Summary of Results from the 2008-2009 Cambridge Middle Grades Health Survey

Submitted to:
The Cambridge Prevention Coalition
The Cambridge Public Schools, and
The Cambridge Public Health Department

Submitted by:
Social Science Research and Evaluation, Inc.
21-C Cambridge Street
Burlington, MA 01803
781-270-6613

2009

TABLE OF CONTENTS

➢**BACKGROUND** 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

➢**SUBSTANCE USE** 4
Trends in Lifetime Substance Use for Cambridge Middle Grades Students (2007, 2009) 5
Lifetime Substance Use for Cambridge Middle Grades Students, by Grade (2009) 6
Lifetime Substance Use for Cambridge Middle Grades Students, by Gender (2009) 7
Current Substance Use for Cambridge Middle Grades Students (2009) 8
Current Substance Use for Cambridge Middle Grades Students, by Grade (2009) 9
Current Substance Use for Cambridge Middle Grades Students, by Gender (2009) 10
Trends in Current Substance Use for Cambridge Middle Grades Students (1997-2009) 11
Trends in Reports of Riding with a Drinking Driver in the Past 30 Days Among Cambridge Middle Grades Students (1997-2009) 12
Trends in Alcohol and Other Drug Related Issues in the Past 12 Months Among Cambridge Middle Grades Students (1997-2009) 13

➢**VIOLENCE AND SAFETY** 14
Trends in Violence-Related Experiences in the Past 12 Months Among Cambridge Middle Grades Students (1997-2009) 15
Trends in Violence-Related Experiences in School in the Past 12 Months Among Cambridge Middle Grades Students (2003-2009) 16
Trends in Fighting, Bullying, and Victimization in the Past 12 Months Among Cambridge Middle Grades Students (1997-2009) 17
Trends in Weapon Carrying in the Past 12 Months Among Cambridge Middle Grades Students (1997-2009) 18

➢**MENTAL HEALTH** 19
Trends in Personal Experiences in the Past 12 Months Among Cambridge Middle Grades Students (1997-2009) 20
Percent of Cambridge Middle Grades Students Who Reported Worrying “Fairly Often” or “Most of the Time” About Various Issues in the Past 12 Months (2009) 21
Trends in Depression in the Past 30 Days Among Cambridge Middle Grades Students (2005-2009) 22
Trends in Self-Harm and Suicidal Ideation/Behavior in the Past 12 Months Among Cambridge Middle Grades Students (1997-2009) 23

➢**SEXUAL BEHAVIOR** 24
Percent of Cambridge Middle Grades Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2009) 25
Percent of Cambridge Middle Grades Students Who Talked with their Parents About Sex in the Past 12 Months, Total and by Grade (2009) 26

➢**WEIGHT PERCEPTION AND CONTROL** 27
Perception of Body Weight by Cambridge Middle Grades Students, by Gender (2009) 28
Percent of Cambridge Middle Grades Students Reporting Attempts to Change Their Weight, by Gender (2009) 29

Trends in Weight Loss and Maintenance Activities in the Past 30 Days Among Cambridge Middle Grades Students (2007-2009) 30

➢ **PHYSICAL ACTIVITY** 31

Trend for Cambridge Middle Grades Students Who Reported Engaging in Vigorous and Moderate Physical Activity in the Past 7 Days (2005-2009) 32

➢ **RISK AND RESILIENCY** 33

Trends in Potential Risk Factors in the Past 12 Months Among Cambridge Middle Grades Students (1997-2009) 34

Trends in Social Supports Among Cambridge Middle Grades Students (1997-2009) 35

Trends in School and Community Participation During the School Year Among Cambridge Middle Grades Students (2005-2009) 36

Trends in Time Spent During After School Hours Among Cambridge Middle Grades Students (2003-2009) 37

Trends in Family Activities Among Cambridge Middle Grades Students (1997-2009) 38

➢ **APPENDIX A: Selected Data Tables**

BACKGROUND

REPORT FORMAT

In April of 2009, 1,023 Cambridge middle grades students (grades 6-8) took part in the 2008-2009 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 seventh administration of the Middle Grades Health Survey (the survey was also administered in 1997, 1999, 2001, 2003, 2005, and 2007). 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 2009 to all Cambridge public school students in grades 6 through 8. The number of respondents in each grade is as follows:

6th	7th	8th	Other/ Unknown	TOTAL
341	325	337	20	**1,023**

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 seventh 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.

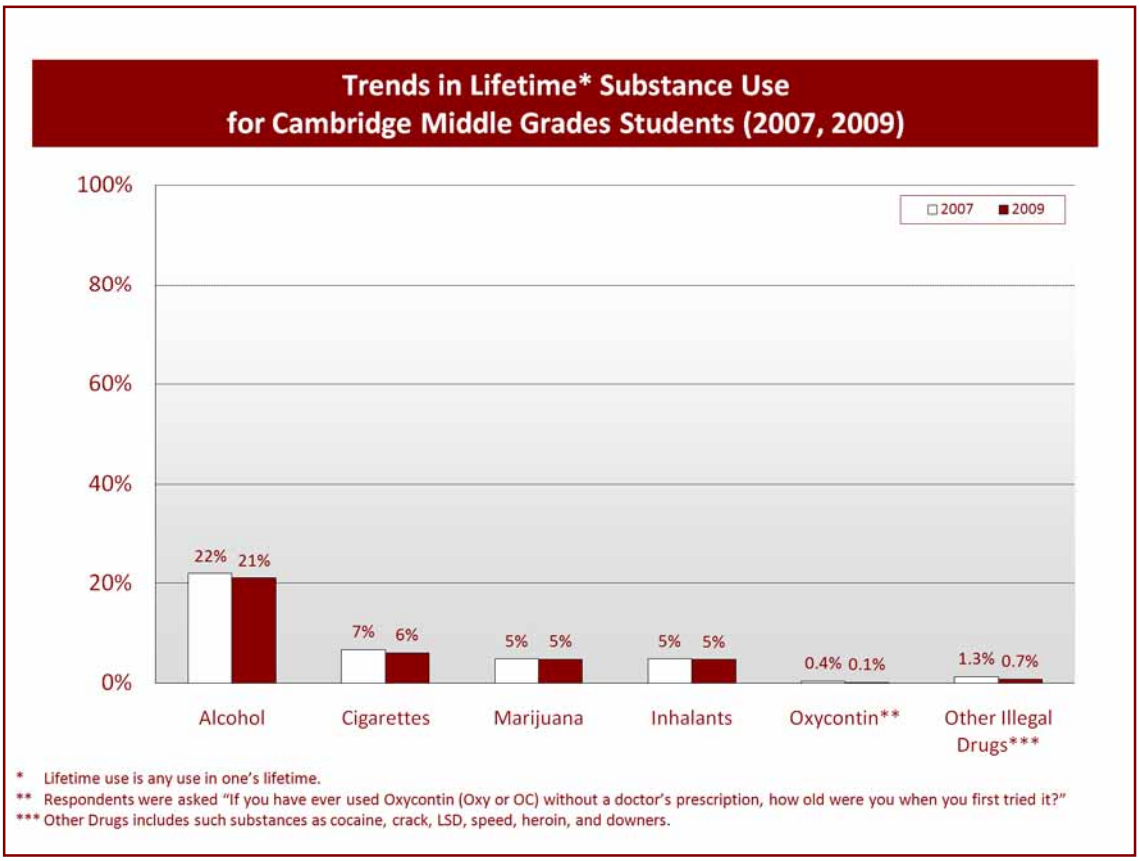
WHO HAS THE PROBLEM?

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.

Substance Use



SELECTED POINTS

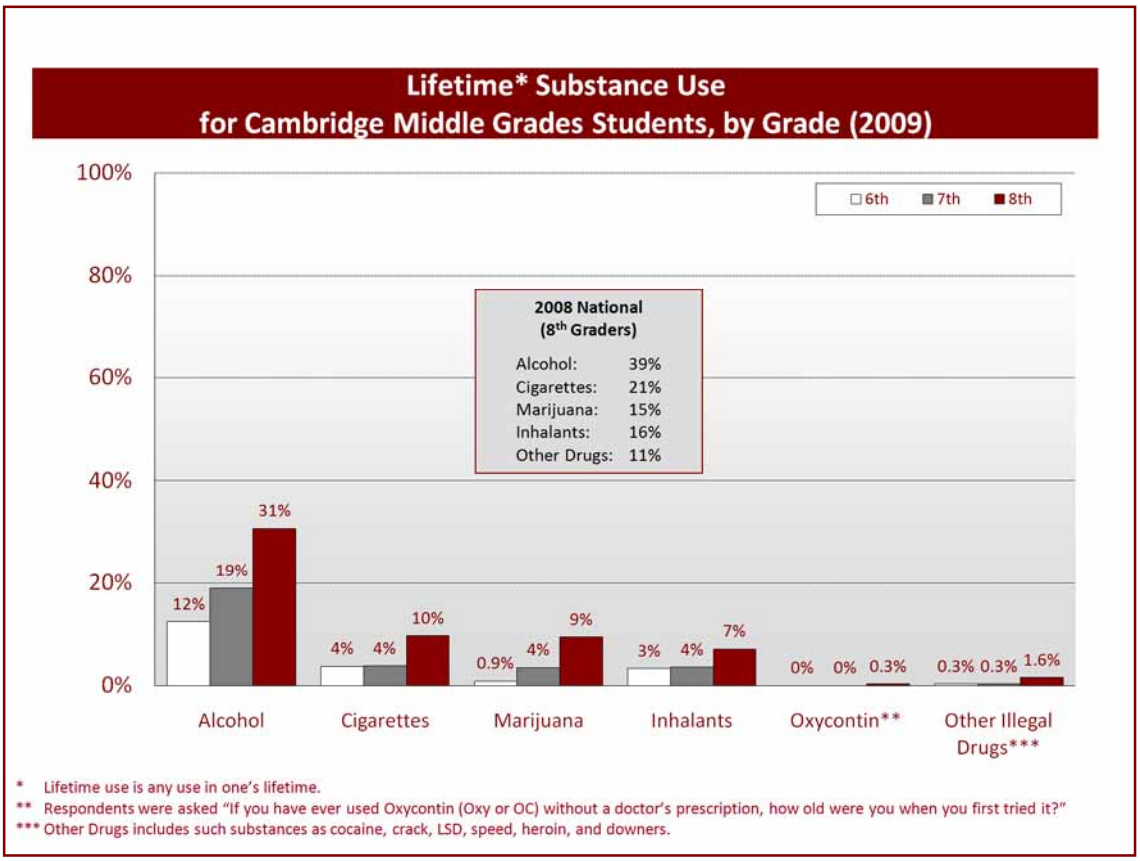
- Lifetime use is any use in one's lifetime.

- 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 21% of Cambridge middle grades students in 2009 reporting that they had consumed alcohol in their lifetime. Six percent (6%) reported ever smoking cigarettes, 5% ever using marijuana, 5% ever using inhalants, and 0.1% ever using Oxycontin (without a doctor's prescription). Less than one percent (0.7%) reported ever using other illegal drugs such as cocaine, crack, LSD, speed, heroin, or downers.

- The lifetime use items were added to the middle grades health survey in 2007.

- **Trends**: There was little change between 2007 and 2009 in reports of lifetime use of alcohol, cigarettes, marijuana, or inhalants. Lifetime use of Oxycontin (not prescribed) and illegal drugs other than marijuana both decreased slightly.



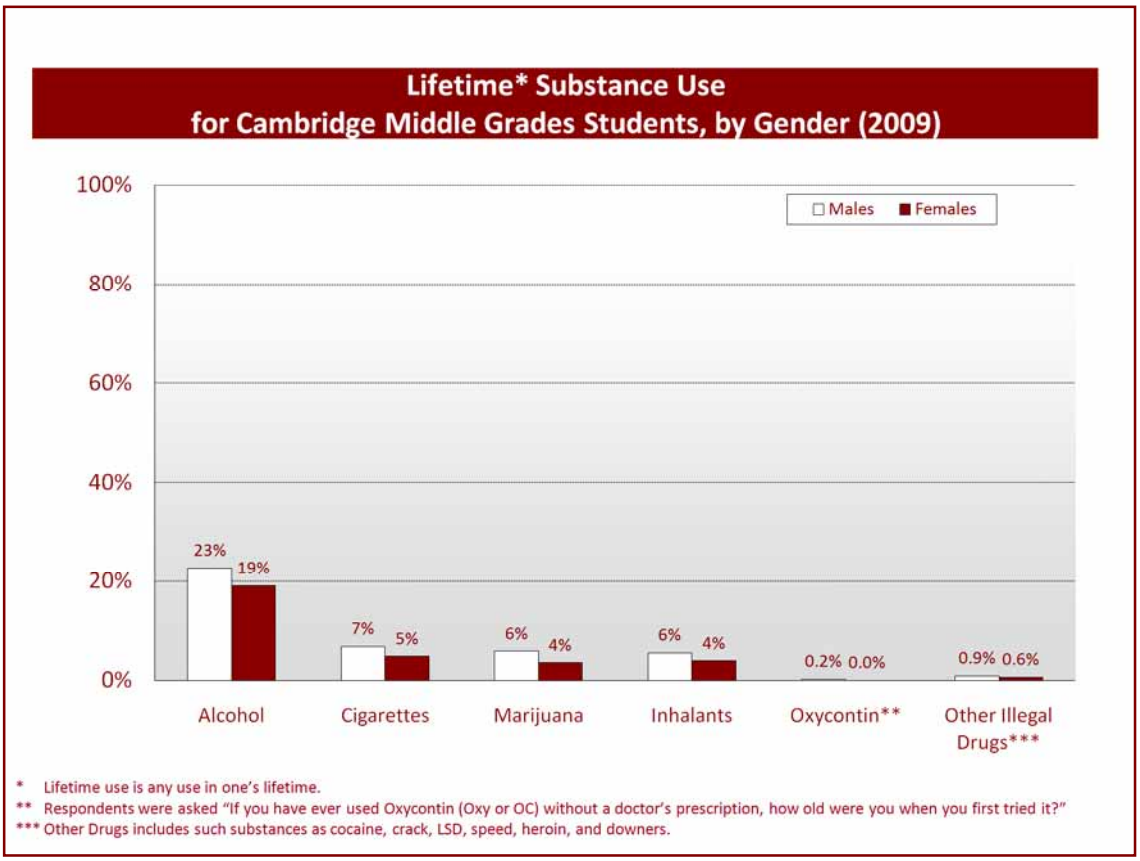
SELECTED POINTS

- 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 alcohol increased from 12% in 6th grade to 31% in 8th grade.

- Eighth graders reported the highest lifetime substance use across all substances.

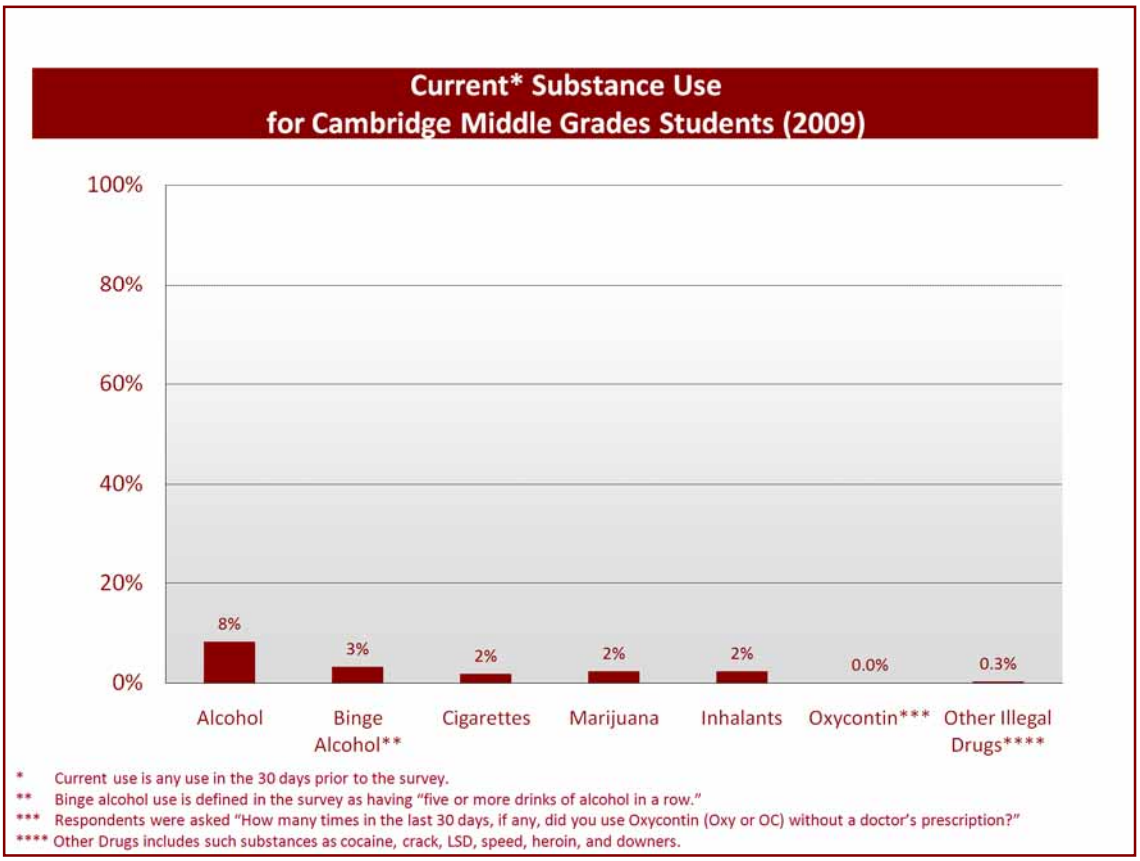
- Of note are the rather dramatic increases in lifetime use of the commonly used substances between the 7th and 8th grade. The rate of lifetime alcohol use was 19% among 7th graders and escalated to 31% among 8th graders; cigarette use moved from 4% to 10% respectively; and, marijuana use increased from 4% to 9%.

- Comparisons: Limited comparisons for 8th grade students can be made to national data from the Monitoring the Future Survey (NIDA). Cambridge 8th graders were much less likely than 8th graders in the national sample to report lifetime use of any of these substances. This was particularly true for lifetime use of cigarettes, with only 10% of Cambridge 8th graders reporting lifetime use of cigarettes compared to 21% of national 8th graders.



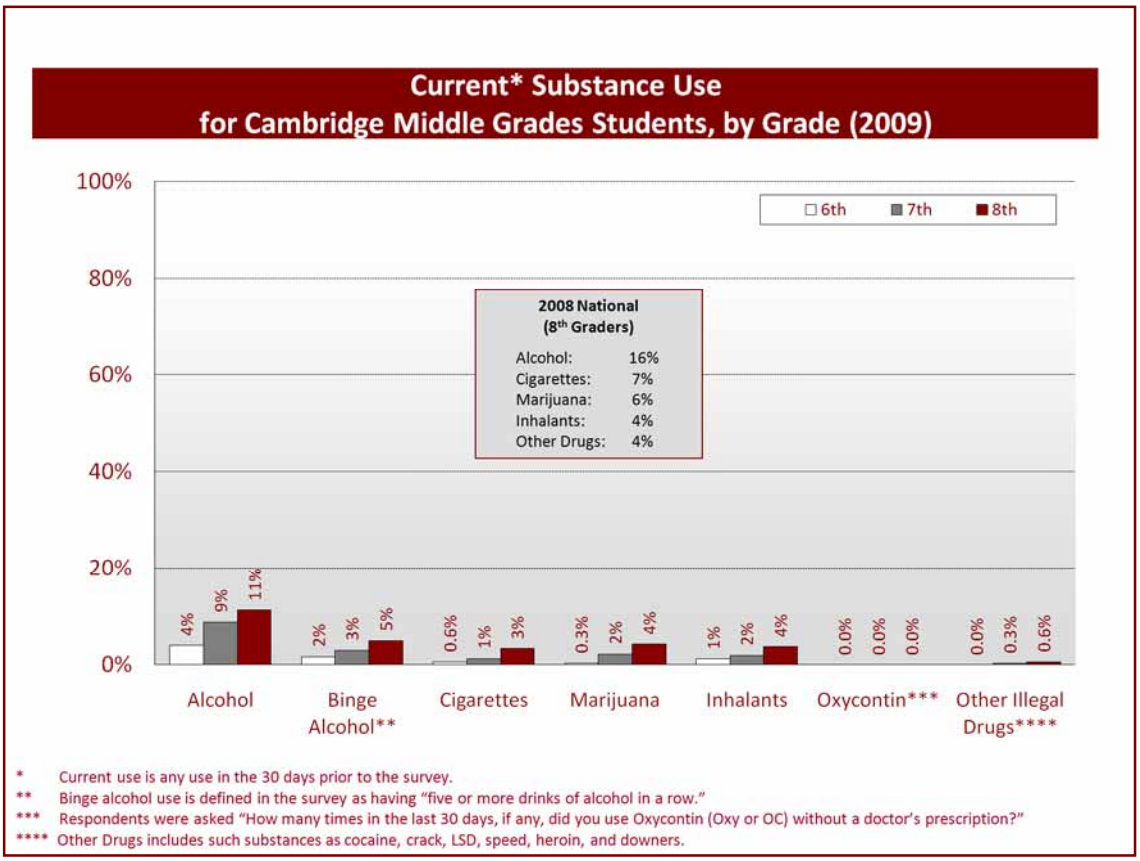
SELECTED POINTS

- Cambridge middle grades males were slightly more likely to report lifetime use of all substances, but the differences were small in nature.
- The largest difference by gender in reported lifetime use was for alcohol, with 23% of males reporting lifetime use compared to 19% of females.



SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 8% of students reporting that they consumed alcohol in the 30 days prior to the survey.
- Three percent (3%) of all respondents reported 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, over one-third (38%) reported binge drinking at least one time in that time period.
- Respondents were equally likely to report current use of cigarettes (2%), marijuana (2%), and inhalants (2%), followed by other illegal drugs (0.3%). No respondents reported use of Oxycontin without a doctor's prescription in the 30 days prior to the survey.

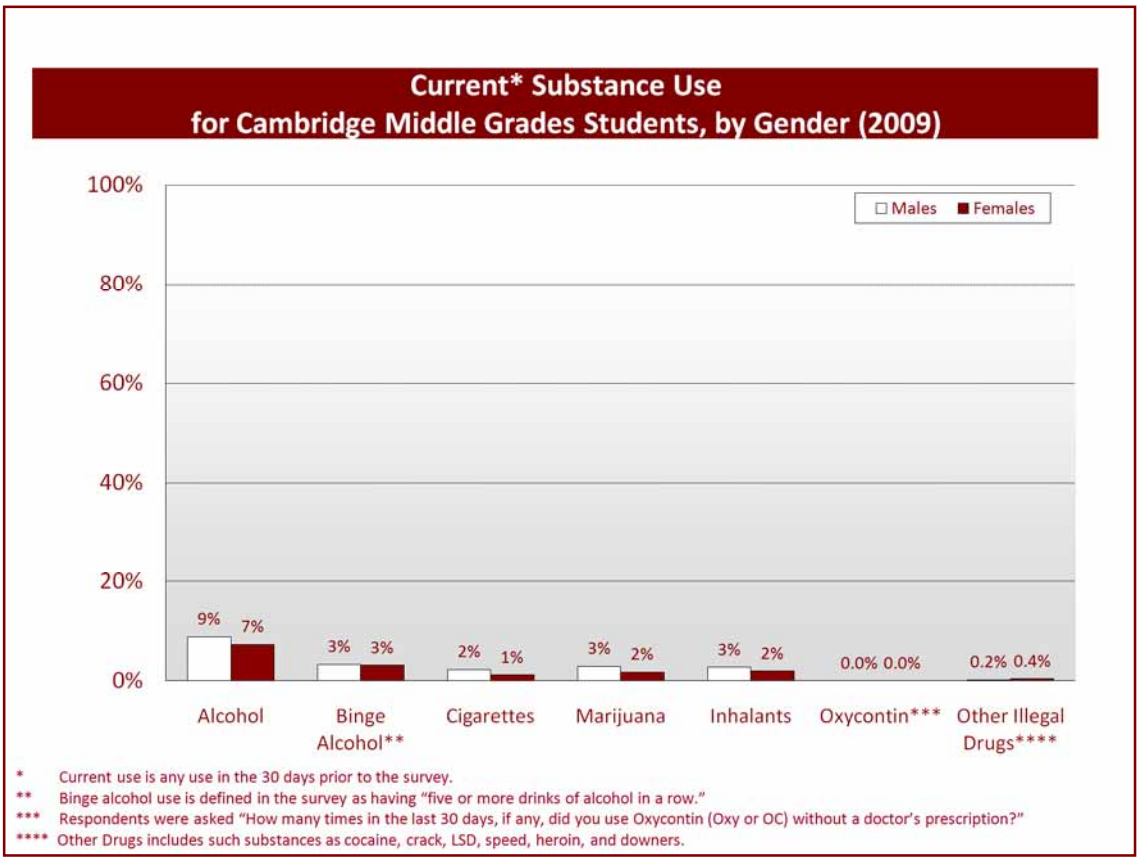


SELECTED POINTS

- 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 4% in 6th grade to 11% in 8th grade.

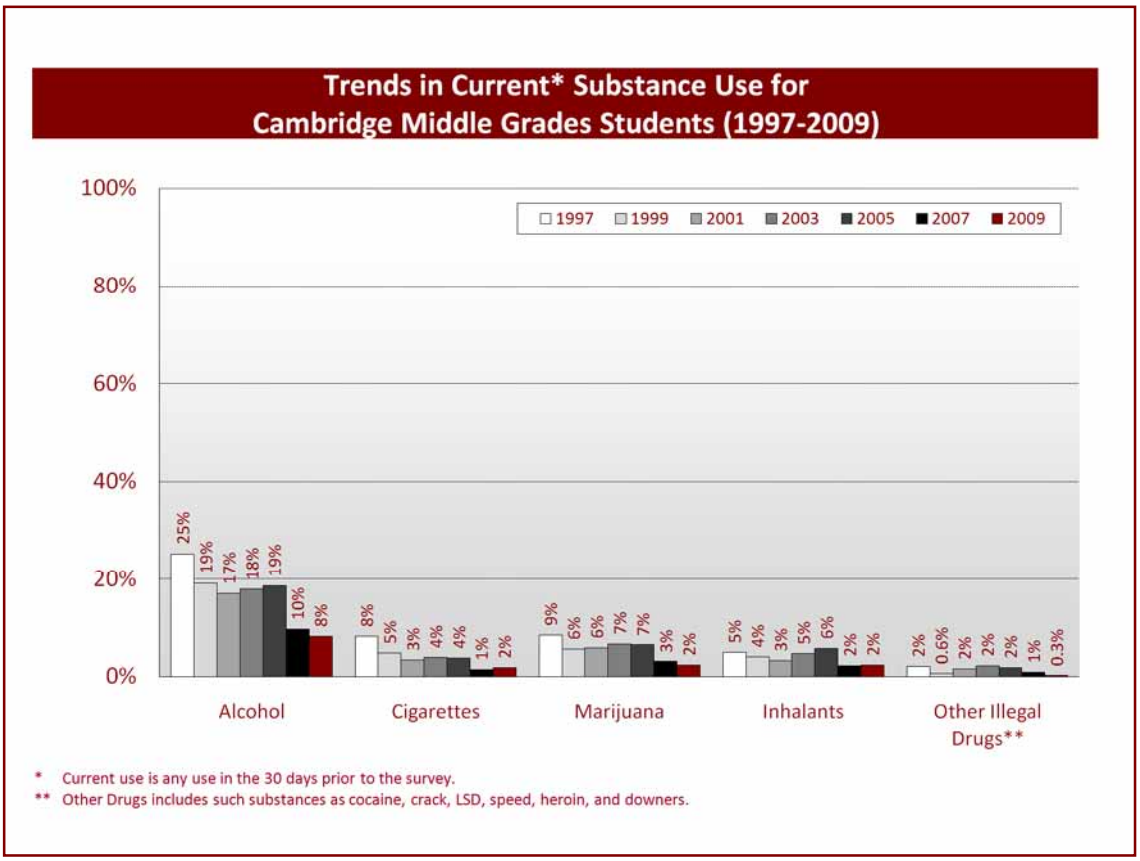
- Eighth graders reported the highest current substance use across all substances.

- Comparisons: Limited comparisons for 8th grade students can be made to national data from the Monitoring the Future Survey (NIDA). Cambridge 8th graders were less likely than 8th graders in the national sample to report use of all substances except inhalants (which were identical). The differences were largest for current use of alcohol (11% Cambridge vs. 16% national), cigarettes (3% Cambridge vs. 7% national), and other illegal drugs (0.6% Cambridge vs. 4% national).



SELECTED POINTS

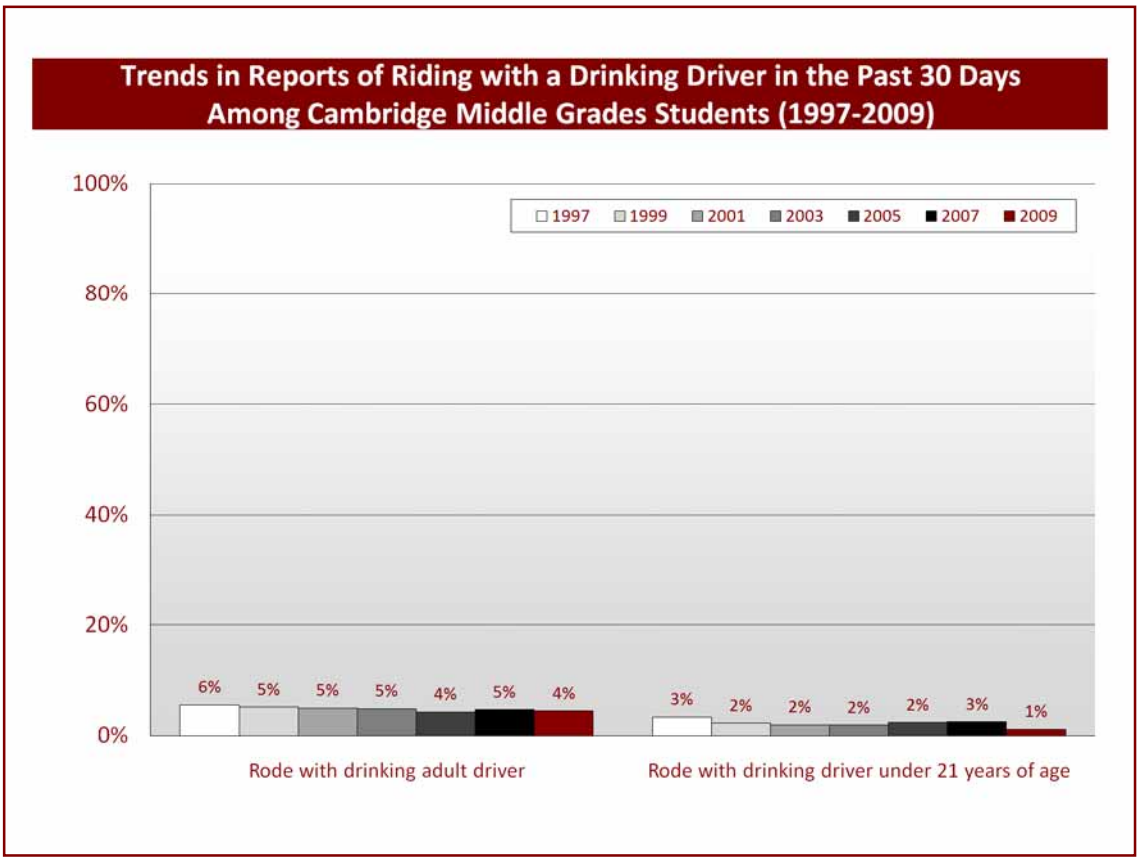
- Cambridge middle grades males and females reported similar levels of current binge drinking, cigarette use, marijuana use, inhalant use, and use of other illegal drugs.
- Males were slightly more likely to report current use of alcohol (9% males vs. 7% females).



SELECTED POINTS

- Current use of alcohol, marijuana, and other illegal drugs decreased between 2007 and 2009. There was a small increase in current use of cigarettes and use of inhalants remained stable.

- The long-term trend between 1997 and 2009 shows that current use of all substances has declined. Between 1997 and 2009 current use of alcohol declined from 25% to 8%, current use of cigarettes declined from 8% to 2%, and current use of marijuana decreased from 9% to 2%.



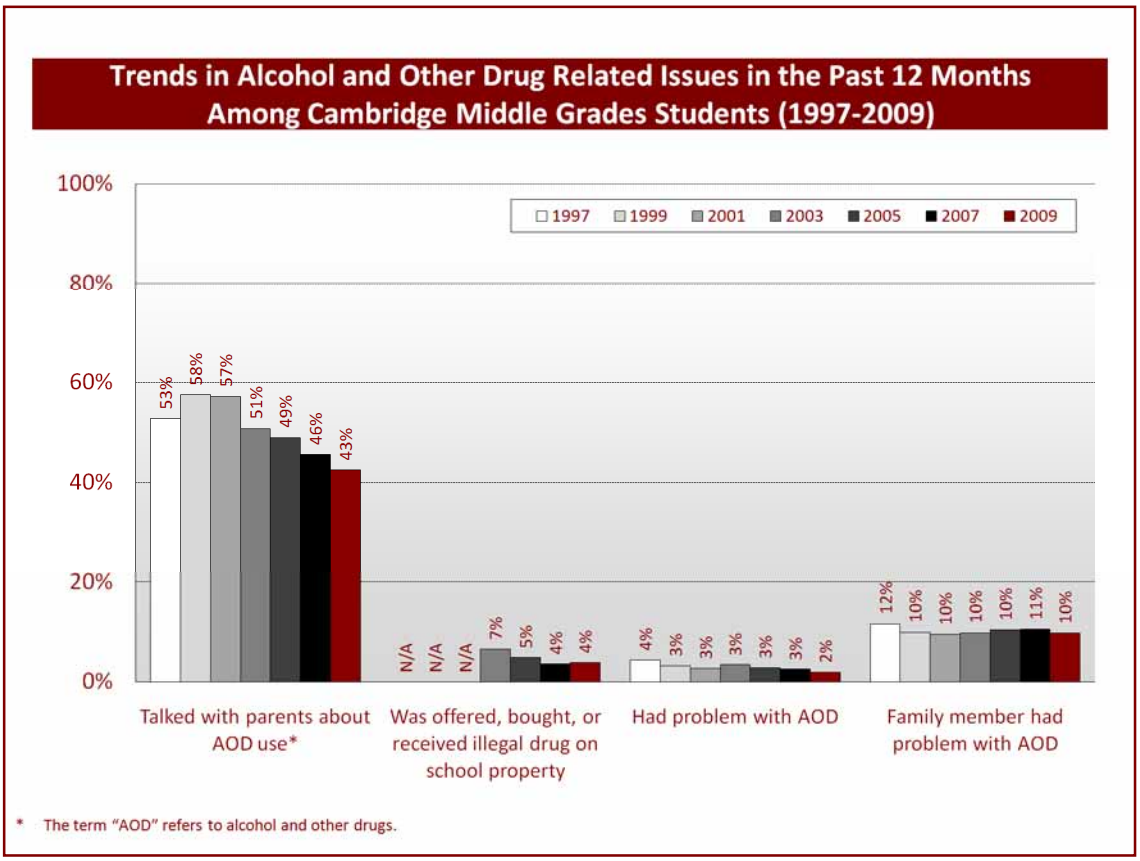
SELECTED POINTS

- This chart shows the percentage of Cambridge middle grades youth who reported riding with an adult or youth driver who had been drinking alcohol.

- Trends: Trend data reveal little change between 1997 and 2009 in reports of riding with a drinking adult driver or drinking driver under 21 years of age. Respondents are about two times as likely to report riding with an adult drinking driver versus a youth drinking driver.

- Gender: In 2009, Cambridge males and females were both equally likely to report riding with a drinking driver (adult drinking driver – males: 5% vs. females: 4%; youth drinking driver – males: 1% vs. females: 1%).

- Grade: In 2009, reports of riding with an adult drinking driver increased with age/grade (6th grade: 2%; 7th grade: 4%; 8th grade: 8%). There were few consistent differences by age/grade in reports of riding with a youth drinking driver (6th grade: 1%, 7th grade: 2%, 8th grade: 1%).



SELECTED POINTS

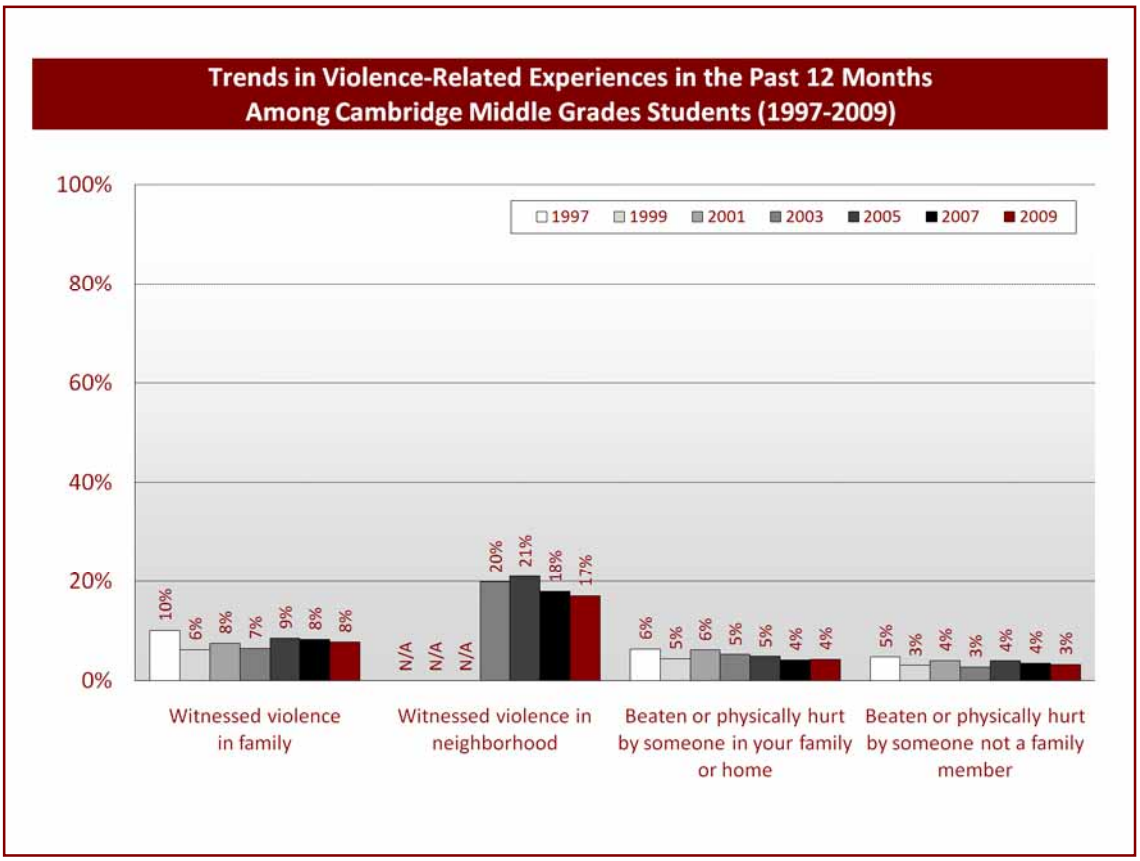
- These data illustrate alcohol and other drug related issues among Cambridge middle grades students.

- Trends: Trend data reveal decreases in the percent of students who report that they talked to their parents about alcohol or other drug issues during the past 12 months from a high of 58% in 1999 to a low of 43% in 2009. There was also a decrease between 2003 and 2009 in the percent of students who report that they were offered, bought, or received drugs on school property in the past 12 months (2003: 7% vs. 2009: 4%). Reports of having a problem with AOD or having a family member with an AOD problem were more stable over time.

- Gender: In 2009, Cambridge males (41%) were somewhat less likely than females (44%) to report that they talked with their parents about alcohol or other drug use during the past 12 months and slightly more likely to report that they were offered, bought, or received an illegal drug on school property (males: 5% vs. females 3%). The other items were more similar for males and females.

- Grade: In 2009, reports of being offered, buying, or receiving an illegal drug on school property increased with age/grade (6th grade: 1%; 7th grade: 3%; 8th grade: 7%). None of the other items showed a consistent pattern by age/grade.

Violence and Safety



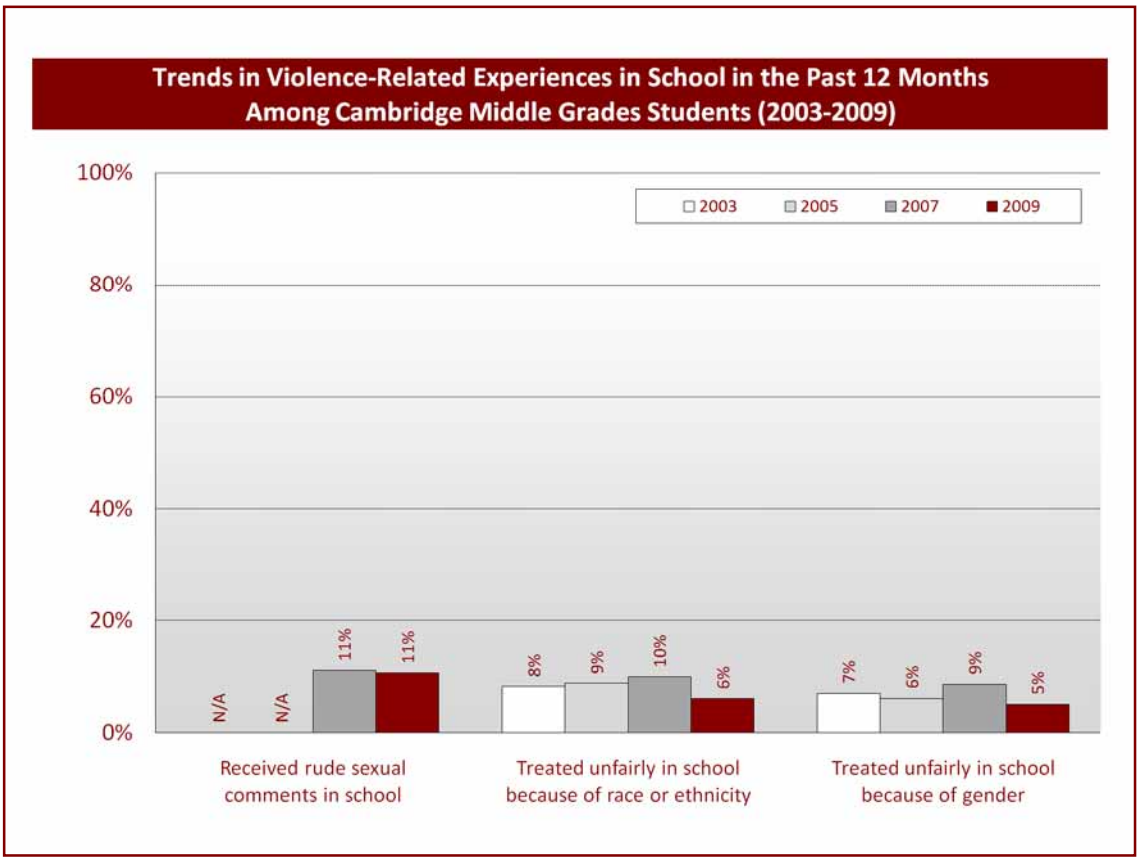
SELECTED POINTS

- 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 1997 and 2009 in violence-related experiences among Cambridge youth. There has been a downward trend over time in the percent of students who report that they witnessed violence in their neighborhood from a high of 21% in 2005 to a low of 17% in 2009.

- Gender: In 2009, Cambridge males (21%) were much more likely than females (13%) to report witnessing violence in their neighborhood. The other items were more similar across gender.

- Grade: There were increases by age/grade in the percent of students who reported witnessing violence in their neighborhood (6th grade: 13%; 7th grade: 15%; 8th grade: 22%). There we no consistent patterns by age/grade for any of the other items.



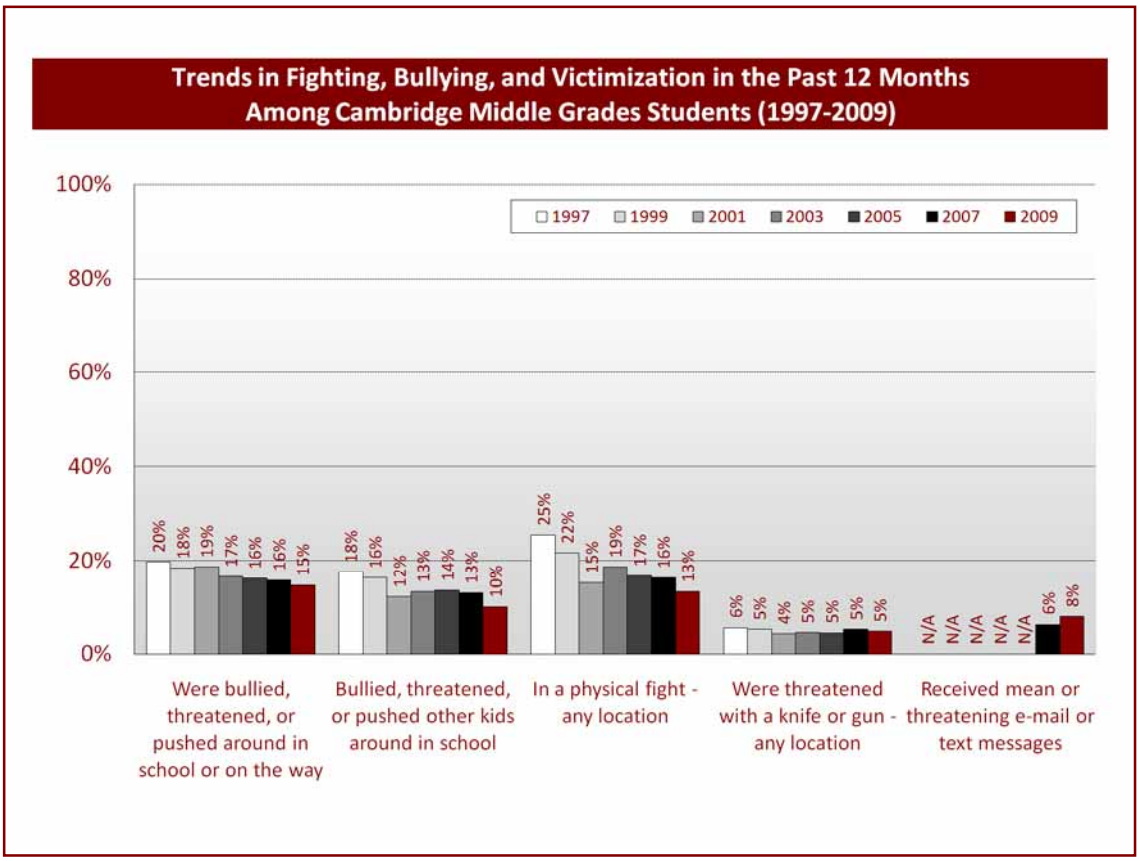
SELECTED POINTS

- These data illustrate violence-related experiences that respondents reported happened to them in school at least once in the 12 months prior to the survey.

- Trends: Trend data reveal decreases between 2007 and 2009 in reports of being treated unfairly in school because of race or ethnicity (2007: 10% vs. 2009: 6%) and being treated unfairly in school because of gender (2007: 9% vs. 2009: 5%).

- Gender: In 2009, Cambridge females (16%) were much more likely than males (5%) to report receiving rude sexual comments in school. The other items were more similar across gender.

- Grade: There were increases by age/grade in the percent of students who reported receiving rude sexual comments in school (6th grade: 8%; 7th grade: 8%; 8th grade: 16%) and being treated unfairly in school because of race or ethnicity (6th grade: 5%; 7th grade: 5%; 8th grade: 8%).



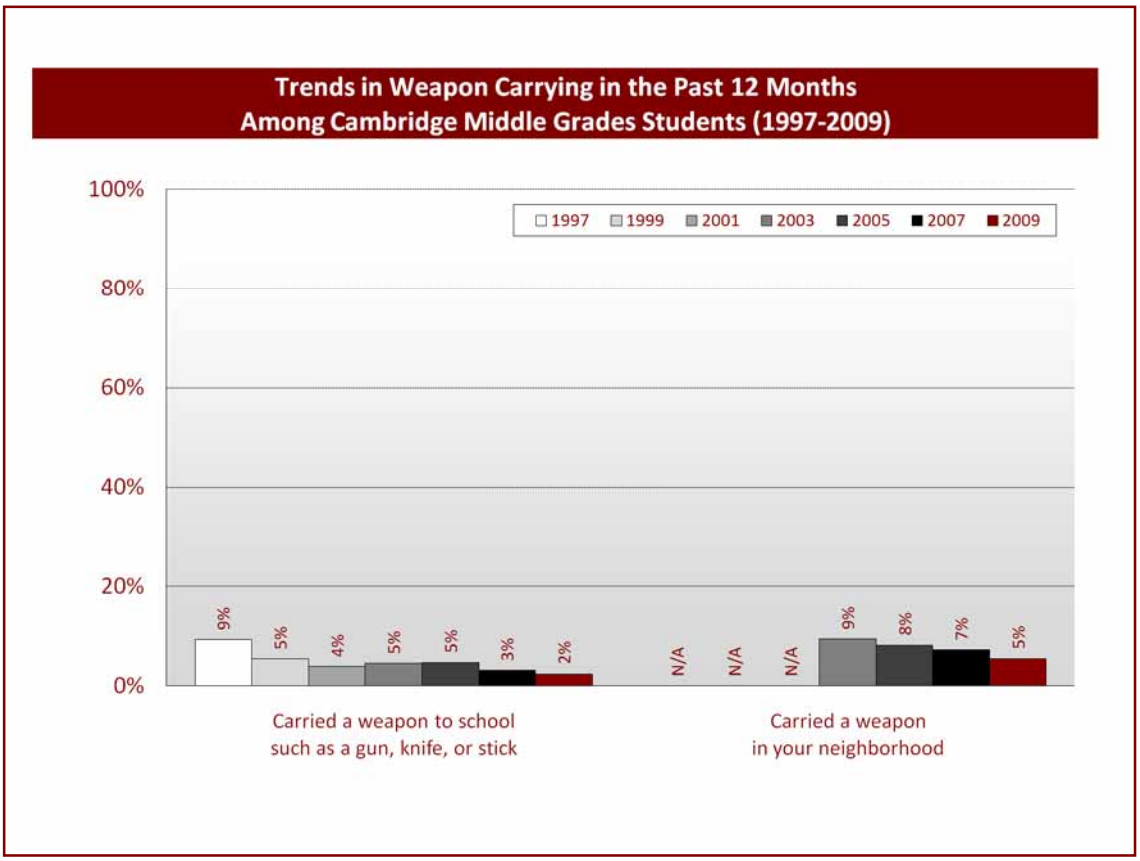
SELECTED POINTS

- In 2009, 15% of Cambridge middle grades students reported being bullied or threatened in school or on the way to school, 10% bullied other students in school, 13% were in a physical fight in any location, 5% were threatened with a knife or gun (in any location), and 8% received mean or threatening e-mail or text messages during the past 12 months.

- Trends: Between 1997 and 2009 there has been a decrease in the percent of students who report that they were bullied, that they bullied others, and that they were in a physical fight. Reports of being threatened with a knife or gun (any location) were stable, and there was a slight increase from 2007 to 2009 in reports of receiving threatening e-mail or text messages.

- Gender: In 2009, Cambridge males were more likely than females to report being in a physical fight (19% males vs. 8% females). Females were more likely to report that they received mean or threatening e-mail or text messages (10% females vs. 6% males).

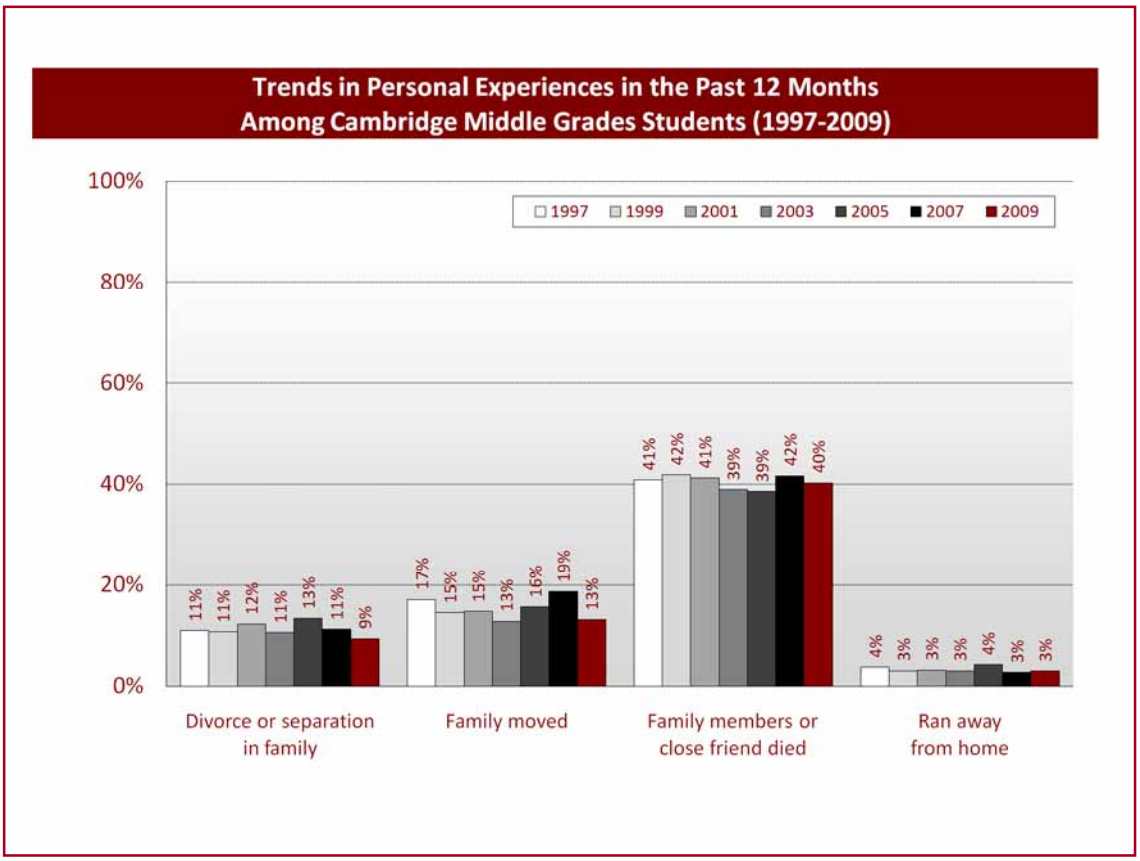
- Grade: There was an increase by age/grade in the percentage of students who reported being in a physical fight (11%,12%,16%) and being threatened with a knife or gun (2%, 4%, 9%). There was a decrease by age/grade in reports of being bullied or threatened in school or on the way to school (18%, 14%, 12%).



SELECTED POINTS

- Respondents in 2009 were more than twice as likely to report carrying weapons out of school (5%) compared with carrying weapons to school (2%).
- Trends: The long-term trend shows decreases in weapon carrying both in school (1997: 9% vs. 2009: 2%) and out of school (2003: 9% vs. 2009: 5%).
- Gender: In 2009, Cambridge males were more likely than females to report carrying weapons in their neighborhood (9% males vs. 2% females).
- Grade: In 2009, reports of weapon carrying both to school (1%, 2%, 4%), and in their neighborhood (3%, 4%, 10%) increased with age/grade.

Mental Health



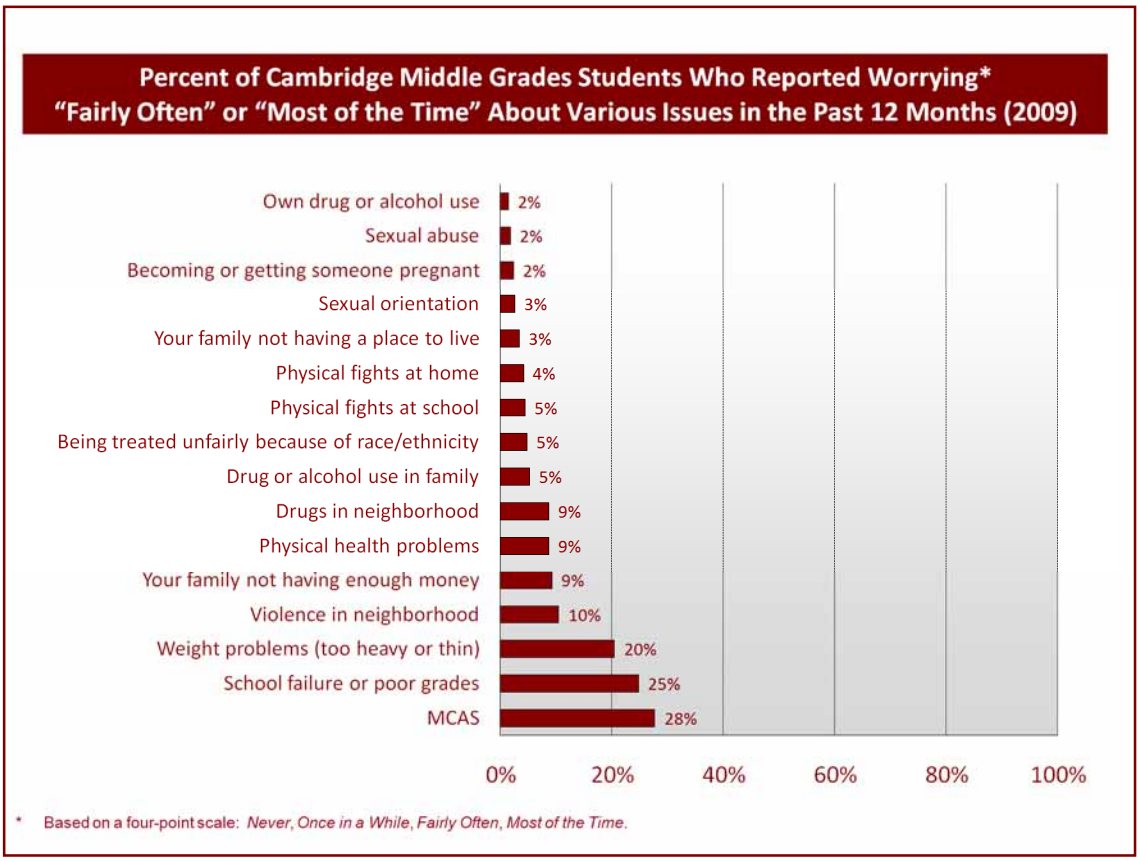
SELECTED POINTS

- These data illustrate personal experiences that Cambridge middle grades reported happened to them in the past 12 months. For example, 40% of students in 2009 reported dealing with the death of someone close to them in the prior year, while 13% reported that their family had moved in that time.

- Trends: Trend data reveal small decreases between 2007 and 2009 in the percentage of students who reported that there was a divorce or separation in their family (from 11% to 9%) or that their family moved (from 19% to 13%).

- Gender: There were no large gender effects for any of these items.

- Grade: There were no consistent effects by age/grade for any of these items with the exception of reports of running away from home (2%, 3%, 4%) which increased slightly with age/grade.



SELECTED POINTS

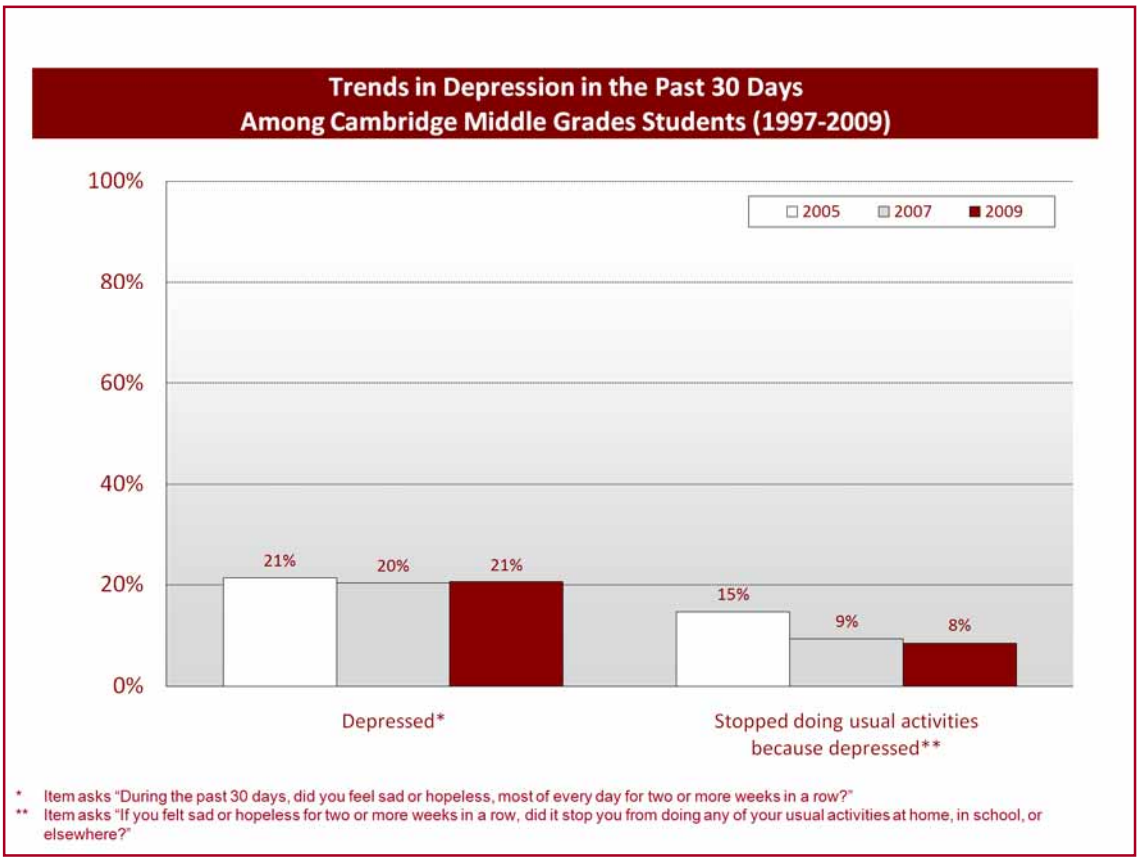
- Students were asked to report how much they worried about various issues in the past 12 months using a four-point scale: *Never*, *Once in a While*, *Fairly Often*, *Most of the Time*. The chart above shows the percentage of students who reported worrying about these issues "fairly often" or "most of the time."

- Cambridge middle grades students in 2009 reported worrying the most about MCAS (28%), school failure or poor grades (25%), and weight problems (20%).

- Trends: Overall, there has been little movement in these items since they were introduced in 2005. Reports of worrying about school failure or poor grades has increased (20%, 21%, 25%), while reports of worrying about being treated unfairly because of race/ethnicity (8%, 9%, 5%) and MCAS (36%, 32%, 28%) have decreased from 2005 to 2007 to 2009.

- Gender: In general, female respondents in 2009 reported worrying more about each of these issues. This was particularly true for worrying about weight problems (26% females vs. 15% males), school failure or poor grades (28% females vs. 22% males), and MCAS (31% females vs. 24% males).

- Grade: Differences on the worrying items were both small and inconsistent across age/grade.



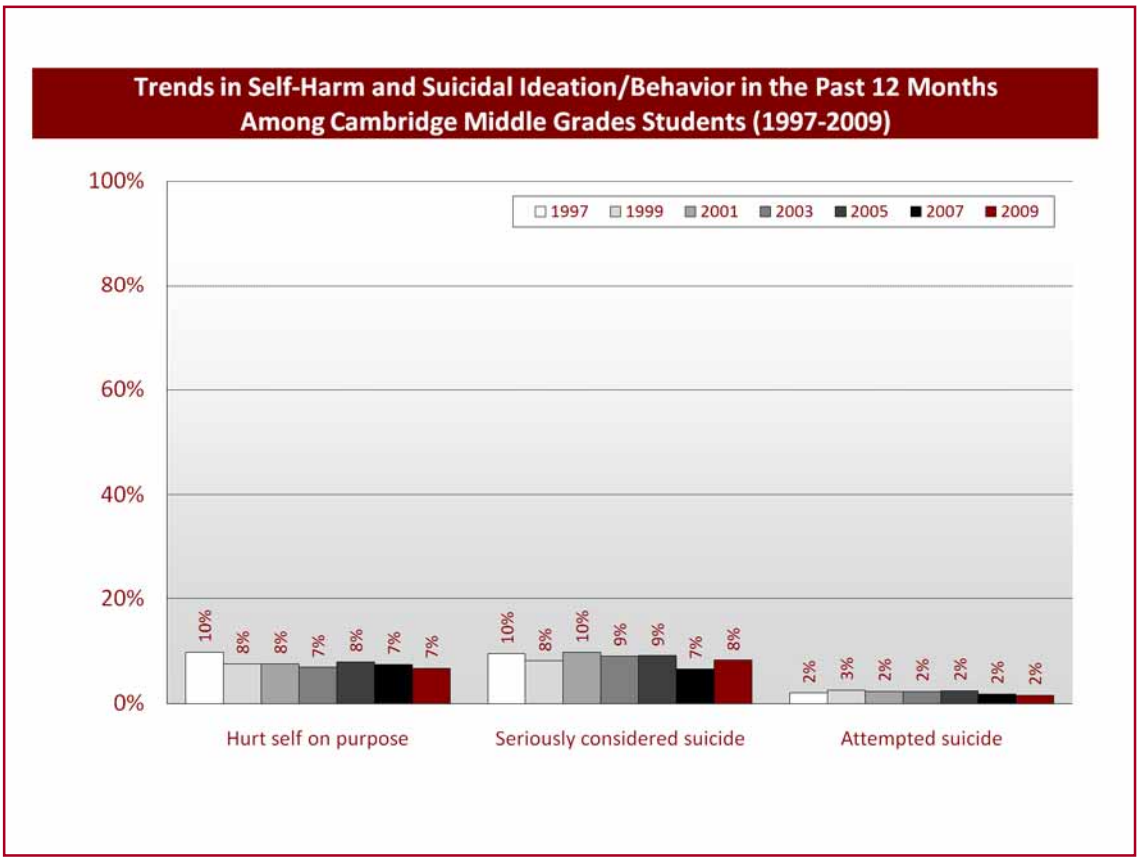
SELECTED POINTS

- In 2009, one in five Cambridge middle grades students (21%) 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 (8%) 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 2009. The proportion of students who reported that they stopped doing some of their usual activities decreased between 2005 and 2009 from 15% to 8%.

- Gender: Cambridge middle grades female students in 2009 were more likely than their male counterparts to report feeling depressed (27% females vs. 13% males).

- Grade: Reports of depression in 2009 increased with age/grade (18%, 19%, 25%).



SELECTED POINTS

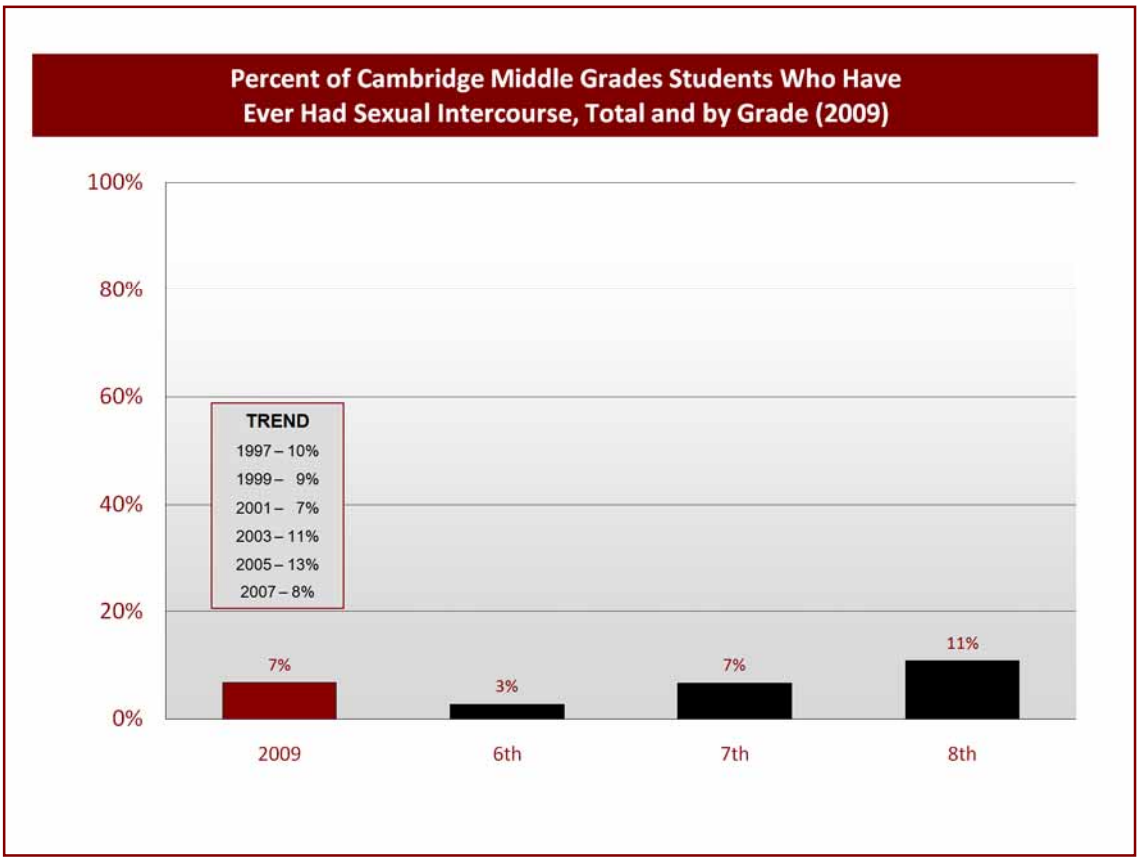
- Seven percent (7%) of Cambridge middle grades students in 2009 reported *hurting themselves on purpose* in the past 12 months, 8% reported *seriously considering* suicide, and 2% *attempted suicide*.

- Trends: The long-term trend has been stable for these items over time.

- Gender: Cambridge middle grades female students were more likely than their male counterparts to have reported each of these issues in 2009: *hurting themselves on purpose* (8% females, 5% males), *seriously considered suicide* (11%, 6%), *attempted suicide* (2%, 1%).

- Grade: In 2009, there were increases for each of these three items by age/grade: *hurting themselves on purpose* (5%, 6%, 9%), *seriously considered suicide* (7%, 6%, 12%), *attempted suicide* (1%, 1%, 3%).

Sexual Behavior



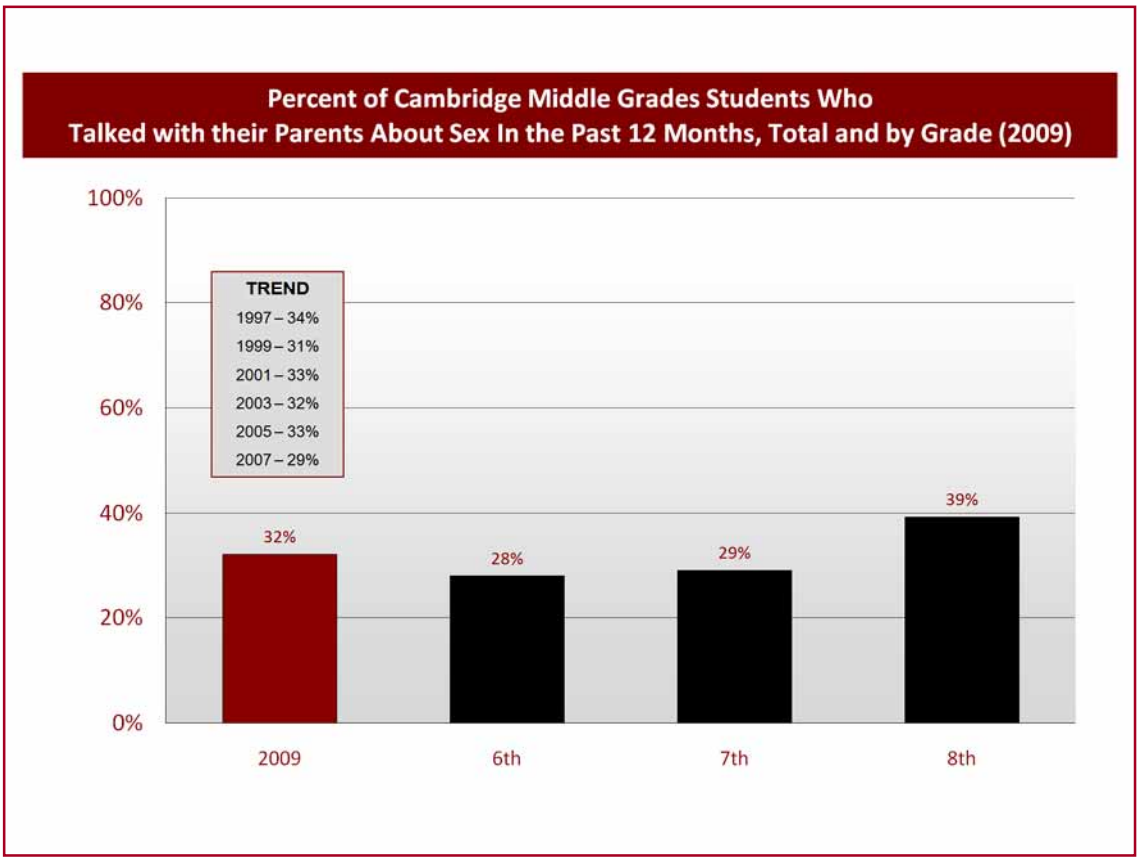
SELECTED POINTS

- Seven percent (7%) of all Cambridge middle grades students reported ever having sexual intercourse in 2009: 3% of 6th graders, 7% of 7th graders, and 11% of 8th 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 2009.

- Gender: In 2007, a larger percentage of Cambridge middle grades males (9%) than females (4%) reported ever having sexual intercourse.

- Grade: The percentage of 2007 Cambridge students who reported ever having sexual intercourse increased with age/grade (3% in 6th grade to 11% in 8th grade).



SELECTED POINTS

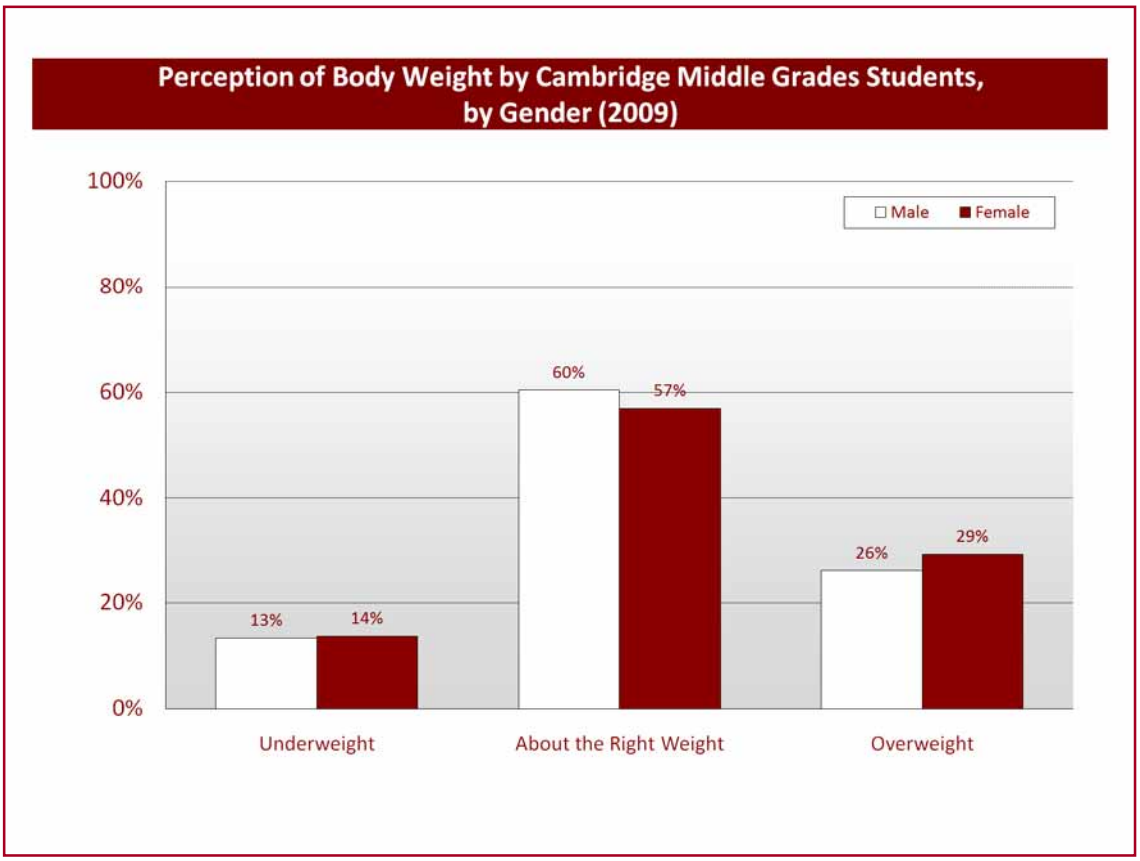
- Thirty-two percent (32%) of all Cambridge middle grades students in 2009 reported that they talked with their parents about sex during the 12 months prior to the survey.

- Trends: The long-term trend in the percent of Cambridge middle grades students who report talking with their parents about sex during the past 12 months was fairly consistent from 1997 to 2009.

- Gender: In 2009, female middle grades students were more likely than males to report having talked with their parents about sex (35% females vs. 29% males).

- Grade: The percentage of Cambridge middle grades students in 2009 who reported that they talked with their parents about sex during the 12 months prior to the survey increased from 28% in 6th grade to 39% in 8th grade.

Weight Perception and Control

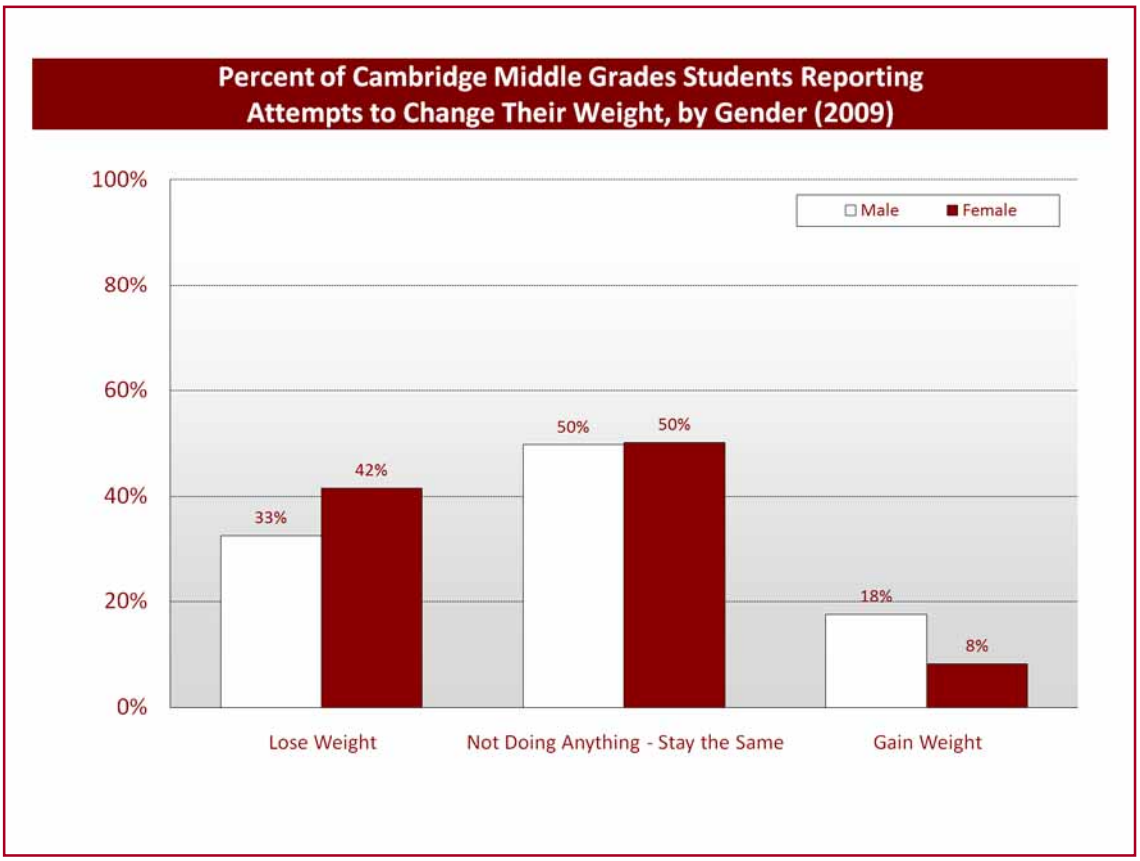


SELECTED POINTS

- Fourteen percent (14%) of Cambridge middle grades females in 2009 described themselves as *underweight* compared to 13% of males; 57% of females described themselves as being *about the right weight* compared to 60% of males, and 29% of females described themselves as being *overweight* compared to 26% of males.

- Trends: There has been very little change over time in perceptions of weight.

- Grade: The percentage of students who reported that they were *overweight* increased slightly by age/grade (6th grade – 26%; 7th grade – 27%; 8th grade – 32%).

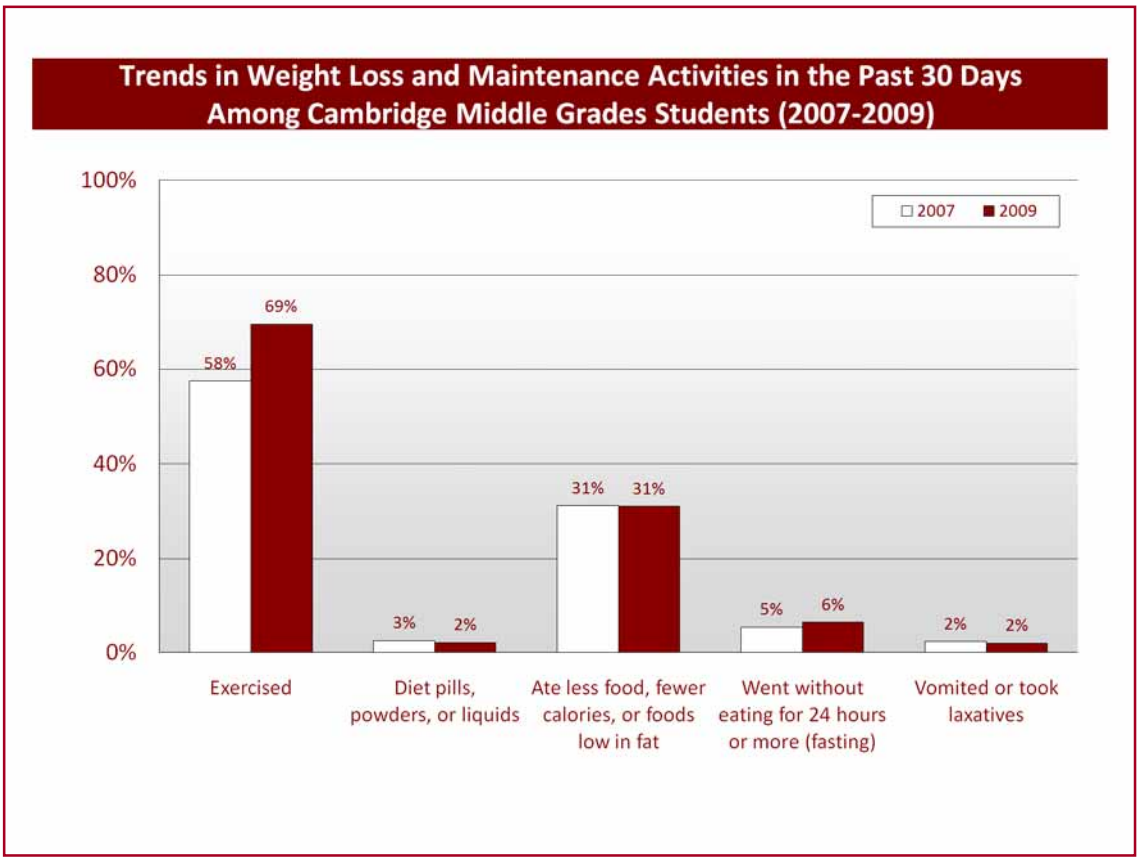


SELECTED POINTS

- In 2009, Cambridge middle grades females were much more likely than males to report that they were trying to *lose* weight (42% females, 33% males) and males were far more likely than females to report that they were trying to *gain* weight (18% males, 8% females).

- Trends: Between 2007 and 2009, female respondents were less likely to report that they were trying to *lose* weight (2007 – 51%, 2009 – 42%) and more likely to report that they were not doing anything to change their weight – stay the same weight (2007 – 41%, 2009 – 50%). Response among males were similar between 2007 and 2009.

- Grade: There were no consistent differences in this item by age/grade.



SELECTED POINTS

- Students were asked to indicate whether or not they engaged in five different methods to help them lose or maintain their weight.

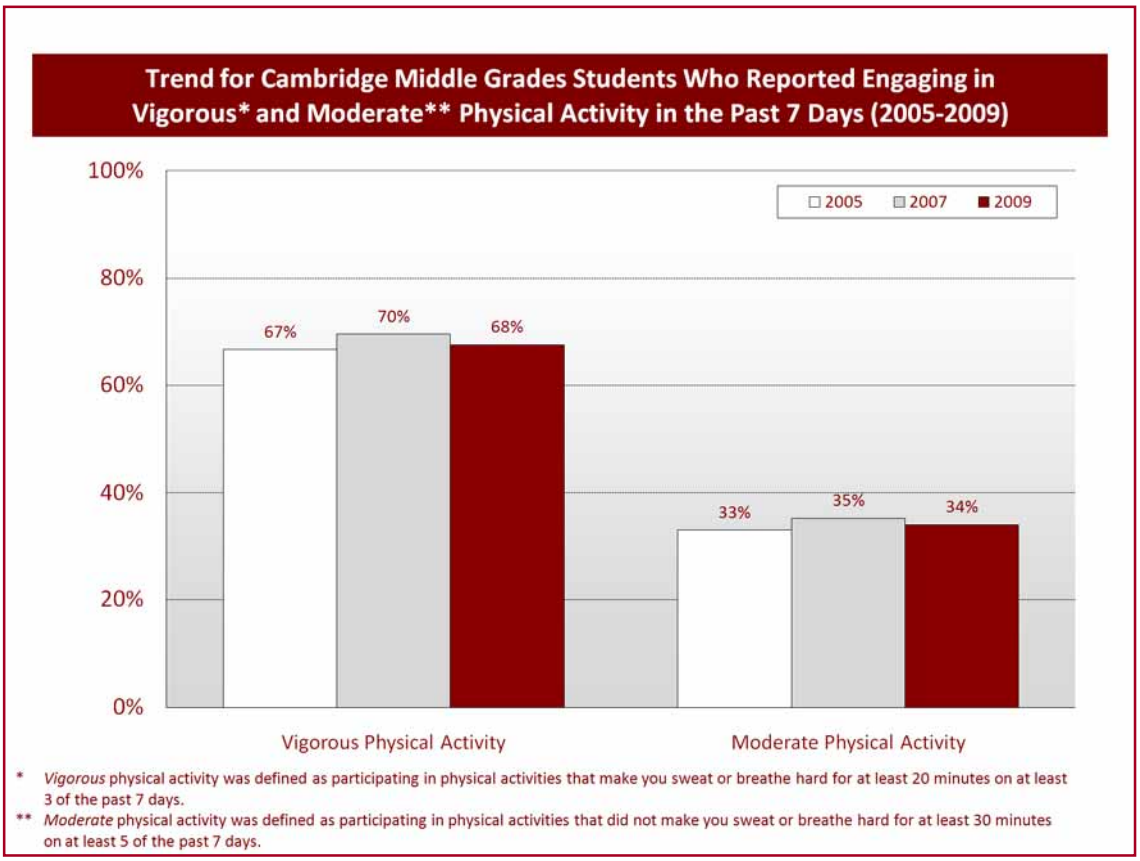
- In 2009, the largest percentage of respondents reported that they either *exercised* (69%), or *ate less food, fewer calories, or foods low in fat* (31%) to lose/maintain weight.

- Trends: There was an increase from 2007 to 2009 in the percent of students who reported that they exercised to lose/maintain weight (2007 – 58%, 2009 – 69%).

- Gender: Females were more likely than males to report that they *ate less food, fewer calories, or foods low in fat* (37% females, 24% males), *went without eating for 24 hours or more* (10% females, 2% males), and *vomited or took laxatives* (3% females, 1% males).

- Grade: Reports of *exercising* to lose/maintain weight (67%, 69%, 72%), *eating less food, fewer calories, or foods low in fat* (29%, 29%, 36%), and *going without eating for 24 hours or more* (5%, 6%, 8%) all increased slightly with age/grade.

Physical Activity



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.

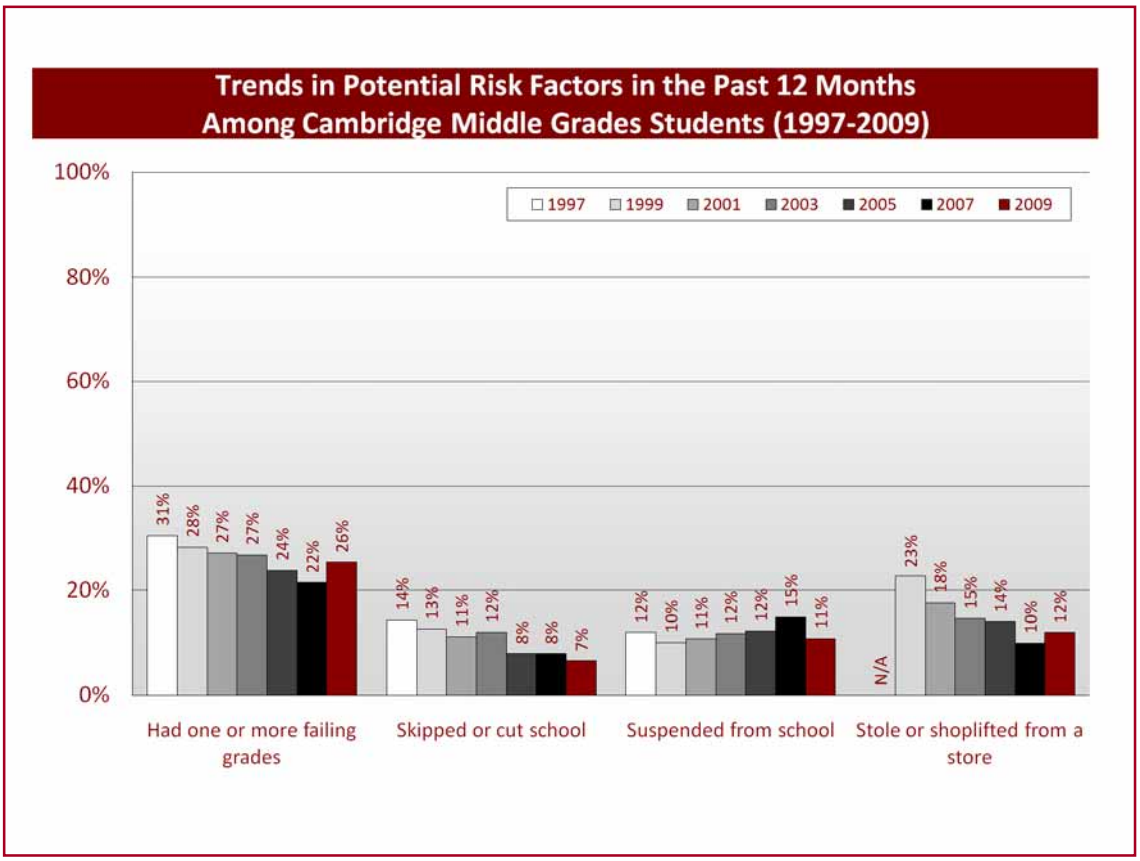
- In 2009, sixty-eight percent (68%) of Cambridge middle grades students reported participating in *vigorous* physical activity at least 3 times in the past 7 days, and 34% reported participating in *moderate* physical activity at least 5 times in the past 7 days.

- Trends: The trend between 2005 and 2009 has been very stable for these items.

- Gender: In 2009, Cambridge males were more likely than females to report engaging in both *vigorous* activity (80% males, 57% females), and *moderate* activity (41% males, 28% females).

- Grade: There were no consistent differences or patterns among these two items by age/grade.

Risk and Resiliency



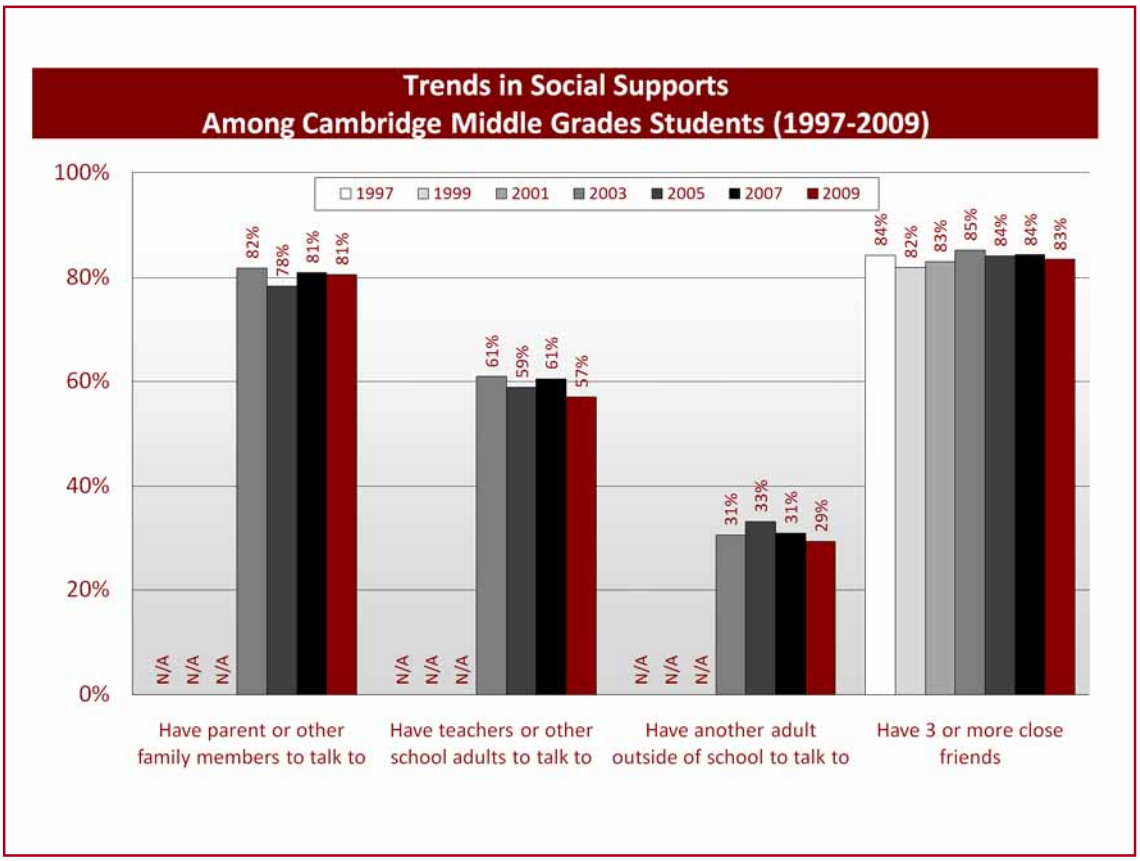
SELECTED POINTS

- 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 have been decreases over time in the percent of students who report that they skipped or cut school in the past 12 months (1997: 14%; 2009: 7%), and the percent of students who report that they stole or shoplifted from a store in the past 12 months (1997: 23%; 2009: 12%). Reports of having one or more failing grades declined between 1997 and 2007 with a small reversal in 2009 (2007: 22%; 2009: 26%). Reports of being suspended from school in the past 12 months have been stable over time between 11% and 12%.

- Gender: In 2009, males were more likely than females to report that they had been suspended from school (15% males vs. 7% females).

- Grade: Occurrence of each of these potential risk factors tended to increase from 6th grade to 8th 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.



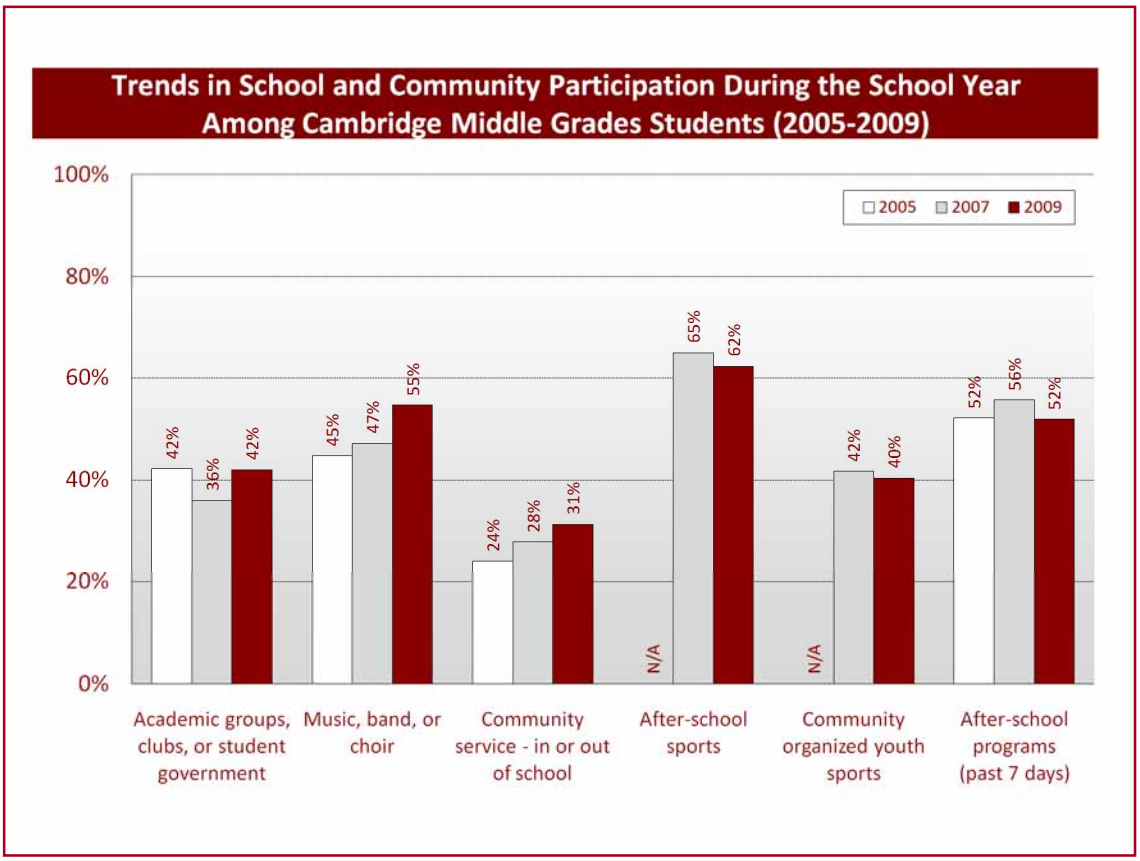
SELECTED POINTS

- In 2009, 81% of Cambridge middle grades students reported that they had a parent or other family member to talk to about important issues, 57% had a teacher or other school adult to talk to about a problem, 29% had another adult outside of school to talk to about important issues, and 83% reported that they had three or more close friends.

- Trends: Reports of available social supports have been largely consistent over time.

- Gender: In 2009, 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. 25% 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 (84%, 82%, 75%), had a teacher or other school adult to talk to (63%, 57%, 52%), and had three or more close friends (85%, 83%, 81%). 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 (24%, 28%, 37%).



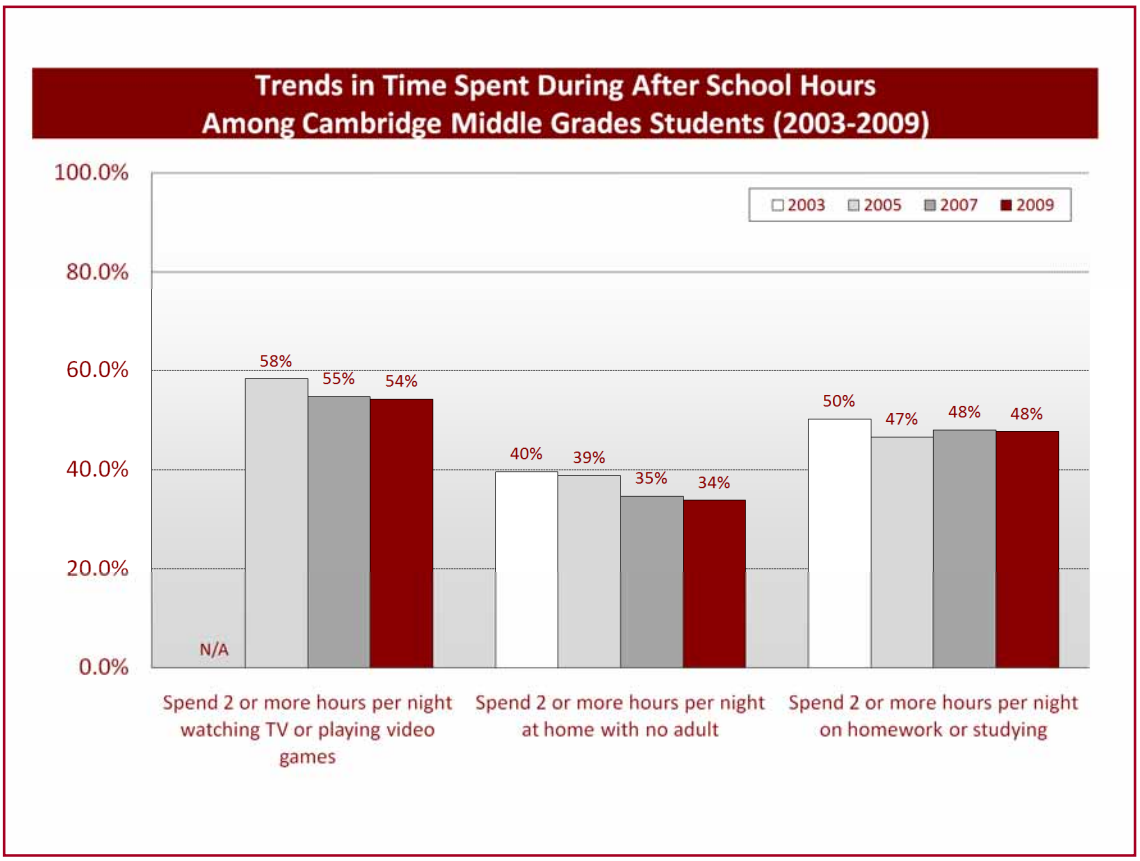
SELECTED POINTS

- These data illustrate Cambridge middle grades students who reported engaging in various school and community activities during the academic year.

- Trends: Between 2005 and 2009 there were increases in the percent of students who reported participating in band, music, or choir (45%, 47%, 55%) and community service (24%, 28%, 31%). Participation in academic groups declined between 2005 and 2007, but rose again in 2009.

- Gender: In 2009, female students were more likely than males to report participating in academic groups (47% females vs. 37% males), music, band, or choir (59% females vs. 50% males), and community service (34% females vs. 28% males). Males were more likely than females to report participating in community organized youth sports (48% males vs. 33% females).

- Grade: There were increases with age/grade for the percentage of students who reported participating in community service (28%, 30%, 35%). There were decreases by age/grade in 2009 in the percentage of students who reported participating in after-school programs, youth programs, or teen centers in the past 7 days (57%, 52%, 48%).



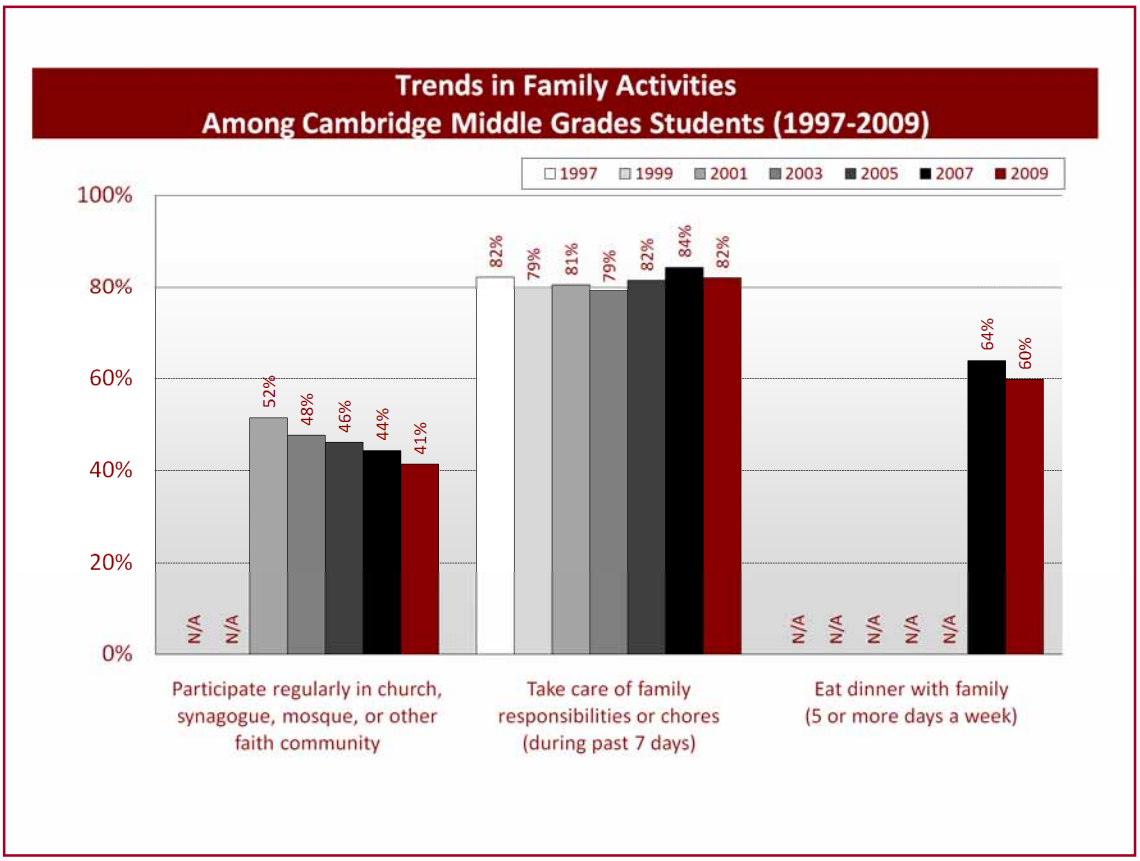
SELECTED POINTS

- These data illustrate time spent during after school hours among Cambridge middle grades students during an average school night.

- Trends: Between 2003 and 2009, slightly fewer students reported spending 2 or more hours per night watching TV or playing video games or spending 2 or more hours per night at home with no adult present. Reports of spending 2 or more hours per night on homework or studying have been fairly stable.

- Gender: In 2009, male students were more likely than females to report spending 2 or more hours per night watching TV or playing video games (59% males vs. 50% females). Females were more likely than males to report spending 2 or more hours per night doing homework or studying (51% females vs. 44% males).

- Grade: In 2009, 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 (49%, 51%, 61%) and being at home with no adult present for 2 or more hours per night (24%, 33%, 45%).



SELECTED POINTS

- These data illustrate family activities among Cambridge middle grades students.
- Trends: There has been a decrease over time in the percent of Cambridge middle grades students who report participating regularly in church, synagogue, mosque, or other faith community (2001: 52%; 2009: 41%). Reports of taking care of family responsibilities or chores in the past 7 days have been stable. There was a small decrease between 2007 and 2009 in reports of eating dinner with family members 5 or more days a week.
- Gender: Differences by gender for these items tended to be small.
- Grade: In 2009, there were decreased by age/grade in the percentage of students who reported eating dinner with family members 5 or more days a week (68%, 59%, 52%).

Appendix A:

Selected Data Tables

2008-2009 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Alcohol, Tobacco, and Other Drug Use - Middle School

	TOTAL							GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(494)	(523)	(341)	(325)	(337)
LIFETIME (any use in lifetime)												
Alcohol (other than a few sips)	N/A	N/A	N/A	N/A	N/A	22.0%	21.1%	22.8%	19.1%	12.4%	19.0%	30.7%
Cigarettes	N/A	N/A	N/A	N/A	N/A	6.7%	6.0%	6.9%	4.8%	3.7%	3.8%	9.7%
Marijuana	N/A	N/A	N/A	N/A	N/A	4.8%	4.7%	5.9%	3.5%	0.9%	3.5%	9.5%
Inhalants	N/A	N/A	N/A	N/A	N/A	4.8%	4.7%	5.5%	4.0%	3.3%	3.6%	7.1%
Oxycontin[1]	N/A	N/A	N/A	N/A	N/A	0.4%	0.1%	0.2%	0.0%	0.0%	0.0%	0.3%
Other Illegal Drugs[2]	N/A	N/A	N/A	N/A	N/A	1.3%	0.7%	0.9%	0.6%	0.3%	0.3%	1.6%
CURRENT (any use in past 30 days)												
Alcohol (other than a few sips)	25.2%	19.2%	17.0%	17.9%	18.6%	9.7%	8.2%	8.9%	7.3%	4.0%	8.8%	11.3%
Binge Alcohol[3]	8.6%	5.6%	6.7%	6.6%	6.6%	3.4%	3.3%	3.3%	3.1%	1.7%	3.0%	4.9%
Cigarettes	8.3%	4.9%	3.4%	3.9%	3.8%	1.4%	1.8%	2.3%	1.2%	0.6%	1.3%	3.3%
Marijuana	8.5%	5.6%	5.9%	6.7%	6.5%	3.1%	2.4%	2.9%	1.8%	0.3%	2.2%	4.3%
Inhalants	5.0%	4.1%	3.3%	4.7%	5.8%	2.3%	2.3%	2.8%	2.0%	1.2%	1.9%	3.7%
Oxycontin	N/A	N/A	N/A	N/A	1.1%	0.4%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Other Illegal Drugs[2]	2.1%	0.6%	1.6%	2.3%	1.9%	0.9%	0.3%	0.2%	0.4%	0.0%	0.3%	0.6%
ALCOHOL-RELATED RIDING (past 30 days)												
Rode with drinking adult driver	5.6%	5.2%	5.0%	4.9%	4.3%	4.7%	4.5%	4.7%	4.3%	2.4%	3.8%	7.5%
Rode with drinking driver under 21 years of age	3.4%	2.3%	2.0%	1.9%	2.4%	2.5%	1.2%	1.4%	1.0%	0.9%	1.6%	1.2%
TALKED WITH PARENTS ABOUT SUBSTANCE USE (past 12 months)												
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%	42.5%	40.9%	44.2%	42.1%	39.9%	45.8%
ILLEGAL DRUG AVAILABILITY (past 12 months)												
Was offered, bought, or received an illegal drug on school property	N/A	N/A	N/A	6.6%	4.9%	3.6%	3.9%	5.2%	2.5%	0.9%	2.9%	7.1%
ALCOHOL OR DRUG USE PROBLEMS (past 12 months)												
Had a problem with alcohol or drugs in the past 12 months	4.4%	3.2%	2.7%	3.4%	2.8%	2.5%	1.9%	2.5%	1.4%	1.2%	1.6%	3.0%
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%	9.7%	8.9%	10.3%	9.6%	6.6%	12.7%

[1] Respondents were asked about use of Oxycontin without a doctor's prescription.
[2] Respondents were asked about other drugs such as, "cocaine, crack, LSD, speed, heroin, or downers."
[3] Respondents were asked if they had "5 or more drinks of alcohol in a row."

2008-2009 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Violence and Safety - Middle School

	TOTAL							GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(494)	(523)	(341)	(325)	(337)
VIOLENCE-RELATED EXPERIENCES (past 12 months)												
Witnessed violence in family	10.1%	6.3%	7.5%	6.5%	8.6%	8.3%	7.8%	8.7%	6.8%	8.4%	5.6%	9.4%
Witnessed violence in neighborhood	N/A	N/A	N/A	19.9%	21.1%	18.0%	17.0%	21.0%	12.7%	12.7%	15.4%	21.9%
Received rude sexual comments in school	N/A	N/A	N/A	N/A	N/A	11.1%	10.6%	4.7%	16.3%	8.3%	8.3%	15.7%
Treated unfairly in school because of race or ethnicity	N/A	N/A	N/A	8.2%	8.8%	10.0%	6.1%	5.9%	6.3%	4.9%	5.1%	8.1%
Treated unfairly in school because of gender	N/A	N/A	N/A	7.0%	6.1%	8.6%	5.1%	4.9%	5.3%	4.6%	3.8%	6.9%
Beaten or physically hurt by someone in your family or home	6.4%	4.5%	6.2%	5.3%	4.9%	4.2%	4.3%	4.1%	4.3%	5.7%	4.1%	3.0%
Beaten or physically hurt by someone not a family member	4.8%	3.1%	4.1%	2.8%	4.0%	3.6%	3.3%	4.3%	1.9%	2.1%	1.9%	5.4%
BULLYING, FIGHTING, & THREATENING (past 12 months)												
Were bullied, threatened, or pushed around in school or on the way	19.7%	18.4%	18.6%	16.6%	16.2%	15.8%	14.7%	15.7%	13.9%	18.2%	13.8%	11.7%
Bullied, threatened, or pushed other kids around in school	17.6%	16.4%	12.2%	13.4%	13.6%	13.1%	10.1%	10.8%	9.0%	11.0%	8.6%	9.4%
In a physical fight - any location	25.4%	21.7%	15.3%	18.7%	16.8%	16.3%	13.3%	18.9%	7.8%	11.0%	12.2%	15.7%
Were threatened with a knife or gun - any location	5.6%	5.3%	4.3%	4.6%	4.5%	5.3%	4.9%	5.8%	3.7%	1.5%	4.1%	8.8%
Received mean or threatening e-mail or text messages	N/A	N/A	N/A	N/A	N/A	6.3%	8.0%	6.1%	9.9%	9.5%	6.1%	8.4%
WEAPONS CARRYING (past 12 months)												
Carried a weapon to school such as a gun, knife, or stick	9.3%	5.4%	3.9%	4.5%	4.7%	3.1%	2.4%	3.4%	1.6%	0.9%	2.2%	4.2%
Carried a weapon in your neighborhood	N/A	N/A	N/A	9.4%	8.2%	7.2%	5.5%	8.9%	2.2%	2.5%	4.2%	9.6%

2008-2009 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Mental Health - Middle School

	TOTAL							GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(494)	(523)	(341)	(325)	(337)
PERSONAL EXPERIENCES (past 12 months)												
Divorce or separation in family	11.0%	10.7%	12.2%	10.6%	13.4%	11.2%	9.3%	8.7%	9.8%	10.2%	7.0%	9.9%
Family moved	17.1%	14.5%	14.8%	12.8%	15.7%	18.7%	13.1%	14.0%	12.5%	13.8%	12.1%	13.2%
Family members or close friend died	40.9%	41.9%	41.3%	39.0%	38.6%	41.7%	40.3%	38.0%	42.3%	40.5%	38.6%	41.8%
Ran away from home	3.7%	3.0%	3.1%	3.0%	4.2%	2.7%	2.9%	1.7%	4.1%	2.1%	2.6%	4.2%
WORRYING (past 12 months)[1]												
Physical health problems	N/A	N/A	N/A	N/A	9.0%	9.7%	8.7%	8.2%	9.3%	8.2%	8.2%	10.0%
Weight problems (too heavy or thin)	N/A	N/A	N/A	N/A	19.2%	17.8%	20.5%	14.8%	26.1%	21.1%	17.6%	23.5%
Sexual abuse	N/A	N/A	N/A	N/A	2.8%	3.2%	1.8%	0.6%	2.9%	1.5%	1.6%	2.4%
Becoming or getting someone pregnant	N/A	N/A	N/A	N/A	2.8%	3.5%	2.4%	1.5%	3.3%	2.1%	1.9%	3.3%
School failure or poor grades	N/A	N/A	N/A	N/A	20.2%	21.3%	24.8%	21.9%	27.6%	25.1%	24.5%	25.6%
Drug or alcohol use in family	N/A	N/A	N/A	N/A	4.6%	5.5%	5.3%	4.4%	6.0%	4.8%	4.1%	6.9%
Own drug or alcohol use	N/A	N/A	N/A	N/A	2.6%	3.1%	1.5%	1.3%	1.8%	1.5%	1.3%	1.8%
Physical fights at home	N/A	N/A	N/A	N/A	3.7%	4.7%	4.2%	4.4%	4.1%	7.5%	2.2%	2.7%
Physical fights at school	N/A	N/A	N/A	N/A	5.9%	5.9%	4.5%	4.0%	5.1%	5.7%	3.8%	4.2%
Being treated unfairly because of race/ethnicity	N/A	N/A	N/A	N/A	8.2%	9.1%	4.8%	4.4%	5.2%	4.8%	3.8%	5.7%
Sexual orientation	N/A	N/A	N/A	N/A	3.6%	3.7%	2.6%	1.7%	3.5%	1.5%	2.3%	4.2%
Drugs in neighborhood	N/A	N/A	N/A	N/A	8.8%	7.5%	8.7%	8.3%	8.8%	8.8%	5.1%	11.0%
Violence in neighborhood	N/A	N/A	N/A	N/A	10.4%	11.7%	10.5%	9.8%	10.7%	12.8%	6.4%	10.8%
MCAS	N/A	N/A	N/A	N/A	35.7%	32.3%	27.7%	24.2%	30.9%	30.2%	23.9%	29.2%
Your family not having enough money	N/A	N/A	N/A	N/A	N/A	6.8%	9.3%	9.1%	9.4%	8.1%	8.8%	10.9%
Your family not having a place to live	N/A	N/A	N/A	N/A	N/A	3.7%	3.4%	3.1%	3.5%	4.5%	2.8%	2.7%
DEPRESSION, SELF-HARM, & SUICIDE												
Depressed[2] (past 30 days)	N/A	N/A	N/A	N/A	21.4%	20.4%	20.6%	13.3%	27.3%	17.9%	18.8%	24.7%
Stopped doing usual activities because depressed (past 30 days)	N/A	N/A	N/A	N/A	14.6%	9.3%	8.5%	7.3%	9.3%	8.1%	4.4%	12.3%
Hurt self on purpose (past 12 months)	9.8%	7.6%	7.6%	6.9%	7.9%	7.4%	6.7%	4.8%	8.3%	4.9%	5.8%	9.3%
Seriously considered suicide (past 12 months)	9.5%	8.1%	9.7%	9.0%	9.1%	6.6%	8.2%	5.7%	10.5%	6.8%	6.1%	11.8%
Attempted suicide (past 12 months)	2.0%	2.5%	2.3%	2.3%	2.4%	1.8%	1.5%	0.6%	2.4%	0.6%	0.6%	3.3%

[1] Percentages based on respondents who indicated that they worries about this issue "Fairly Often" or "Most of the Time."
[2] Depression was defined in the survey as, "feeling sad or hopeless most of every day for two or more weeks in a row."

2008-2009 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Scholastic Issues and Social Supports - Middle School

	TOTAL							GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(494)	(523)	(341)	(325)	(337)
SCHOLASTIC ISSUES (past 12 months)												
Had one or more failing grades	30.6%	28.4%	27.3%	26.9%	24.0%	21.5%	25.5%	26.9%	23.9%	26.8%	25.2%	23.7%
Skipped or cut school	14.3%	12.6%	11.1%	12.0%	7.9%	7.9%	6.5%	6.7%	6.0%	3.9%	5.4%	9.9%
Suspended from school	11.9%	10.0%	10.7%	11.7%	12.2%	14.9%	10.7%	14.9%	6.8%	7.6%	11.5%	12.9%
Receive mostly A's, B's, and C's	N/A	N/A	N/A	N/A	86.2%	89.3%	88.9%	87.6%	90.3%	89.9%	87.3%	89.1%
SCHOOL ACTIVITY PARTICIPATION (During 2008-2009 School Year)												
Participated in academic groups, clubs, or student government	N/A	N/A	N/A	N/A	42.2%	36.0%	42.0%	36.8%	47.2%	42.0%	43.2%	41.1%
Participated in music, band, or choir	N/A	N/A	N/A	N/A	44.7%	47.2%	54.7%	50.0%	59.4%	50.8%	56.5%	56.7%
SOCIAL SUPPORTS												
Have a parent or other adult family member to talk to about important issues	N/A	N/A	N/A	81.8%	78.4%	80.9%	80.6%	81.7%	79.6%	84.4%	82.2%	75.3%
Have a teacher or other adult school staff member to talk to about a problem	N/A	N/A	N/A	60.9%	58.9%	60.5%	57.1%	58.1%	56.2%	62.6%	56.5%	52.4%
Have another adult outside of school to talk to about important issues	N/A	N/A	N/A	30.7%	33.2%	31.0%	29.4%	25.1%	33.5%	23.9%	27.5%	37.0%
Have 3 or more close friends	84.2%	81.9%	83.0%	85.2%	84.1%	84.3%	83.4%	84.6%	82.4%	85.3%	83.4%	81.4%

2008-2009 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Health - Middle School

	TOTAL							GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(494)	(523)	(341)	(325)	(337)
SEXUAL BEHAVIOR												
Ever had sexual intercourse	9.7%	8.9%	7.4%	11.1%	12.5%	8.2%	6.8%	9.3%	4.3%	2.8%	6.7%	10.8%
Talked with parents about sex (past 12 months)	34.3%	30.6%	32.6%	31.8%	33.4%	28.5%	32.2%	29.4%	35.0%	28.0%	29.2%	39.3%
Were touched, pinched, grabbed, or patted in a sexual way against your will in school (past 12 months)	N/A	N/A	N/A	N/A	N/A	8.2%	8.2%	4.2%	11.9%	4.6%	5.8%	13.9%
Were forced, tricked, or pressured to have sex that you did not want (past 12 months)	N/A	N/A	N/A	N/A	2.1%	1.9%	1.6%	0.6%	2.5%	0.9%	0.9%	2.7%
Forced, tricked, or pressured someone into having sex with you (past 12 months)	2.1%	2.0%	1.7%	2.0%	1.6%	1.3%	0.2%	0.0%	0.4%	0.3%	0.0%	0.3%
WEIGHT												
Describe self as slightly/very overweight	N/A	N/A	N/A	27.1%	27.3%	26.5%	27.8%	26.3%	29.4%	25.5%	26.6%	31.7%
Trying to lose weight	N/A	N/A	N/A	N/A	42.0%	42.2%	37.4%	32.6%	41.6%	36.3%	36.4%	39.3%
WEIGHT LOSS OR MAINTENANCE ACTIVITIES (past 30 days)												
Exercised to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	57.5%	69.5%	70.7%	68.4%	67.4%	68.8%	72.1%
Diet pills/powders/liquids to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.5%	2.1%	1.6%	2.6%	1.9%	2.3%	2.2%
Ate less food, fewer calories, or foods low in fat to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	31.2%	31.1%	24.4%	36.8%	28.5%	28.5%	36.4%
Went without eating for 24 hours or more (fasting) to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	5.4%	6.4%	2.4%	10.1%	5.1%	6.0%	8.2%
Vomited or took laxatives to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.3%	2.0%	0.9%	3.0%	2.2%	1.3%	2.5%
PHYSICAL ACTIVITY (past 7 days)												
Participated in regular *vigorous* physical activity (3 or more days a week)[1]	N/A	N/A	N/A	N/A	66.6%	69.5%	67.5%	79.5%	56.7%	66.0%	67.2%	68.7%
Participated in regular *moderate* physical activity (5 or more days a week)[2]	N/A	N/A	N/A	N/A	33.1%	35.3%	34.1%	41.0%	28.1%	34.2%	35.5%	31.9%

[1] 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."

[2] The term *moderate* physical activity was defined in the survey as, "participation in other physical activity for at least 30 minutes."

2008-2009 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Additional Potential Risk and Protective Factors - Middle School

	TOTAL							GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(494)	(523)	(341)	(325)	(337)
FAITH COMMUNITY PARTICIPATION												
Participate regularly in church, synagogue, mosque, or other faith community	N/A	N/A	51.5%	47.7%	46.1%	44.4%	41.4%	39.0%	43.6%	42.4%	37.4%	43.7%
THEFT (past 12 months)												
Stole or shoplifted from a store	N/A	22.7%	17.6%	14.6%	14.0%	9.9%	11.9%	13.5%	10.0%	8.5%	10.9%	15.8%
AFTER SCHOOL HOURS												
Watch TV, videos, or video games 2 or more hours on an average school day	N/A	N/A	N/A	N/A	58.3%	54.7%	54.2%	58.8%	49.7%	48.9%	51.4%	61.3%
Spend 2 or more hours at home with no adult on an average school day	N/A	N/A	N/A	39.6%	38.8%	34.7%	33.8%	33.0%	34.7%	23.9%	32.6%	45.2%
Spend 2 or more hours doing homework or studying on an average school day	N/A	N/A	N/A	50.2%	46.6%	48.0%	47.7%	43.9%	51.1%	47.1%	50.0%	45.1%
AFTER SCHOOL AND COMMUNITY ACTIVITIES (During 2008-2009 School Year)												
Participated in community services, in or out of school	N/A	N/A	N/A	N/A	24.1%	27.9%	31.4%	28.0%	34.3%	27.7%	30.3%	35.4%
Participated in after-school sports	N/A	N/A	N/A	N/A	N/A	64.9%	62.3%	62.8%	62.1%	60.2%	66.0%	61.3%
Participated in community organized youth sports	N/A	N/A	N/A	N/A	N/A	41.7%	40.4%	48.4%	32.9%	40.2%	46.4%	35.2%
Participated in after school programs, youth programs, teen centers (past 7 days)	N/A	N/A	N/A	N/A	52.2%	55.7%	51.9%	49.8%	54.2%	56.6%	52.4%	47.7%
LEISURE ACTIVITIES (past 7 days)												
Read (not required for school)	73.5%	68.0%	69.0%	68.9%	72.1%	74.0%	79.5%	75.3%	83.4%	83.8%	79.0%	75.5%
Doing hobbies on your own time	N/A	N/A	81.0%	80.3%	81.0%	83.8%	83.5%	84.3%	82.7%	80.9%	84.4%	85.1%
FAMILY ACTIVITIES (past 7 days)												
Take care of family responsibilities or chores	82.2%	79.4%	80.6%	79.0%	81.5%	84.4%	82.1%	80.3%	83.5%	79.8%	82.1%	84.2%
Eat dinner with family (5 or more days a week)	N/A	N/A	N/A	N/A	N/A	63.9%	59.8%	62.1%	57.7%	67.7%	58.7%	52.2%