

Summary of Results from the 2007-2008 Cambridge High School Health Survey

Submitted to:

The Cambridge Prevention Coalition
The Cambridge Public Schools, and
The Cambridge Public Health Department

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BACKGROUND

REPORT FORMAT

In April of 2008, 1,194 Cambridge high school students (grades 9-12) took part in the 2007-2008 Cambridge Teen 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 ninth administration of the Teen Health Survey (the survey was also administered in 1992, 1994, 1996, 1998, 2000, 2002, 2004, and 2006). A similar survey of Cambridge middle school students has also been conducted biennially since 1997.

This report summarizes results from the Cambridge Teen Health Survey. It is designed to provide an overview of key survey data, focusing on four main themes: (1) What do the data from this survey tell us about the challenges facing youth in our community?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; (3) How have the data changed since the last administration of the survey?; and (4) How do results in Cambridge compare to those in Massachusetts as a whole? The summary presents an overview of findings grouped according to the following themes: Substance Use, Violence and Safety, Mental Health, Sexual Behavior, Weight Perception and Control, Physical Activity, and Resiliency. The main results in each section are illustrated using charts that are complemented by supplementary data or information. An appendix containing selected data follows the main results.

WHO CONDUCTED THE SURVEY?

The survey was conducted by the Cambridge Prevention Coalition, the Cambridge Public Schools, and the Cambridge Public Health Department, and the Institute of 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 2008 to all Cambridge public school students in grades 9 through 12. The number of respondents in each grade is as follows:

9 th	10 th	11 th	12 th	Other/ Unknown	TOTAL
315	306	299	270	2	1194

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 Kreyol.

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 Teen 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, nor from students who have dropped out of school.

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 ninth administration of the Cambridge Teen 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.

Limited comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent administration of this survey occurred in the Spring of 2007.

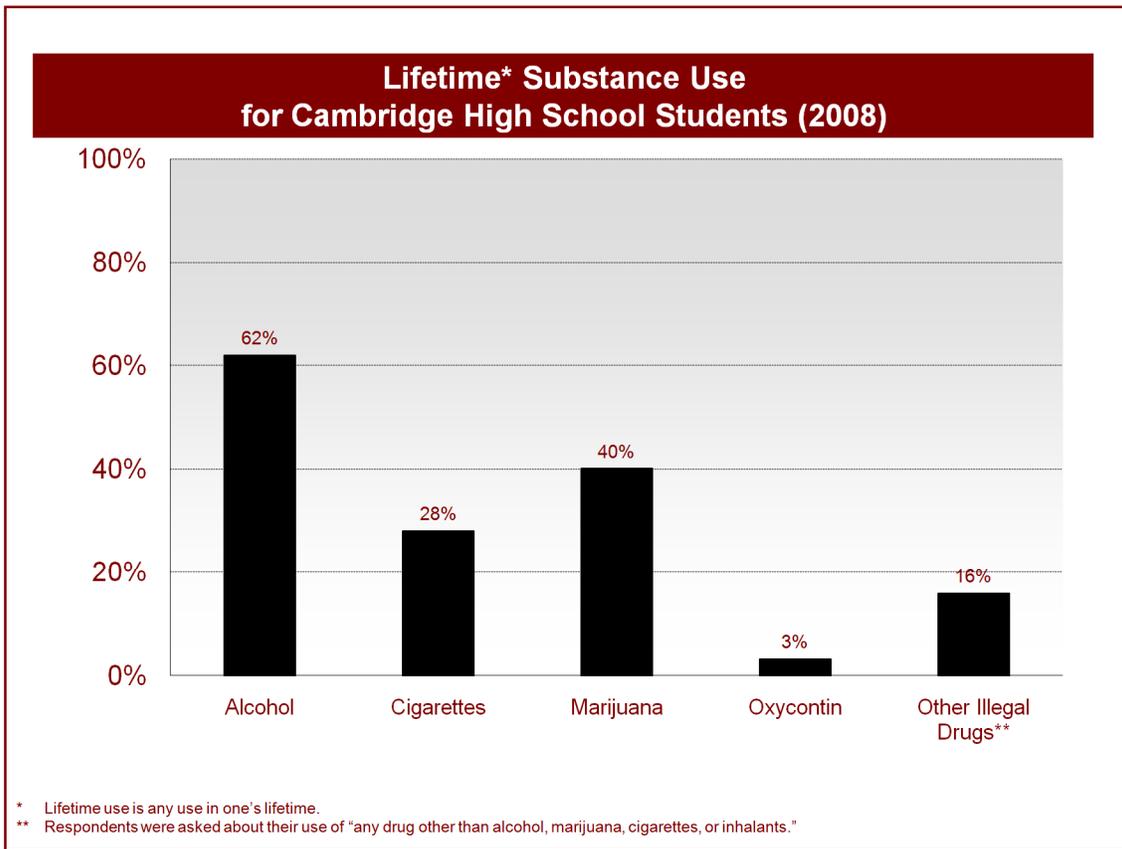
WHO HAS THE PROBLEM?

Although this survey was administered to high school 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 the many positive aspects of adolescent life.

WHO IS RESPONSIBLE?

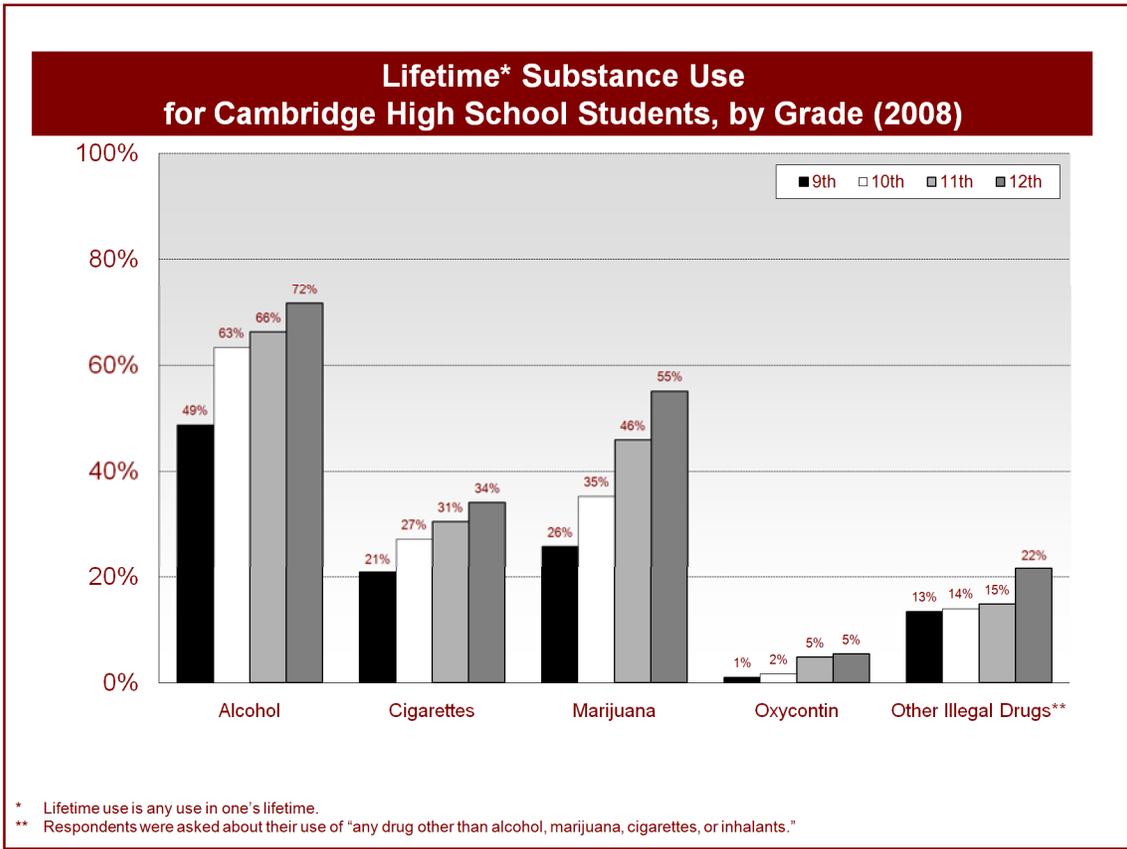
Data on health behavior among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the risky behaviors revealed in these surveys. Issues such as substance use and violence are not school problems; they are community problems that require the attention of all community members and organizations.

Substance Use



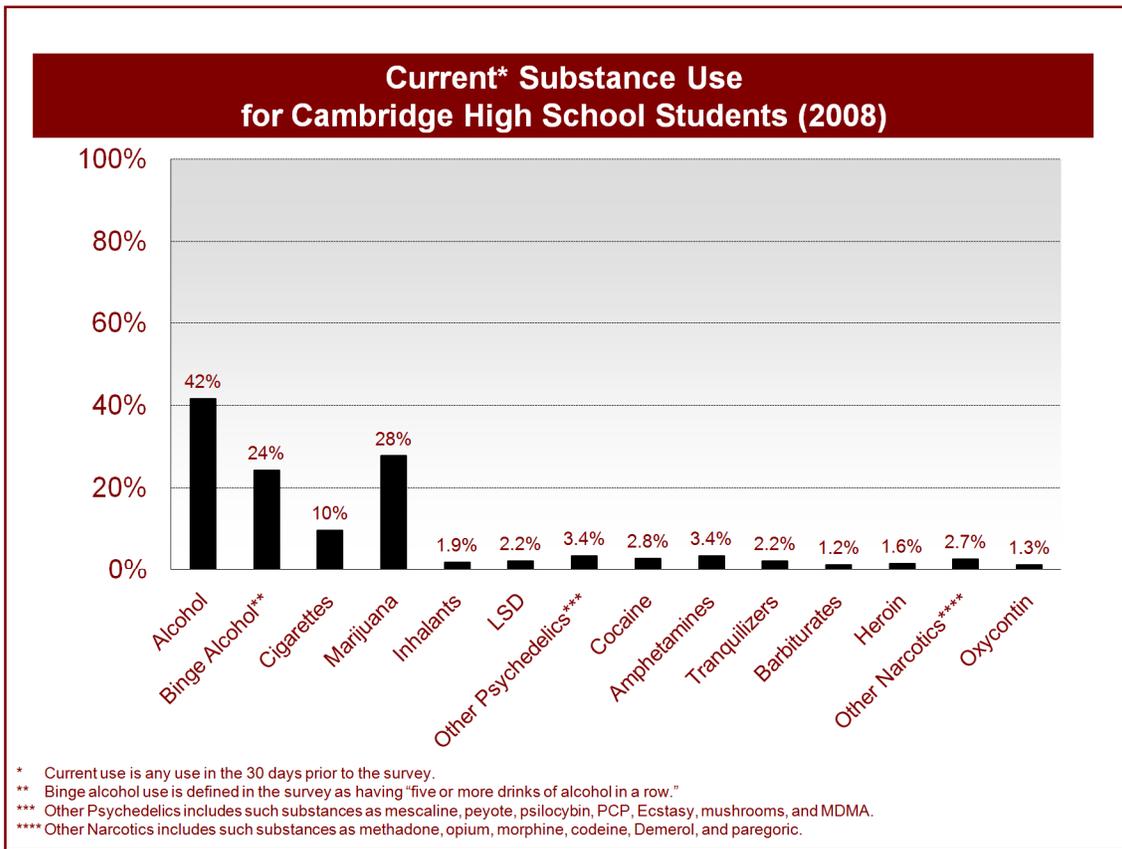
SELECTED POINTS

- Lifetime substance use is any use in one's lifetime.
- The questions about alcohol were preceded by the following instruction, "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, 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 62% of Cambridge high school students reporting using alcohol at least once in their lifetime.
- Forty percent (40%) reported ever using marijuana, 28% ever smoking cigarettes, and 3% ever using Oxycontin (without a doctor's prescription).
- Sixteen percent (16%) reported ever using an illegal drug other than alcohol, marijuana, cigarettes, or inhalants.



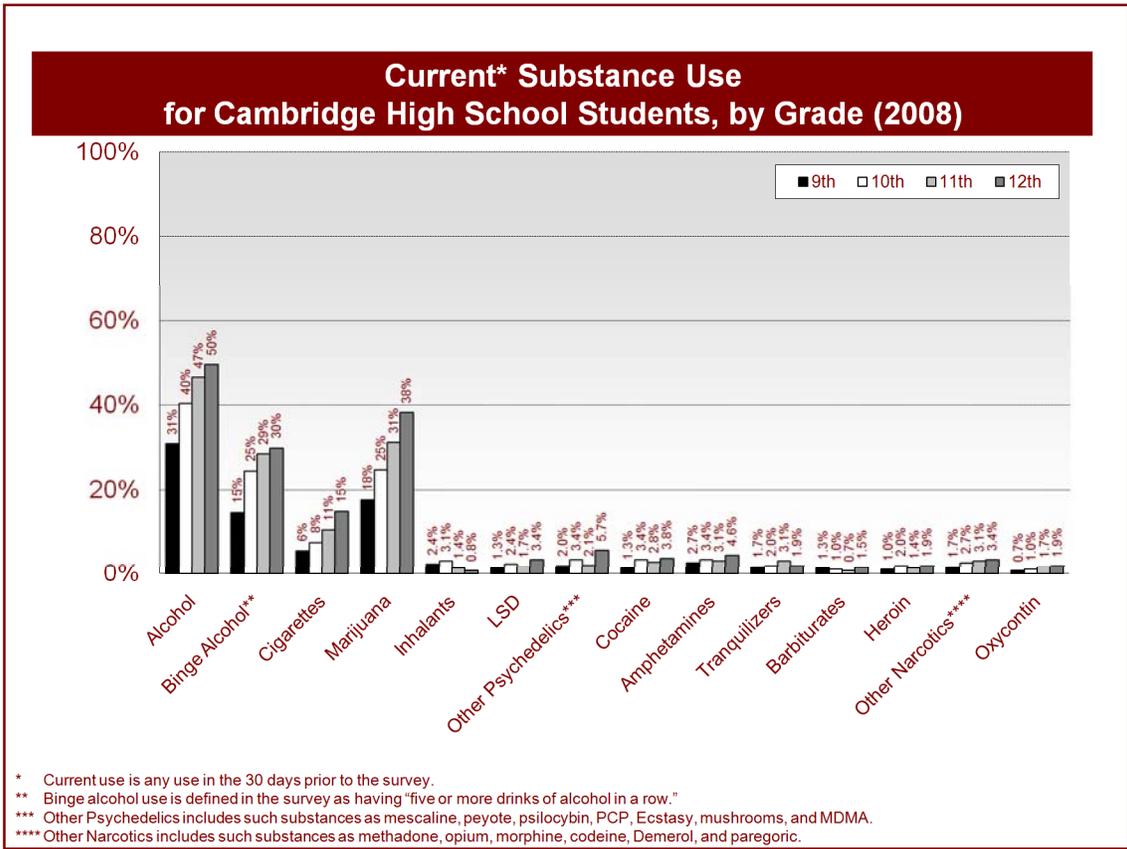
SELECTED POINTS

- The percentage of Cambridge students who reported ever using the more commonly used substances increased with age/grade. For example, the percentage of students who reported ever smoking marijuana increased from 26% in 9th grade to 55% in 12th grade.
- By April of their senior year, over seven of every ten Cambridge youth have tried alcohol (72%), at least five of every ten have tried marijuana (55%), and roughly three in every ten have tried cigarettes (34%).



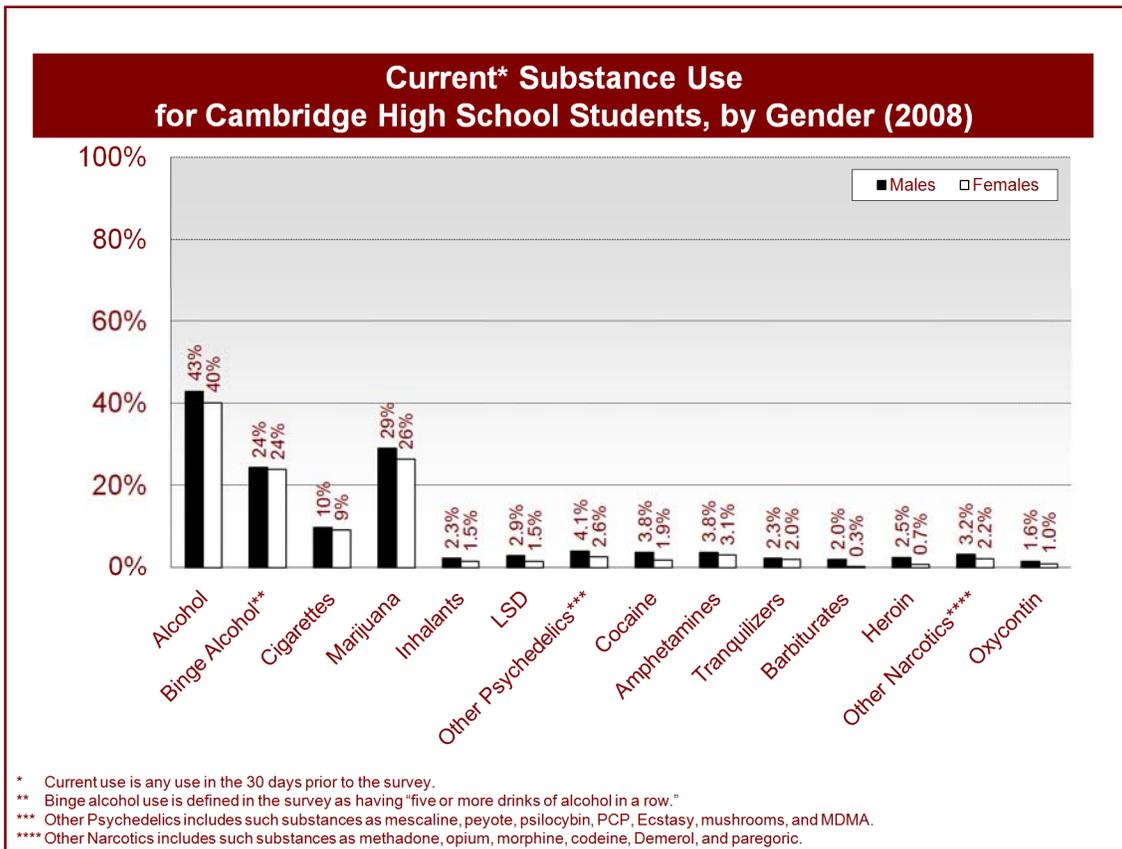
SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Binge alcohol use was defined in the survey as having “five or more drinks of alcohol in a row.”
- Alcohol is the most commonly used substance, with 42% of Cambridge high school students reporting that they had consumed it in the 30 days prior to the survey.
- Twenty-four percent (24%) of high school students reported binge drinking in the same 30-day time period. This means that over half (57%) of those high school students who drank in the past 30 days engaged in binge drinking.
- The rate of current marijuana use (28%) was almost three times higher than the rate of current cigarette use (10%) and also much higher than for any other illegal substance.
- Seven percent (7%) reported current use of any drug other than alcohol, marijuana, cigarettes, or inhalants.



SELECTED POINTS

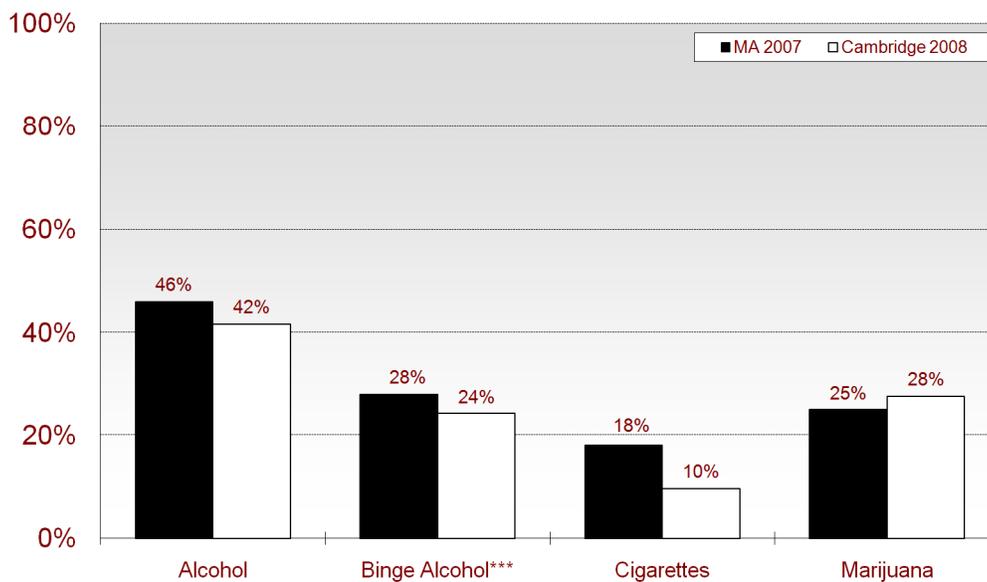
- Overall, current substance use increases with age/grade. For example, 31% of Cambridge 9th graders reported using alcohol in the 30 days prior to the survey, compared with 50% of 12th graders.



SELECTED POINTS

- Overall, rates of current substance use among Cambridge high school students were quite similar for males and females. Males were slightly more likely than females to report current use of alcohol (43% males, 40% females), and marijuana (29% males, 26% females).
- Males were also slightly more likely to report current use of any drug other than alcohol, marijuana, cigarettes, or inhalants (8% males, 6% females).

Current* Substance Use for Massachusetts** (2007) and Cambridge (2008) High School Students



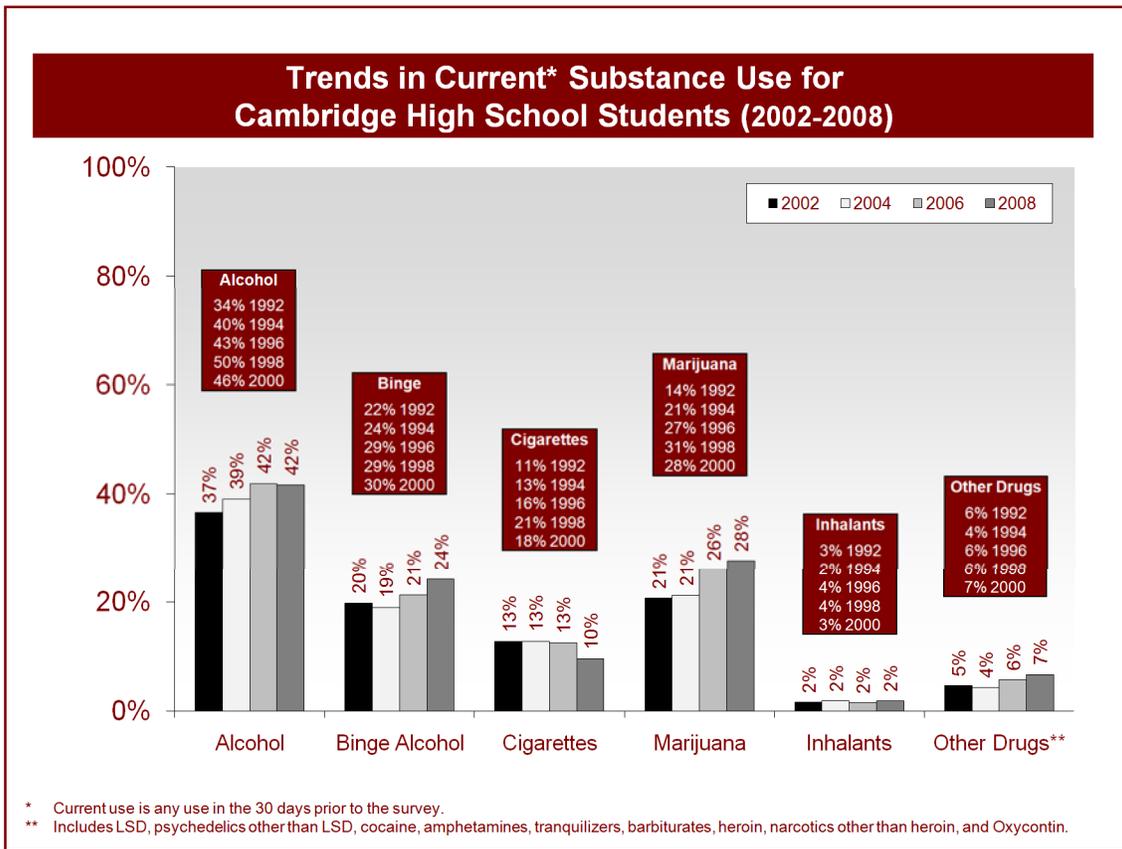
* Current use is any use in the 30 days prior to the survey.

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

*** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row."

SELECTED POINTS

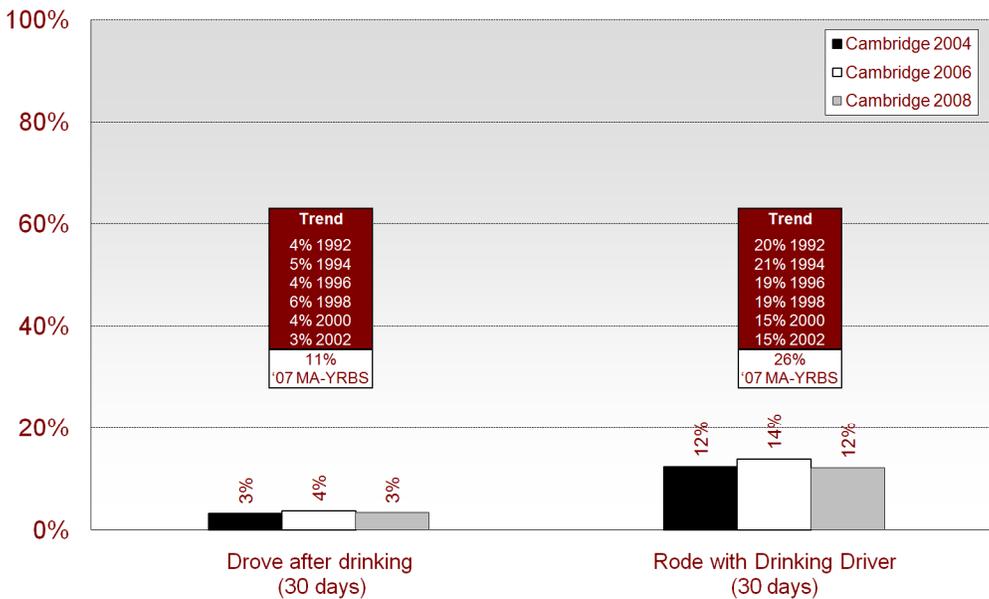
- Massachusetts high school data displayed here and elsewhere in this summary are from the 2007 Massachusetts Youth Risk Behavior Survey, which was administered during the Spring of the 2007 school year.
- Available comparative data reveal lower rates of current substance use in Cambridge than Statewide for the following substances – alcohol (46% MA, 42% Cambridge), binge alcohol (28% MA, 24% Cambridge), and cigarettes (18% MA, 10% Cambridge).
- Current use of marijuana was higher in Cambridge (28%) than Massachusetts as a whole (25%). At the State level, current use of marijuana has decreased from a high of 31% in 2001 to 25% in 2007. In Cambridge, current use of marijuana rose to a high of 31% in 1998, declined to 21% by 2002 and rose back up to 28% by 2008. In recent years, the State rate has been declining while the Cambridge rate has been rising. The 2008 survey represents the first year for which current marijuana use was higher in Cambridge than in the State as a whole.



SELECTED POINTS

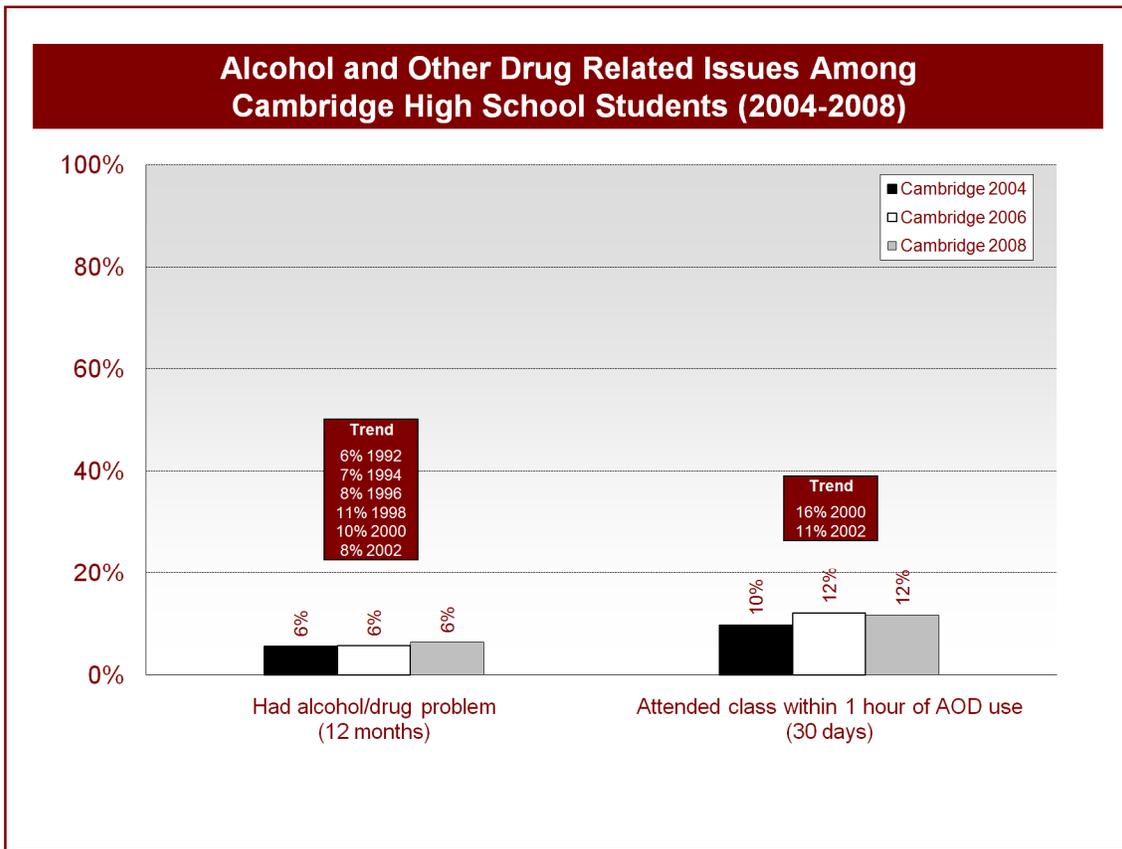
- Trends among Cambridge high school students vary by substance.
- Current **alcohol** use rose from a low in 1992 (34%) to a high in 1998 (50%), declined between 1998 and 2002 (37%), rose to 42% in 2006, and was **level** between 2006 and 2008 (42%).
- **Binge** alcohol use rose from 1992 (22%) to a high in 2000 (30%), declined from 2000 to a low in 2004 (19%), and **rose** in 2006 (21%) and 2008 (24%).
- Current **cigarette** use rose from 1992 (11%) to a high in 1998 (21%), declined from 1998 to 2002 (13%), was level from 2002 through 2006 (13%), and **declined** to a low in 2008 (10%).
- Current **marijuana** use rose from a low in 1992 (14%) to a high in 1998 (31%), declined between 1998 and 2002 (21%), was level from 2002 through 2004 (21%), and **rose** in 2006 (26%) and 2008 (28%).
- Current **inhalant** use declined between 1996 (4%) and 2002 (2%) and has remained **level** between 2002 and 2008 (2%).
- Current use of **other drugs** declined between 2000 (7%) and 2004 (4%), and **rose** in 2006 (6%) and 2008 (7%).

Cambridge High School Students Who Drove After Using Alcohol or Rode with a Driver Who Had Been Using Alcohol (2004-2008)



SELECTED POINTS

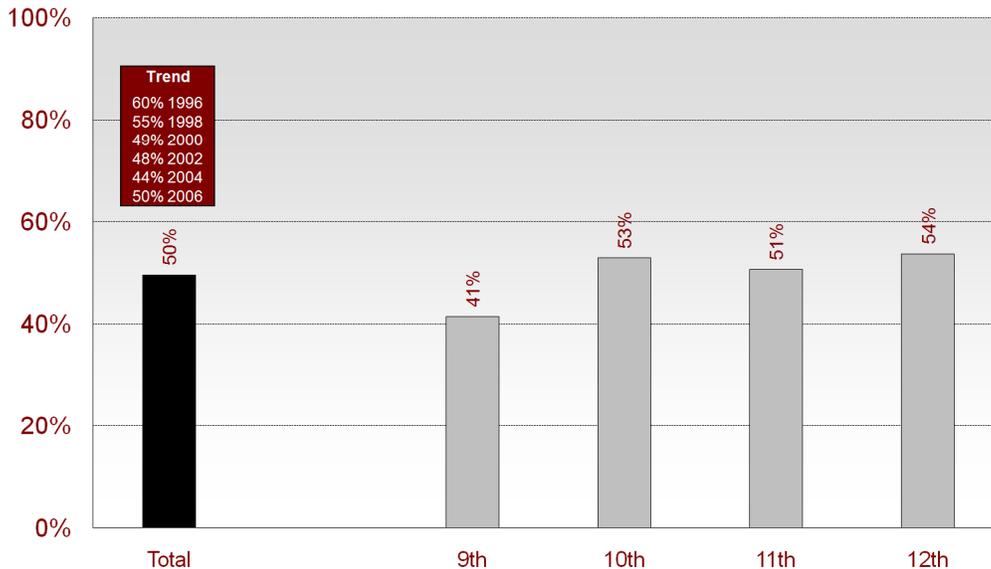
- Three percent (3%) of 2008 Cambridge high school students reported driving after drinking alcohol and 12% reported riding with a driver who had been drinking in the 30 days prior to the survey.
- **Trends:** The percentage of Cambridge high school students who reported driving after using alcohol declined from a high in 1998 (6%) to a low in 2002 (3%) and has remained fairly level through 2008 (3%). The percentage who reported riding with a driver who had been drinking declined from a high in 1994 (21%) to a low in 2004 (12%), rose slightly in 2006 (14%), and declined in 2008 (12%).
- **Comparisons:** 2008 Cambridge students were less likely than 2007 Massachusetts students to report driving after drinking (3% Cambridge, 11% Massachusetts) and riding with a driver who had been drinking (12% Cambridge, 26% Massachusetts). *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** Males were more likely than females to report driving after drinking in the past 30 days (5% males, 2% females), while females were slightly more likely to report riding with a driver who had been drinking (13% females vs. 11% males).
- **Grade:** The percentage of students who reported driving after drinking and riding with a driver who had been drinking both tended to increase with age/grade.



SELECTED POINTS

- Six percent (6%) of 2008 Cambridge high school students reported that they had a problem with alcohol or drugs in the 12 months prior to the survey and 12% reported that they attended class within one hour of using alcohol, marijuana, or other drugs at least once in the 30 days prior to the survey.
- **Trends:** The percentage of Cambridge high school students who reported that they had a problem with alcohol or drugs in the past 12 months rose from 1992 (6%) to a high in 1998 (11%), declined from 1998 to 2004 (6%), and has remained level from 2004 to 2008 (6%). The percentage who reported attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days declined from a high in 2000 (16%) to 2004 (10%), rose from 2004 to 2006 (12%), and was level between 2006 and 2008 (12%).
- **Comparisons:** Comparative data from Massachusetts are not available.
- **Gender:** Female and male students were equally likely to report that they had a problem with alcohol or drugs in the past 12 months (6% females vs. 6% males), while males were more likely to report attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days (13% males vs. 10% females).
- **Grade:** The percentage of students who reported attending class within one hour of using alcohol, marijuana, or other drugs in the past 30 days increased with age/grade (8%, 11%, 11%, 18%). There were no consistent differences by age/grade in the percentage of students who reported that they had a problem with alcohol or drugs in the past 12 months (5%, 8%, 5%, 7%).

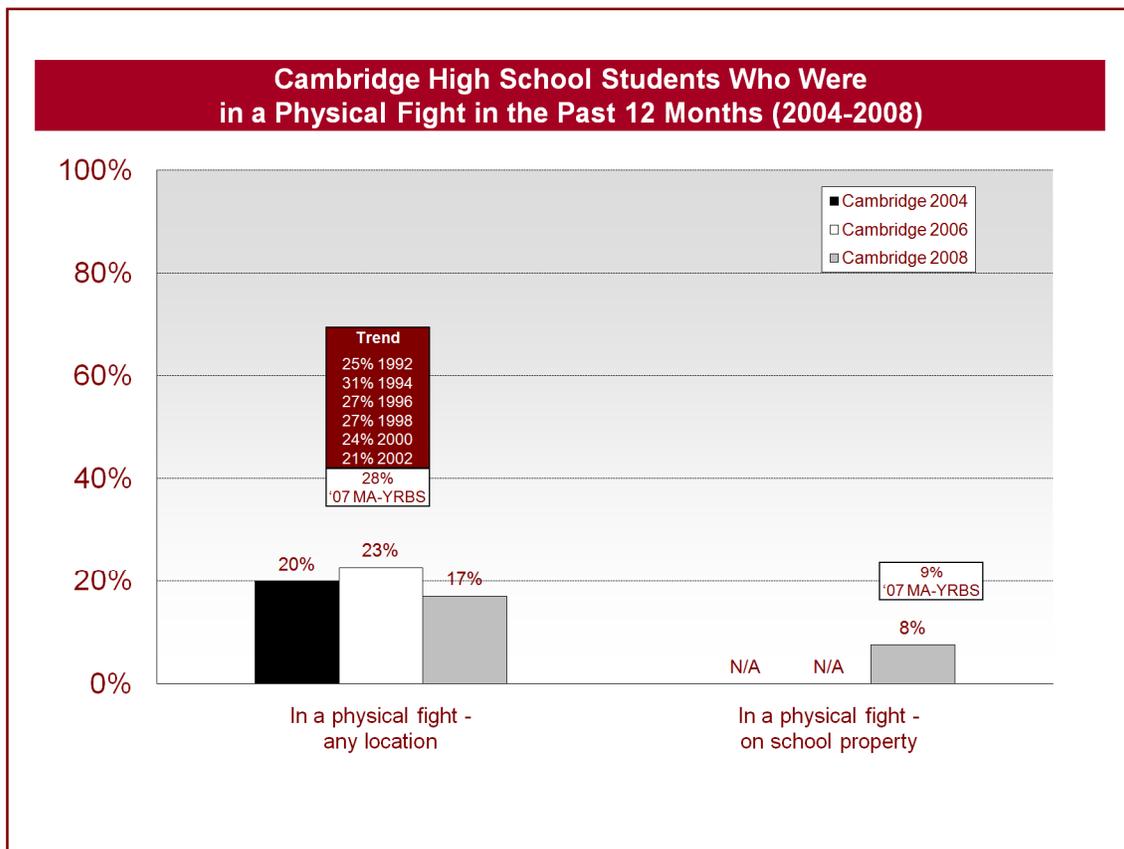
Cambridge High School Students Who, in the Past 12 Months, Talked with their Parents About Alcohol or Other Drug Use (2008)



SELECTED POINTS

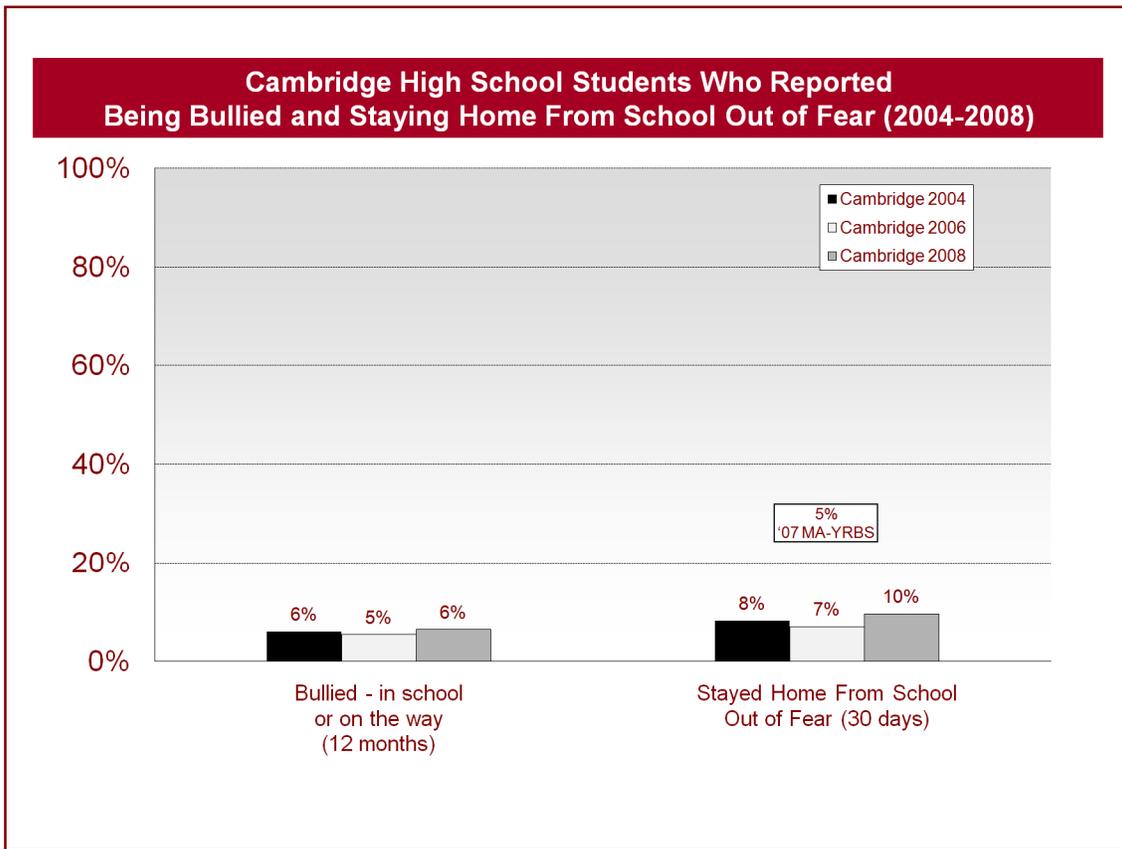
- Fifty percent (50%) of Cambridge high school students reported they had talked with their parent(s) about alcohol or other drug use at least once in the 12 months prior to the survey.
- **Trends:** The percentage of Cambridge high school students who reported that they had talked with their parent(s) about alcohol or other drug use in the past 12 months decreased from a high in 1996 (60%) to a low in 2004 (44%), rose between 2004 and 2006 (50%), and remained level from 2006 to 2008 (50%).
- **Comparisons:** Comparative data from Massachusetts are not available.
- **Gender:** Females were slightly more likely than males to report that they talked with their parent(s) about alcohol or other drug use in the past 12 months (51% females vs. 48% males).
- **Grade:** The percentage of students who reported that they talked with their parent(s) about alcohol or other drug use was lower among 9th graders (41%) than among their older peers (53%, 51%, 54%).

Violence and Safety



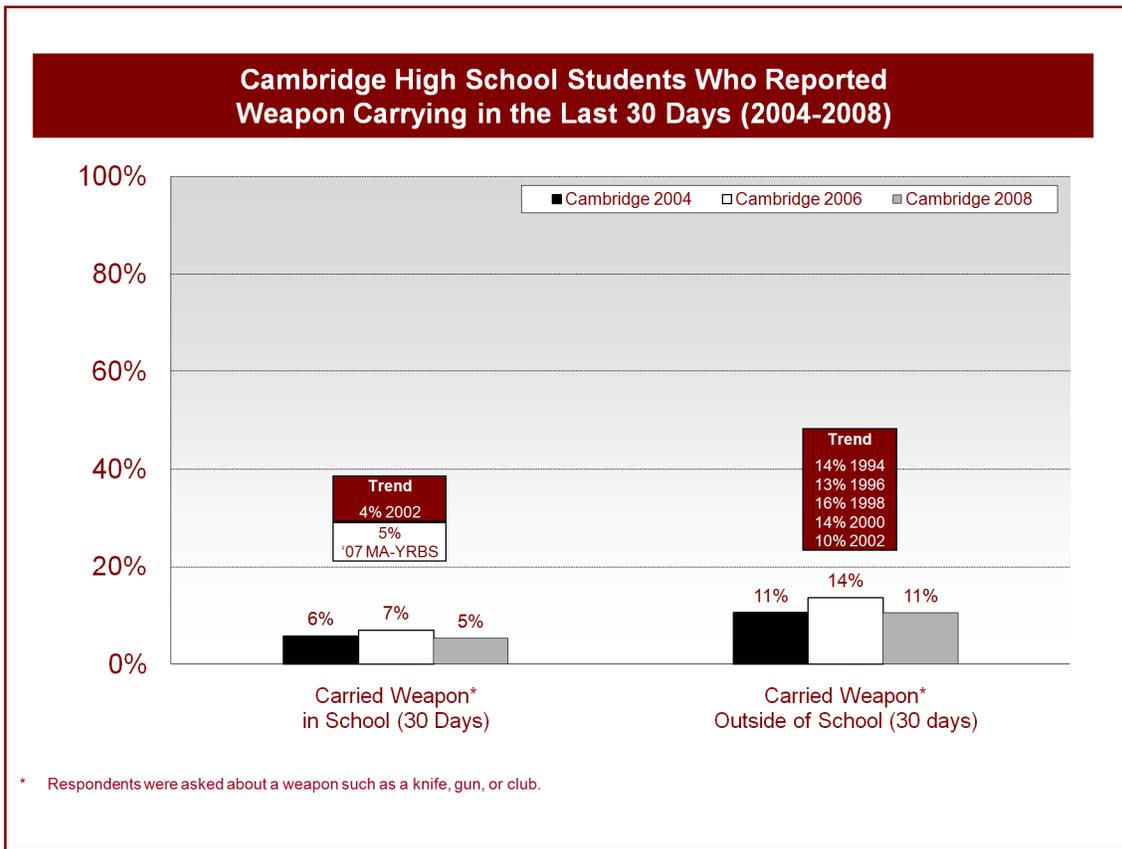
SELECTED POINTS

- Seventeen percent (17%) of 2008 Cambridge high school students reported being in a physical fight (any location) in the 12 months prior to the survey, and 8% reported being in a physical fight on school property in that same time period.
- **Trends:** The percentage of Cambridge high school students who reported being in a physical fight (any location) in the past 12 months declined from a high in 1994 (31%) to 2004 (20%), rose between 2004 and 2006 (23%), and decreased to a low in 2008 (17%). The item that asked about physical fighting on school property was added to the survey for the first time in 2008.
- **Comparisons:** 2008 Cambridge students were less likely than 2007 Massachusetts students to report having been in a physical fight in any location in the past 12 months (28% Massachusetts vs. 17% Cambridge). Roughly the same percentage of 2008 Cambridge and 2007 Massachusetts high school students reported being in a physical fight on school property in the past 12 months (9% Massachusetts, 8% Cambridge). *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** Male 2008 students were much more likely than females to report fighting in any location (23% males, 11% females) and fighting on school property (10% males, 5% females).
- **Grade:** Overall, the percentage of 2008 Cambridge high school students who reported fighting decreased between the 9th and 12th grades: any location (20%, 17%, 16%, 14%), on school property (11%, 7%, 6%, 4%).



SELECTED POINTS

- Six percent (6%) of 2008 Cambridge high school students reported being bullied at or on the way to/from school in the 12 months prior to the survey, and 10% reported staying home from school because they felt they would be unsafe at school or on the way to/from school in the 30 days prior to the survey.
- **Trends:** The percentage of Cambridge high school students who reported being bullied at or to/from school has not changed substantively since this item was added to the survey in 2004. There was a small increase from 2006 (7%) to 2008 (10%) in the percentage of students who reported staying home from school out of fear.
- **Comparisons:** A larger percentage of 2008 Cambridge students reported staying home from school in the past 30 days because of fear for safety than 2007 Massachusetts students (10% Cambridge, 5% Massachusetts). The MA survey did not ask about being bullied in the 12 months prior to the survey. *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** While female and male Cambridge high school students were equally likely to report being bullied at or to/from school (7% females, 6% males), males were more likely to report staying home from school out of fear for safety in 2008 (11% males, 8% females).
- **Grade:** There was little consistent variation by age/grade for reports of being bullied (6%, 10%, 5%, 4%) or staying home from school out of fear for safety (10%, 11%, 8%, 11%).

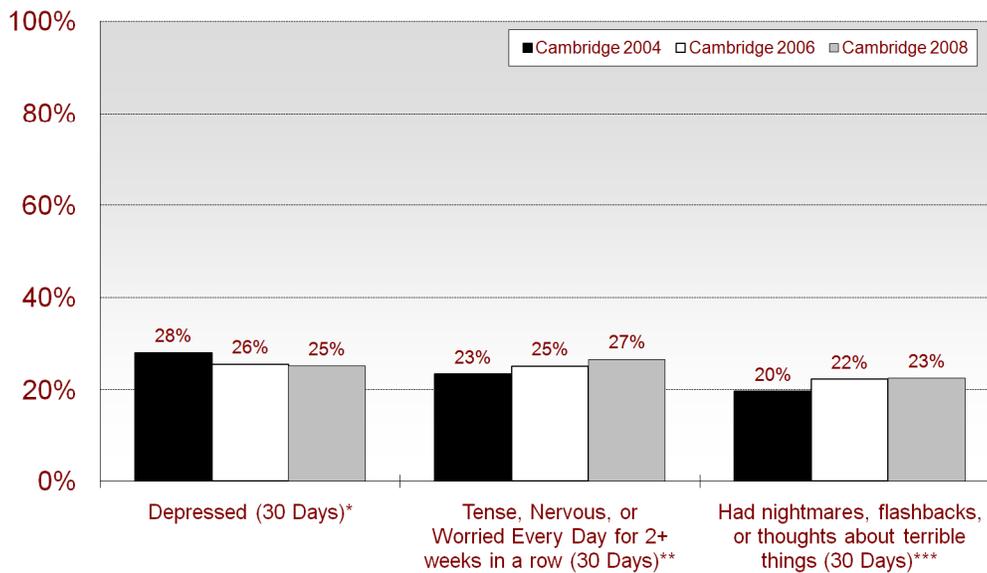


SELECTED POINTS

- Respondents were twice as likely to report carrying a weapon when they were not on school property than when they were on school property. Five percent (5%) of 2008 Cambridge high school students reported carrying a weapon on school property in the 30 days prior to the survey, compared to 11% who reported carrying a weapon when they were not on school property.
- **Trends:** The percentage of Cambridge high school students who reported carrying a weapon on school property in the past 30 days rose from a low in 2002 (4%) to a high in 2006 (7%), and decreased between 2006 and 2008 (5%). Reports of weapon carrying outside of school declined from a high in 1998 (16%) to a low in 2002 (10%), increased between 2002 and 2006 (14%), and declined between 2006 and 2008 (11%).
- **Comparisons:** The same percentage of 2008 Cambridge and 2007 Massachusetts high school students (5%) reported carrying a weapon on school property. The MA survey did not ask about carrying a weapon outside of school. *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** Male 2008 students were much more likely to report weapon carrying both on school property (7% males, 3% females) and outside of school (16% males, 6% females).
- **Grade:** There was little consistent variation by age/grade for reports of weapon carrying on school property (6%, 3%, 5%, 7%) or when not on school property (13%, 9%, 9%, 12%).

Mental Health

Depression and Anxiety Among Cambridge High School Students (2004-2008)



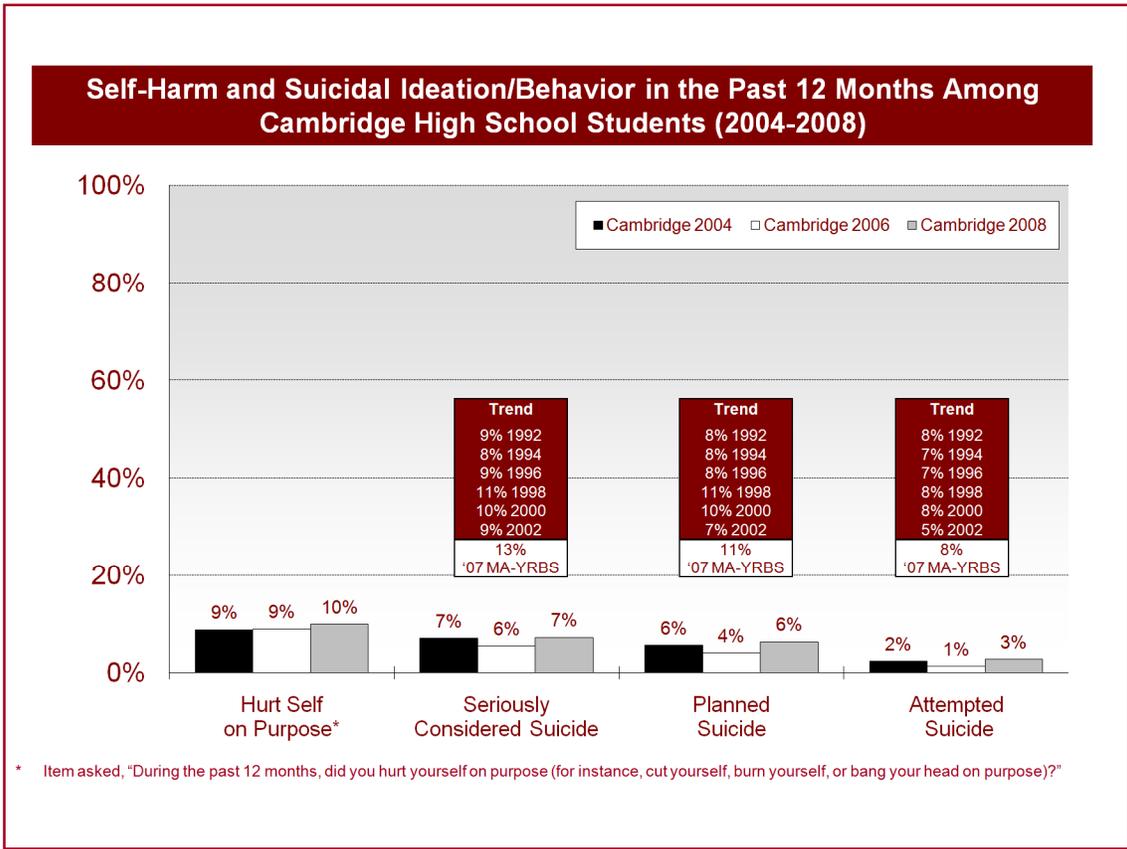
* Item asked, "During the past 30 days, did you feel sad or hopeless, most of every day for two or more weeks in a row?"

** Item asked, "During the past 30 days, did you feel tense, nervous, or worried every day for two or more weeks in a row?"

*** Item asked, "During the past 30 days, did you have nightmares, flashbacks, or terrible thoughts you could not get rid of about something terrible you saw or something that happened to you in the past?"

SELECTED POINTS

- Roughly one-quarter of Cambridge high school students in 2008 reported that they felt depressed (25%), felt tense, nervous, or worried (27%), or had nightmares, flashbacks, or thoughts about terrible things that they saw or something that happened to them (23%) in the 30 days prior to the survey.
- **Trends:** There has been a very little change in reports of depression and anxiety since these questions were first asked in 2004.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** 2008 Cambridge female respondents were more likely to report each of these issues compared to males: *depressed* (33% females, 17% males), *felt tense, nervous, or worried* (32% females, 21% males), *had nightmares, flashbacks, or thoughts about terrible things* (29% females, 16% males).
- **Grade:** In general, the percentage of respondents who reported each of these issues varied throughout the high school grades: *depressed* (25%, 28%, 24%, 25%), *felt tense, nervous, or worried* (21%, 32%, 25%, 27%), *had nightmares, flashbacks, or thoughts about terrible things* (24%, 26%, 20%, 21%).

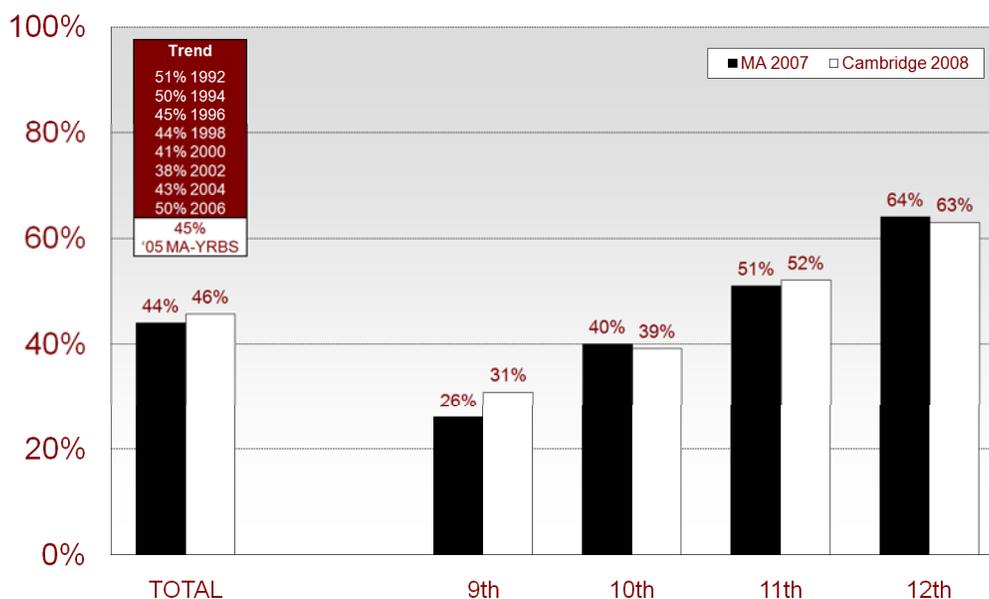


SELECTED POINTS

- Ten percent (10%) of 2008 Cambridge high school students reported *hurting themselves on purpose* in the 12 months prior to the survey, 7% *seriously considered* suicide, 6% *made a plan to commit* suicide, and 3% *actually attempted* suicide.
- **Trends:** Each of the suicidality/self-harm items increased very slightly among Cambridge high school students between 2006 and 2008 following decreases between the highest observed levels in 1998 and the lowest observed levels in 2006.
- **Comparisons:** Each of these issues was much less common among 2008 Cambridge high school students than 2007 Massachusetts students: seriously considered suicide (7% Cambridge, 13% MA), made a plan to commit suicide (6% Cambridge, 11% MA), and attempted suicide (3% Cambridge, 8% MA). *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** 2008 Cambridge female respondents were more likely than males to report each of these issues: hurt self on purpose (13% females, 6% males), seriously considered suicide (9%, 5%), planned to commit suicide (8%, 4%), attempted suicide (3%, 2%).
- **Grade:** In general, 10th grade students reported the highest occurrence of these behaviors followed by declines by age/grade among 11th and 12th graders: hurt self on purpose (8%, 15%, 10%, 6%), seriously considered suicide (7%, 8%, 7%, 6%), planned to commit suicide (5%, 9%, 6%, 5%), attempted suicide (2%, 4%, 2%, 2%).

Sexual Behavior

Percent of Massachusetts* (2007) and Cambridge (2008) High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade

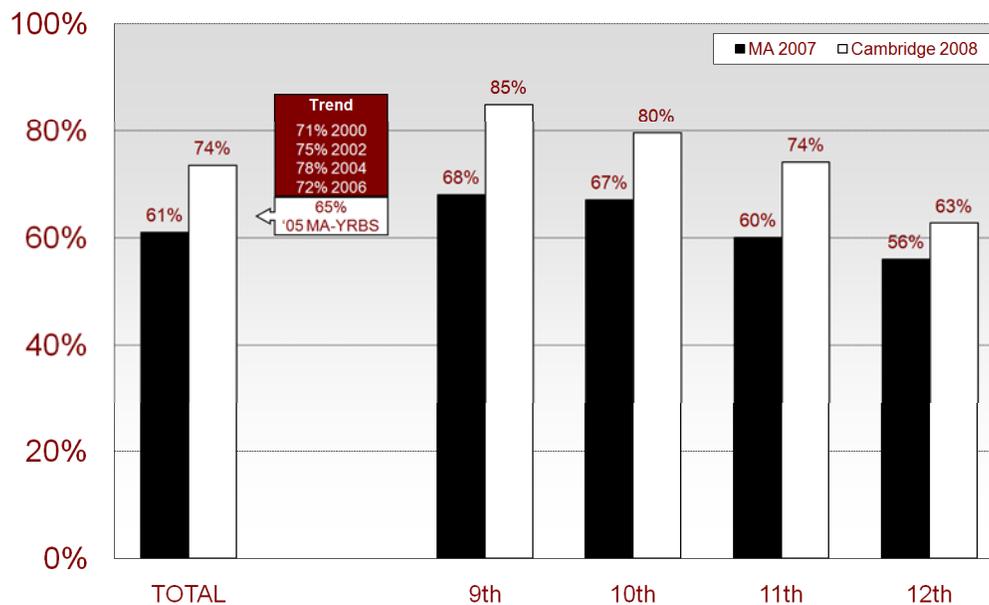


* Massachusetts data from the MA Youth Risk Behavior Survey conducted by the MA Department of Education (Spring 2005 and 2007).

SELECTED POINTS

- In 2008, 46% of Cambridge high school students reported ever having sexual intercourse – 31% of 9th graders, 39% of 10th graders, 52% of 11th graders, and 63% of 12th graders.
- **Trends:** The percentage of Cambridge high school students who reported ever having sexual intercourse decreased from a high in 1992 (51%) to a low in 2002 (38%), rose between 2002 and 2006 (50%), and declined between 2006 and 2008 (46%).
- **Comparisons:** Similar percentages of 2008 Cambridge and 2007 Massachusetts high school students reported ever having sexual intercourse (46% Cambridge, 44% MA). This pattern held in every grade except for 9th grade. Cambridge 9th graders were slightly more likely than Massachusetts 9th graders to report ever having had sexual intercourse (31% Cambridge, 26% MA).
- **Gender:** Cambridge males were more likely than females to report having sexual intercourse (51% males, 41% females).
- **Grade:** As displayed in the chart, the percentage of 2008 Cambridge students who reported ever having sexual intercourse increased from 31% in 9th grade to 63% in 12th grade.

Of Those Massachusetts* (2007) and Cambridge (2008) High School Students Who Have Ever Had Sexual Intercourse, Percent Who Used a Condom the Last Time, Total and by Grade

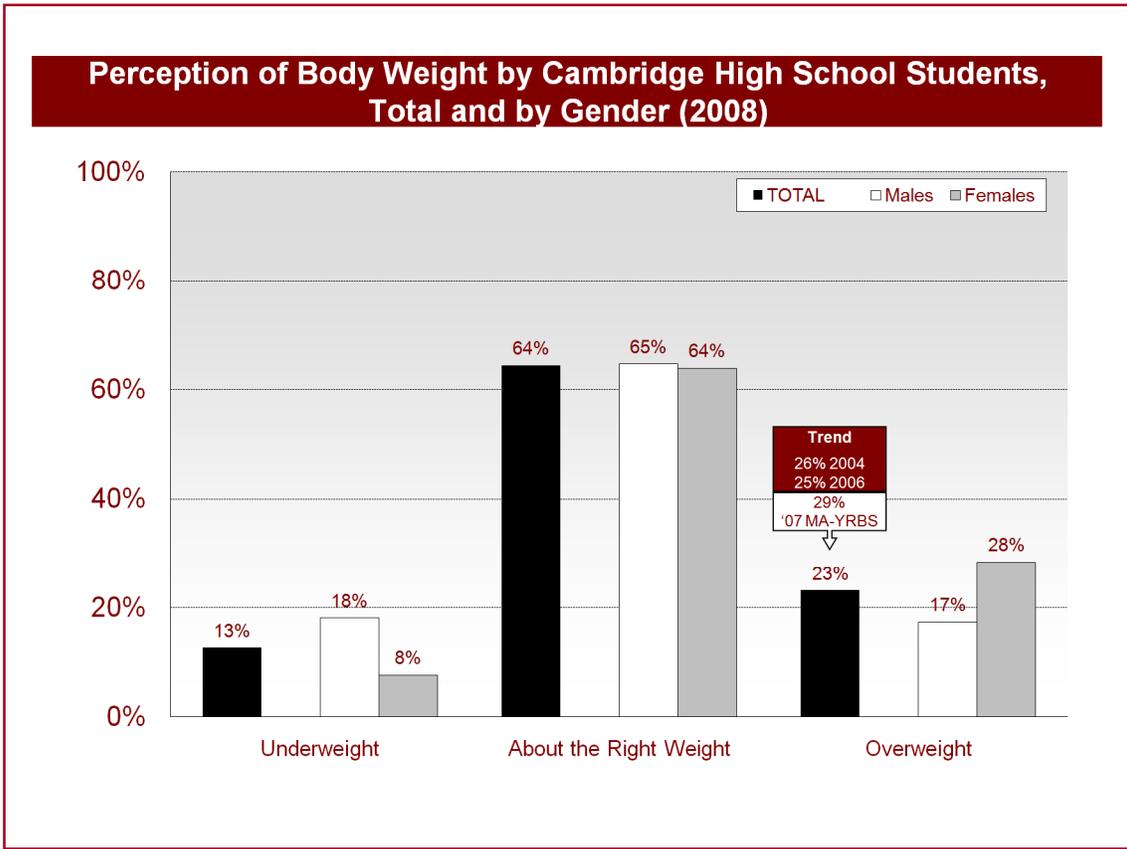


* Massachusetts data from the MA Youth Risk Behavior Survey conducted by the MA Department of Education (Spring 2005 and 2007).

SELECTED POINTS

- In 2008, 74% of sexually active Cambridge high school students reported that they or their partner used a condom the last time they had sexual intercourse – 85% of 9th graders, 80% of 10th graders, 74% of 11th graders, and 63% of 12th graders.
- **Trends:** The percentage of sexually active Cambridge high school students who reported that they or their partner used a condom the last time they had sexual intercourse rose from a low in 2000 (71%) to a high in 2004 (78%), decreased between 2004 and 2006 (72%), and rose between 2006 and 2008 (74%).
- **Comparisons:** Comparative data show that 2008 Cambridge students were more likely than their 2007 Massachusetts peers to report using a condom the last time they had sexual intercourse (74% Cambridge, 61% MA). As displayed in the chart, this comparison was consistent across all grade levels. *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** Male high school students (79%) were more likely than females (67%) to report that they or their partner used a condom the last time they had sexual intercourse.
- **Grade:** As shown in the chart, reported condom use among sexually active youth decreased consistently with age/grade.

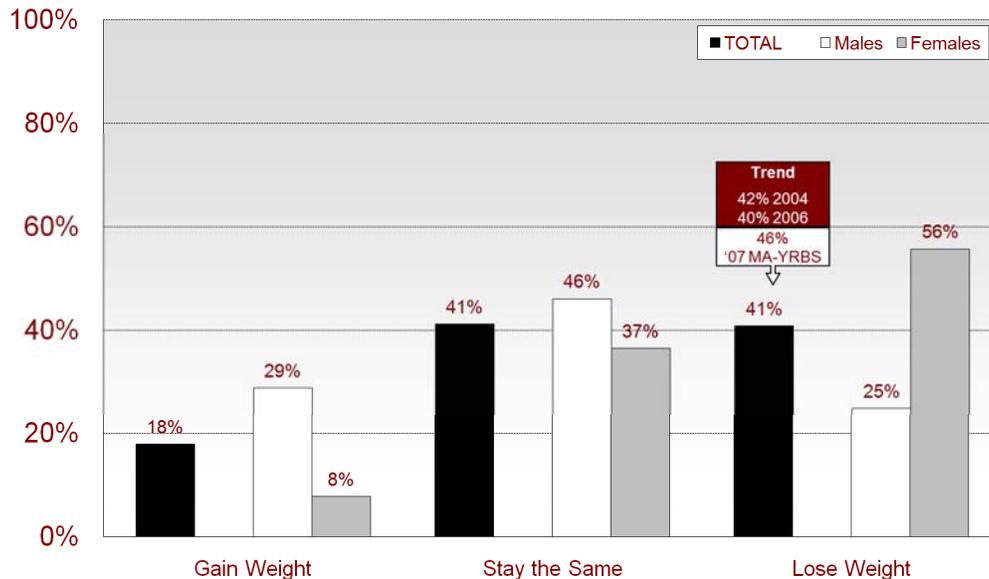
Weight Perception and Control



SELECTED POINTS

- Thirteen percent (13%) of 2008 Cambridge high school students described themselves as *underweight*, 64% as *about the right weight*, and 23% as *overweight*.
- **Trends:** Available high school trend data reveal a decrease between 2004 and 2008 in the percent of Cambridge high school students who perceived themselves as *overweight* (26% to 23%).
- **Comparisons:** Comparative data show that 2008 Cambridge high school students were less likely than their 2007 Massachusetts peers to describe themselves as *overweight* (23% Cambridge, 29% MA). *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** As shown in the chart, eight percent (8%) of females and 18% of males described themselves as *underweight*, 64% of females and 65% of males as *about the right weight*, and 28% of females and 17% of males as *overweight*.
- **Grade:** There were no consistent patterns by age/grade in the percentage of students who considered themselves *overweight* (19%, 26%, 21%, 26%).

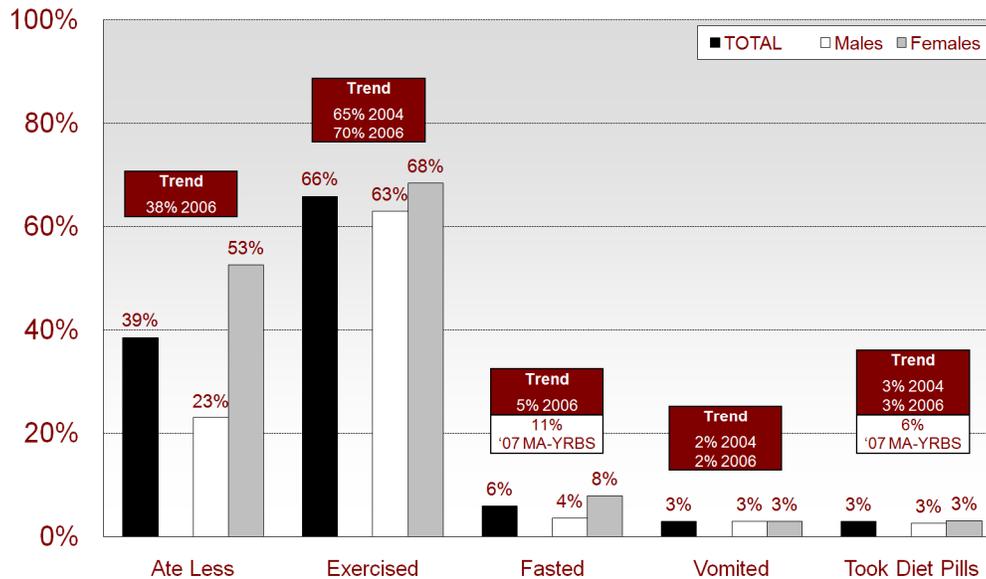
Percent of Cambridge High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2008)



SELECTED POINTS

- Eighteen percent (18%) of 2008 Cambridge high school students reported that they were trying to *gain weight*, 41% that they were trying to *stay the same weight*, and 41% that they were trying to *lose weight*.
- **Trends:** Available high school trend data reveal little change between 2004 and 2008 in the percentage of Cambridge high school students who reported that they were trying to *lose weight* (42% to 41%).
- **Comparisons:** Comparative data show that 2008 Cambridge high school students were less likely than their 2007 Massachusetts peers to report trying to *lose weight* (41% Cambridge, 46% MA). *MA data from the 2007 MA Youth Risk Behavior Survey.*
- **Gender:** Female students were much more likely to report trying to *lose weight* (56% females, 25% males), while males were much more likely to report trying to *gain weight* (8% females, 29% males), or *stay the same weight* (37% females, 46% males).
- **Grade:** The percentage of 2008 Cambridge high school students who reported that they were currently trying to *lose weight* showed little variation with age/grade (45%, 41%, 38%, 41%).

Weight Loss/Maintenance Methods Used by Cambridge High School Students in the Past 30 Days, Total and by Gender (2008)

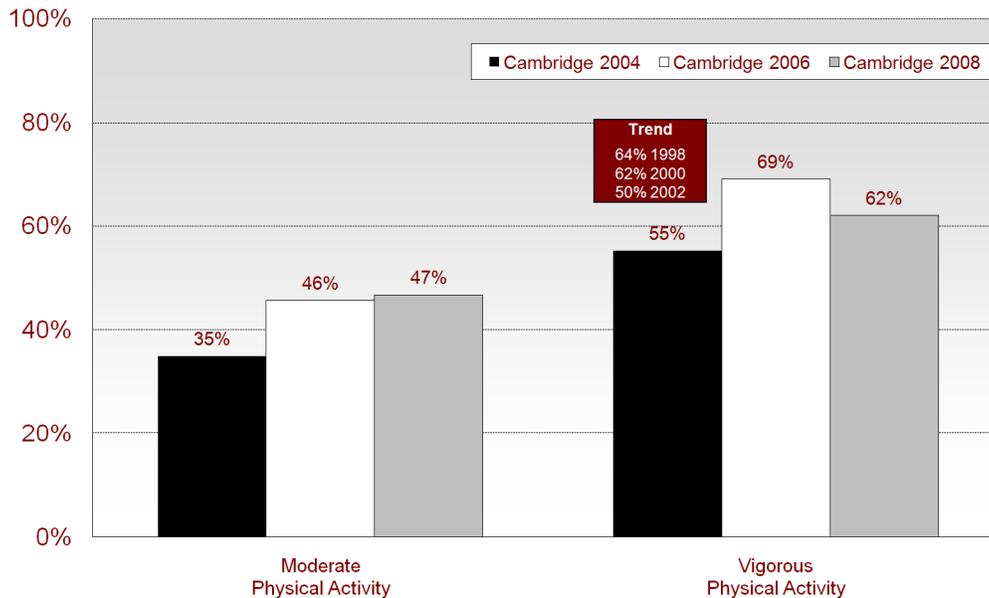


SELECTED POINTS

- Thirty-nine percent (39%) of 2008 Cambridge high school students reported that they had *eaten less* in the 30 days prior to the survey in order to lose or maintain their weight. Sixty-six percent (66%) had *exercised* to do so, 6% had *fasted*, 3% had *vomited*, and 3% had *taken diet pills*.
- **Trends:** Available trend data reveal only slight changes in most of these weight loss/maintenance behaviors between 2006 and 2008: *ate less* (38% to 39%), *exercised* (70% to 66%), *fasted* (5% to 6%), *vomited* (2% to 3%), *took diet pills* (3% to 3%).
- **Comparisons:** Available comparative data show that 2008 Cambridge high school students were less likely than their 2007 Massachusetts peers to have engaged in these efforts: *fasted* (6% Cambridge, 11% MA), *took diet pills* (3% Cambridge, 6% MA). *MA data from the 2007 MA Youth Risk Behavior Survey*.
- **Gender:** As displayed in the chart, female 2008 Cambridge high school students were more likely to report that they *ate less* (53% females, 23% males), *exercised* (68% females, 63% males), and *fasted* (8% females, 4% males) to lose/maintain their weight. Females and males were equally likely to report *vomiting* (3%) or *taking diet pills* (3%) to lose/maintain their weight.
- **Grade:** Reports of *exercising* to lose/maintain weight was the only item that showed consistent variation with age/grade (72%, 69%, 62%, 59%).

Physical Activity

Percent of Cambridge High School Students Who Reported Moderate* or Vigorous** Physical Activity in the Past 7 Days (2004-2008)



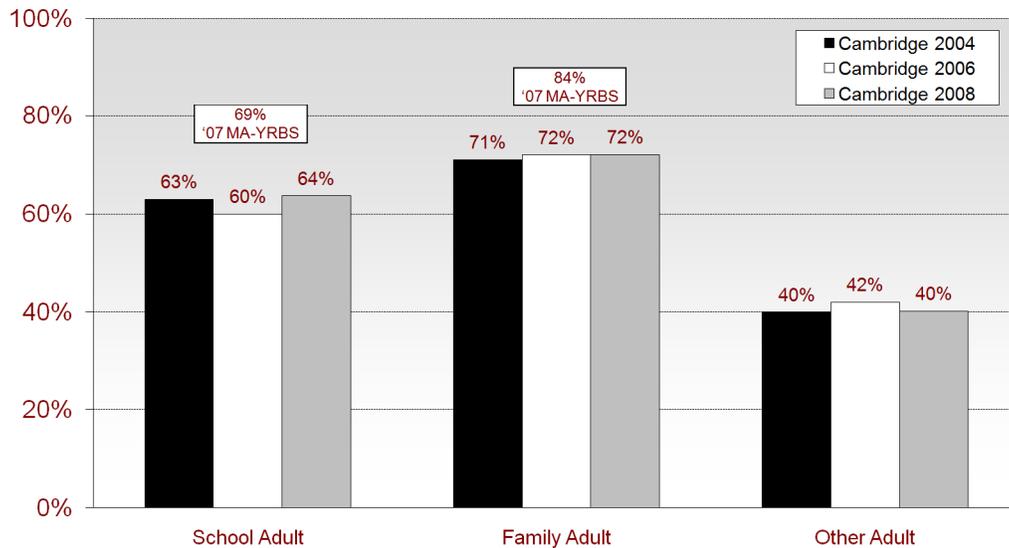
* Moderate physical activity is participation in physical activity for at least 30 minutes (walking, biking, skating) on at least 5 of the past 7 days.
 ** Vigorous physical activity is participation in physical activity for at least 20 minutes that makes you sweat or breathe hard on at least 3 days a week.

SELECTED POINTS

- *Moderate physical activity* was defined in the survey as participating in physical activity (e.g., walking, biking, skating) on at least 5 of the past 7 days. *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.
- Forty-seven percent (47%) of 2008 Cambridge high school students reported that they had engaged in *moderate* physical activity at least 5 of the past 7 days and 62% reported that they had engaged in *vigorous* physical activity on 3 of the past 7 days.
- **Trends:** Available trend data reveal an increase between 2004 and 2008 in reports of *moderate* physical activity (35% to 47%). *Vigorous* physical activity decreased between 1998 (64%) and 2002 (50%), rose between 2002 and 2006 (69%), and decreased between 2006 and 2008 (62%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Male 2008 Cambridge high school students were more likely to report that they engaged in *vigorous* physical activity (70% males, 55% females). Males and females were equally likely to report engaging in *moderate* physical activity (47%).
- **Grade:** *Vigorous* physical activity decreased with age/grade (67%, 65%, 64%, 51%). Reports of engaging in *moderate* physical activity did not show consistent variation with age/grade (42%, 53%, 51%, 39%).

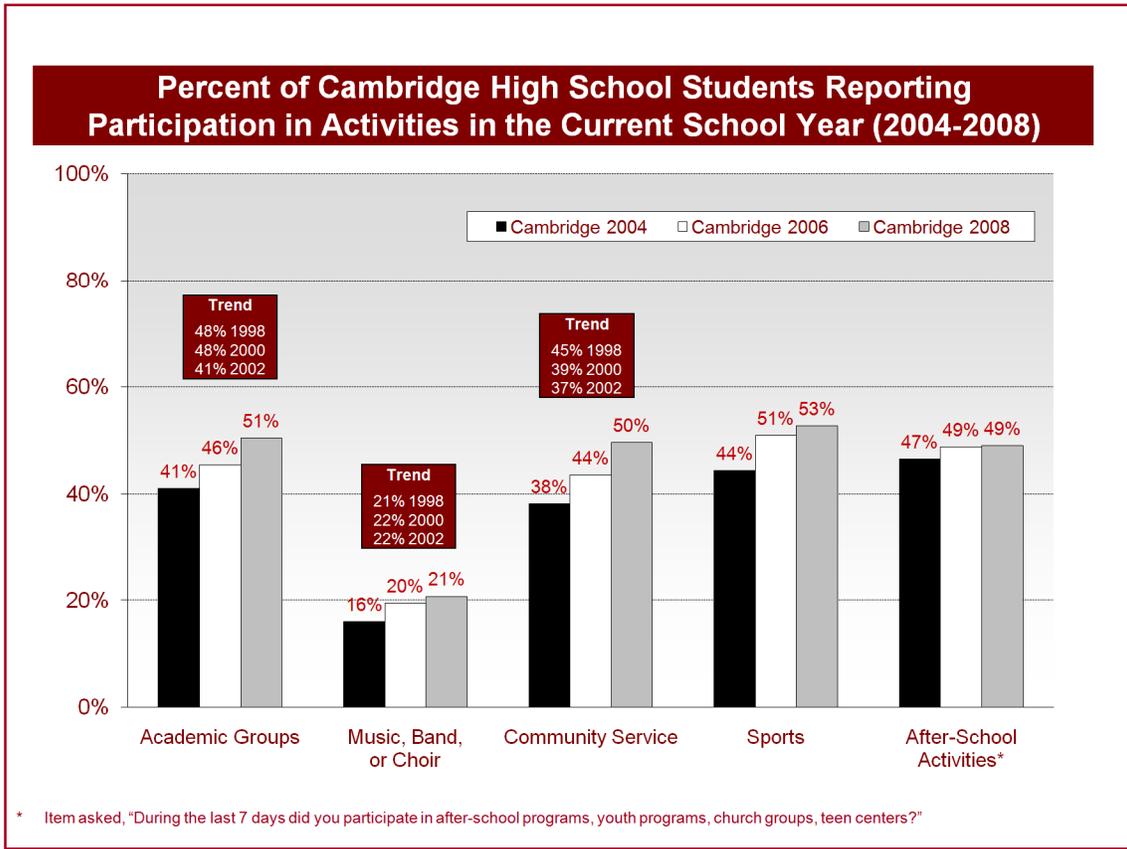
Resiliency

Percent of Cambridge High School Students Who Report Having Adults to Talk with If They Have a Problem (2004-2008)



SELECTED POINTS

- 2008 Cambridge respondents were asked whether they have people to talk to about problems, specifically trusted school adults, family adults, and other non-family adults outside of school. Respondents were most likely to report having a family adult to talk to (72%), followed by a school adult (64%), and a non-family/school adult (40%).
- **Trends:** There has been a very little change in reports of having adults to talk to since these questions were first asked in 2004.
- **Comparisons:** Available comparative data show that the perceived availability of social supports was lower among 2008 Cambridge high school students than their 2007 Massachusetts peers: school adult (64% Cambridge, 69% MA), family adult (72% Cambridge, 84% MA).
- **Gender:** Female students were more likely to report having non-family/school adults to talk to (45% females, 35% males). Females and males were equally likely to have a school adult (64%) or a family adult (72%) to talk to if they had a problem.
- **Grade:** Data by grade show that the percentage of students that report having each of these supports tended to increase by age/grade: school adult (55%, 61%, 68%, 72%), family adult (70%, 73%, 73%, 74%), non-family/school adult (36%, 40%, 44%, 41%).



SELECTED POINTS

- Approximately half of Cambridge high school students in 2008 reported participation in *academic groups* (51%), *community service* (50%), *sports* (53%), and *after-school activities* (49%) during the current school year. Twenty-one percent (21%) of students reported participation in *music, band, or choir*.
- **Trends:** Participation in each of these activities increased between 2004 and 2008. The largest increases were for those who reported participating in *academic groups* (46% in 2006, 51% in 2008) and *community service* (44% in 2006, 50% in 2008).
- **Comparisons:** Comparative State data are not available for these items.
- **Gender:** Female students were more likely to report participation in *academic groups* (57% females, 43% males), *community service* (57% females, 42% males), and *after-school activities* (53% females, 45% males). Females and males were equally likely to report participation in *music, band, or choir* (21% females, 20% males) and *sports* (52% females, 53% males).
- **Grade:** In general, the percentage of 2008 Cambridge youth who reported participating in each of these activities was highest in 11th grade – *academic groups* (45%, 44%, 60%, 54%), *music, band, or choir* (21%, 20%, 24%, 17%), *community service* (38%, 43%, 62%, 56%), *sports* (50%, 59%, 58%, 44%), *after-school activities* (51%, 48%, 54%, 43%).

Appendix A:

Selected Data Tables

2008 CAMBRIDGE TEEN HEALTH SURVEY
Alcohol and Other Drug Use – High School (N≈1,194)

	TOTAL Cambridge										MA YRBS		GENDER		GRADE			
	1992	1994	1996	1998	2000	2002	2004	2006	2008	2005	2007	Male	Female	9 th	10 th	11 th	12 th	
	(1512)	(1432)	(1576)	(1487)	(1493)	(1480)	(1478)	(1295)	(1194)	(3552)	(3131)	(588)	(602)	(315)	(306)	(299)	(270)	
LIFETIME (any use in lifetime)																		
Alcohol	73.4%	76.0%	77.9%	82.3%	NA	NA	NA	64.9%	62.0%	76%	73%	62.2%	61.9%	48.7%	63.3%	66.2%	71.6%	
Binge alcohol use ¹	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
Cigarettes	49.5%	47.3%	46.9%	53.1%	50.2%	40.0%	35.3%	33.6%	28.1%	51%	46%	27.2%	28.8%	20.8%	27.3%	30.5%	34.1%	
Marijuana	26.1%	33.0%	43.6%	49.2%	NA	NA	NA	40.7%	40.1%	45%	41%	41.0%	39.2%	25.8%	35.3%	45.9%	55.1%	
LSD	7.3%	6.0%	6.9%	7.0%	NA	NA	NA	NA	NA	NA	NA							
Psychedelics other than LSD	5.7%	4.5%	7.4%	7.7%	NA	NA	NA	NA	NA	NA	NA							
Cocaine	4.1%	3.2%	3.8%	4.0%	NA	NA	NA	NA	NA	8%	9%	NA	NA	NA	NA	NA	NA	
Amphetamines	4.9%	3.6%	5.4%	6.6%	NA	NA	NA	NA	NA	NA	NA							
Tranquilizers	4.4%	3.8%	4.3%	4.2%	NA	NA	NA	NA	NA	NA	NA							
Barbiturates	3.9%	2.5%	3.5%	2.9%	NA	NA	NA	NA	NA	NA	NA							
Heroin	2.5%	1.5%	3.1%	2.3%	NA	NA	NA	NA	NA	2%	NA	NA	NA	NA	NA	NA	NA	
Narcotics other than heroin	3.7%	3.5%	4.6%	5.9%	NA	NA	NA	NA	NA	NA	NA							
Oxycontin	NA	NA	NA	NA	NA	NA	NA	2.2%	3.2%	NA	NA	3.4%	2.9%	1.0%	1.7%	4.8%	5.4%	
Other drugs ²	NA	NA	NA	NA	NA	NA	NA	15.6%	15.9%	NA	NA	17.2%	14.5%	13.4%	14.0%	14.8%	21.5%	
CURRENT (any use in past 30 days)																		
Alcohol	34.2%	40.1%	43.2%	50.4%	45.8%	36.6%	39.1%	41.9%	41.6%	48%	46%	43.0%	40.2%	30.9%	40.4%	46.6%	49.6%	
Binge alcohol use ¹	22.1%	24.2%	29.2%	28.8%	30.1%	19.8%	19.0%	21.3%	24.2%	27%	28%	24.4%	23.9%	14.7%	24.5%	28.5%	29.9%	
Cigarettes	11.3%	12.6%	16.4%	20.9%	18.2%	12.7%	12.8%	12.5%	9.6%	21%	18%	9.8%	9.2%	5.6%	7.6%	10.5%	14.9%	
Marijuana	13.8%	20.7%	27.0%	30.6%	28.2%	20.7%	21.2%	26.1%	27.7%	26%	25%	29.1%	26.4%	17.7%	24.7%	31.2%	38.3%	
Inhalants	3.4%	2.2%	3.7%	3.5%	2.5%	1.6%	1.9%	1.5%	1.9%	NA	NA	2.3%	1.5%	2.4%	3.1%	1.4%	0.8%	
LSD	3.4%	1.7%	2.5%	1.9%	1.4%	0.8%	0.9%	1.4%	2.2%	NA	NA	2.9%	1.5%	1.3%	2.4%	1.7%	3.4%	
Psychedelics other than LSD	3.0%	1.6%	3.0%	2.8%	3.4%	2.1%	1.5%	2.5%	3.4%	NA	NA	4.1%	2.6%	2.0%	3.4%	2.1%	5.7%	
Cocaine	2.0%	1.2%	2.2%	1.8%	1.1%	1.3%	1.9%	2.4%	2.8%	NA	NA	3.8%	1.9%	1.3%	3.4%	2.8%	3.8%	
Amphetamines	2.4%	2.2%	2.7%	2.7%	2.4%	1.6%	1.6%	1.8%	3.4%	NA	NA	3.8%	3.1%	2.7%	3.4%	3.1%	4.6%	
Tranquilizers	2.4%	1.5%	2.6%	1.9%	1.7%	0.8%	1.5%	1.0%	2.2%	NA	NA	2.3%	2.0%	1.7%	2.0%	3.1%	1.9%	
Barbiturates	2.3%	1.6%	2.0%	1.5%	0.9%	0.5%	1.0%	0.6%	1.2%	NA	NA	2.0%	0.3%	1.3%	1.0%	0.7%	1.5%	
Heroin	1.9%	1.0%	2.1%	1.4%	0.8%	0.5%	0.7%	0.6%	1.6%	NA	NA	2.5%	0.7%	1.0%	2.0%	1.4%	1.9%	
Narcotics other than heroin	2.2%	1.6%	2.0%	2.1%	1.5%	1.2%	0.9%	1.5%	2.7%	NA	NA	3.2%	2.2%	1.7%	2.7%	3.1%	3.4%	
Oxycontin	NA	NA	NA	NA	NA	NA	NA	0.6%	1.3%	NA	NA	1.6%	1.0%	0.7%	1.0%	1.7%	1.9%	
Other drugs ²	5.9%	4.4%	5.9%	6.3%	6.5%	4.7%	4.3%	5.7%	6.7%	NA	NA	7.7%	5.7%	3.4%	7.5%	6.9%	8.8%	

¹ Respondents were asked if they had "5 or more drinks of alcohol in a row."

² Respondents were asked about their use of "any drug other than alcohol, marijuana, cigarettes, or inhalants."

2008 CAMBRIDGE TEEN HEALTH SURVEY

Violence and Safety – High School (N≈1,194)

	TOTAL Cambridge										MA YRBS		GENDER		GRADE			
	1992	1994	1996	1998	2000	2002	2004	2006	2008	2005	2007	Male	Female	9 th	10 th	11 th	12 th	
	(1512)	(1432)	(1576)	(1487)	(1493)	(1480)	(1478)	(1295)	(1194)	(3522)	(3131)	(588)	(602)	(315)	(306)	(299)	(270)	
VIOLENCE-RELATED EXPERIENCES IN THE PAST 12 MONTHS																		
Witnessed violence in your family	NA	NA	8.6%	8.8%	6.1%	6.5%	7.5%	7.9%	9.6%	NA	NA	8.0%	11.1%	11.9%	8.7%	9.1%	8.2%	
Witnessed violence in neighborhood	NA	NA	NA	NA	NA	NA	23.8%	26.4%	24.4%	NA	NA	25.6%	23.2%	26.3%	25.1%	22.8%	23.2%	
Received verbal or emotional abuse from someone in your family	16.5%	17.7%	19.9%	21.3%	18.2%	15.3%	15.5%	15.2%	15.4%	NA	NA	9.9%	20.8%	15.7%	14.8%	15.4%	15.9%	
Mistreated by someone who thought you were not masculine/feminine enough	NA	NA	5.0%	6.1%	5.0%	3.7%	3.4%	4.6%	3.8%	NA	NA	3.7%	4.0%	4.2%	3.0%	4.4%	3.8%	
Sexually harassed in school	NA	NA	NA	11.9%	14.9%	13.7%	10.4%	10.5%	8.3%	NA	NA	3.1%	13.4%	8.8%	12.7%	7.4%	4.1%	
Beaten or physically hurt by someone in your family or home	NA	NA	NA	NA	NA	NA	3.9%	3.5%	3.9%	NA	NA	3.3%	4.5%	4.2%	5.0%	3.7%	2.6%	
Beaten or physically hurt by someone you were going out with	NA	NA	NA	NA	2.4%	2.3%	1.9%	1.6%	1.7%	NA	NA	1.2%	2.2%	1.3%	2.7%	2.0%	0.7%	
Were a member of a gang	NA	8.8%	7.2%	7.0%	4.5%	2.0%	4.3%	5.2%	4.0%	10%	9%	5.6%	2.3%	6.6%	4.0%	2.5%	2.4%	
BULLYING, FIGHTING, & THREATENING IN THE PAST 12 MONTHS																		
Were bullied, threatened, or pushed around in school or on the way	NA	NA	NA	NA	NA	NA	6.3%	5.4%	6.4%	NA	NA	6.1%	6.7%	6.1%	9.7%	5.0%	4.1%	
Received mean or threatening e-mail, text messages, or chats	NA	NA	NA	NA	NA	NA	NA	NA	7.7%	NA	NA	5.0%	10.2%	8.7%	7.7%	8.7%	5.6%	
In a physical fight - any location	24.6%	31.4%	27.2%	27.2%	23.9%	20.5%	20.4%	22.7%	17.0%	30%	28%	23.3%	11.0%	20.4%	16.5%	15.5%	14.3%	
In a physical fight - on school property	NA	NA	NA	NA	NA	NA	NA	NA	7.5%	10%	9%	10.3%	4.7%	10.7%	7.4%	6.4%	4.4%	
Threatened with a knife or gun - in school	NA	3.1%	2.6%	3.4%	1.7%	1.2%	1.2%	0.6%	1.4%	NA	NA	2.1%	0.7%	0.6%	2.3%	1.3%	1.1%	
Threatened with a knife or gun - outside of school	NA	10.0%	8.4%	8.9%	7.1%	4.8%	3.6%	4.6%	4.6%	NA	NA	6.9%	2.2%	5.5%	5.0%	3.0%	4.1%	
WEAPONS CARRYING AND STAYING HOME FROM SCHOOL IN THE PAST 30 DAYS																		
Carried a weapon in school, such as a gun, knife, or club	NA	NA	NA	NA	NA	4.4%	5.7%	6.9%	5.2%	6%	5%	7.2%	3.3%	6.0%	2.8%	5.3%	6.7%	
Carried a weapon outside of school, such as a gun, knife, or club	NA	14.1%	13.1%	15.9%	13.9%	9.5%	10.5%	13.6%	10.5%	NA	NA	15.7%	5.6%	13.2%	8.5%	8.5%	11.9%	
Stayed home from school because of fear for safety at school or on the way to or from school	NA	NA	NA	NA	NA	NA	8.2%	7.0%	9.6%	4%	5%	11.4%	8.0%	9.7%	10.6%	7.8%	10.5%	

2008 CAMBRIDGE TEEN HEALTH SURVEY
Mental Health – High School (N≈1,194)

	TOTAL Cambridge										MA YRBS		GENDER		GRADE			
	1992	1994	1996	1998	2000	2002	2004	2006	2008	2005	2007	Male	Female	9 th	10 th	11 th	12 th	
	(1512)	(1432)	(1576)	(1487)	(1493)	(1480)	(1478)	(1295)	(1194)	(3522)	(3131)	(588)	(602)	(315)	(306)	(299)	(270)	
PERSONAL EXPERIENCES IN THE PAST 12 MONTHS																		
Divorce or separation in family	NA	NA	NA	NA	11.1%	10.3%	8.2%	9.7%	9.8%	NA	NA	9.2%	10.4%	14.2%	9.7%	10.1%	4.5%	
Family moved	17.5%	16.7%	17.9%	17.5%	12.5%	14.0%	10.4%	12.1%	12.7%	NA	NA	11.4%	14.0%	15.7%	12.0%	12.1%	10.8%	
Family member or close friend died	NA	NA	33.2%	40.0%	35.3%	34.3%	35.3%	34.9%	42.9%	NA	NA	39.0%	47.1%	41.6%	43.7%	43.7%	43.1%	
Ran away from home	7.0%	6.2%	5.5%	4.9%	5.2%	4.3%	5.1%	3.6%	4.5%	NA	NA	3.3%	5.7%	4.8%	6.1%	3.7%	3.4%	
ANXIETY IN THE PAST 30 DAYS																		
Felt tense, nervous, or worried every day for two or more weeks in a row	NA	NA	NA	NA	NA	NA	23.4%	25.1%	26.6%	NA	NA	20.8%	32.4%	21.3%	32.2%	25.4%	26.8%	
Had nightmares, flashbacks, or thoughts about something terrible	NA	NA	NA	NA	NA	NA	19.6%	22.3%	22.5%	NA	NA	16.3%	28.5%	24.0%	25.6%	19.6%	20.6%	
DEPRESSION, SELF-HARM, & SUICIDE																		
Depressed ¹ (30 days)	NA	NA	NA	NA	NA	NA	28.0%	25.5%	25.2%	NA	NA	17.2%	33.2%	24.9%	28.0%	23.7%	24.5%	
Hurt self on purpose (e.g., cut self, burned self, or banged head on purpose (12 months)	NA	NA	NA	NA	NA	NA	8.8%	8.9%	9.9%	NA	NA	6.4%	13.2%	8.3%	14.8%	9.9%	6.1%	
Seriously considered suicide (12 mo)	9.4%	8.0%	8.5%	11.2%	9.9%	9.4%	7.0%	5.5%	7.2%	13%	13%	4.8%	9.4%	7.3%	8.4%	7.2%	5.7%	
Made a plan to commit suicide (12 mo)	8.2%	7.5%	7.9%	10.6%	9.5%	7.0%	5.6%	4.0%	6.3%	12%	11%	4.4%	8.2%	5.3%	8.9%	6.1%	5.0%	
Attempted suicide (12 months)*	8.2%	6.6%	6.8%	7.7%	7.5%	5.3%	2.3%	1.3%	2.7%	6%	8%	1.9%	3.4%	2.3%	4.4%	2.0%	1.9%	
SOCIAL SUPPORTS																		
Have a parent or other adult family member to talk to about important issues	NA	NA	NA	NA	NA	NA	71.0%	72.2%	72.1%	81%	84%	72.2%	72.0%	69.7%	72.6%	72.6%	74.1%	
Have a teacher or other adult school staff member to talk to about a problem	NA	NA	NA	NA	NA	NA	62.9%	60.3%	63.7%	67%	69%	63.7%	63.8%	55.3%	61.3%	67.7%	71.9%	
Have another adult outside of school to talk to about important issues	NA	NA	NA	NA	NA	NA	40.3%	41.5%	40.2%	48%	NA	34.8%	45.1%	35.5%	39.9%	44.4%	41.0%	

¹ Depression was described in the survey as "feeling sad or hopeless, for most of every day for two or more weeks in a row."

2008 CAMBRIDGE TEEN HEALTH SURVEY

Health – High School (N≈1,194)

	TOTAL										MA YRBS		GENDER		GRADE			
	Cambridge										2005	2007	Male	Female	9 th	10 th	11 th	12 th
	1992	1994	1996	1998	2000	2002	2004	2006	2008			(588)	(602)	(315)	(306)	(299)	(270)	
SEXUAL BEHAVIOR																		
Ever had sexual intercourse	51.4%	49.6%	45.2%	44.1%	40.5%	38.4%	43.2%	50.0%	45.7%	45%	44%	50.8%	41.1%	30.9%	39.2%	52.1%	63.0%	
Had conversation with parents about sex (12 months)	NA	NA	NA	34.3%	40.3%	35.5%	32.0%	35.3%	36.4%	NA	NA	34.4%	38.3%	33.0%	41.6%	39.6%	30.9%	
Condom at last intercourse ¹	NA	NA	NA	NA	71.3%	75.0%	77.5%	71.5%	73.5%	65%	61%	79.1%	66.8%	84.9%	79.5%	74.1%	62.7%	
Alcohol/drugs at last intercourse ¹	NA	12.9%	17.3%	22.6%	20.2%	14.8%	12.8%	15.3%	16.7%	23%	NA	18.0%	15.4%	5.3%	16.7%	18.5%	22.2%	
Ever been/gotten someone pregnant	7.4%	7.1%	6.8%	6.9%	5.2%	3.7%	4.0%	4.9%	3.5%	5%	5%	3.1%	3.9%	1.9%	3.7%	1.4%	7.5%	
Ever forced/tricked to have sex	NA	NA	NA	7.8%	NA	NA	5.1%	7.0%	5.8%	NA	NA	2.9%	8.5%	5.1%	5.7%	5.1%	7.9%	
Ever been told had an STD	NA	NA	NA	NA	NA	1.2%	1.3%	1.9%	0.8%	NA	NA	1.0%	0.7%	0.0%	0.7%	1.8%	0.8%	
Ever talked with parents or other family adults about HIV or ADS	NA	NA	NA	51.8%	50.8%	43.7%	44.6%	49.2%	49.0%	NA	NA	43.4%	54.4%	41.5%	50.5%	52.7%	52.2%	
WEIGHT																		
Describe self slightly/very overweight	NA	NA	NA	NA	NA	NA	26.2%	25.4%	23.1%	31%	29%	17.3%	28.4%	19.2%	25.8%	20.8%	26.2%	
Trying to lose weight	38.7%	37.7%	NA	NA	NA	NA	41.7%	40.3%	40.9%	47%	46%	25.0%	55.7%	45.2%	40.6%	37.5%	40.5%	
WEIGHT LOSS OR MAINTENANCE ACTIVITIES IN THE PAST 30 DAYS																		
Exercised to lose/maintain weight	NA	NA	NA	NA	NA	NA	65.3%	69.5%	65.8%	NA	NA	62.9%	68.3%	72.4%	68.8%	62.2%	59.3%	
Smoked cigarettes to lose/maintain	NA	NA	NA	NA	NA	NA	3.9%	5.0%	5.1%	NA	NA	4.4%	5.6%	0.8%	6.8%	5.5%	7.4%	
Diet pills/powders/liquids to lose/maintain	NA	NA	NA	NA	NA	NA	3.2%	3.1%	2.9%	5%	6%	2.6%	3.1%	1.5%	4.3%	2.9%	2.9%	
Skipped meals to lose/maintain weight	NA	NA	NA	NA	NA	NA	20.3%	19.5%	18.9%	NA	NA	9.6%	27.1%	17.9%	20.1%	18.9%	17.8%	
Took laxatives to lose/maintain weight	NA	NA	NA	NA	NA	NA	1.5%	1.8%	2.2%	NA	NA	1.4%	2.7%	1.9%	2.5%	2.9%	1.2%	
Ate less food, fewer calories, or foods low in fat to lose/maintain weight	NA	NA	NA	NA	NA	NA	NA	38.3%	38.6%	NA	NA	23.0%	52.6%	38.3%	37.9%	38.0%	40.2%	
Fasted for 24 hours or more to lose/maintain weight	NA	NA	NA	NA	NA	NA	NA	4.9%	5.9%	11%	11%	3.6%	7.9%	6.8%	7.9%	5.5%	3.3%	
Vomited on purpose to lose/maintain	NA	NA	NA	NA	NA	NA	2.0%	1.7%	3.0%	NA	NA	3.0%	2.9%	3.4%	2.5%	2.9%	3.3%	
Weight loss program to lose/maintain	NA	NA	NA	NA	NA	NA	4.6%	3.5%	4.7%	NA	NA	3.0%	6.1%	4.2%	5.0%	5.1%	4.5%	
PHYSICAL ACTIVITY IN PAST 7 DAYS																		
Participated in regular vigorous physical activity (3 or more days a week) ²	NA	NA	NA	63.7%	62.3%	49.6%	55.2%	69.0%	62.0%	63%	NA	69.6%	54.6%	67.1%	65.3%	63.6%	50.7%	
Participated in regular moderate physical activity (5 or more days a week) ³	NA	NA	NA	NA	NA	NA	35.0%	45.7%	46.7%	25%	NA	46.5%	46.7%	42.0%	53.1%	51.3%	39.3%	

¹ Of those who had sexual intercourse.

² 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."

³ The term moderate physical activity was defined in the survey as "participation in other physical activity for at least 30 minutes."

2008 CAMBRIDGE TEEN HEALTH SURVEY

Other Issues – High School (N≈1,194)

	TOTAL Cambridge									MA YRBS		GENDER		GRADE			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2008 (1194)	2005 (3522)	2007 (3131)	Male (588)	Female (602)	9 th (315)	10 th (306)	11 th (299)	12 th (270)
ALCOHOL AND OTHER DRUG RELATED ISSUES																	
Drove after drinking (30 days)	4.3%	4.6%	4.3%	6.1%	4.2%	3.3%	3.2%	3.7%	3.4%	11%	11%	4.8%	2.0%	3.0%	2.0%	2.4%	6.5%
Rode with drinking driver (30 days)	19.7%	21.3%	19.0%	18.8%	15.1%	15.1%	12.3%	13.8%	12.1%	27%	26%	11.0%	13.1%	8.2%	9.2%	16.1%	15.3%
Live with smoker	NA	NA	37.9%	33.5%	29.6%	25.6%	25.0%	23.4%	21.9%	NA	NA	21.5%	22.4%	21.4%	27.6%	18.5%	19.7%
Talked with parents about substance use in the past 12 months	NA	NA	59.9%	55.4%	49.4%	48.2%	44.1%	49.7%	49.6%	NA	NA	48.1%	50.8%	41.4%	52.9%	50.7%	53.7%
Had a problem with alcohol or drugs in the past 12 months	6.4%	6.7%	8.3%	11.4%	10.2%	7.6%	5.6%	5.7%	6.4%	NA	NA	6.1%	6.4%	4.9%	8.1%	5.4%	7.2%
A family member had a problem with alcohol or drugs in the past 12 months	14.4%	14.0%	13.5%	13.9%	12.2%	12.3%	10.1%	11.1%	12.8%	NA	NA	9.5%	15.8%	12.3%	13.3%	13.2%	12.1%
Attended class within 1 hour of using alcohol, pot, other drugs (30 days)	NA	NA	NA	NA	15.5%	10.6%	9.7%	12.1%	11.6%	NA	NA	12.7%	10.4%	7.6%	11.1%	10.6%	17.5%
GAMBLING (30 days)																	
Gambled (12 months)	NA	44.6%	39.8%	40.5%	33.9%	30.9%	29.0%	31.3%	26.3%	NA	NA	41.2%	12.8%	28.0%	27.5%	23.5%	26.5%
Gambled (30 days)	NA	27.4%	28.5%	26.2%	22.0%	21.7%	18.4%	17.6%	16.0%	NA	NA	27.4%	5.8%	15.7%	16.7%	13.1%	18.6%
SCHOLASTIC ISSUES IN THE PAST 12 MONTHS																	
Receive mostly A's, B's, or C's	NA	NA	NA	NA	NA	NA	87.9%	93.0%	93.1%	NA	NA	92.3%	93.9%	90.6%	91.4%	95.8%	95.1%
Had one or more failing grades	42.6%	40.2%	43.9%	43.5%	38.0%	32.0%	36.4%	24.0%	24.9%	NA	NA	25.1%	24.7%	29.9%	20.5%	22.9%	25.7%
Skipped or cut school (last 4 weeks)	26.5%	28.6%	28.2%	31.4%	25.2%	29.1%	24.6%	25.3%	20.7%	NA	NA	21.8%	19.8%	16.3%	20.2%	23.8%	22.7%
Suspended from school (current school yr)	8.8%	12.5%	12.5%	15.3%	13.3%	8.7%	12.2%	13.0%	11.5%	NA	NA	14.2%	8.9%	13.0%	11.9%	10.2%	10.2%
SCHOOL ACTIVITY PARTICIPATION																	
Participated in academic groups, clubs, or student government (current school yr)	NA	NA	NA	47.8%	47.6%	41.4%	41.0%	45.5%	50.5%	NA	NA	43.1%	57.4%	44.9%	43.5%	60.1%	53.9%
Participated in music, band, or choir (current school year)	NA	NA	NA	21.3%	21.5%	22.4%	16.0%	19.5%	20.7%	NA	NA	20.4%	20.9%	21.0%	20.4%	23.5%	17.1%
Participated in community service, in or out of school (current school year)	NA	NA	NA	44.7%	38.7%	36.5%	38.2%	43.5%	49.6%	NA	NA	41.9%	56.8%	38.1%	42.8%	62.0%	56.2%
Participated in school-organized or interscholastic sports (current school yr)	NA	NA	NA	NA	NA	NA	44.4%	50.9%	52.7%	NA	NA	53.0%	52.4%	50.0%	58.5%	58.0%	43.8%
Participated in after-school activities (past 7 days) ¹	NA	NA	NA	NA	NA	NA	46.5%	48.8%	49.1%	NA	NA	45.3%	52.7%	50.9%	47.5%	54.3%	43.3%

¹ Item asked, "During the last 7 days, did you participate in after-school programs, youth programs, church programs, teen centers?"