

# Summary of Results from the 2006-2007 Cambridge Middle Grades Health Survey

**Submitted to:**

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The Cambridge Public Health Department

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2007

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# TABLE OF CONTENTS

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<b>➤ BACKGROUND</b> .....	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
Note on Changes to the 2007 Survey .....	3
<b>➤ SUBSTANCE USE</b> .....	4
Lifetime Substance Use for Cambridge Middle Grades Students (2007).....	5
Lifetime Substance Use for Cambridge Middle Grades Students, by Grade (2007).....	6
Lifetime Substance Use for Cambridge Middle Grades Students, by Gender (2007).....	7
Current Substance Use for Cambridge Middle Grades Students (2007) .....	8
Current Substance Use for Cambridge Middle Grades Students, by Grade (2007) .....	9
Current Substance Use for Cambridge Middle Grades Students, by Gender (2007) .....	10
Trends in Current Substance Use for Cambridge Middle Grades Students ('97, '99, '01, '03, '05, '07) .....	11
Alcohol and Other Drug Related Issues Among Cambridge Middle Grades Students (2003, 2005, 2007) .....	12
<b>➤ VIOLENCE AND SAFETY</b> .....	13
Percent of Cambridge Middle Grades Students Who Reported Violence-Related Experiences in the Past 12 Months (2003, 2005, 2007).....	14
Percent of Cambridge Middle Grades Students Who Reported Fighting, Being Threatened, or Bullied in the Past 12 Months (2003, 2005, 2007).....	15
Percent of Cambridge Middle Grades Students Who Reported Weapon Carrying in the Past 12 Months (2003, 2005, 2007) .....	16
<b>➤ MENTAL HEALTH</b> .....	17
Personal Experiences in the Past 12 Months Among Cambridge Middle Grades Students (2003, 2005, 2007) .....	18
Percent of Cambridge Middle Grades Students Who Reported Worrying “Fairly Often” or “Most of the Time” About Various Issues in the Past 12 Months (2007) .....	19
Depression in the Past 30 Days Among Cambridge Middle Grades Students (2005, 2007) .....	20
Self-Harm and Suicidal Ideation/Behavior in the Past 12 Months Among Cambridge Middle Grades Students (2001, 2003, 2005, 2007).....	21
<b>➤ SEXUAL BEHAVIOR</b> .....	22
Percent of Cambridge Middle Grades Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2007) .....	23
Percent of Cambridge Middle Grades Students Who Talked with their Parents About Sex in the Past 12 Months, Total and by Grade (2007) .....	24
<b>➤ WEIGHT PERCEPTION AND CONTROL</b> .....	25
Perception of Body Weight by Cambridge Middle Grades Students, by Gender (2007) .....	26
Percent of Cambridge Middle Grades Students Reporting Attempts to Change Their Weight, by Gender (2007) .....	27
Percent of Cambridge Middle Grades Students Reporting Weight Loss or Maintenance Activities in the Past 30 Days, by Gender (2007) .....	28
<b>➤ PHYSICAL ACTIVITY</b> .....	29
Percent of Cambridge Middle Grades Students Who Reported Engaging in Vigorous and Moderate Physical Activity in the Past 7 Days (2005, 2007) .....	30

➤ <b>RESILIENCY</b> .....	31
Percent of Cambridge Middle Grades Students Reporting Potential Risk Factors in the Past 12 Months (2005, 2007) .....	32
Percent of Cambridge Middle Grades Students Reporting Social Supports (2005, 2007).....	33
Percent of Cambridge Middle Grades Students Reporting School and Community Activities During the School Year (2005, 2007).....	34
Percent of Cambridge Middle Grades Students Reporting Different Experiences After School Hours (2005, 2007) .....	35
Computer and Internet Access Among Cambridge Middle Grades Students (2007).....	36

➤ **APPENDIX A: Selected Data Tables**

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# BACKGROUND

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## REPORT FORMAT

In April of 2007, 1,026 Cambridge middle grades students (grades 6-8) took part in the 2006-2007 Cambridge Middle Grades Health Survey. 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 Cambridge, such as substance use, violence and safety, and dietary behavior. This is the sixth administration of the Middle Grades Health Survey (the survey was also administered in 1997, 1999, 2001, 2003, and 2005). A similar survey of Cambridge high school students has also been conducted biennially since 1992.

This report summarizes results from the Cambridge Middle Grades Health Survey. It is designed to provide an overview of key survey data, focusing on three 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)?; and (3) How have the data changed since the last several administrations of the survey? 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 Risk 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 Cambridge Prevention Coalition, the Cambridge Public Schools, the Cambridge Public Health Department, and the Institute for Community Health in collaboration with Social Science Research and Evaluation, Inc., 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 April of 2007 to all Cambridge public school students in grades 6 through 8. The number of respondents in each grade is as follows:

6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	Other/ Unknown	TOTAL
371	330	320	5	1,026

School administrators set aside approximately 30-40 minutes for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order in the classroom. In addition to English, the survey was translated into Spanish, Portuguese, and Haitian Creole.

## **WHAT DID THE SURVEY ASK ABOUT?**

The survey focuses 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 Cambridge Middle Grades 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* (NIDA, 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 (e.g., 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.

## **TRENDS**

Trend comparisons can provide extremely useful information on whether certain behaviors or conditions have improved, worsened, or stayed the same over time. In fact, it is best to repeat a survey such as this at regular intervals in order to track changes over time. Because this is the sixth administration of the Cambridge Middle Grades Health Survey, it is possible to look at certain trends among Cambridge youth.

## **COMPARATIVE DATA**

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

## **WHO HAS THE PROBLEM?**

Although this survey was administered to middle grades students, this does not mean that the problems addressed are confined solely to youth. In fact, 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 this survey is designed primarily to assess risky behaviors and does not address all of the positive aspects of adolescent life.

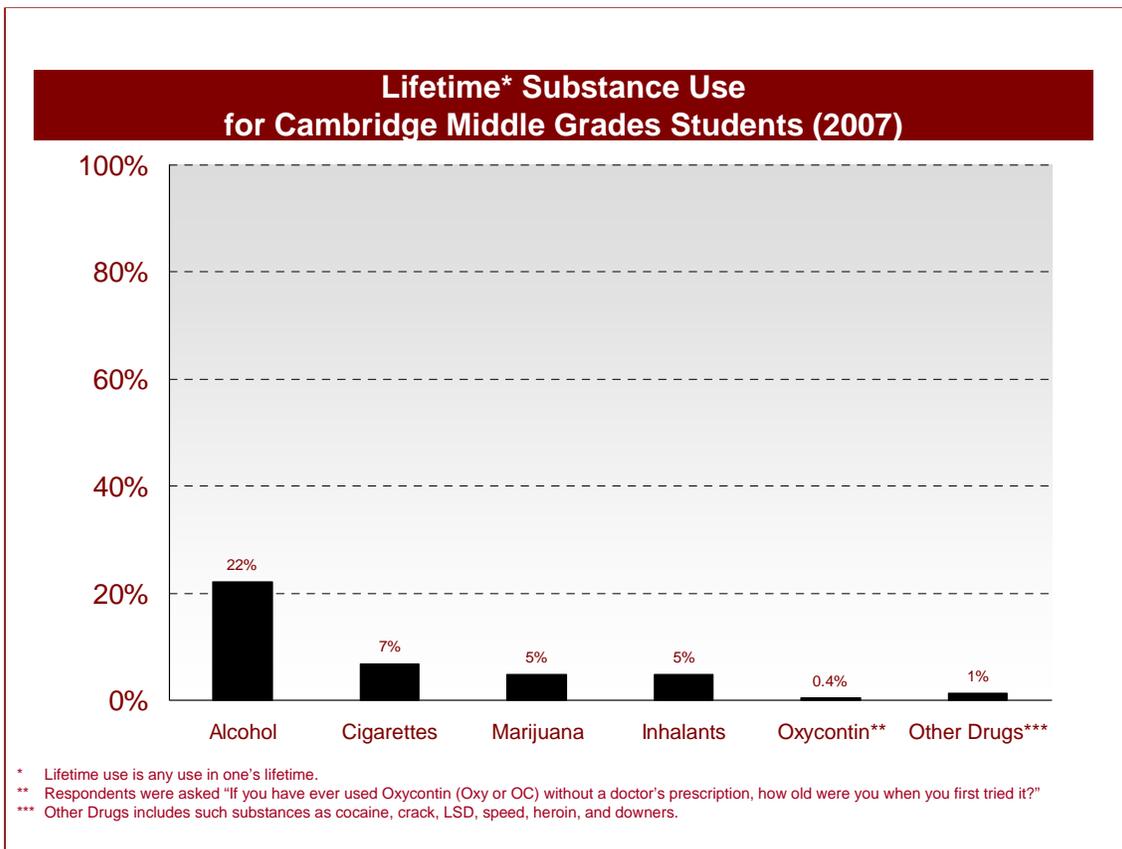
## **WHO IS RESPONSIBLE?**

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.

## **NOTE ON CHANGES TO THE 2007 SURVEY**

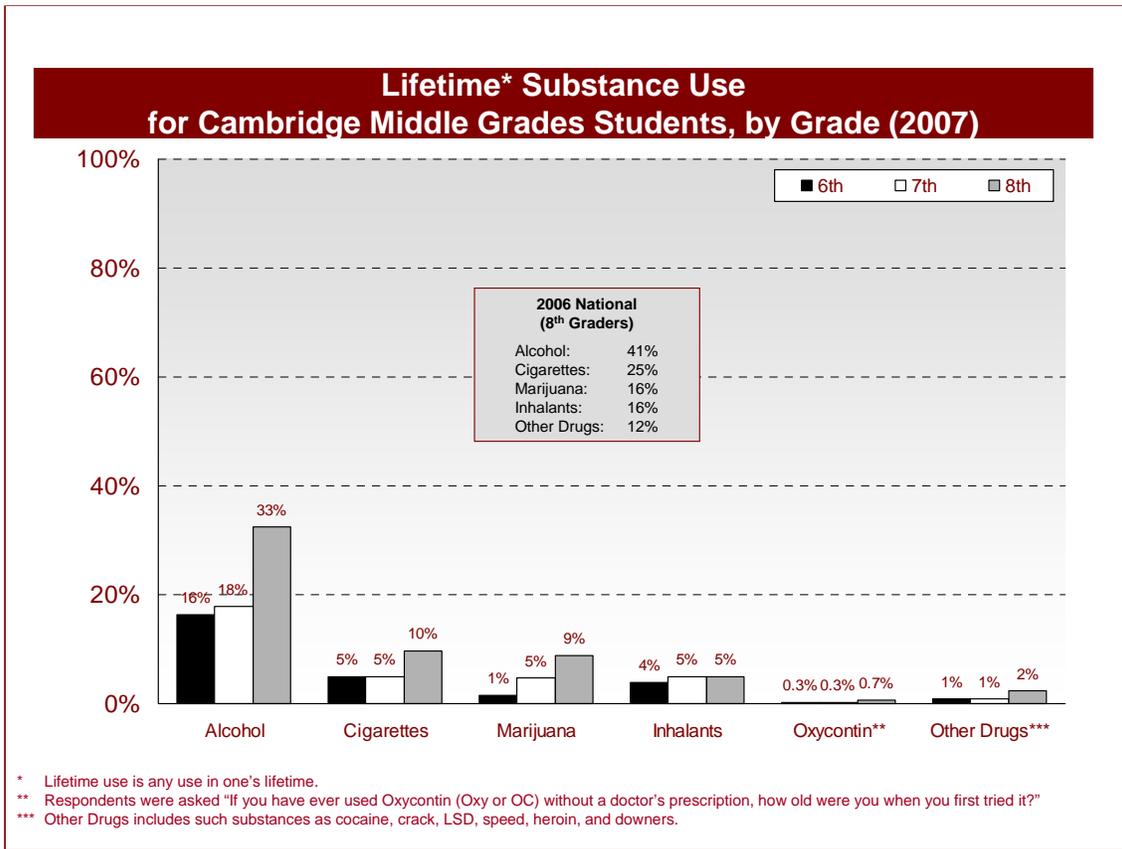
It should be noted that the design of the substance use portion of the survey was modified in 2007 and it is possible that this modification may have influenced results for the 30-day substance use item trends. Although the 30-day substance use items themselves were not changed, each of the 30-day use items was prefaced by a new item asking about lifetime use of each substance.

# Substance Use



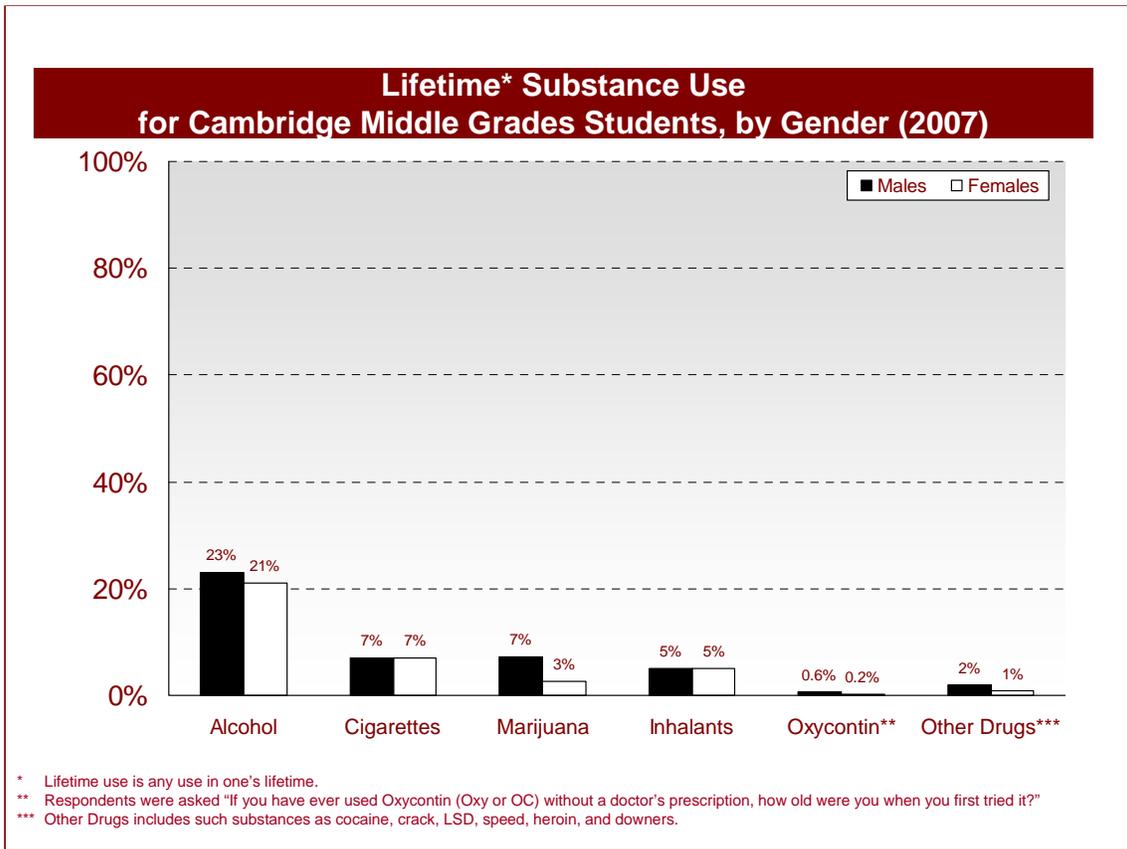
## SELECTED POINTS

- Lifetime 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, hard lemonade, or cider, and liquor such as rum, gin, 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 22% of Cambridge middle grades students in 2007 reporting that they had consumed alcohol in their lifetime. Seven percent (7%) reported ever smoking cigarettes, 5% ever using marijuana, 5% ever using inhalants, and 0.4% ever using Oxycontin (without a doctor's prescription). One percent (1%) reported ever using other illegal drugs such as cocaine, crack, LSD, speed, heroin, or downers.
- **Trends:** The lifetime substance use items were added to the survey for the first time in 2007.



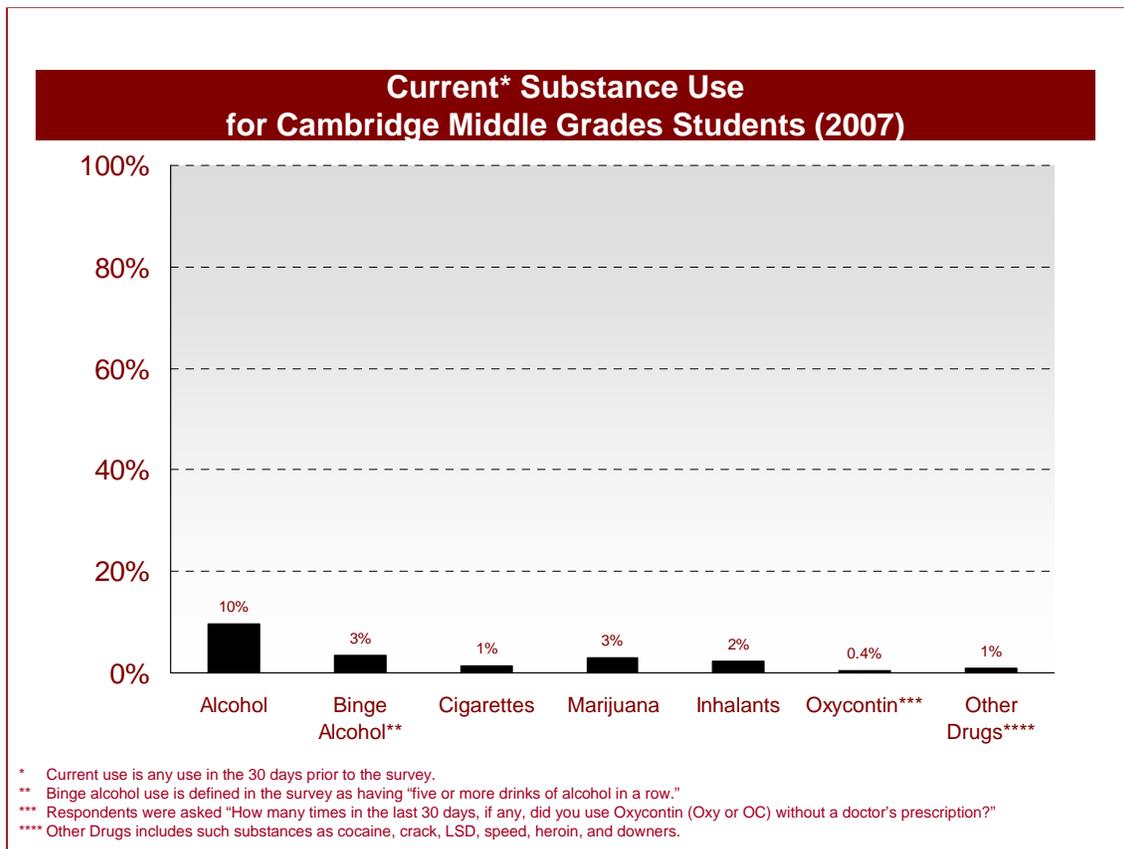
## SELECTED POINTS

- The percentage of Cambridge middle grades students who reported ever using each of these substances increased with age/grade. For example, the percentage of students who reported ever using marijuana increased from 1% in 6<sup>th</sup> grade to 9% in 8<sup>th</sup> grade.
- Eighth graders reported the highest lifetime substance use across all substances.
- Of note are the rather dramatic increases in lifetime use of the commonly used substances between the 7<sup>th</sup> and 8<sup>th</sup> graders. The rate of lifetime alcohol use was 18% among 7<sup>th</sup> graders escalated to 33% among 8<sup>th</sup> graders; cigarette use doubled from 5% to 10% respectively; and, marijuana use increased from 5% to 9%.
- Comparisons: Limited comparisons for 8<sup>th</sup> grade students can be made to national data from the Monitoring the Future Survey (NIDA). Cambridge 8<sup>th</sup> graders were much less likely than 8<sup>th</sup> graders in the national sample to report lifetime use of any substances. This was particularly true for lifetime use of cigarettes, with only 10% of Cambridge 8<sup>th</sup> graders reporting lifetime use of cigarettes compared to 25% of national 8<sup>th</sup> graders.



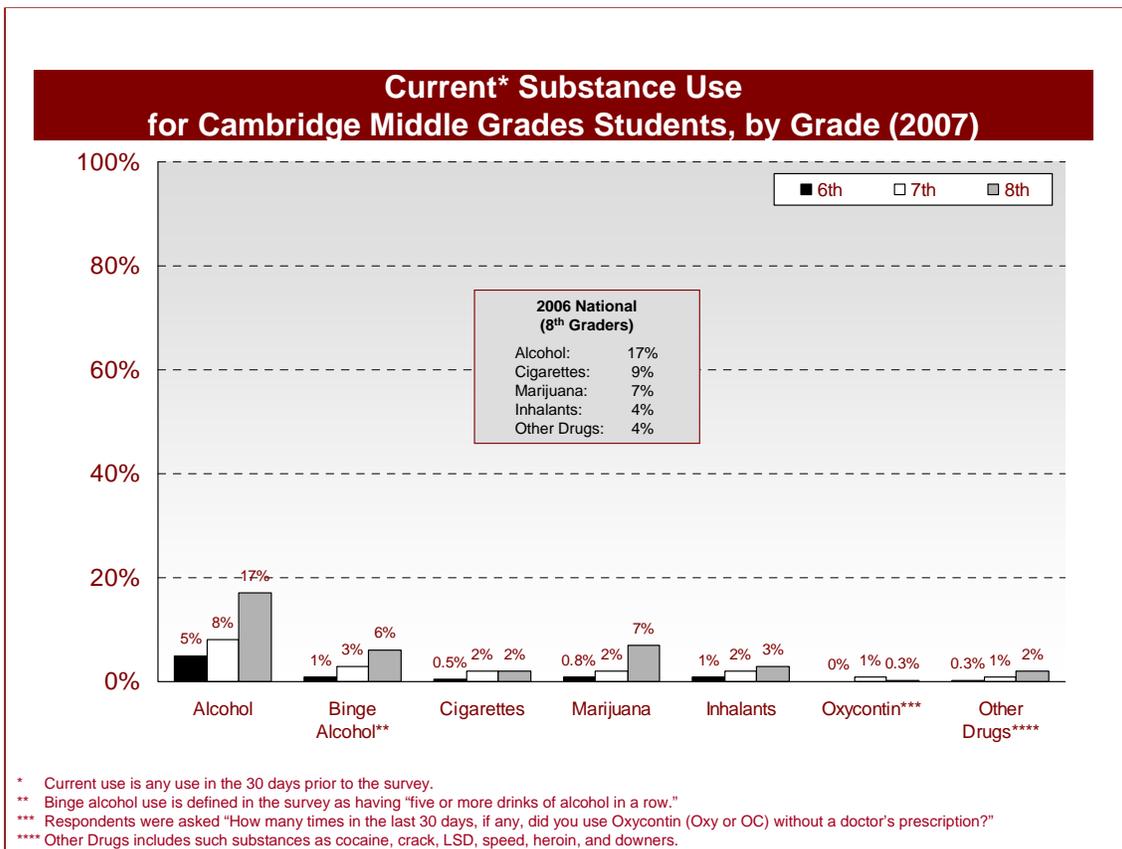
**SELECTED POINTS**

- Cambridge middle grades males and females generally reported similar lifetime substance use. For example, both males and females reported identical use of cigarettes and inhalants.
- Males were, however, more likely to report lifetime use of marijuana (7% males vs. 3% females).



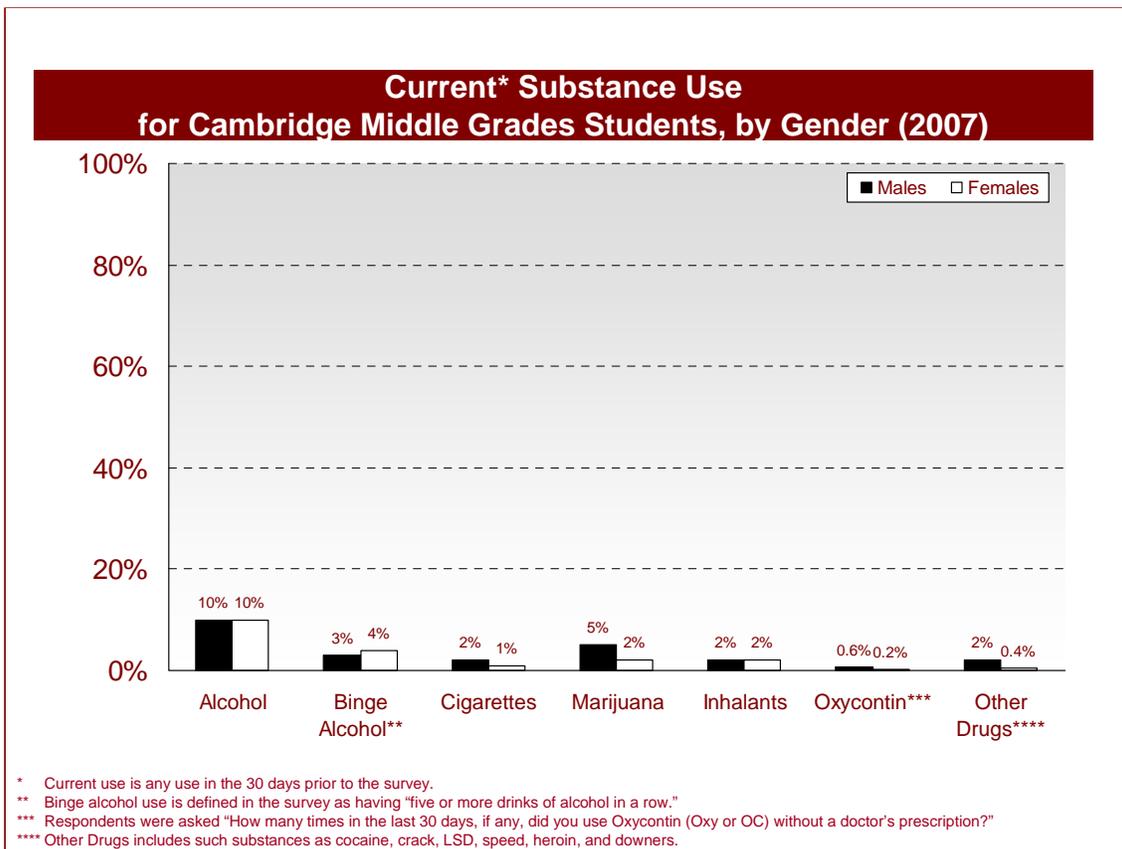
## SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 10% of students reporting that they consumed alcohol in the 30 days prior to the survey.
- Three percent (3%) of all respondents reporting binge drinking (consuming five or more drinks in a row) during the same time period. This means that of those who reported that they consumed alcohol in the 30 days prior to the survey, almost one-third (30%) reported binge drinking at least one time in that time period.
- Following alcohol, respondents were most likely to report current use of marijuana (3%), inhalants (2%), cigarettes (1%), and other drugs (1%). Only 0.4% of respondents (4 students) reported use of Oxycontin without a doctor's prescription in the 30 days prior to the survey.
- Note that current use of marijuana (3%) is more common than use of cigarettes (1%).



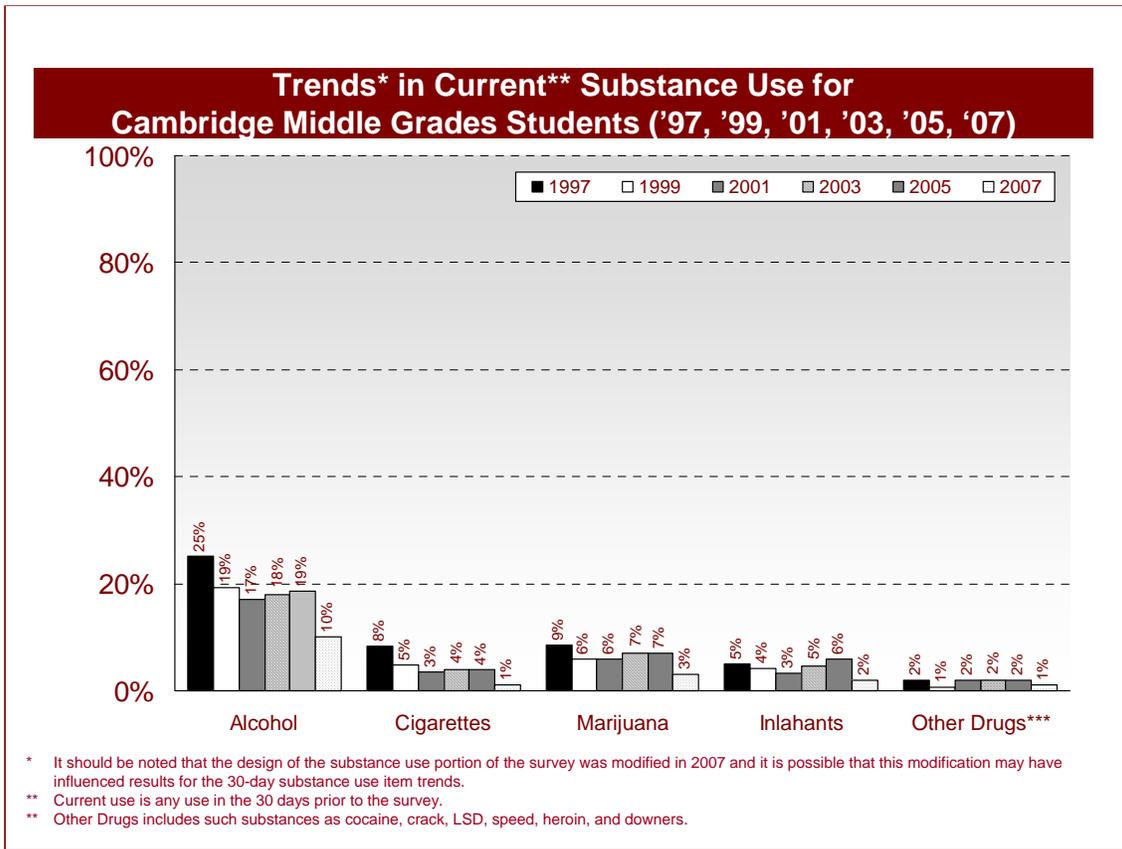
## SELECTED POINTS

- Overall, the percentage of Cambridge middle grades youth who reported current use of each of these substance increased with age/grade. For example, the percentage of students who reported current alcohol use increased from 5% in 6<sup>th</sup> grade to 17% in 8<sup>th</sup> grade.
- Eighth graders reported the highest current substance use across virtually all substances.
- Comparisons: Limited comparisons for 8<sup>th</sup> grade students can be made to national data from the Monitoring the Future Survey (NIDA). Current use of alcohol, marijuana, and inhalants was either identical to or close to data from 8<sup>th</sup> graders in the national sample. Cambridge 8<sup>th</sup> graders were much less likely to report current use of cigarettes (2%) than were 8<sup>th</sup> graders in the national sample (9%), and were somewhat less likely to report current use of other drugs (2% Cambridge vs. 4% national).



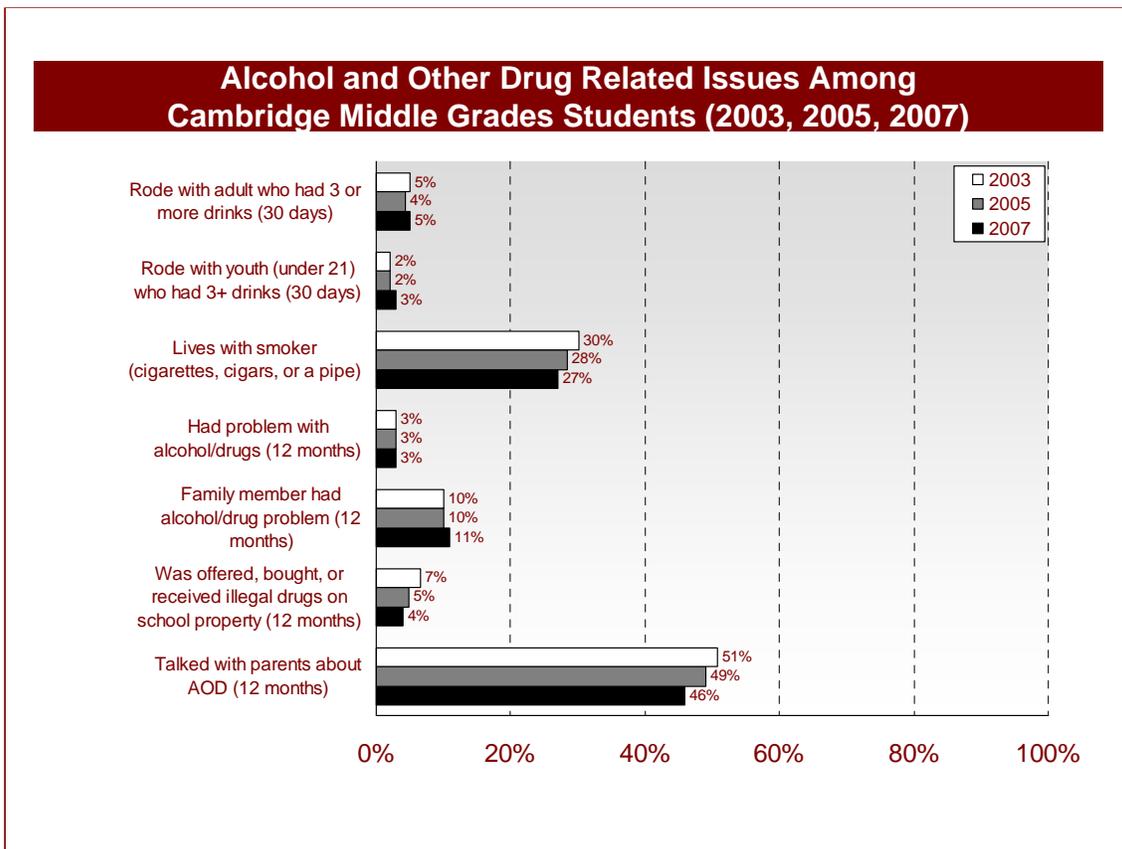
### SELECTED POINTS

- Cambridge middle grades males and females reported similar levels of current substance use. For example, both reported the same levels of alcohol use, and inhalant use.
- Males were, however, more likely to report current use of marijuana (5% males vs. 2% females).



**SELECTED POINTS**

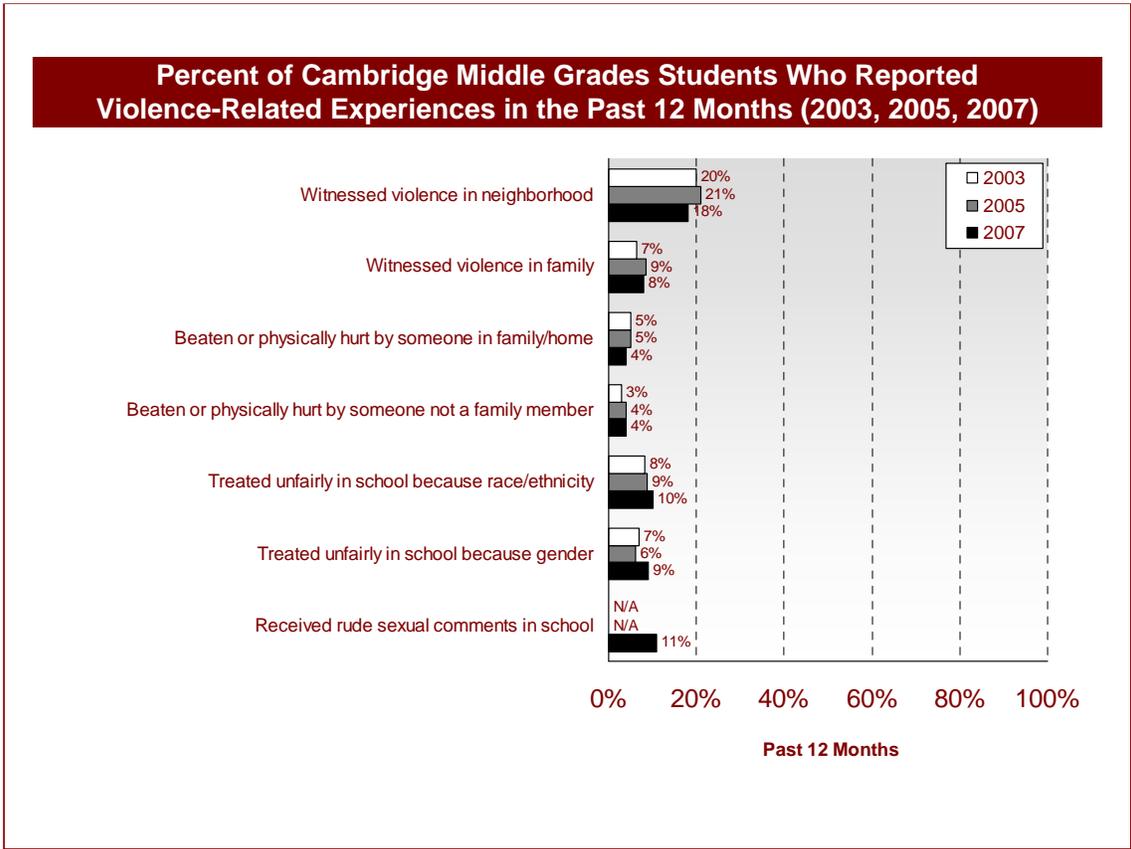
- It should be noted that the design of the substance use portion of the survey was modified in 2007 and it is possible that this modification may have influenced results for the current substance use item trends.
- Current use of all substances decreased between 2005 and 2007. Overall, 2007 represented the lowest reported current use of substances across the 10 years for which data are available.
- Across almost every substance, the highest level of reported use occurred in 1997, followed by declines to a low point in 2001, a leveling off in 2003 and 2005, and a subsequent decrease in 2007.



### SELECTED POINTS

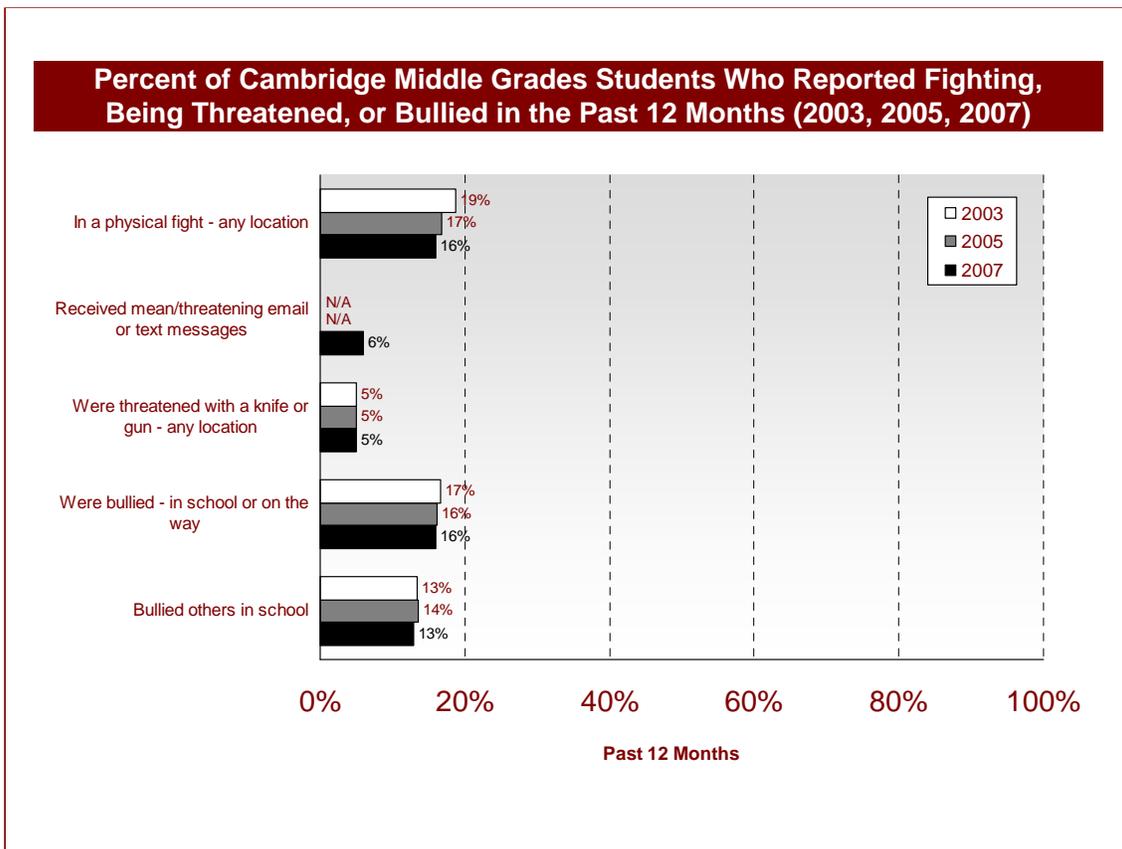
- These data illustrate alcohol and other drug related issues among Cambridge middle grades students.
- **Trends:** Trend data reveal similar reports between 2003 and 2007 in alcohol and other drug related issues among Cambridge youth. There was a decrease in the percent of students who reported that they talked with their parents about alcohol or other drug use during the past 12 months in 2007 (46%) from 2003 (51%), a small decrease in the percent of students who reported that they lived with a smoker (30% in 2003 to 27% in 2007), and a small decrease in the percent who were offered, bought, or received illegal drugs on school property (7% in 2003 to 4% in 2007).
- **Gender:** In 2007, Cambridge females (50%) were more likely than males (41%) to report that they talked with their parents about alcohol or other drug use during the past 12 months. Females (12%) were also slightly more likely than males (9%) to report that a family member had a problem with alcohol or drugs in the past 12 months. The other items were all similar for males and females.
- **Grade:** In 2007, all but one of the alcohol and other drug related issue items increased slightly with age/grade. The only exception was for talking with parents about alcohol or other drug use in the past 12 months, which decreased from 48% in 6<sup>th</sup> grade to 43% in 8<sup>th</sup> grade.

# Violence and Safety



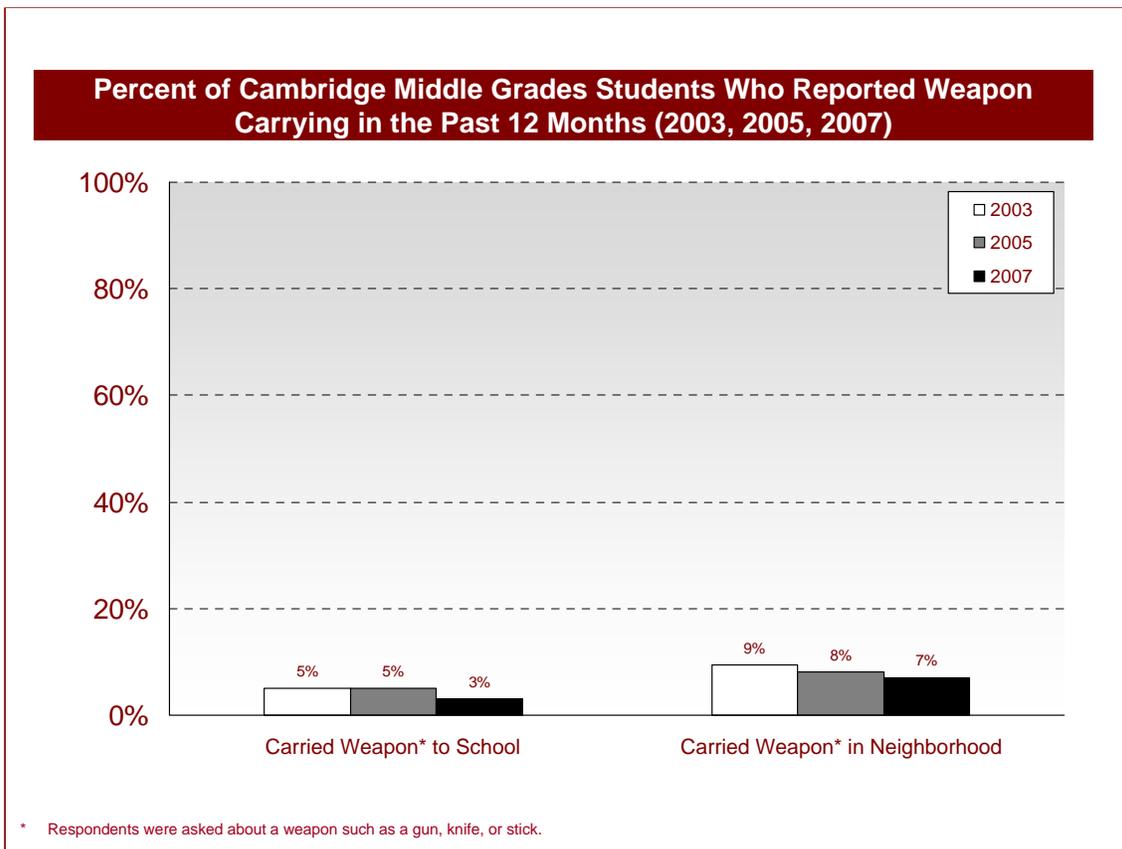
**SELECTED POINTS**

- These data illustrate violence-related experiences that respondents reported happened to them at least once in the 12 months prior to the survey.
- **Trends:** Trend data reveal similar reports between 2003 and 2007 in violence-related experiences among Cambridge youth. Additional trend data for selected items appear in Appendix A.
- **Gender:** In 2007, Cambridge females were more likely than males report receiving rude sexual comments in school (15% females vs. 8% males), and being treated unfairly in school because of their gender (13% females vs. 4% males). Males were more likely than females to report witnessing violence in their neighborhood (22% males vs. 14% females).
- **Grade:** There were small increases by age/grade in the percent of students who reported witnessing violence in their neighborhood (16% 6<sup>th</sup> grade; 16% 7<sup>th</sup> grade; 22% 8<sup>th</sup> grade), and those who reported being treated unfairly in school because of their gender (7% 6<sup>th</sup> grade; 8% 7<sup>th</sup> grade; 11% 8<sup>th</sup> grade).



## SELECTED POINTS

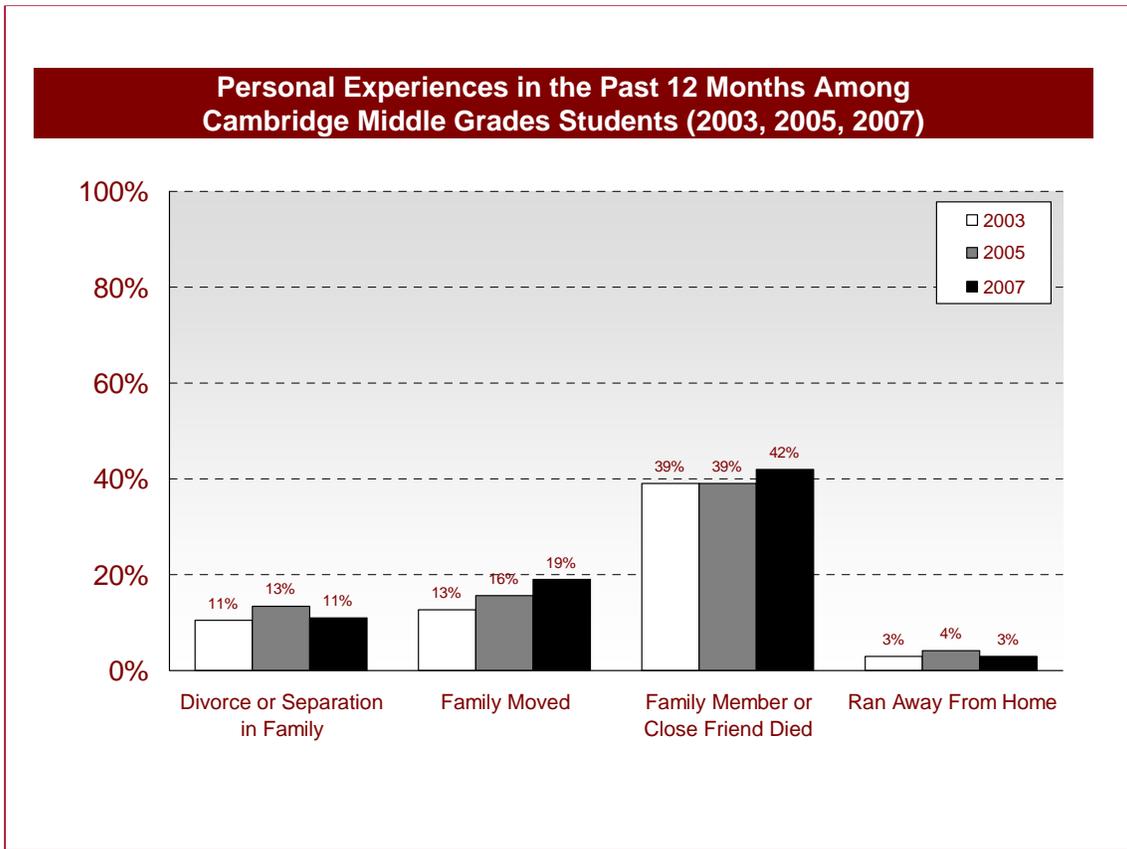
- In 2007, 16% of Cambridge middle grades students reported being in a physical fight in any location, 16% were bullied in school or on the way to school, 13% bullied other students in school, and 5% were threatened with a knife or gun (in any location) during the past 12 months.
- A new item in the 2007 survey asked respondents to indicate whether or not they received mean or threatening e-mail or text messages within the 12 months prior to the survey. Six percent (6%) reported that they received such messages.
- **Trends:** There was a slight overall decrease between 2003 (19%) and 2007 (16%) in the percent of students who reported being in a physical fight during the past 12 months. Additional trend data for selected items appear in Appendix A.
- **Gender:** In 2007, Cambridge males were more likely than females to report being in a physical fight (22% males vs. 11% females).
- **Grade:** There was an increase between 6<sup>th</sup> grade and 7<sup>th</sup> and 8<sup>th</sup> grade, in the percentage of students that reported that they bullied, threatened, or pushed around other kids in school (9% 6<sup>th</sup> grade; 15% 7<sup>th</sup> grade; 15% 8<sup>th</sup> grade). The other items were similar across age/grade.



## SELECTED POINTS

- Respondents were twice as likely to report carrying weapons out of school compared with carrying weapons to school.
- In 2007, 3% of Cambridge middle grades students reported carrying a weapon to school, and 7% reported carrying a weapon in their neighborhood during the 12 months prior to the survey.
- **Trends:** Trend data reveal small decreases between 2003 and 2007 in the percentage of students reporting weapon carrying both to school and in their neighborhood. Additional trend data appear in Appendix A.
- **Gender:** In 2007, Cambridge males were more likely than females to report carrying weapons both to school (4% males vs. 2% females), and in their neighborhood (11% males vs. 4% females).
- **Grade:** In 2007, reports of weapon carrying both to school (2%, 3%, 4%), and in their neighborhood (5%, 8%, 10%) increased with age/grade.

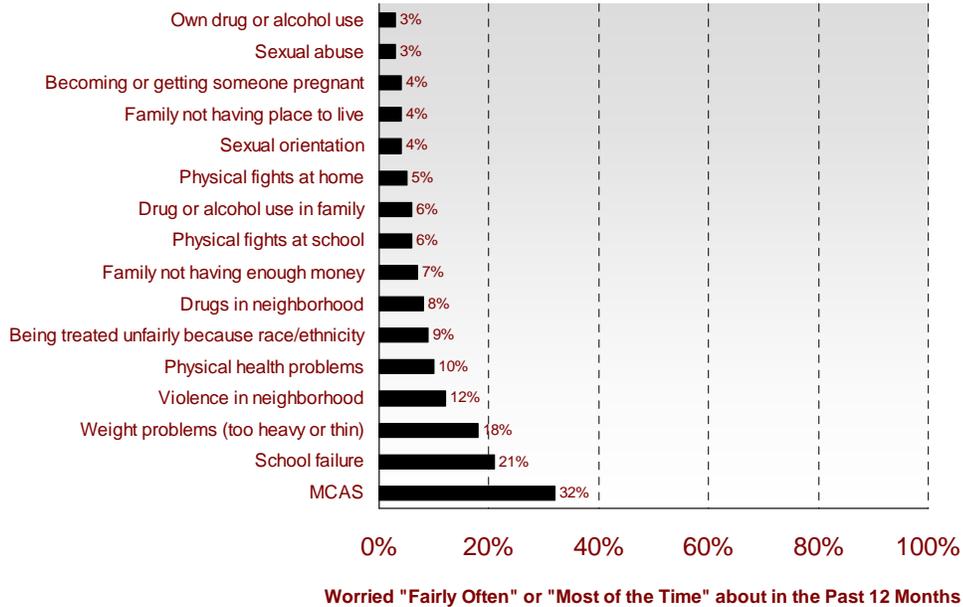
# Mental Health



**SELECTED POINTS**

- These data illustrate personal experiences that Cambridge middle grades reported happened to them in the past 12 months. For example, almost half (42%) of 2007 students reported dealing with the death of someone close to them in the prior year, while one in five (19%) reported that their family had moved in that time.
- **Trends:** Trend data reveal small increases between 2003 and 2007 in the percentage of students who reported that their family moved (from 13% to 19%). Additional trend data for selected items appear in Appendix A.
- **Gender:** Females in 2007 were slightly more likely to report experiencing these issues during the past 12 months than were males.
- **Grade:** The proportion of Cambridge students in 2007 who reported that there was a divorce or separation in their family in the past 12 months, and those that reported that their family moved both decreased with age/grade. The percentage of students who reported that a family member or close friend died, or who reported that they ran away from home in the past 12 months both increased with age/grade.
  - Family member or close friend died – 39% 6<sup>th</sup>; 40% 7<sup>th</sup>; 47% 8<sup>th</sup>
  - Ran away from home – 1% 6<sup>th</sup>; 2% 7<sup>th</sup>; 4% 8<sup>th</sup>

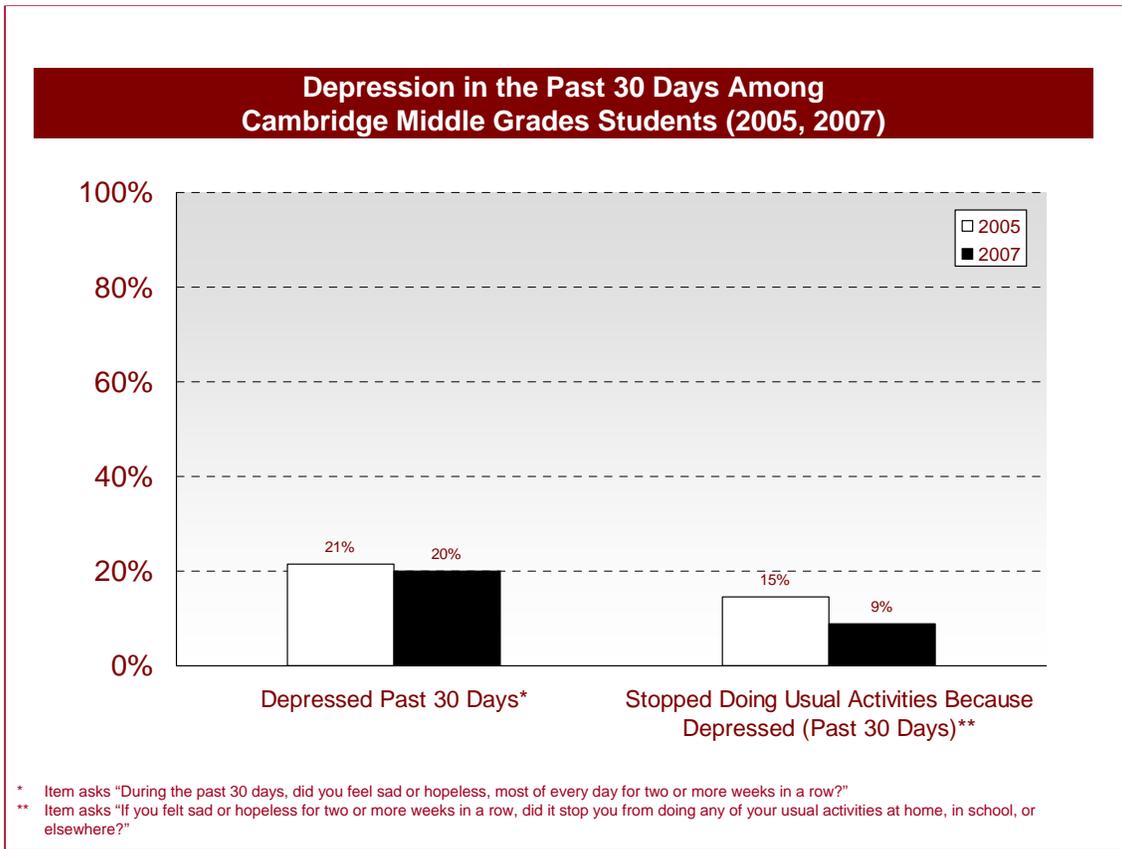
**Percent of Cambridge Middle Grades Students Who Reported Worrying\* “Fairly Often” or “Most of the Time” About Various Issues in the Past 12 Months (2007)**



\* Respondents were asked to rate how much they worried about each of these issues in the last 12 months on a four-point scale: *Never, Once in a While, Fairly Often, Most of the Time.*

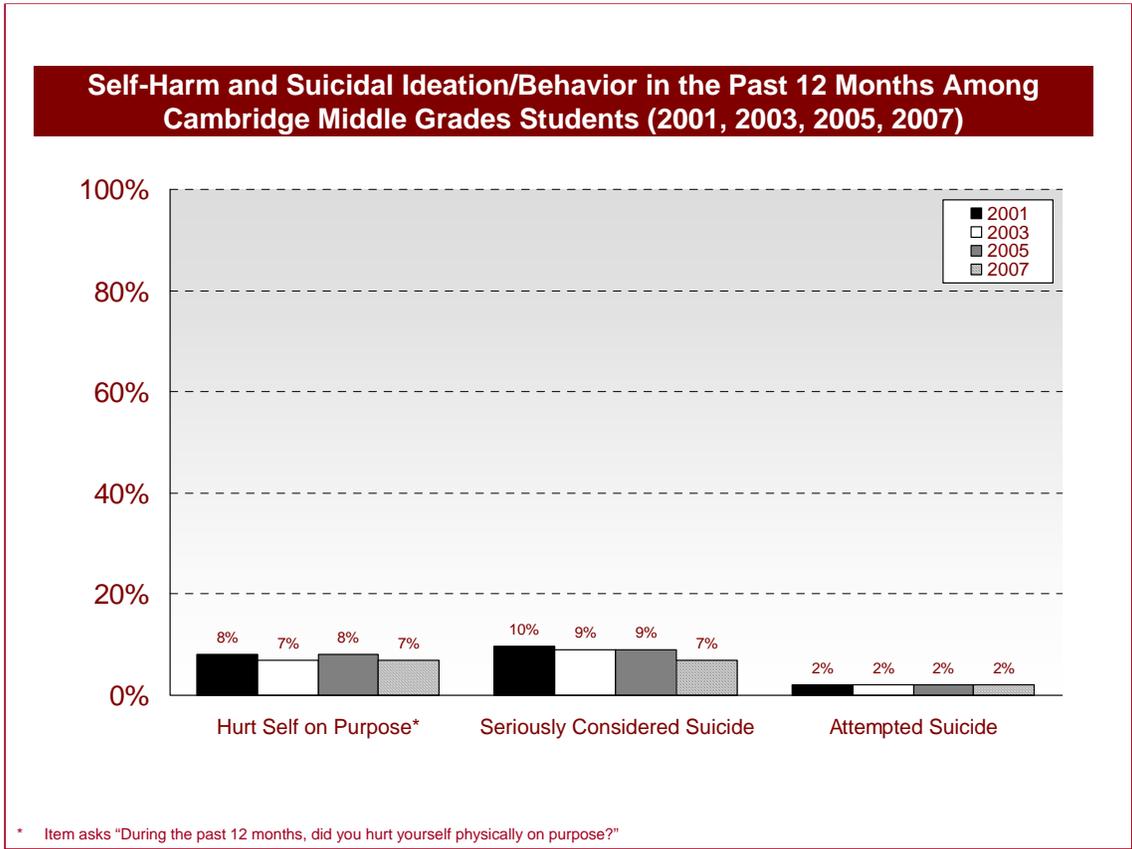
**SELECTED POINTS**

- Students were asked to report how much they worried about various issues in the past 12 months using a four-point scale: *Never, Once in a While, Fairly Often, Most of the Time.* The chart above shows the percentage of students who reported worrying about these issues “fairly often” or “most of the time.”
- Cambridge middle grades students in 2007 reported worrying the most about MCAS (32%), school failure (21%), and weight problems (18%).
- **Trends:** The proportion of students who reported worrying “fairly often” or “most of the time” in the past 12 months about these issues was consistent between 2005 and 2007. These items were both added to the survey in 2005.
- **Gender:** Female respondents were more likely than males to report worrying about weight problems (23% females vs. 13% males), school failure or poor grades (24% females vs. 19% males), and MCAS (38% females vs. 26% males).
- **Grade:** Differences on the worrying items were both small and inconsistent across age/grade.



**SELECTED POINTS**

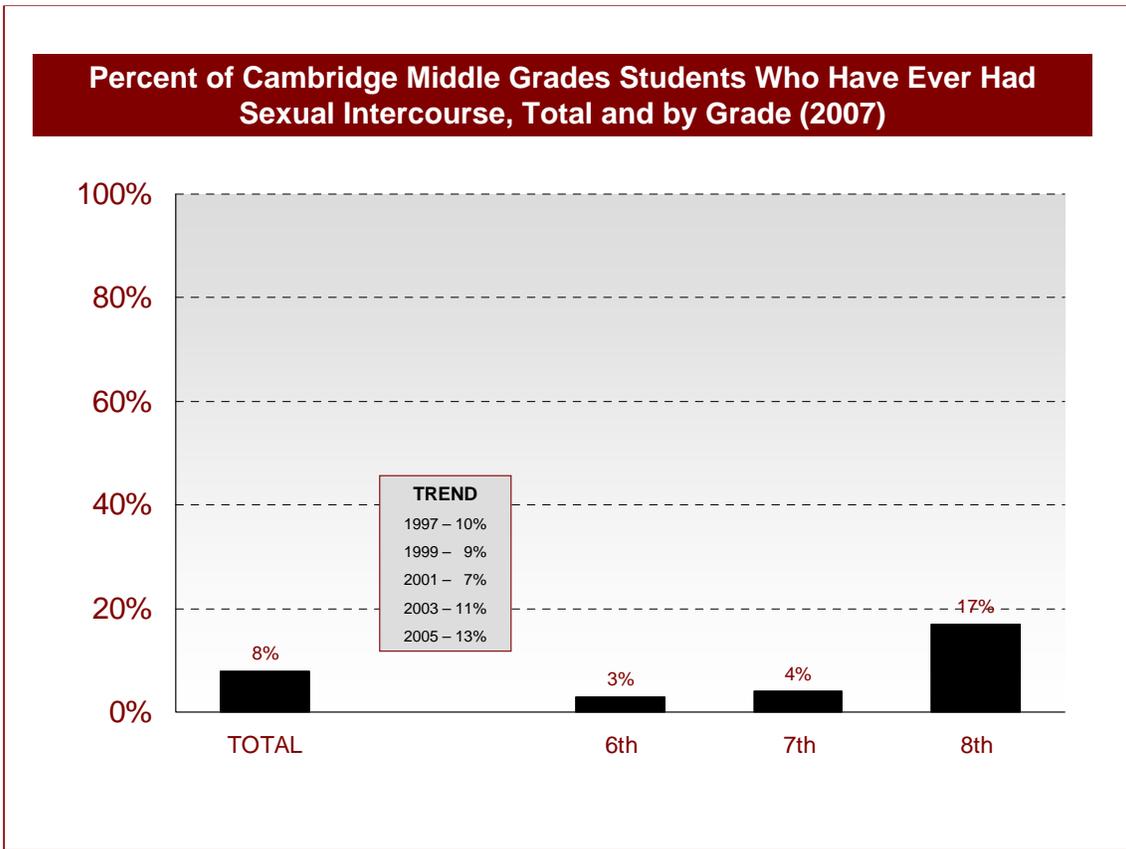
- In 2007, one in five Cambridge middle grades students (20%) reported that they felt depressed (sad or hopeless most every day for two or more weeks in a row) during the 30 days prior to the survey. Fewer students (9%) reported that they stopped doing at least some of their usual activities at home, in school, or elsewhere because they felt sad or hopeless for two or more weeks in a row.
- **Trends:** The proportion of students who reported that they felt depressed during the 30 days prior to the survey was similar between 2005 and 2007. The proportion of students who reported that they stopped doing some of their usual activities decreased between 2005 and 2007 from 15% to 9%. These items were both added to the survey in 2005.
- **Gender:** Cambridge middle grades female students in 2007 were more likely than their male counterparts to report feeling depressed (28% females vs. 13% males), and to report that they stopped doing some of their usual activities (12% vs. 6%) because of their depression.
- **Grade:** There were no differences by age/grade for either of the depression items.



**SELECTED POINTS**

- Seven percent (7%) of 2007 Cambridge middle grades students reporting *hurting themselves on purpose* in the past 12 months, 7% reported *seriously considering* suicide, and 2% *attempted suicide*.
- **Trends:** The percentage of students who reported that they seriously considered suicide in the past 12 months decreased slightly from 2001 (10%) to 2007 (7%). Additional trend data appear in Appendix A.
- **Gender:** Cambridge middle grades female students were more likely than their male counterparts to have reported each of these issues in 2007: *hurting themselves on purpose* (9% females, 6% males), *seriously considered suicide* (8%, 5%), *attempted suicide* (2%, 1%).
- **Grade:** In 2007, there were very small increases for each of these three items by age/grade.

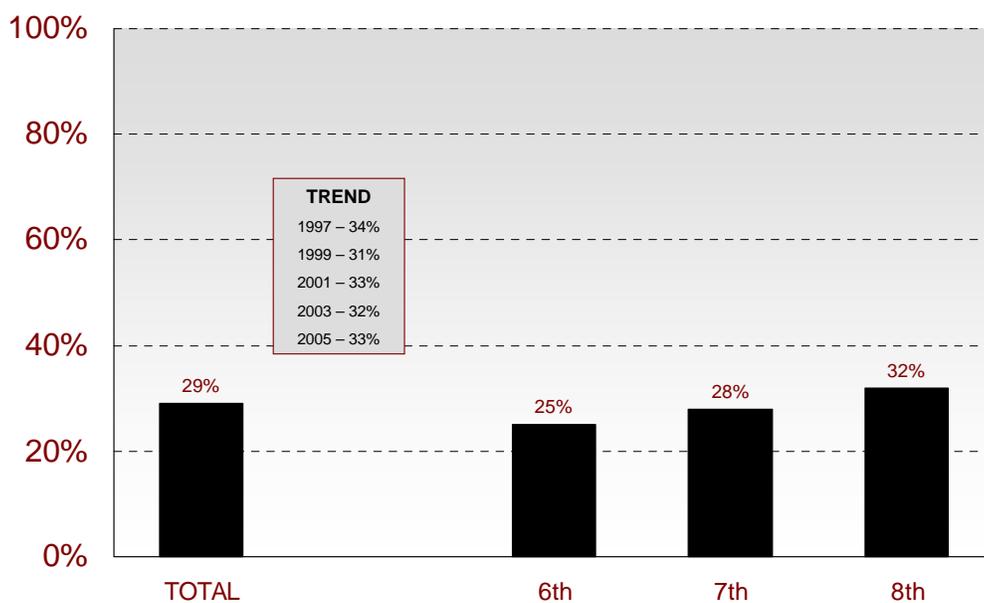
# Sexual Behavior



### SELECTED POINTS

- Eight percent (8%) of all Cambridge middle grades students reported ever having sexual intercourse in 2007: 3% of 6<sup>th</sup> graders, 4% of 7<sup>th</sup> graders, and 17% of 8<sup>th</sup> graders.
- **Trends:** The percentage of Cambridge middle grades students who reported ever having sexual intercourse decreased from 1997 to 2001, increased from 2001 to 2005, and fell between 2005 and 2007.
- **Gender:** In 2007, a larger percentage of Cambridge middle grades males (12%) than females (5%) reported ever having sexual intercourse.
- **Grade:** The percentage of 2007 Cambridge students who reported ever having sexual intercourse increased with age/grade (3% in 6<sup>th</sup> grade to 17% in 8<sup>th</sup> grade).

### Percent of Cambridge Middle Grades Students Who Talked with their Parents About Sex In the Past 12 Months, Total and by Grade (2007)

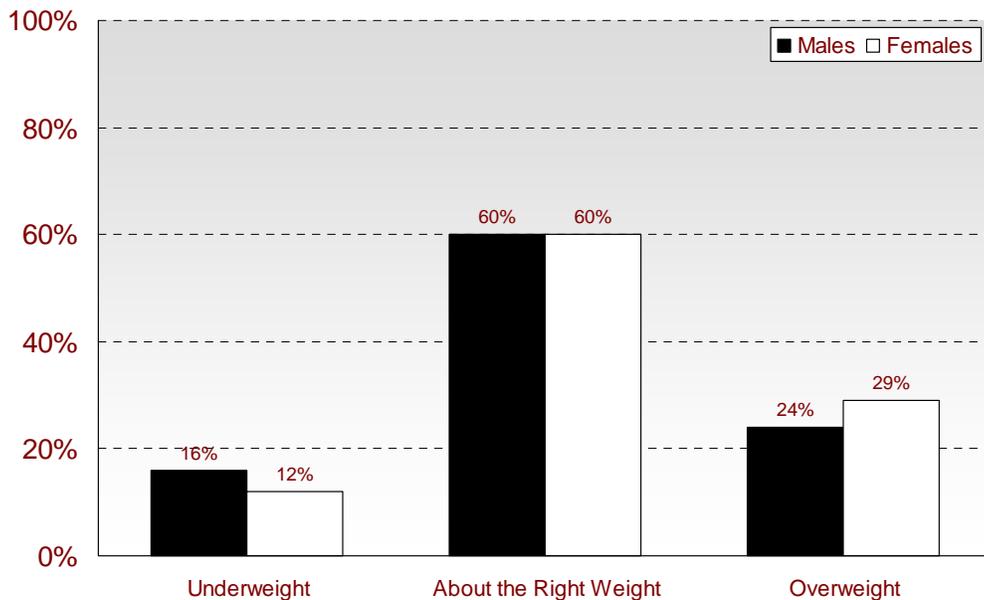


### SELECTED POINTS

- Twenty-nine percent (29%) of all Cambridge middle grades students in 2007 reported that they talked with their parents about sex during the 12 months prior to the survey.
- **Trends:** The percentage of Cambridge middle grades students who reported that they talked with their parents about sex during the past 12 months was fairly consistent from 1997 to 2005 (34%, 31%, 33%, 32%, 33%), and decreased slightly in 2007 to 29%.
- **Gender:** In 2007, female middle grades students were more likely than males to report having talked with their parents about sex (32% females vs. 25% males).
- **Grade:** The percentage of Cambridge middle grades students in 2007 who reported that they talked with their parents about sex during the 12 months prior to the survey increased slightly from 25% in 6<sup>th</sup> grade to 32% in 8<sup>th</sup> grade.

# Weight Perception and Control

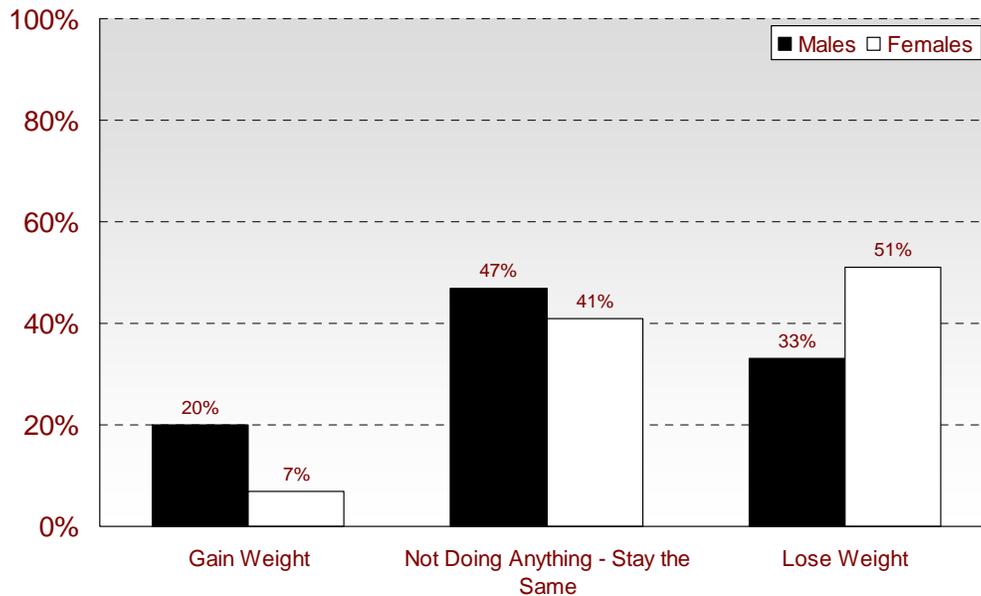
### Perception of Body Weight by Cambridge Middle Grades Students, by Gender (2007)



### SELECTED POINTS

- Twelve percent (12%) of Cambridge middle grades females in 2007 described themselves as *underweight* compared to 16% of males; equal proportions of males and females (60%) described themselves as being *about the right weight*; and, 29% of females described themselves as being *overweight* compared to 24% of males.
- **Trends:** Females in 2007 were more likely than females in 2003 and 2005 to describe themselves as being *about the right weight* (2003 – 54%; 2005 – 54%; 2007 – 60%). Additional trend data appear in Appendix A.
- **Grade:** The percentage of students who reported that they were *underweight* increased slightly by age/grade (6<sup>th</sup> grade – 12%; 7<sup>th</sup> grade – 14%; 8<sup>th</sup> grade – 16%).

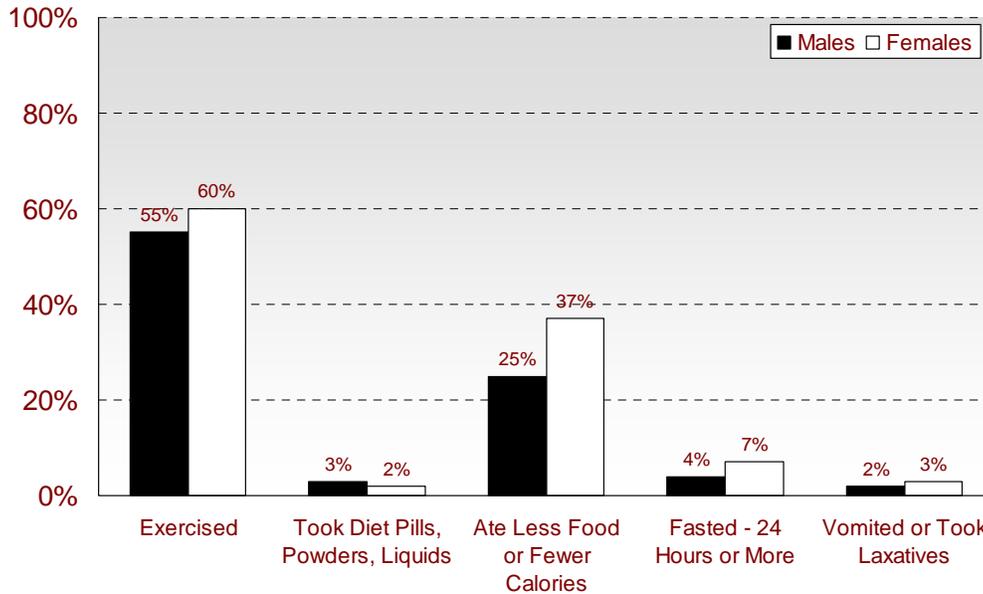
### Percent of Cambridge Middle Grades Students Reporting Attempts to Change Their Weight, by Gender (2007)



#### SELECTED POINTS

- In 2007, Cambridge middle grades males were much more likely than females to report that they were trying to *gain* weight (20% males, 7% females) and females were far more likely to report trying to *lose* weight (33% males, 51% females).
- **Trends:** Responses to this item were nearly identical between 2005 and 2007. These items were first added to the survey in 2005.
- **Grade:** The percentage of students in 2007 who reported that they were trying to lose weight decreased slightly from 6<sup>th</sup> grade to 8<sup>th</sup> grade (46%, 43%, 38%).

### Percent of Cambridge Middle Grades Students Reporting Weight Loss or Maintenance Activities in Past 30 Days, by Gender (2007)

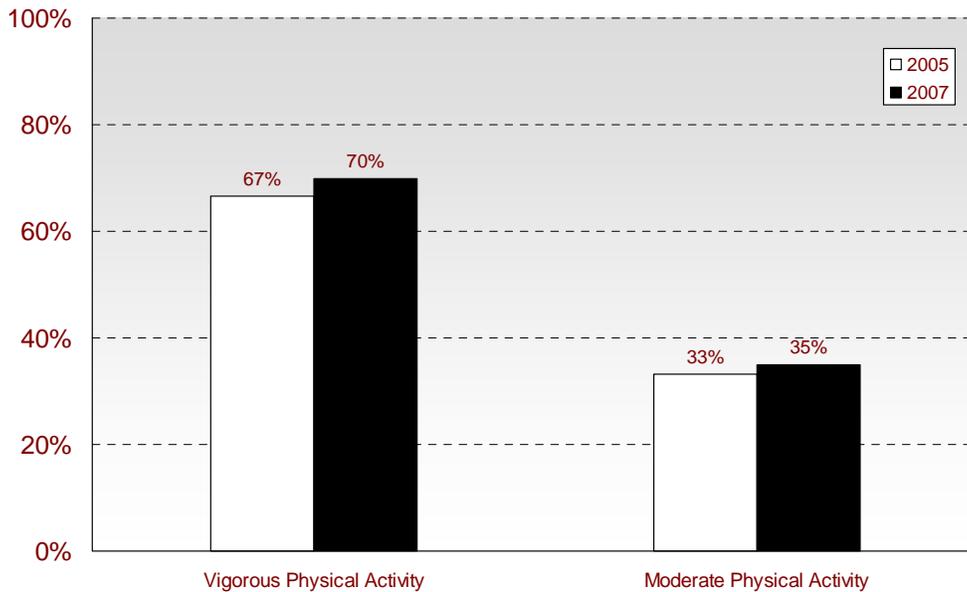


### SELECTED POINTS

- Students were asked to indicate whether or not they engaged in five different methods to help them lose or maintain their weight.
- In 2007, the largest percentage of respondents reported that they either *exercised*, or *ate less food, fewer calories, or foods low in fat* to lose/maintain weight. Females were more likely than males to report that they had both *exercised* (60% females vs. 55% males), and *ate less food, fewer calories, or foods low in fat* (37% females vs. 25% males).
- **Trends:** These five items were asked for the first time in the 2007 survey.
- **Grade:** Differences by age/grade for the five weight loss or maintenance activities were both small and inconsistent.

# Physical Activity

**Percent of Cambridge Middle Grades Students Who Reported Engaging in Vigorous\* and Moderate\*\* Physical Activity in the Past 7 Days (05, 07)**



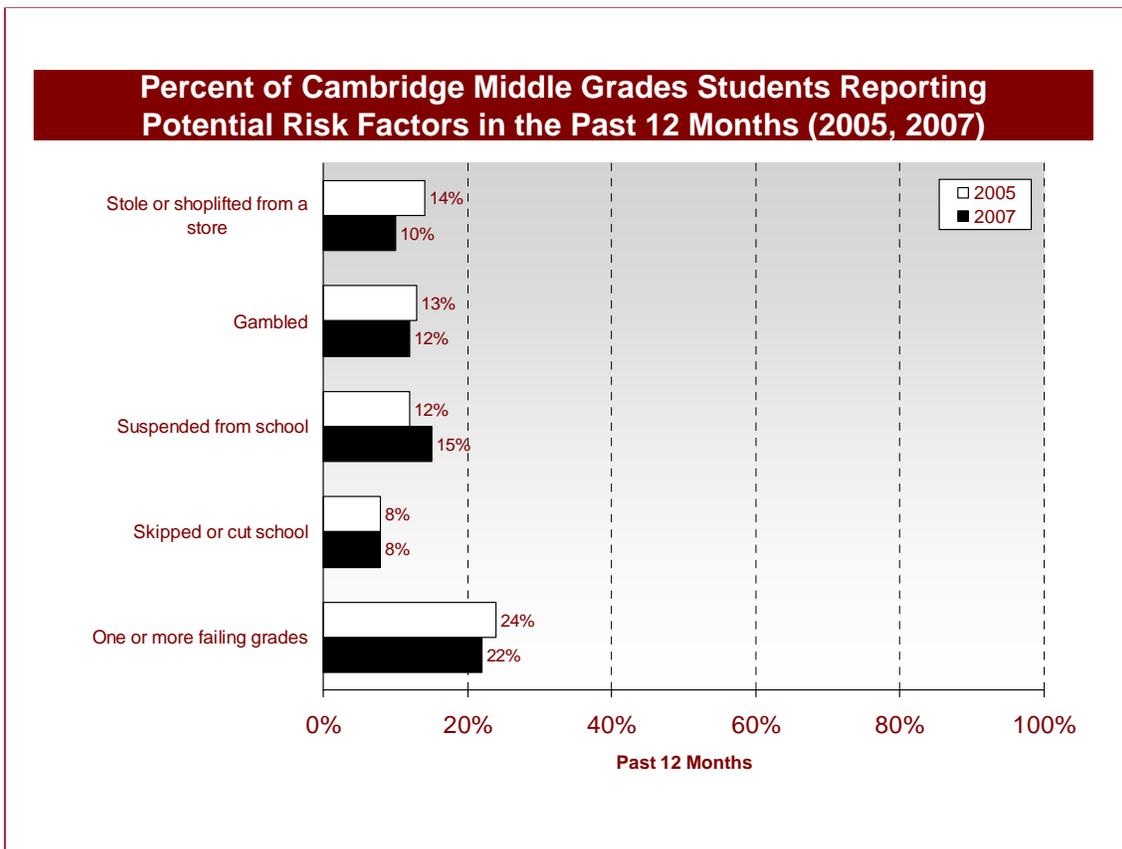
\* Vigorous physical activity was defined as participating in physical activities that make you sweat or breathe hard for at least 20 minutes on at least 3 of the past 7 days.

\*\* Moderate physical activity was defined as participating in physical activities that did not make you sweat or breathe hard for at least 30 minutes on at least 5 of the past 7 days.

## SELECTED POINTS

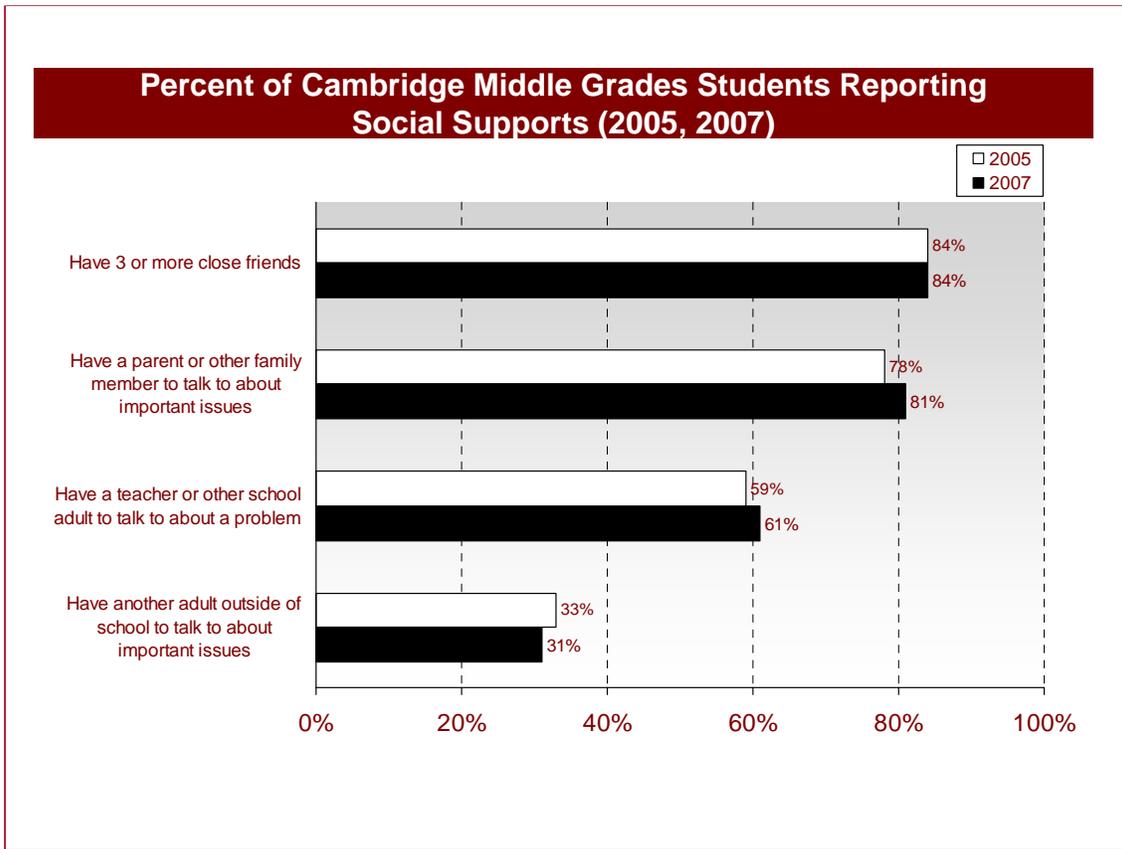
- *Vigorous* physical activity is defined as participating in physical activities that make you sweat or breathe hard for at least 20 minutes. *Moderate* physical activity is defined as participating in physical activities that did not make you sweat or breathe hard for at least 30 minutes.
- In 2007, seventy percent (70%) of Cambridge middle grades students reported participating in *vigorous* physical activity at least 3 times in the past 7 days, and 35% reported participating in *moderate* physical activity at least 5 times in the past 7 days.
- **Trends:** There were small increases between 2005 and 2007 in the percentage of students who reported engaging in both *moderate* and *vigorous* physical activity.
- **Gender:** In 2007, Cambridge males were more likely than females to report engaging in both *vigorous* activity (77% males, 62% females), and *moderate* activity (41% males, 30% females).
- **Grade:** There were no consistent differences or patterns among these two items by age/grade.

# Risk and Resiliency



## SELECTED POINTS

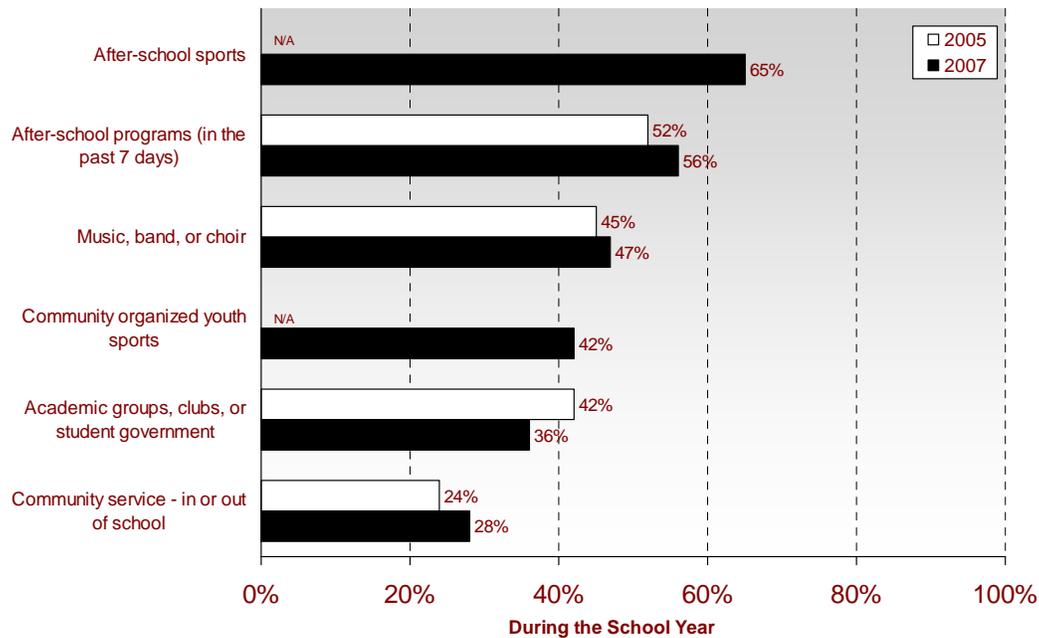
- In addition to health-related behaviors, the middle grades survey also includes a small set of items assessing potential risk and resiliency factors.
- **Trends:** There were small decreases between 2005 and 2007 in the percentage of students who reported that they stole or shoplifted from a store (14% vs. 10%), gambled (13% vs. 12%), and had one or more failing grades (24% vs. 22%). There was a small increase between 2005 and 2007 in the percentage of students who reported that they were suspended from school in the past 12 months (12% vs. 15%). Additional trend data appear in Appendix A.
- **Gender:** In 2007, males were more likely than females to report that they had gambled in the past 12 months (18% males vs. 6% females).
- **Grade:** Occurrence of each of these potential risk factors tended to increase from 6<sup>th</sup> grade to 8<sup>th</sup> grade, with the exception of the percentage of students who reported that they had one or more failing grade in the past 12 months, which showed little difference by age/grade.



## SELECTED POINTS

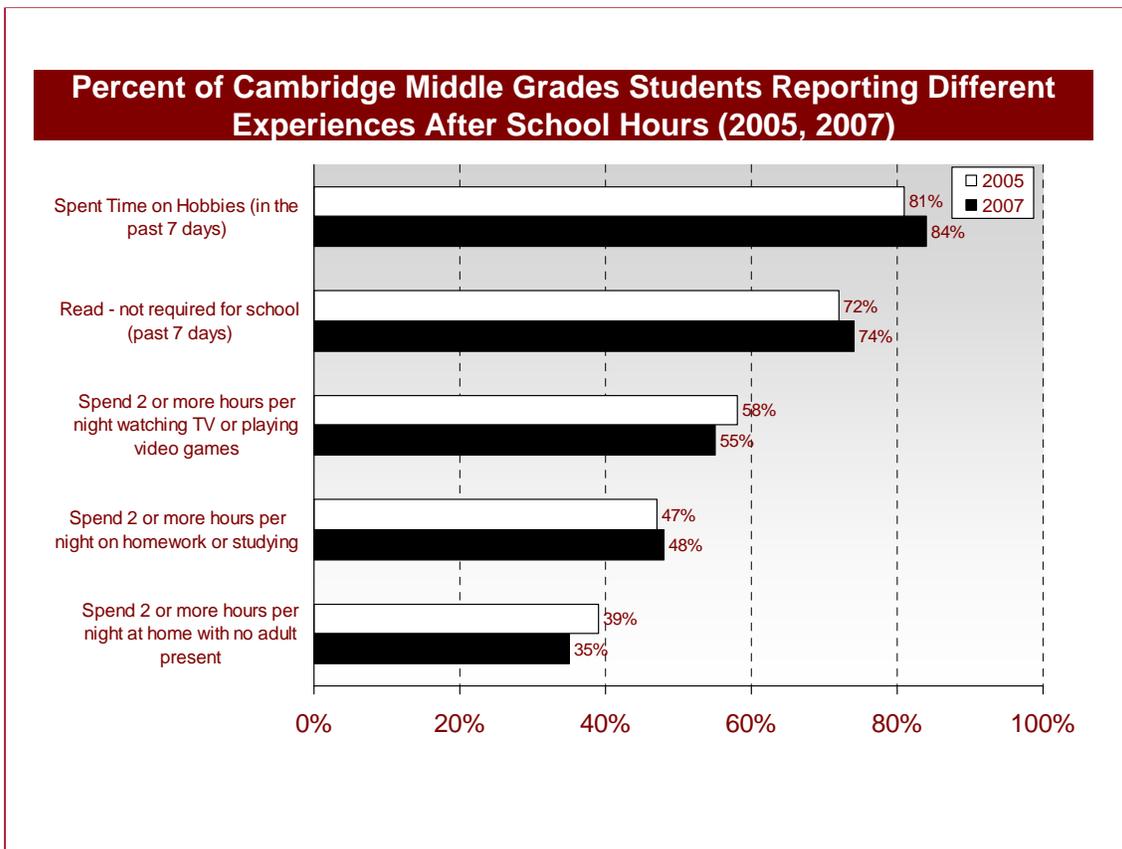
- In 2007, 84% of Cambridge middle grades students reported that they had three or more close friends, 81% had a parent or other family member to talk to about important issues, 61% had a teacher or other school adult to talk to about a problem, and 31% had another adult outside of school to talk to about important issues.
- **Trends:** Reports of available social supports were similar between 2005 and 2007. Additional trends for selected items appear in Appendix A.
- **Gender:** In 2005, female students were slightly more likely than males to report having another adult outside of school to talk to about important issues (34% females vs. 28% males).
- **Grade:** There were small decreases by age/grade in the percentage of students who reported that they had a parent or other adult family member to talk to about important issues, and those that reported that they had 3 or more close friends. There was a small increase by age/grade in the percentage of students who reported that they had another adult outside of school to talk to about important issues.

### Percent of Cambridge Middle Grades Students Reporting School and Community Activities During the School Year (2005, 2007)



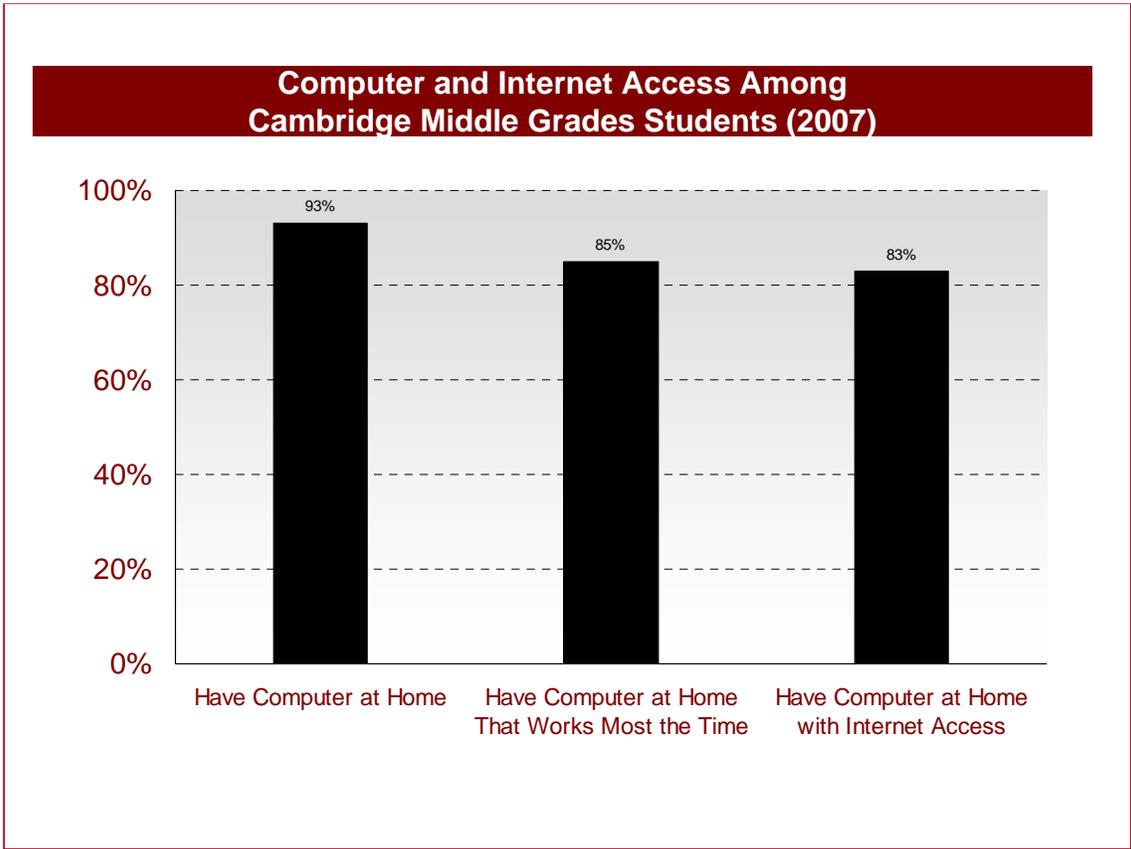
### SELECTED POINTS

- These data illustrate Cambridge middle grades students who reported engaging in various school and community activities during the academic year.
- **Trends:** Between 2005 and 2007 there were small increases in school and community activity participation for five of the six items. The only exception was for participation in academic groups, clubs, or student government, which decreased from 42% in 2005 to 36% in 2007. Additional trend data for selected items appear in Appendix A.
- **Gender:** In 2007, female students were more likely than males to report participating in music, band, or choir (51% females vs. 43% males), and participating in academic groups, clubs, or student government (40% vs. 32%). Males were much more likely than females to report participating in community organized youth sports (33% females vs. 51% males).
- **Grade:** There were increases with age/grade for the percentage of students who reported participating in after-school sports, and participating in community services – in or out of school. There were decreases by age/grade in 2007 in the percentage of students who reported participating in after-school programs, youth programs, church programs, or teen centers in the past 7 days, and for those participating in music, band, or choir.



## SELECTED POINTS

- These data illustrate Cambridge middle grades students who reported different experiences after school hours during an average school night.
- **Trends:** Between 2005 and 2007, slightly more students reported spending time on hobbies, reading – not required for school, and spending 2 or more hours per night on homework or studying. Slightly fewer students in 2007 compared to 2005 reported spending 2 or more hours per night watching TV or playing video games, or spending 2 or more hours at night at home with no adult present. Additional trend data for selected items appear in Appendix A.
- **Gender:** In 2007, female students were more likely than males to report reading in the past 7 days – not required for school (79% females vs. 69% males), and spending 2 or more hours per night on homework or studying (51% females vs. 45% males).
- **Grade:** In 2007, there were increases in age/grade in the percentage of students that reported spending 2 or more hours per night watching TV or playing video games, spending 2 or more hours at night at home with no adult present, and spending time on hobbies.



**SELECTED POINTS**

- Ninety-three percent (93%) of Cambridge middle grades students in 2007 reported that they have a computer in their home, 85% indicated that they have a computer that is working most of the time, and 83% indicated that their family can send e-mail or surf the Internet from the computer.
- **Trends:** The three computer and Internet access items were added to the survey for the first time in 2007.
- **Gender:** There were no differences by gender for any of the three computer and Internet access items.
- **Grade:** There were no differences by age/grade for any of the three computer and Internet access items.

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**Appendix A:**

**Selected Data Tables**

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## 2007 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

### Alcohol and Other Drug Use and Related Issues – Middle School (N≈1,026)

	TOTAL								GRADE				
	Cambridge								Females	Males	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
	1997	1999	2001	2003	2005	2007	2007	2007	(513)	(509)	(371)	(330)	(320)
<b>LIFETIME USE (any use in lifetime)</b>													
Alcohol	NA	NA	NA	NA	NA	22.0%	21.0%	23.1%	16.3%	17.9%	32.5%		
Cigarettes	NA	NA	NA	NA	NA	6.7%	6.6%	6.8%	5.0%	5.3%	9.6%		
Marijuana	NA	NA	NA	NA	NA	4.8%	2.6%	7.2%	1.4%	4.7%	8.8%		
Inhalants	NA	NA	NA	NA	NA	4.8%	4.7%	4.9%	3.8%	5.3%	5.2%		
Oxycontin <sup>1</sup>	NA	NA	NA	NA	NA	0.4%	0.2%	0.6%	0.3%	0.3%	0.7%		
Other Illegal Drugs <sup>2</sup>	NA	NA	NA	NA	NA	1.3%	0.8%	1.9%	0.8%	0.9%	2.3%		
<b>CURRENT USE (any use in past 30 days)</b>													
Alcohol	25.2%	19.2%	17.0%	17.9%	18.6%	9.7%	9.6%	10.0%	5.1%	7.8%	16.6%		
Binge alcohol use <sup>3</sup>	8.6%	5.6%	6.7%	6.6%	6.6%	3.4%	3.6%	3.1%	1.1%	2.8%	6.2%		
Cigarettes	8.3%	4.9%	3.4%	3.9%	3.8%	1.4%	1.1%	1.7%	0.5%	1.5%	2.2%		
Marijuana	8.5%	5.6%	5.9%	6.7%	6.5%	3.1%	1.6%	4.7%	0.8%	2.2%	6.5%		
Inhalants	5.0%	4.1%	3.3%	4.7%	5.8%	2.3%	2.2%	2.4%	1.4%	2.2%	3.2%		
Oxycontin	NA	NA	NA	NA	1.1%	0.4%	0.2%	0.6%	0.0%	0.9%	0.3%		
Other Illegal Drugs	2.1%	0.6%	1.6%	2.3%	1.9%	0.9%	0.4%	1.5%	0.3%	0.9%	1.6%		
<b>ALCOHOL-RELATED RIDING (past 30 days)</b>													
Rode with drinking adult driver	5.6%	5.2%	5.0%	4.9%	4.3%	4.7%	5.5%	3.9%	2.7%	5.0%	6.5%		
Rode with drinking driver under 21 yrs of age	3.4%	2.3%	2.0%	1.9%	2.4%	2.5%	2.4%	2.7%	1.4%	2.8%	3.6%		
<b>FAMILY TOBACCO USE</b>													
Live with someone who smokes cigarettes, cigars, or a pipe	34.9%	31.0%	29.4%	30.1%	28.4%	26.8%	27.4%	26.3%	24.0%	27.7%	28.8%		
<b>TALKED WITH PARENTS ABOUT SUBSTANCE USE (past 12 months)</b>													
Talked with parents about alcohol or other drug use in the past 12 months	52.8%	57.5%	57.2%	50.8%	49.0%	45.6%	49.9%	41.2%	47.6%	46.1%	43.0%		
<b>ILLEGAL DRUG AVAILABILITY</b>													
Was offered, bought, or received an illegal drug on school property in past 12 months	NA	NA	NA	6.6%	4.9%	3.6%	3.0%	4.2%	2.2%	2.2%	6.5%		
<b>ALCOHOL OR DRUG USE PROBLEMS (past 12 months)</b>													
Had a problem with alcohol or drugs in the past 12 months	4.4%	3.2%	2.7%	3.4%	2.8%	2.5%	1.8%	3.2%	1.7%	1.2%	4.4%		
A family member had a problem with alcohol or drugs in the past 12 months	11.6%	9.9%	9.5%	9.8%	10.4%	10.5%	11.6%	9.4%	9.9%	10.4%	10.7%		

<sup>1</sup> Respondents were asked about use of Oxycontin without a doctor's prescription.

<sup>2</sup> Respondents were asked about other drugs such as "cocaine, crack, LSD, speed, heroin, or downers."

<sup>3</sup> Respondents were asked if they had "5 or more drinks of alcohol in a row."

## 2007 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

### Violence and Safety – Middle School (N≈1,026)

	TOTAL Cambridge				GENDER		GRADE				
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	Females (513)	Males (509)	6 <sup>th</sup> (371)	7 <sup>th</sup> (330)	8 <sup>th</sup> (320)
<b>VIOLENCE-RELATED EXPERIENCES IN THE PAST 12 MONTHS</b>											
Witnessed violence in family	10.1%	6.3%	7.5%	6.5%	8.6%	8.3%	9.1%	7.5%	7.0%	9.9%	7.6%
Witnessed violence in neighborhood	NA	NA	NA	19.9%	21.1%	18.0%	14.4%	21.8%	16.2%	16.3%	21.5%
Received rude sexual comments in school	NA	NA	NA	NA	NA	11.1%	14.5%	7.6%	9.4%	13.3%	11.2%
Treated unfairly in school because of race or ethnicity	NA	NA	NA	8.2%	8.8%	10.0%	8.9%	11.1%	8.6%	11.3%	10.0%
Treated unfairly in school because of gender	NA	NA	NA	7.0%	6.1%	8.6%	12.7%	4.2%	7.2%	8.3%	10.6%
Beaten or physically hurt by someone in your family or home	6.4%	4.5%	6.2%	5.3%	4.9%	4.2%	4.8%	3.4%	5.0%	2.8%	4.1%
Beaten or physically hurt by someone not a family member	4.8%	3.1%	4.1%	2.8%	4.0%	3.6%	2.4%	4.9%	3.9%	2.8%	3.8%
<b>BULLYING, FIGHTING, &amp; THREATENING IN THE PAST 12 MONTHS</b>											
Were bullied, threatened, or pushed around in school or on the way	19.7%	18.4%	18.6%	16.6%	16.2%	15.8%	17.1%	14.3%	15.8%	17.8%	13.6%
Bullied, threatened, or pushed other kids around in school	17.6%	16.4%	12.2%	13.4%	13.6%	13.1%	12.3%	14.0%	9.4%	15.4%	14.6%
In a physical fight - any location	25.4%	21.7%	15.3%	18.7%	16.8%	16.3%	10.9%	22.0%	15.5%	15.0%	18.6%
Were threatened with a knife or gun - any location	5.6%	5.3%	4.3%	4.6%	4.5%	5.3%	3.5%	7.0%	2.8%	6.8%	6.0%
Received mean or threatening e-mail or text messages	NA	NA	NA	NA	NA	6.3%	7.9%	4.6%	5.0%	6.5%	7.9%
<b>WEAPONS CARRYING IN THE PAST 12 MONTHS</b>											
Carried a weapon to school such as a gun, knife, or stick	9.3%	5.4%	3.9%	4.5%	4.7%	3.1%	2.2%	4.1%	2.2%	3.4%	3.6%
Carried a weapon in your neighborhood	NA	NA	NA	9.4%	8.2%	7.2%	3.6%	11.1%	4.7%	7.5%	9.7%

# 2007 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

## Mental Health – Middle School (N≈1,026)

	TOTAL Cambridge					GENDER		GRADE			
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	Females (513)	Males (509)	6 <sup>th</sup> (371)	7 <sup>th</sup> (330)	8 <sup>th</sup> (320)
<b>PERSONAL EXPERIENCES IN PAST 12 MONTHS</b>											
Divorce or separation in family	11.0%	10.7%	12.2%	10.6%	13.4%	11.2%	12.4%	9.8%	14.1%	11.7%	6.6%
Family moved	17.1%	14.5%	14.8%	12.8%	15.7%	18.7%	20.2%	17.1%	21.5%	16.8%	17.0%
Family member or close friend died	40.9%	41.9%	41.3%	39.0%	38.6%	41.7%	45.2%	38.4%	39.0%	39.5%	46.5%
Ran away from home	3.7%	3.0%	3.1%	3.0%	4.2%	2.7%	3.5%	1.8%	1.4%	2.1%	4.4%
<b>WORRYING (past 12 months)<sup>1</sup></b>											
Physical health problems	NA	NA	NA	NA	9.0%	9.7%	10.8%	8.6%	6.9%	11.9%	10.7%
Weight problems (too heavy or thin)	NA	NA	NA	NA	19.2%	17.8%	22.8%	12.6%	18.7%	18.1%	16.8%
Sexual abuse	NA	NA	NA	NA	2.8%	3.2%	4.3%	2.0%	3.1%	3.4%	3.1%
Becoming or getting someone pregnant	NA	NA	NA	NA	2.8%	3.5%	3.0%	3.8%	2.3%	2.8%	5.4%
School failure or poor grades	NA	NA	NA	NA	20.2%	21.3%	23.7%	18.8%	20.9%	20.3%	22.5%
Drug or alcohol use in family	NA	NA	NA	NA	4.6%	5.5%	5.8%	5.2%	5.6%	4.1%	6.6%
Own drug or alcohol use	NA	NA	NA	NA	2.6%	3.1%	3.2%	2.8%	4.2%	1.5%	3.1%
Physical fights at home	NA	NA	NA	NA	3.7%	4.7%	5.2%	4.2%	4.9%	4.1%	4.7%
Physical fights at school	NA	NA	NA	NA	5.9%	5.9%	5.2%	6.4%	6.6%	6.8%	3.8%
Being treated unfairly because race/ethnicity	NA	NA	NA	NA	8.2%	9.1%	8.1%	9.8%	8.0%	9.0%	10.0%
Sexual orientation	NA	NA	NA	NA	3.6%	3.7%	3.8%	3.7%	2.2%	5.0%	4.1%
Drugs in neighborhood	NA	NA	NA	NA	8.8%	7.5%	6.7%	8.2%	8.3%	5.9%	8.2%
Violence in neighborhood	NA	NA	NA	NA	10.4%	11.7%	9.6%	13.8%	11.4%	11.5%	12.4%
MCAS	NA	NA	NA	NA	35.7%	32.3%	38.2%	26.3%	31.5%	31.1%	34.8%
Your family not having enough money	NA	NA	NA	NA	NA	6.8%	7.7%	5.8%	8.2%	5.8%	5.7%
Your family not having a place to live	NA	NA	NA	NA	NA	3.7%	3.0%	4.2%	5.5%	1.8%	3.2%
<b>DEPRESSION, SELF-HARM, &amp; SUICIDE</b>											
Depressed <sup>2</sup> (past 30 days)	NA	NA	NA	NA	21.4%	20.4%	27.5%	13.3%	19.2%	22.1%	20.4%
Stopped doing usual activities because depressed (past 30 days)	NA	NA	NA	NA	14.6%	9.3%	12.2%	6.2%	8.8%	9.6%	9.5%
Hurt self on purpose (past 12 months)	9.8%	7.6%	7.6%	6.9%	7.9%	7.4%	8.9%	5.8%	6.8%	7.4%	8.2%
Seriously considered suicide (12 months)	9.5%	8.1%	9.7%	9.0%	9.1%	6.6%	8.3%	4.6%	6.0%	6.5%	7.6%
Attempted suicide (past 12 months)	2.0%	2.5%	2.3%	2.3%	2.4%	1.8%	2.2%	1.4%	1.7%	1.8%	1.9%

<sup>1</sup> Percentages based on respondents who indicated that they worried about this issue "Fairly Often" or "Most of the Time."

<sup>2</sup> Depression was defined in the survey as "feeling sad or hopeless most of every day for two or more weeks in a row."

## 2007 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

### Scholastic Issues and Social Supports – Middle School (N≈1,026)

	TOTAL Cambridge				GENDER		GRADE				
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	Females (513)	Males (509)	6 <sup>th</sup> (371)	7 <sup>th</sup> (330)	8 <sup>th</sup> (320)
<b>SCHOLASTIC ISSUES IN THE PAST 12 MONTHS</b>											
Had one or more failing grades	30.6%	28.4%	27.3%	26.9%	24.0%	21.5%	19.8%	23.2%	21.3%	22.2%	21.1%
Skipped or cut school	14.3%	12.6%	11.1%	12.0%	7.9%	7.9%	7.1%	8.8%	5.5%	6.2%	12.3%
Suspended from school	11.9%	10.0%	10.7%	11.7%	12.2%	14.9%	13.2%	16.7%	11.8%	14.3%	18.8%
Receive mostly A's, B's, and C's	NA	NA	NA	NA	86.2%	89.3%	91.4%	87.1%	87.1%	90.5%	90.8%
<b>SCHOOL ACTIVITY PARTICIPATION (During 2006-2007 School Year)</b>											
Participated in academic groups, clubs, or student government	NA	NA	NA	NA	42.2%	36.0%	39.9%	31.6%	34.9%	36.9%	36.7%
Participated in music, band, or choir	NA	NA	NA	NA	44.7%	47.2%	51.0%	42.9%	52.2%	46.7%	41.9%
<b>SOCIAL SUPPORTS</b>											
Have a parent or other adult family member to talk to about important issues	NA	NA	NA	81.8%	78.4%	80.9%	80.9%	81.0%	83.1%	81.5%	77.8%
Have a teacher or other adult school staff member to talk to about a problem	NA	NA	NA	60.9%	58.9%	60.5%	59.8%	61.4%	60.8%	59.5%	61.1%
Have another adult outside of school to talk to about important issues	NA	NA	NA	30.7%	33.2%	31.0%	33.8%	27.9%	27.6%	31.5%	34.3%
Have 3 or more close friends	84.2%	81.9%	83.0%	85.2%	84.1%	84.3%	83.2%	85.5%	87.0%	83.5%	82.1%
<b>COMPUTER AND INTERNET ACCESS</b>											
Have a computer at home	NA	NA	NA	NA	NA	93.4%	94.4%	92.3%	91.7%	93.7%	94.9%
Have a computer at home that works most of the time <sup>1</sup>	NA	NA	NA	NA	NA	91.2%	89.8%	92.8%	91.8%	91.9%	89.6%
Have a computer at home that can send e-mail and access the Internet <sup>2</sup>	NA	NA	NA	NA	NA	88.9%	87.3%	90.4%	87.8%	90.5%	88.1%

<sup>1</sup> Of those respondents with a computer at home.

<sup>2</sup> Of those respondents with a computer at home.

## 2007 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Health – Middle School (N≈1,026)

	TOTAL Cambridge				GENDER		GRADE				
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	Females (513)	Males (509)	6 <sup>th</sup> (371)	7 <sup>th</sup> (330)	8 <sup>th</sup> (320)
<b>SEXUAL BEHAVIOR</b>											
Ever had sexual intercourse	9.7%	8.9%	7.4%	11.1%	12.5%	8.2%	4.7%	11.7%	3.3%	4.3%	17.1%
Talked with parents about sex (12 months)	34.3%	30.6%	32.6%	31.8%	33.4%	28.5%	31.8%	25.1%	25.1%	27.9%	32.4%
Were touched, pinched, grabbed, or patted in a sexual way against will in school (12 mo)	NA	NA	NA	NA	NA	8.2%	10.9%	5.2%	5.5%	7.4%	11.9%
Were forced, tricked, or pressured to have sex that you did not want (12 months)	NA	NA	NA	NA	2.1%	1.9%	1.8%	2.0%	1.1%	2.2%	1.9%
Forced, tricked, or pressured someone into having sex with you (12 months)	2.1%	2.0%	1.7%	2.0%	1.6%	1.3%	0.8%	1.8%	0.8%	0.9%	1.9%
<b>WEIGHT</b>											
Describe self as slightly/very overweight	NA	NA	NA	27.1%	27.2%	26.5%	28.9%	23.9%	27.2%	28.3%	23.8%
Trying to lose weight	NA	NA	NA	NA	42.0%	42.4%	51.4%	33.3%	46.0%	42.5%	38.4%
<b>WEIGHT LOSS OR MAINTENANCE ACTIVITIES IN PAST 30 DAYS</b>											
Exercised to lose/maintain weight	NA	NA	NA	NA	NA	57.5%	59.8%	55.2%	55.4%	62.3%	54.8%
Diet pills/powders/liquids to lose/maintain weight	NA	NA	NA	NA	NA	2.5%	2.2%	2.9%	2.5%	2.2%	2.6%
Ate less food, fewer calories, or foods low in fat to lose/maintain weight	NA	NA	NA	NA	NA	31.2%	36.9%	25.1%	28.6%	34.1%	31.3%
Went without eating for 24 hours or more (fasting) to lose/maintain weight	NA	NA	NA	NA	NA	5.4%	6.6%	4.3%	3.9%	5.4%	7.1%
Vomited or took laxatives to lose/maintain weight	NA	NA	NA	NA	NA	2.3%	2.7%	2.0%	0.3%	3.6%	3.2%
<b>PHYSICAL ACTIVITY IN PAST 7 DAYS</b>											
Participated in regular vigorous physical activity (3 or more days a week) <sup>1</sup>	NA	NA	NA	NA	66.6%	69.5%	62.3%	77.1%	68.9%	71.1%	68.3%
Participated in regular moderate physical activity (5 or more days a week) <sup>2</sup>	NA	NA	NA	NA	33.1%	35.3%	29.9%	41.1%	36.3%	33.4%	36.2%

<sup>1</sup> The term vigorous physical activity was defined in the survey as "exercise or participation in sports for at least 20 minutes that made you sweat and breathe hard."

<sup>2</sup> The term moderate physical activity was defined in the survey as "participation in other physical activity for at least 30 minutes."

**2007 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY**  
**Additional Potential Risk and Protective Factors – Middle School (N≈1,026)**

	TOTAL Cambridge				GENDER		GRADE				
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	Females (513)	Males (509)	6 <sup>th</sup> (371)	7 <sup>th</sup> (330)	8 <sup>th</sup> (320)
<b>FAITH COMMUNITY PARTICIPATION</b>											
Participate regularly in church, synagogue, mosque, or other faith community	NA	NA	51.1%	47.7%	46.1%	44.4%	47.4%	41.5%	48.9%	41.9%	41.4%
<b>GAMBLING IN THE PAST 12 MONTHS</b>											
Gambled - bet money on the lottery, bingo, sports events, cards, races	19.9%	18.4%	13.9%	14.9%	13.3%	11.8%	5.6%	18.3%	7.5%	9.7%	18.8%
<b>THEFT IN THE PAST 12 MONTHS</b>											
Stole or shoplifted from a store	NA	22.7%	17.6%	14.6%	14.0%	9.9%	9.7%	10.1%	7.8%	8.4%	13.7%
<b>AFTER SCHOOL HOURS</b>											
Watch TV, videos, or video games 2 or more hours on an average school day	NA	NA	NA	NA	58.3%	54.7%	52.9%	56.5%	49.2%	53.9%	62.4%
Spend 2 or more hours at home with no adult present on an average school day	NA	NA	NA	39.6%	38.8%	34.7%	33.4%	35.9%	27.1%	35.5%	42.1%
Spend 2 or more hours doing homework or studying on an average school day	NA	NA	NA	50.2%	46.6%	48.0%	50.7%	45.1%	46.4%	48.4%	49.6%
<b>AFTER SCHOOL AND COMMUNITY ACTIVITIES (During 2006-2007 Academic Year)</b>											
Participated in community service, in or out of school	NA	NA	NA	NA	24.1%	27.9%	28.5%	26.8%	21.4%	31.3%	32.0%
Participated in after-school sports	NA	NA	NA	NA	NA	64.9%	63.9%	65.9%	61.3%	64.1%	69.8%
Participated in community organized youth sports	NA	NA	NA	NA	NA	41.7%	32.7%	51.0%	43.1%	40.5%	40.9%
Participated in after school programs, youth programs, church programs, teen centers (past 7 days)	NA	NA	NA	NA	52.2%	55.7%	56.2%	54.9%	59.7%	52.8%	53.4%
<b>LEISURE ACTIVITIES IN THE PAST 7 DAYS</b>											
Read (not required for school)	73.5%	68.0%	69.0%	68.9%	72.1%	74.0%	79.1%	68.6%	77.1%	72.2%	72.6%
Doing hobbies on your own time	NA	NA	81.0%	80.3%	81.0%	83.8%	82.6%	84.9%	79.7%	86.4%	85.6%
<b>FAMILY ACTIVITIES IN THE PAST 7 DAYS</b>											
Take care of family responsibilities or chores	82.2%	79.4%	80.6%	79.0%	81.5%	84.4%	87.9%	80.7%	82.1%	83.7%	87.6%
Eat dinner with family (5 or more days a week)	NA	NA	NA	NA	NA	63.9%	63.4%	64.2%	66.5%	64.4%	60.6%