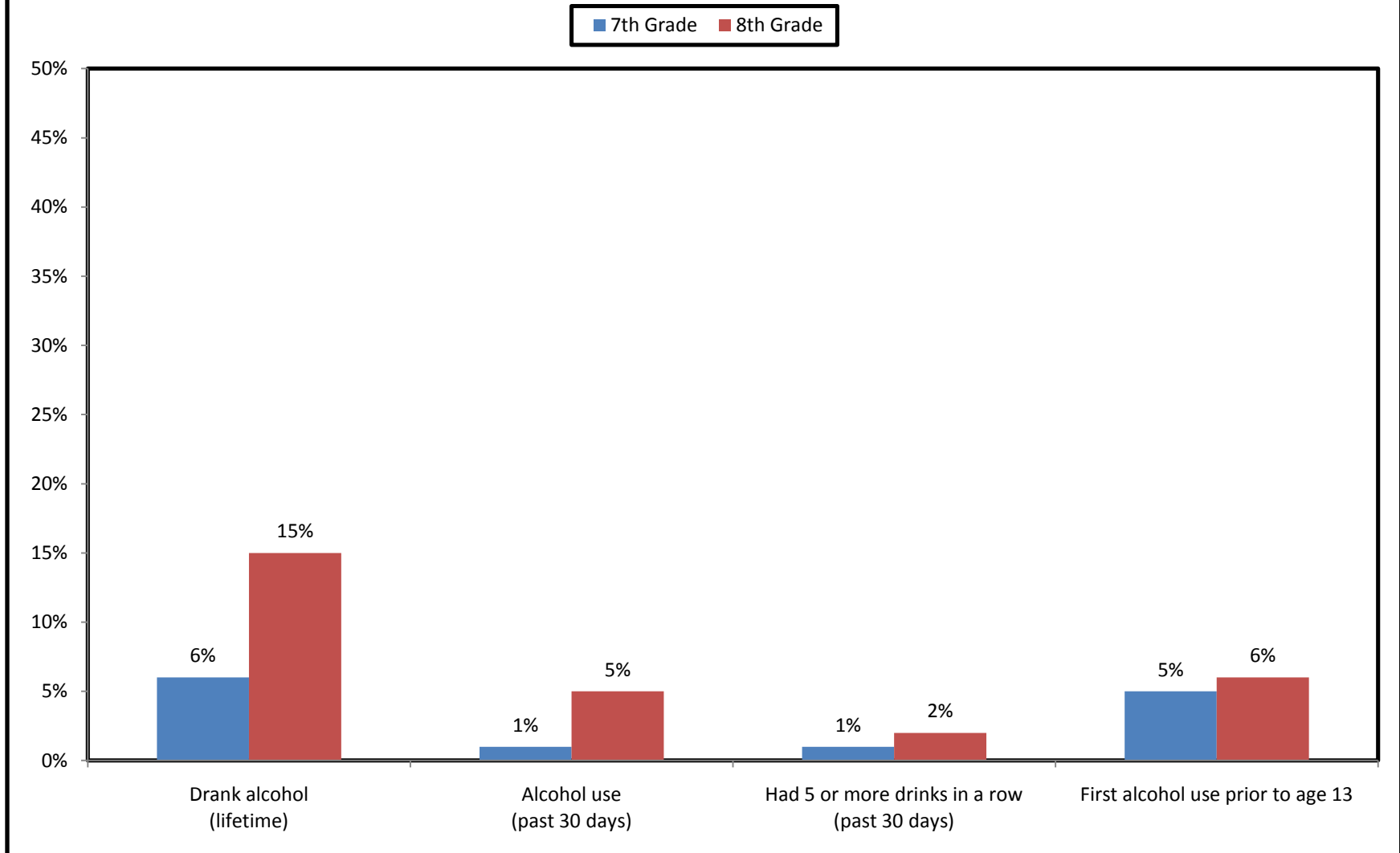


* NA refers to data that is Not Available or Not Analyzed.

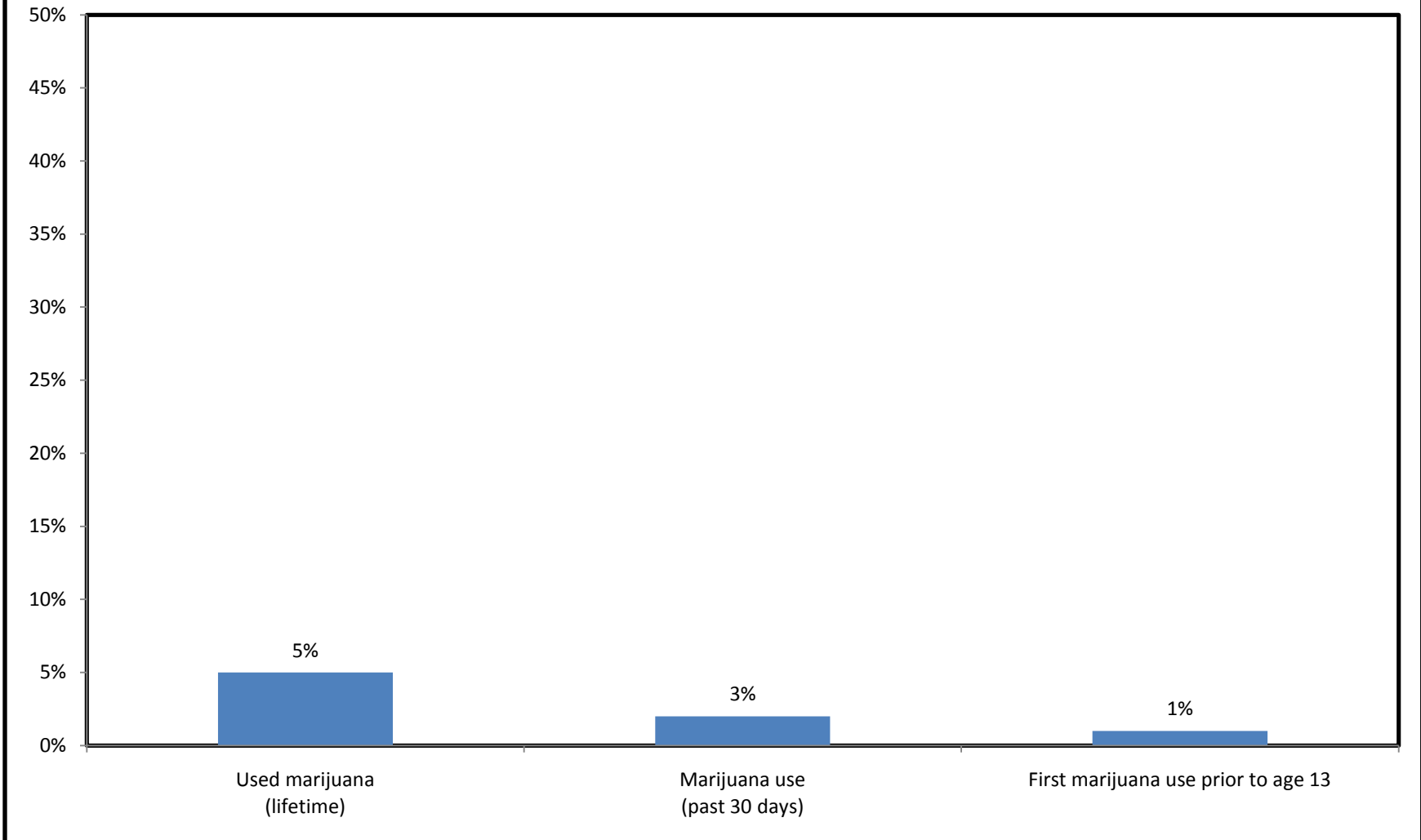
Alcohol Use, 2010



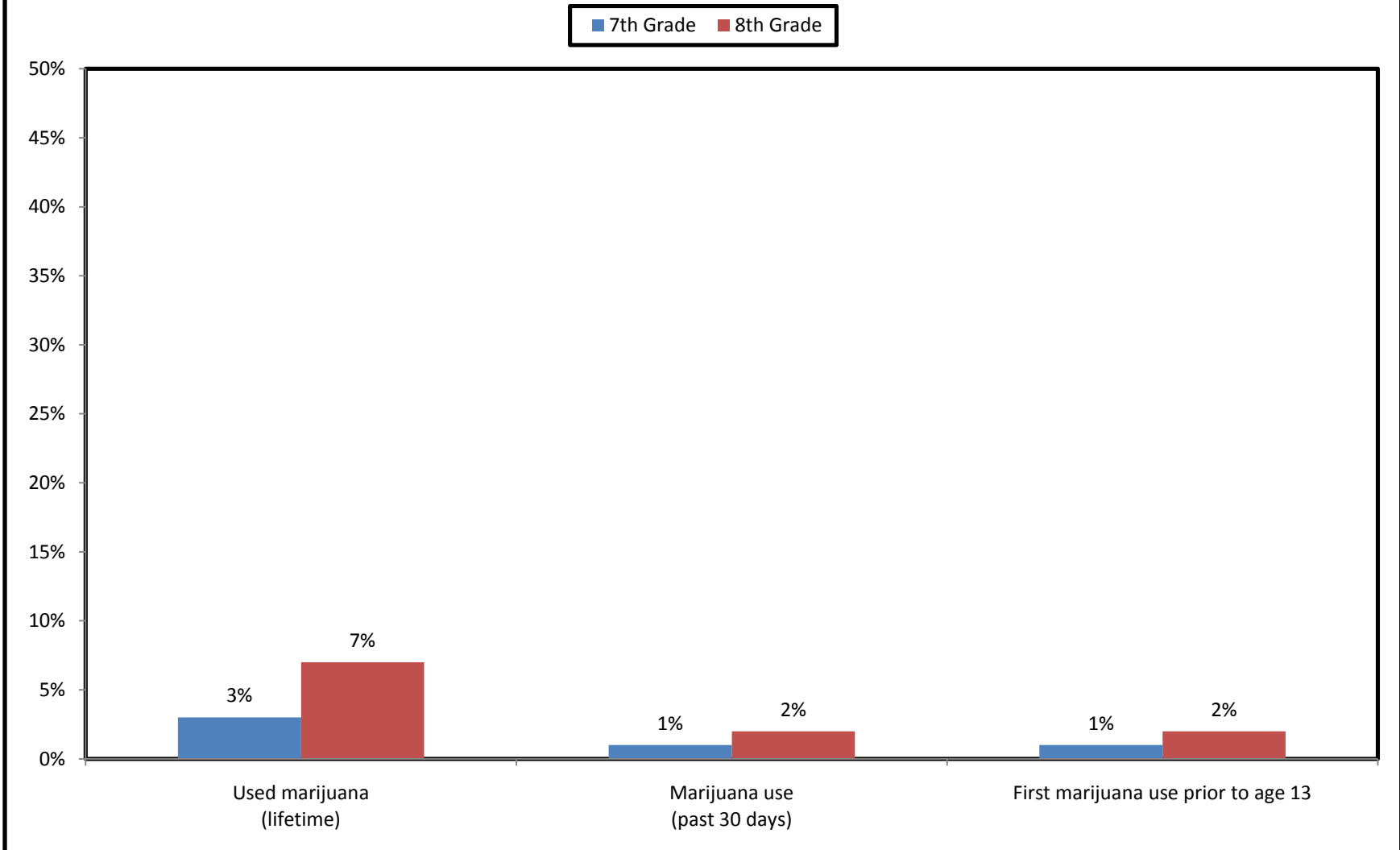
Alcohol Use By Grade, 2010



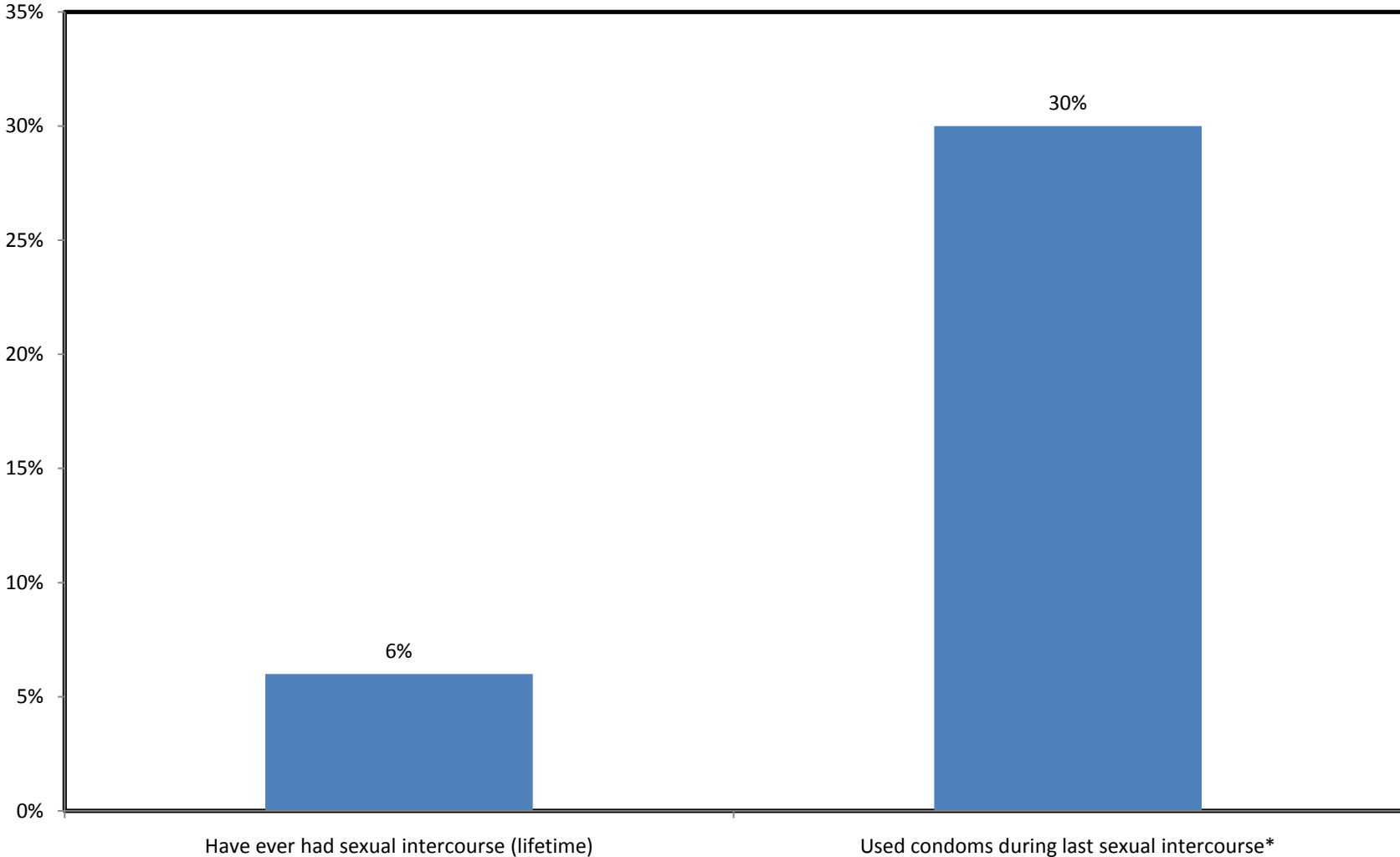
Marijuana Use, 2010



Marijuana Use By Grade, 2010



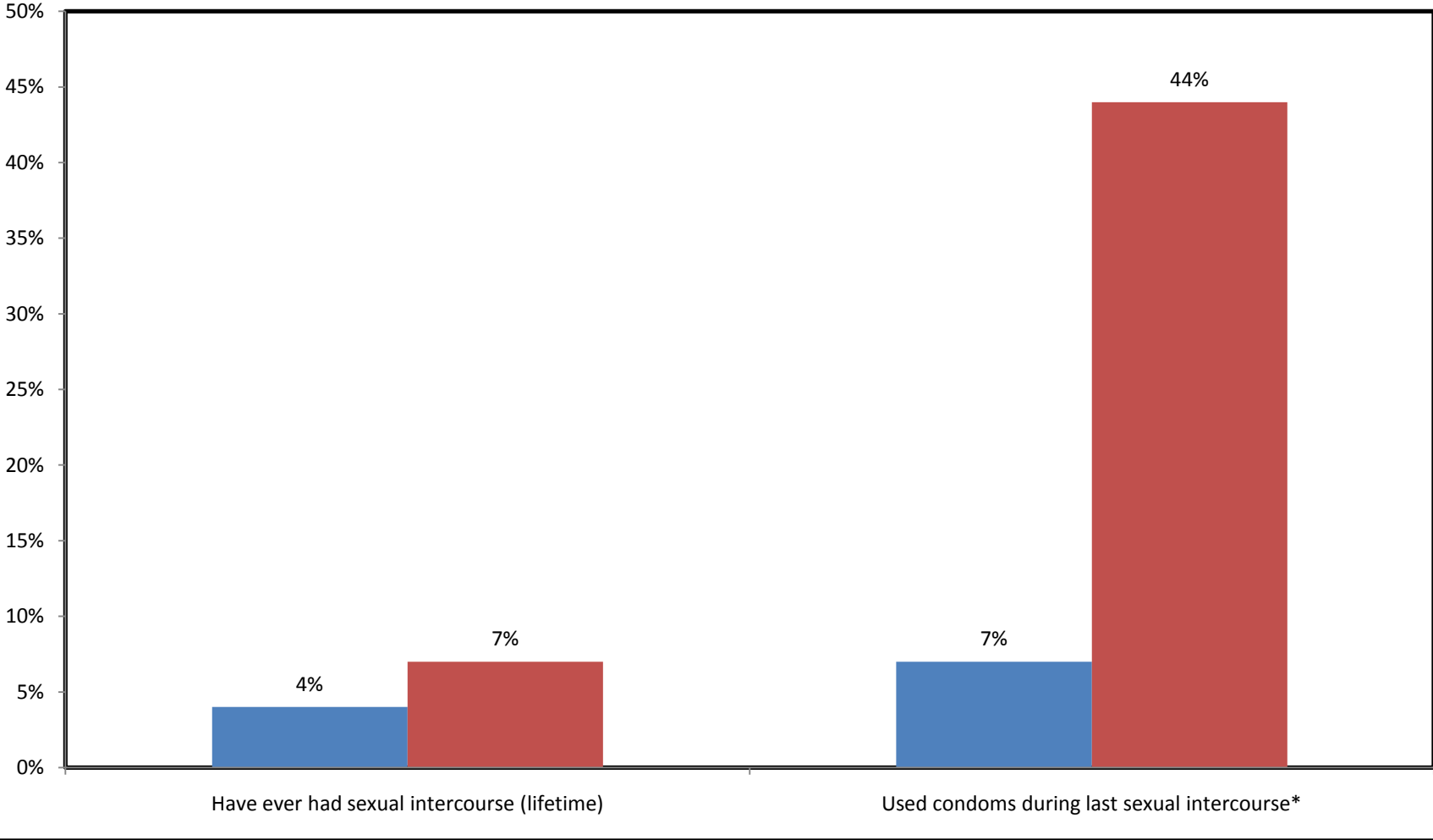
Sexual Behaviors, 2010



*Of those who have had sexual intercourse.

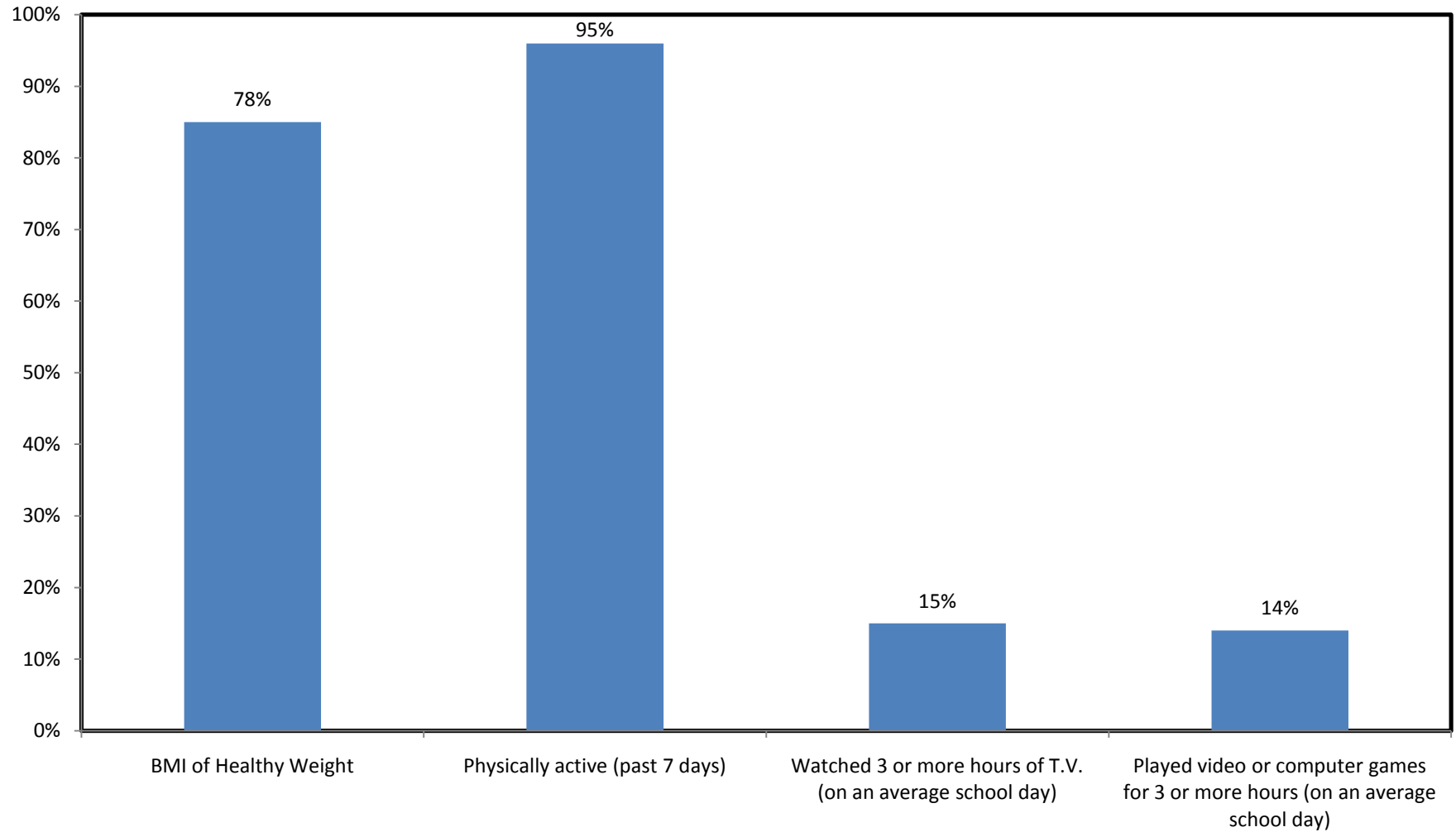
Sexual Behaviors By Grade, 2010

■ 7th Grade ■ 8th Grade



*Of those who have had sexual intercourse.

Body Image, Physical Activity, and Screen Time, 2010



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

