

Summary of Results from the 2005-2006 Cambridge High School Health Survey

Submitted to:

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The Cambridge Public Schools, and
The Cambridge Public Health Department

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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
➤ SUBSTANCE USE	4
Lifetime Substance Use for Cambridge High School Students (2006).....	5
Lifetime Substance Use for Cambridge High School Students, by Grade (2006).....	6
Lifetime Substance Use for Cambridge High School Students, by Gender (2006).....	7
Current Substance Use for Cambridge High School Students (2006)	8
Current Substance Use for Cambridge High School Students, by Grade (2006)	9
Current Substance Use for Cambridge High School Students, by Gender (2006)	10
Trends in Current Substance Use for Cambridge High School Students ('92, '94, '96, '98, '00, '02, '04, '06).....	11
Current Substance Use for Massachusetts (2003, 2005) and Cambridge (2004, 2006) High School Students.....	12
Alcohol and Other Drug Related Issues Among Cambridge High School Students (2004, 2006).....	13
➤ VIOLENCE AND SAFETY	14
Percent of Cambridge High School Students Who Reported Violence-Related Experiences in the Past 12 Months (2004, 2006).....	15
Percent of Cambridge High School Students Who Reported Fighting, Being Threatened, or Bullied in the Past 12 Months (2004, 2006).....	16
Percent of Cambridge High School Students Who Reported Weapon Carrying and/or Staying Home Out of Fear in the Last 30 Days (2004, 2006).....	17
➤ MENTAL HEALTH	18
Depression and Anxiety Among Cambridge High School Students (2004, 2006)	19
Self-Harm and Suicidal Ideation/Behavior in the Past 12 Months Among Massachusetts ('03, '05) and Cambridge ('04, '06) High School Students	20
➤ SEXUAL BEHAVIOR	21
Percent of Massachusetts (2003, 2005) and Cambridge (2004, 2006) High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade	22
Of Those Cambridge High School Students Who Have Ever Had Sexual Intercourse, Age At First Intercourse (2006)	23
Of Those Massachusetts (2005) and Cambridge (2006) High School Students Who Have Ever Had Sexual Intercourse, Percent Who Used a Condom the Last Time, Total and by Grade	24
➤ WEIGHT PERCEPTION AND CONTROL	25
Perception of Body Weight by Cambridge High School Students, by Gender (2006)	26
Percent of Cambridge High School Students Reporting Attempts to Change Their Weight, by Gender (2006)	27
➤ PHYSICAL ACTIVITY	28
Percent of Massachusetts (2003, 2005) and Cambridge (2004, 2006) High School Students Who Reported Vigorous Physical Activity in the Past 7 Days	29
➤ RESILIENCY	30
Percent of Cambridge High School Students Reporting Potential Protective Factors (2006)	31
➤ APPENDIX A: Selected Data Tables	

BACKGROUND

REPORT FORMAT

In April of 2006, 1,295 Cambridge high school students (grades 9-12) took part in the 2005-2006 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 eighth administration of the Teen Health Survey (the survey was also administered in 1992, 1994, 1996, 1998, 2000, 2002, and 2004). 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 2006 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
296	317	343	325	14	1295

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 eighth 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 2005.

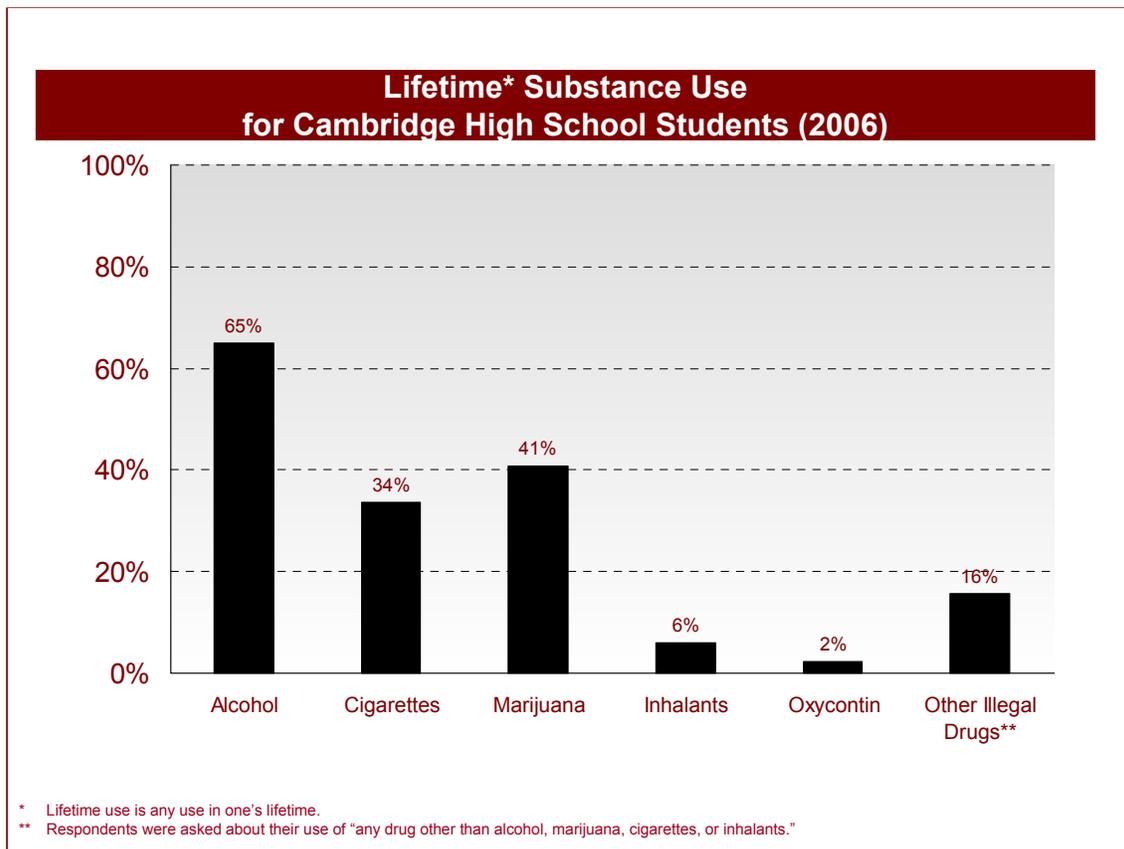
WHO HAS THE PROBLEM?

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.

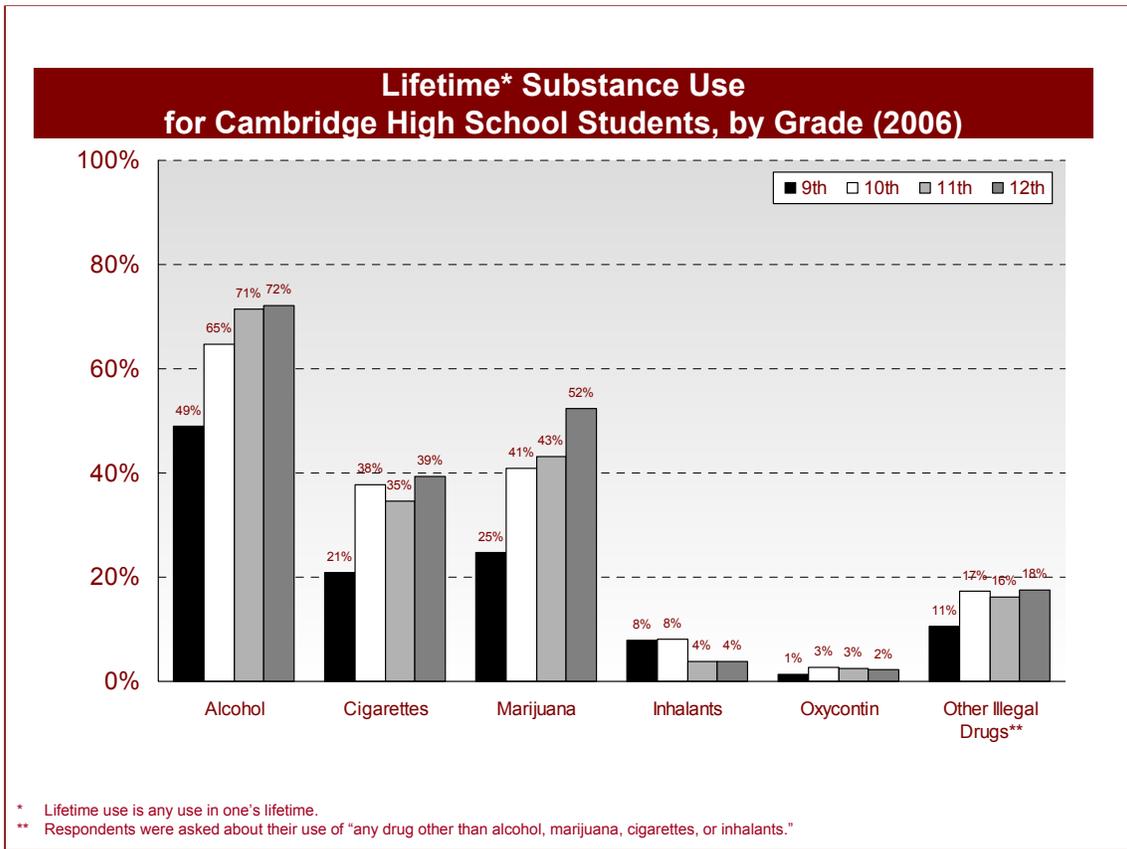
Substance Use



SELECTED POINTS

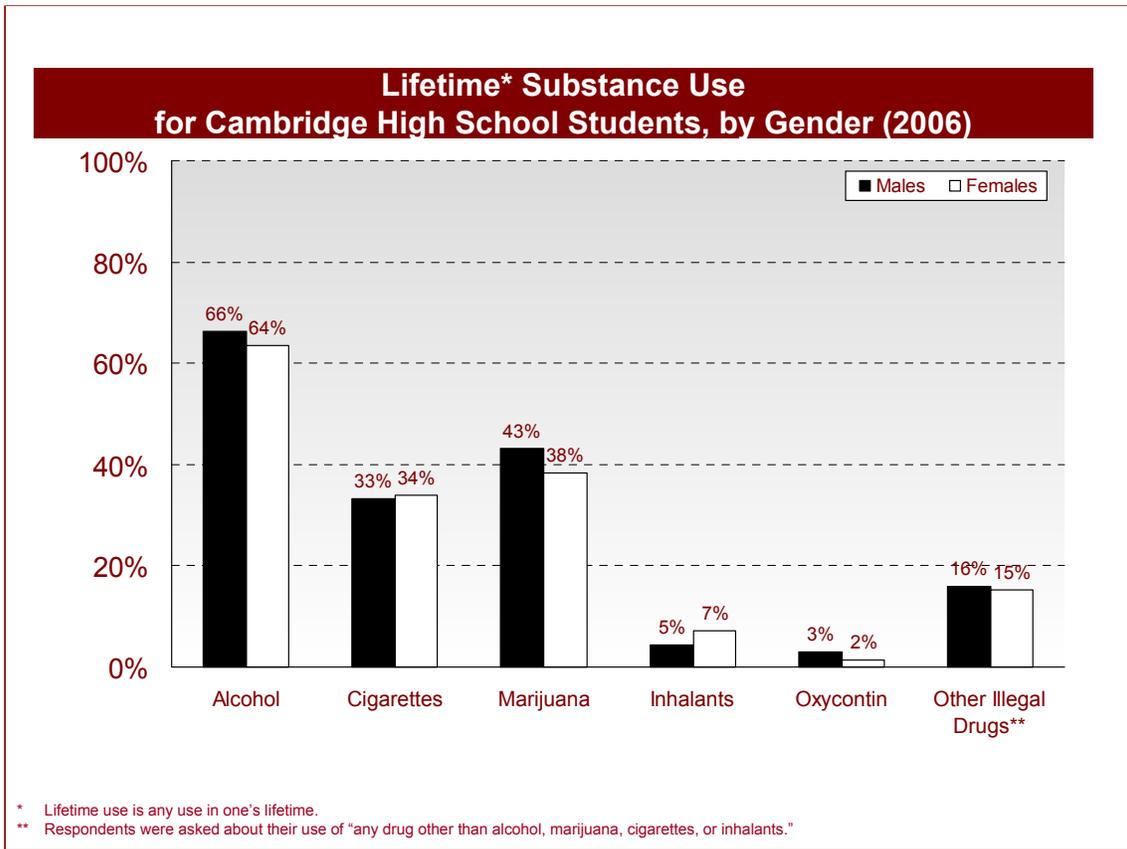
- Lifetime substance use is any use in one's lifetime.
- The questions about alcohol were preceded by the following instruction, "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, hard lemonade, or cider, and liquor such as rum, gin, vodka or whiskey. For these questions, drinking alcohol does **NOT** include drinking a few sips of wine for religious purposes."
- Alcohol is the substance of choice, with 65% of Cambridge high school students in 2006 reporting that they had consumed alcohol in their lifetime. Forty-one percent (41%) reported ever using marijuana, 34% ever smoking cigarettes, 6% ever using inhalants, and 2% ever using Oxycontin (without a doctor's prescription). Sixteen percent (16%) reported ever using an illegal drug other than alcohol, marijuana, cigarettes, or inhalants.
- Trends: Lifetime use of alcohol, marijuana, and inhalants were not asked between 2000 and 2004. The oxycontin and other illegal drug items were both added to the survey in 2006. Available trend data for each substance are as follows:

Alcohol:	1992: 73%, 1994: 76%, 1996: 78%, 1998: 82%.
Marijuana:	1992: 26%, 1994: 33%, 1996: 44%, 1998: 49%.
Cigarettes:	1992: 50%, 1994: 47%, 1996: 47%, 1998: 53%, 2000:50%, 2002:40%, 2004:35%.
Inhalants:	1992: 7%, 1994: 8%, 1996: 10%, 1998: 10%.
- Comparison: Lifetime use of alcohol, cigarettes, and marijuana were lower among 2006 Cambridge high school students than among 2005 MA students: Alcohol: (65% Cambridge, 76% MA); Cigarettes: (34% Cambridge, 51% MA); Marijuana: (41% Cambridge, 45% MA).



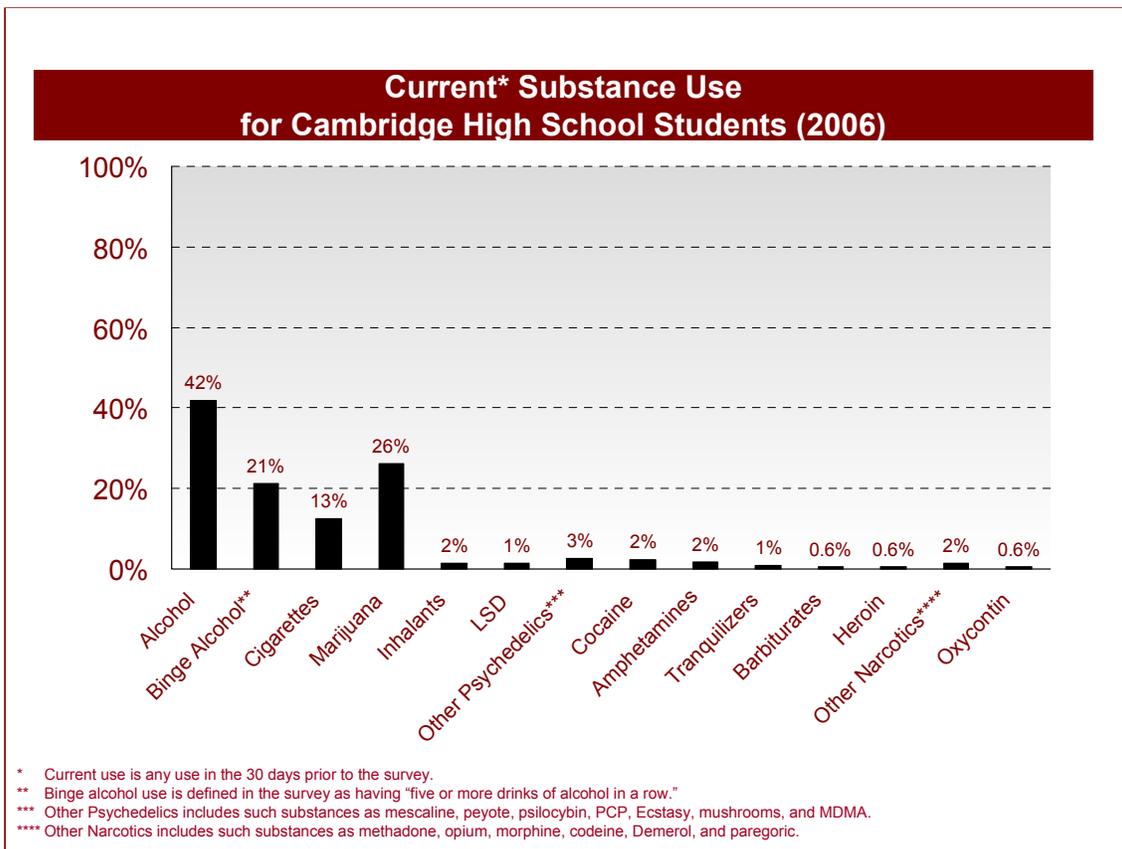
SELECTED POINTS

- In general, the percentage of Cambridge high school youth who reported ever using each of these substances increased with age/grade. For example, the percentage of students who reported ever smoking marijuana increased from 25% in 9th grade to 52% in 12th grade.
- Twelfth graders reported the highest rates of current substance use across virtually all substances. Lifetime use of inhalants was an exception, where use peaked in 9th and 10th grade.



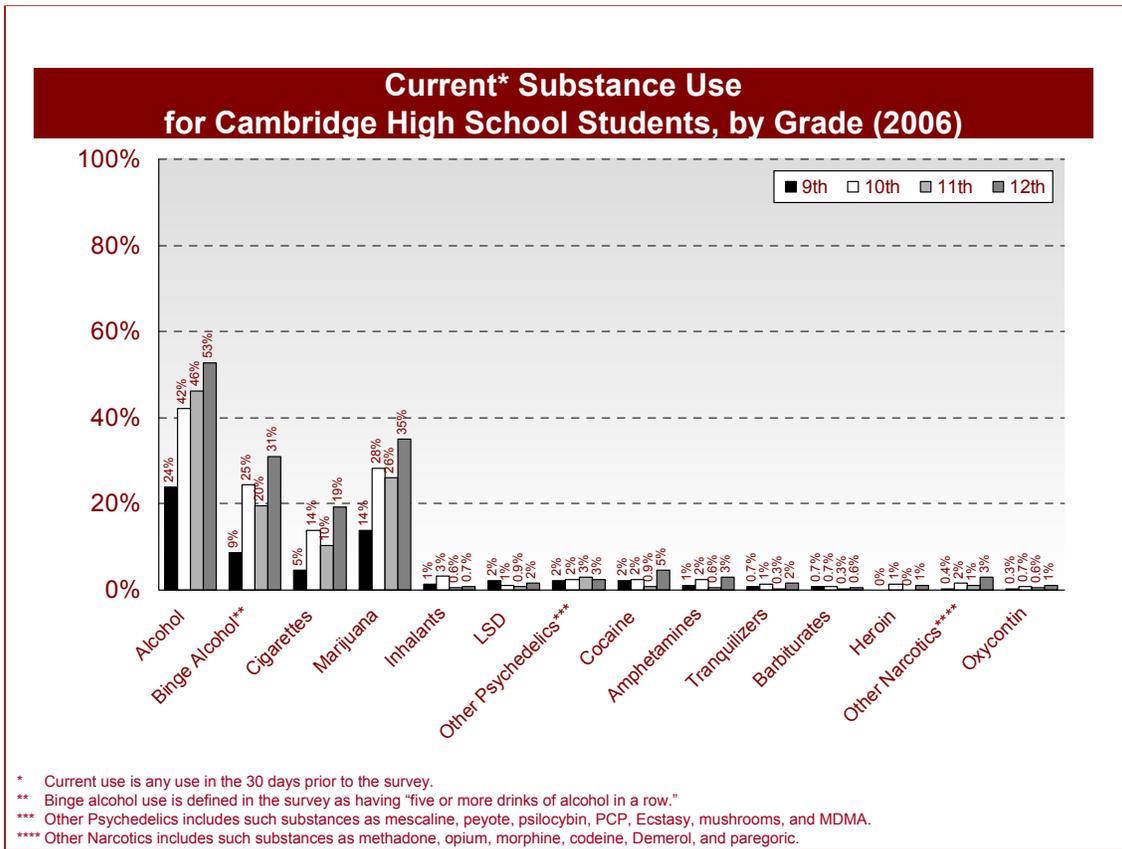
SELECTED POINTS

- Overall, Cambridge high school males and females reported similar lifetime substance use. For example, both reported virtually the same rates of alcohol use, cigarette use, inhalant use, Oxycontin use, and use of other illegal drugs.
- Males were, however, slightly more likely to report lifetime use of marijuana.



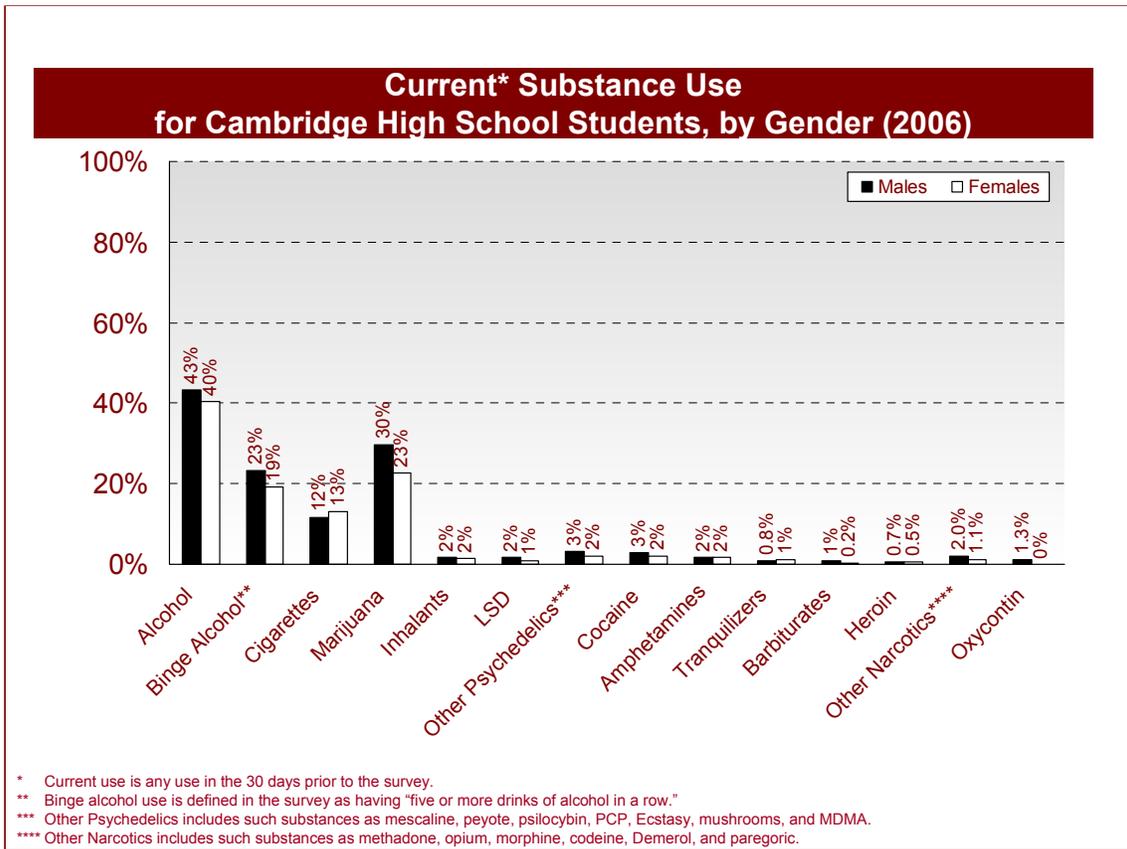
SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 42% of Cambridge high school students reporting that they consumed alcohol in the 30 days prior to the survey.
- Twenty-one percent (21%) of respondents reported binge drinking in the same time period. This means that half of those who drank in the past 30 days had five or more drinks in a row on at least one occasion.
- Note that the rate of current marijuana use (26%) is two times the rate of current cigarette use (13%).
- No substance other than alcohol, cigarettes, or marijuana was used by more than 3% of respondents in the 30 days prior to the survey.



SELECTED POINTS

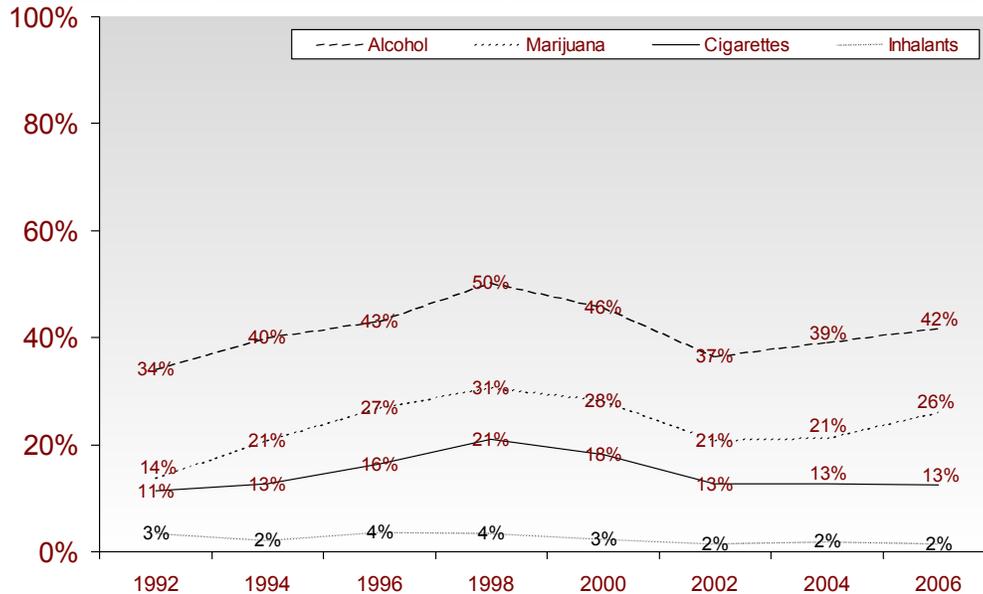
- In general, the percentage of Cambridge high school youth who reported current use of each of these substances increased with age/grade. For example, the percentage of students who reported current alcohol use increased from 24% in 9th grade to 53% in 12th grade.
- Twelfth graders reported the highest rates of current substance use across virtually all substances. The one notable exception was current use of inhalants, which was highest among 10th graders.



SELECTED POINTS

- Overall, Cambridge high school males and females reported similar rates of current substance use. For example, both reported virtually the same rates of alcohol use, cigarette use, marijuana use, and use of most other drugs.
- Males were, however, more likely to report current use of marijuana.

Trends in Current* Substance Use for Cambridge High School Students ('92, '94, '96, '98, '00, '02, '04, '06)

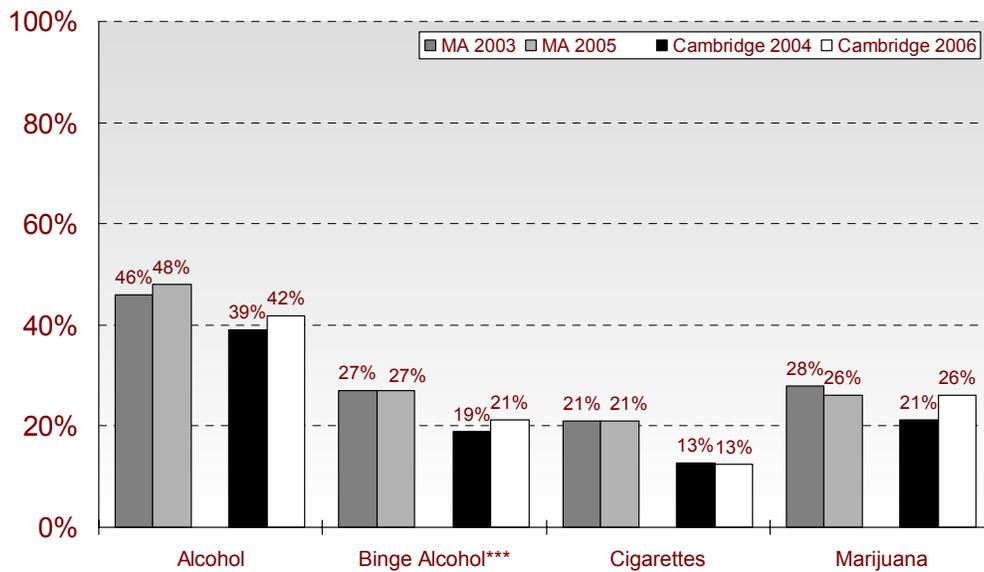


* Current use is any use in the 30 days prior to the survey.

SELECTED POINTS

- Rates of cigarette use (13%) and inhalant use (2%) remained unchanged between 2004 and 2006.
- The rate of current alcohol use increased slightly from 2004 (39%) to 2006 (42%), as did the rate of current marijuana use (21% in 2004, 26% in 2006).
- Current use of other all other substances (not shown) remained virtually unchanged between 2004 and 2006.
- Across each substance, current use rose between 1992 and 1998 and then declined between 1998 and 2002. Since 2002, use of cigarettes and inhalants has remained level. Current use of alcohol and marijuana both rose between 2002 and 2006.

Current* Substance Use for Massachusetts** (2003, 2005) and Cambridge (2004, 2006) High School Students

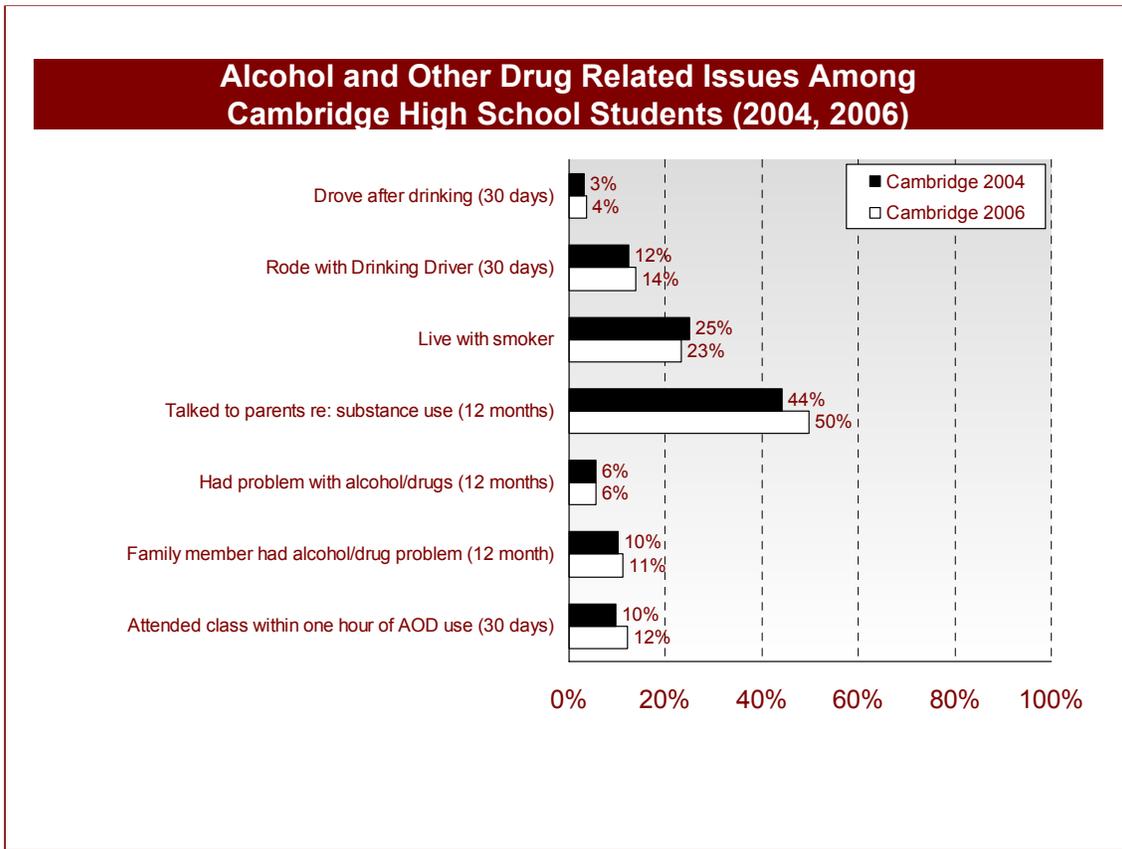


* Current use is any use in the 30 days prior to the survey.
 ** Massachusetts data from the 2005 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (Spring 2005).
 *** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row."

SELECTED POINTS

- Current use rates of alcohol, binge drinking, and cigarettes were lower in Cambridge than in Massachusetts as a whole (comparing Cambridge 2006 to the most recent 2005 Massachusetts YRBS data).
 - Alcohol Use – 42% Cambridge, 48% Massachusetts
 - Binge Alcohol Use – 21% Cambridge, 27% Massachusetts
 - Cigarette Use – 13% Cambridge, 21% Massachusetts

- Current use of marijuana was the same in Cambridge (26%) and Massachusetts (26%) (comparing Cambridge 2006 to the most recent 2005 Massachusetts YRBS data).



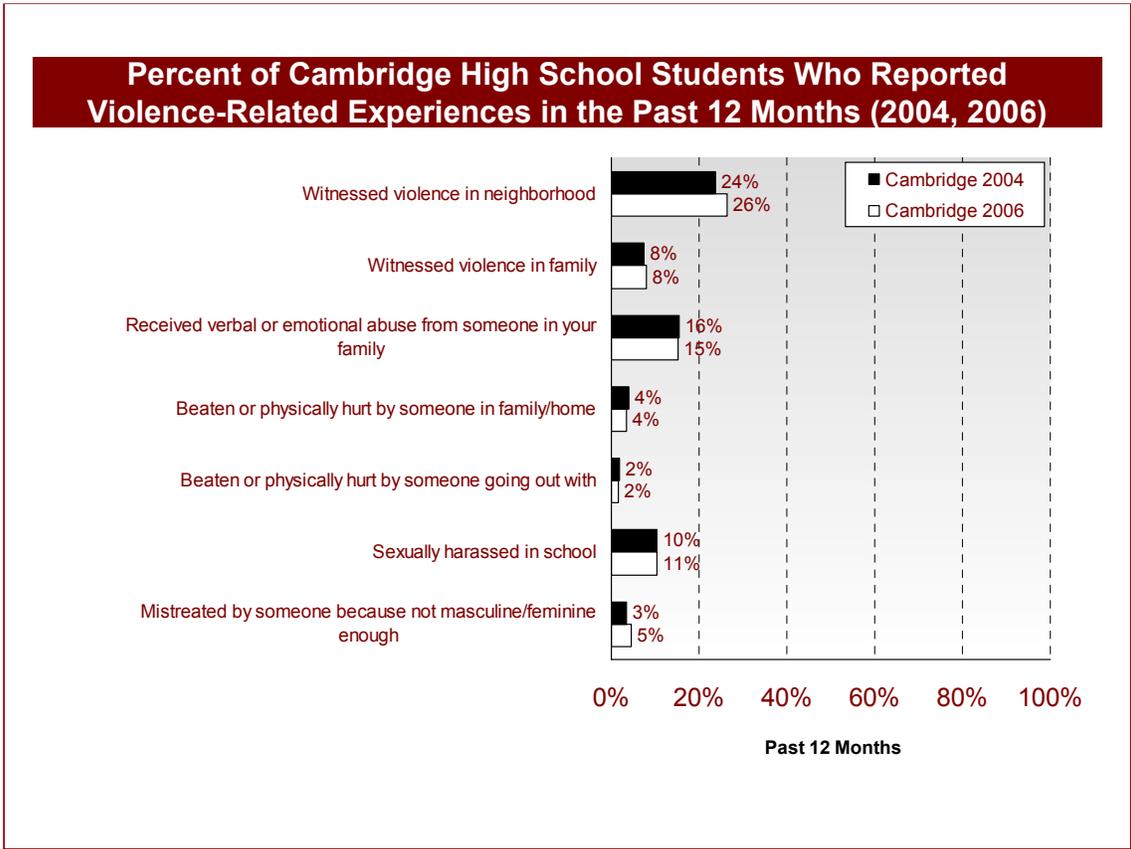
SELECTED POINTS

- These data illustrate alcohol and other drug related issues.
- **Trends:** Trend data reveal similar reports between 2004 and 2006 with the exception of reports of talking to parents about alcohol or other drug use by teenagers in the past 12 months, which rose from 44% in 2004 to 50% in 2006.

ADDITIONAL DATA

- **Gender:** In 2006, Cambridge males were more likely than females to report attending class in the last 30 days within one hour of using alcohol, marijuana, or other drugs (16% males, 9% females), and having had a problem with alcohol or drugs in the past 12 months (7% males, 4% females). Females were more likely to report having a family member who had a problem with alcohol or drugs in the past 12 months (14% females, 8% males).
- **Grade:** In 2006, reports of driving after drinking, riding with a drinking driver, and attending class within one hour of using AOD increased with age/grade. Reports of talking to parents about alcohol or drug use by teenagers decreased with age/grade.
- **Comparisons:** Comparative state data are only available for the items assessing drinking after driving and riding with a drinking driver. Cambridge students in 2006 were far less likely than Massachusetts students in 2005 to report *driving after drinking* (4% Cambridge, 11% Massachusetts), and *riding with a drinking driver* (14% Cambridge, 27% Massachusetts).

Violence and Safety

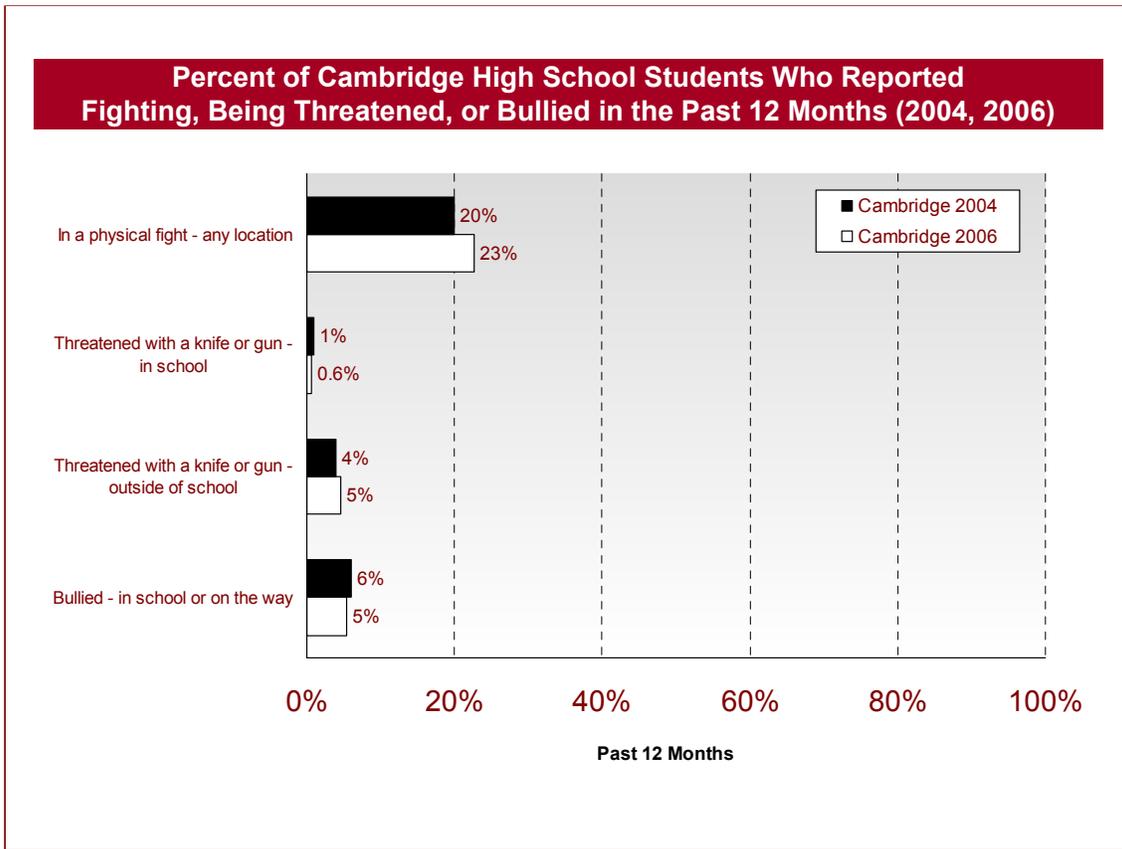


SELECTED POINTS

- These data illustrate violence-related experiences that respondents reported happened to them at least once in the past 12 months.
- **Trends:** Trend data reveal similar reports between 2004 and 2006 in violence-related experiences among Cambridge youth.

ADDITIONAL DATA

- **Gender:** In 2006, Cambridge males were more likely than females to report witnessing violence in their neighborhood (29% males, 23% females). Females were far more likely to report being sexually harassed in school (18% females, 3% males) and receiving verbal or emotional abuse from someone in their family (23% females, 8% males). Females were also more likely to report witnessing violence in their family (10% females, 6% males), and to report having been beaten or physically hurt by someone in their family or home (6% females, 1% males).
- **Grade:** In 2006, reports of violence-related experiences did not yield consistent changes by age/grade.
- **Comparisons:** Comparative state data are not available for these items.



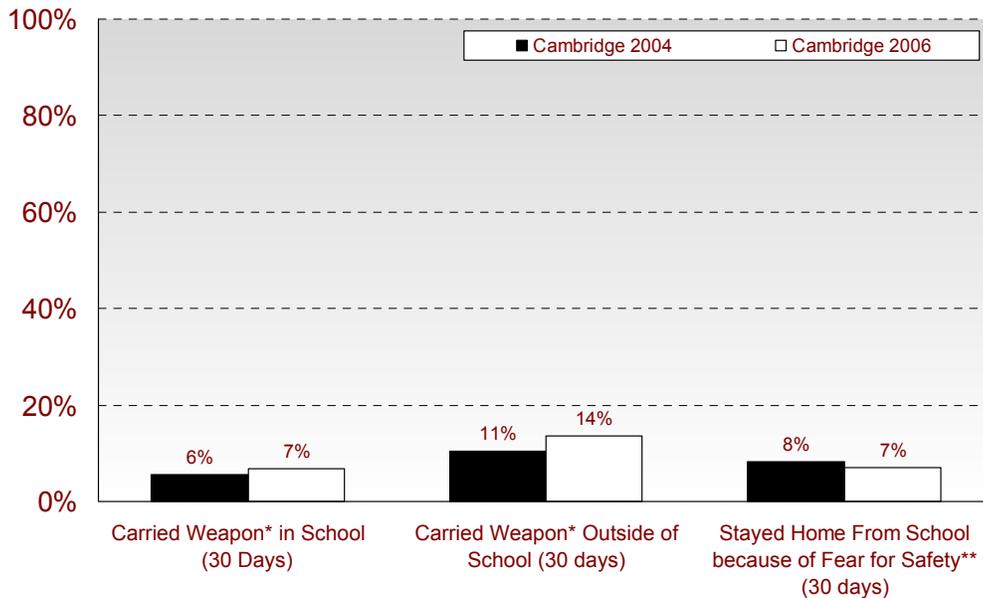
SELECTED POINTS

- These data illustrate the percent of students who reported fighting, being threatened with a knife or gun in or outside of school, and/or being bullied, at least once in the past 12 months.
- **Trends:** Trend data reveal near identical reports between 2004 and 2006 among Cambridge youth.

ADDITIONAL DATA

- **Gender:** In 2006, Cambridge males were more likely than females to report all four of these experiences/behaviors. This was particularly true for fighting, with 28% of males reporting being in a physical fight in the past 12 months versus 18% of females.
- **Grade:** In 2006, physical fighting and reports of being bullied, threatened, or pushed around in school or on the way were reported most often among 9th graders and decreased with age/grade. Reports of being threatened with a knife or gun did not yield consistent changes by age/grade.
- **Comparisons:** A smaller percentage of 2006 Cambridge students reported being in a physical fight in the past 12 months than 2005 Massachusetts students (23% Cambridge, 29% MA). Comparative state data are not available for the other items.

Percent of Cambridge High School Students Who Reported Weapon Carrying and/or Staying Home Out of Fear in the Last 30 Days (2004, 2006)



* Respondents were asked about a weapon such as a knife, gun, or club.

** This item asked "During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?"

SELECTED POINTS

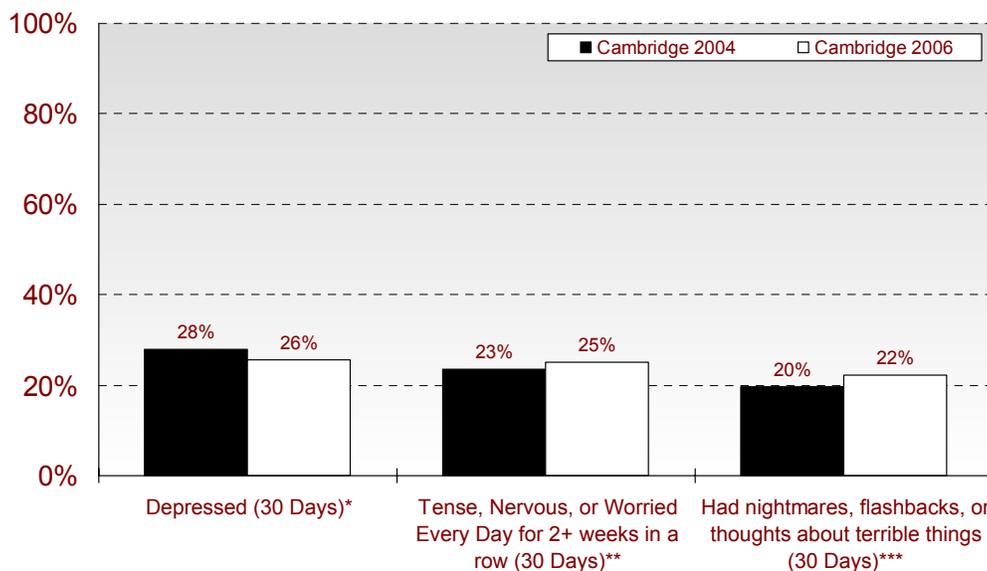
- These data illustrate the percent of students who reported carrying a weapon such as a knife, gun, or club in school or outside of school in the past 30 days, and those who stayed home from school in the past 30 days because of fear for their safety either in school or on the way to or from school.
- In both 2004 and 2006, students were much more likely to report carrying a weapon in the last 30 days outside of school as opposed to in school.
- **Trends:** Trend data reveal little change in reports between 2004 and 2006 among Cambridge youth, with the exception of carrying a weapon outside of school, which increased slightly from 11% in 2004 to 14% in 2006.

ADDITIONAL DATA

- **Gender:** In 2006, Cambridge males were more likely than females to report carrying weapons both in school (10% males, 4% females), and outside of school (21% males, 7% females). There were no differences by gender of reports of staying home out of fear.
- **Grade:** In 2006, reports of weapon carrying and fear for safety did not yield consistent changes by age/grade.
- **Comparisons:** A larger percentage of 2006 Cambridge students reported staying home from school in the past 30 days because of fear for safety than 2005 Massachusetts students (7% Cambridge, 4% MA). Cambridge and Massachusetts students were similar in their rates of weapon carrying in school (7% Cambridge, 6% MA). Comparative state data are not available for rates of weapon carrying outside of school.

Mental Health

Depression and Anxiety Among Cambridge High School Students (2004, 2006)



* 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?"

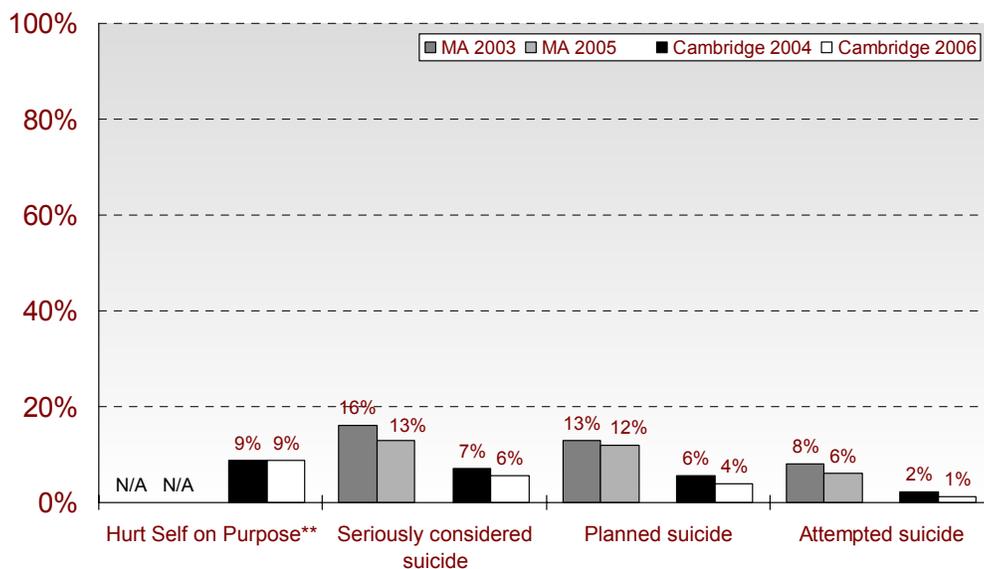
SELECTED POINTS

- Roughly one-quarter of Cambridge high school students reported that they felt depressed (26%), felt tense, nervous, or worried (25%), or had nightmares, flashbacks, or thoughts about terrible things that they saw or something that happened to them (22%) in the past 30 days.
- **Trends:** There was little change among any of these items between 2004 and 2006.

ADDITIONAL DATA

- **Gender:** Female Cambridge high school students were about two times as likely to report each of these issues compared to males. *Depressed* (34% female, 17% male), *felt tense, nervous, or worried* (34% females, 16% males), *had nightmares, flashbacks, or thoughts about terrible things* (29% females, 15% males).
- **Grade:** In 2006, none of these items yielded consistent changes by age/grade.
- **Comparisons:** Comparative state data are not available for these items.

Self-Harm and Suicidal Ideation/Behavior in the Past 12 Months Among MA* (2003, 2005) and Cambridge (2004, 2006) High School Students



* Massachusetts data from the 2005 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (Spring '03 and '05).
 ** Item asked "During the past 12 months, did you hurt yourself on purpose (for instance, cut yourself, burn yourself, or bang your head on purpose)?"

SELECTED POINTS

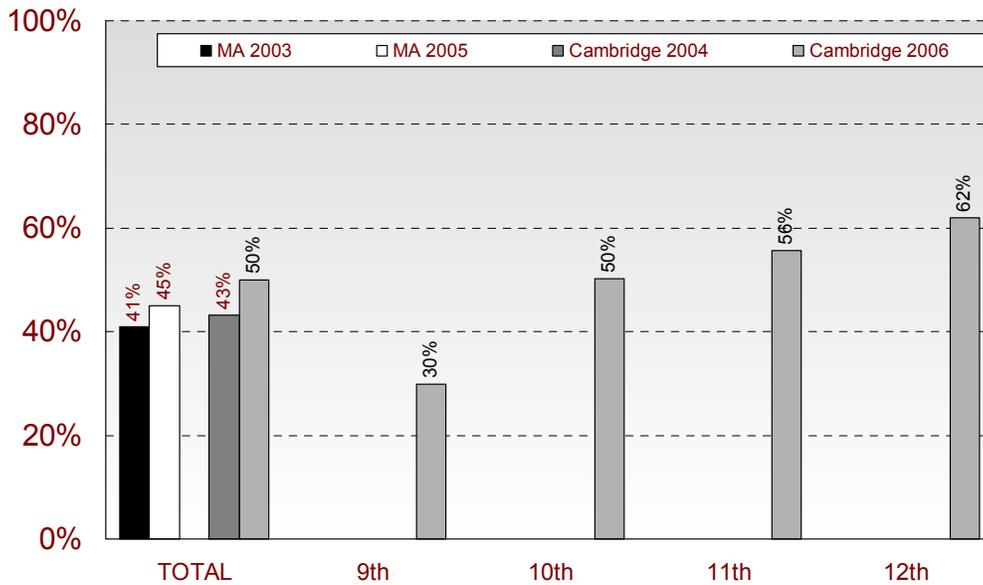
- Nine percent (9%) of 2006 Cambridge high school students reporting *hurting themselves on purpose* in the past 12 months, 6% reported *seriously considering* suicide, 4% *planned* to commit suicide, and 1% *attempted* suicide.
- **Trends:** Each of the suicidality items decreased among Cambridge high school students between 2004 and 2006: *seriously considered* (7% to 6%), *planned* (6% to 4%), *attempted* (2% to 1%). The item about hurting oneself on purpose remained level at 9%.

ADDITIONAL DATA

- **Gender:** Female Cambridge high school students were more likely than their male counterparts to have reported each of these issues in 2006: *hurting themselves on purpose* (10% females, 7% males), *seriously considered suicide* (7%, 4%), *planned suicide* (5%, 3%), *attempted suicide* (2%, 0.4%).
- **Grade:** In 2006, none of the self-harm and suicidal ideation/behavior items yielded consistent changes by age/grade.
- **Comparisons:** The 2006 rates of each of the suicidality items were much lower in Cambridge than the 2005 Massachusetts average. Rates declined in both the state and in Cambridge. Comparative state data are not available for hurting oneself on purpose.

Sexual Behavior

Percent of Massachusetts* ('03, '05) and Cambridge ('04, '06) High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade



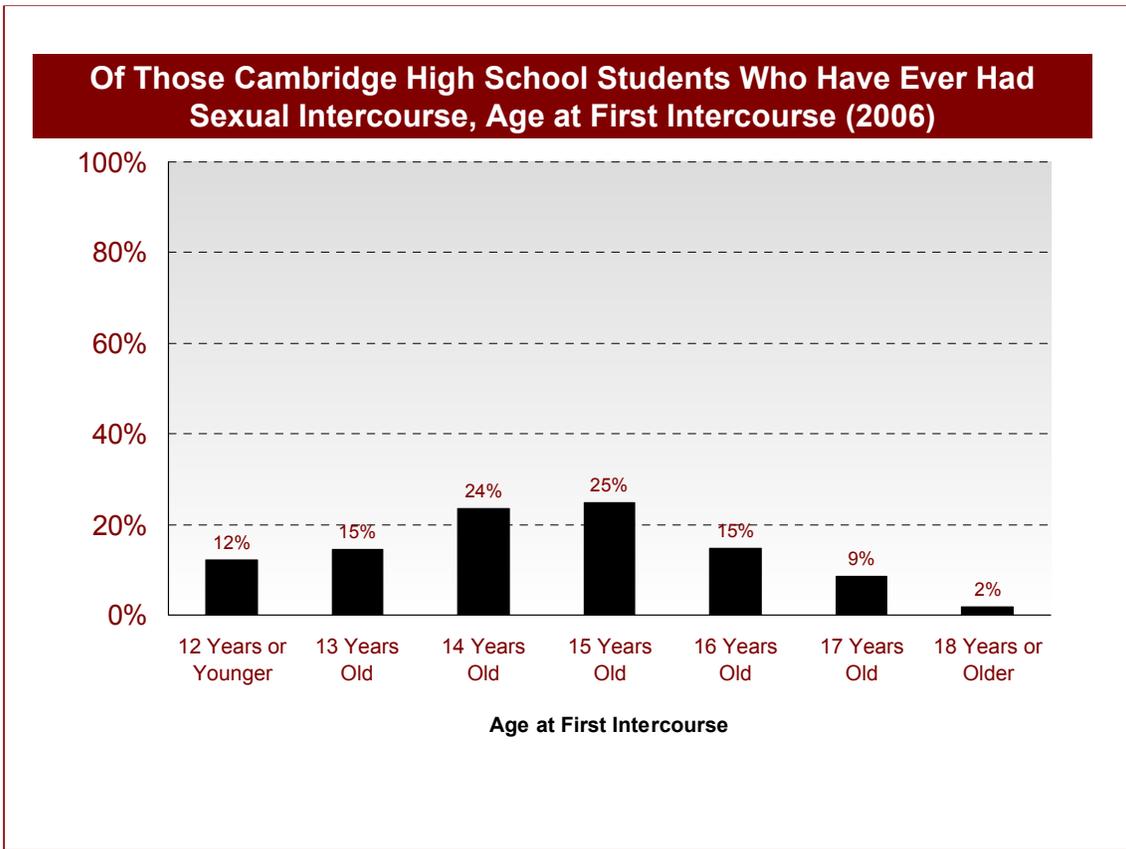
* Massachusetts data from the 2005 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (Spring 2005).

SELECTED POINTS

- Half (50%) of all Cambridge high school students reported ever having sexual intercourse in 2006: 30% of 9th graders, 50% of 10th graders, 56% of 11th graders, and 62% of 12th graders.
- **Grade:** The percentage of 2006 Cambridge students who reported ever having sexual intercourse increased with age/grade (from 30% in 9th grade to 62% in 12th grade).
- **Trends:** The percentage of Cambridge high school students who reported ever having sexual intercourse increased from 2004 (43%) to 2006 (50%). From 2003 to 2005, the Massachusetts rate increased (from 41% to 45%).

ADDITIONAL DATA

- **Gender:** In 2006, a larger percentage of Cambridge high school males (54%) than females (46%) reported ever having sexual intercourse.
- **Comparisons:** Overall, the rate of lifetime sexual intercourse among Cambridge high school students in 2006 (50%) was higher than the 2005 Massachusetts rate (45%).



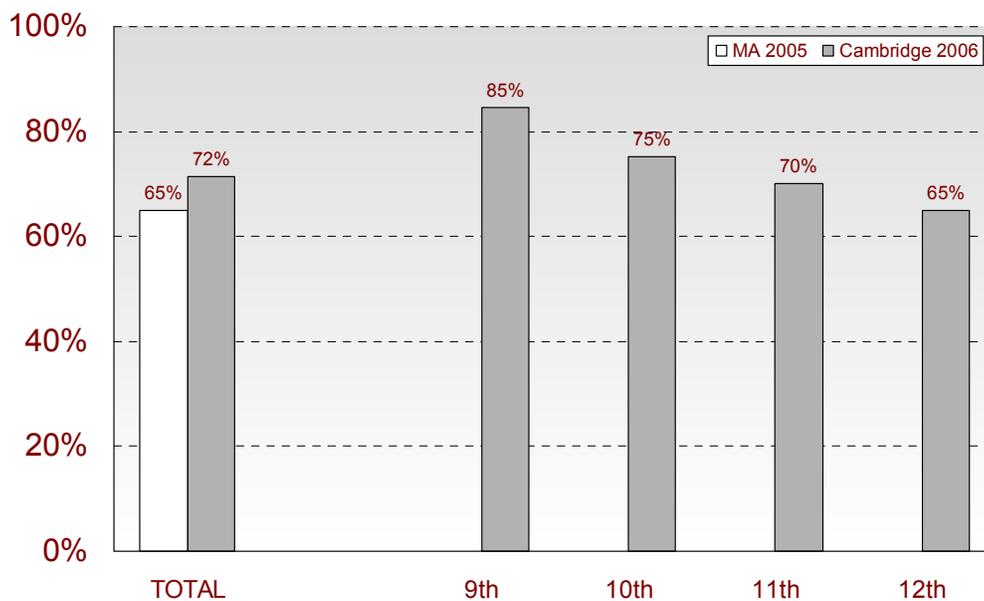
SELECTED POINTS

- Of those Cambridge high school students who reported ever having sexual intercourse, the largest proportion (49%) reported that they were either 14 years old (24%) or 15 years old (25%) when they had sexual intercourse for the first time.
- Comparisons: Comparative data for this item are not available.

ADDITIONAL DATA

- **Gender:** Males were more likely to report being younger than females when they had sexual intercourse for the first time.

Of Those Massachusetts* (2005) and Cambridge (2006) 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 2005 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (Spring 2005).

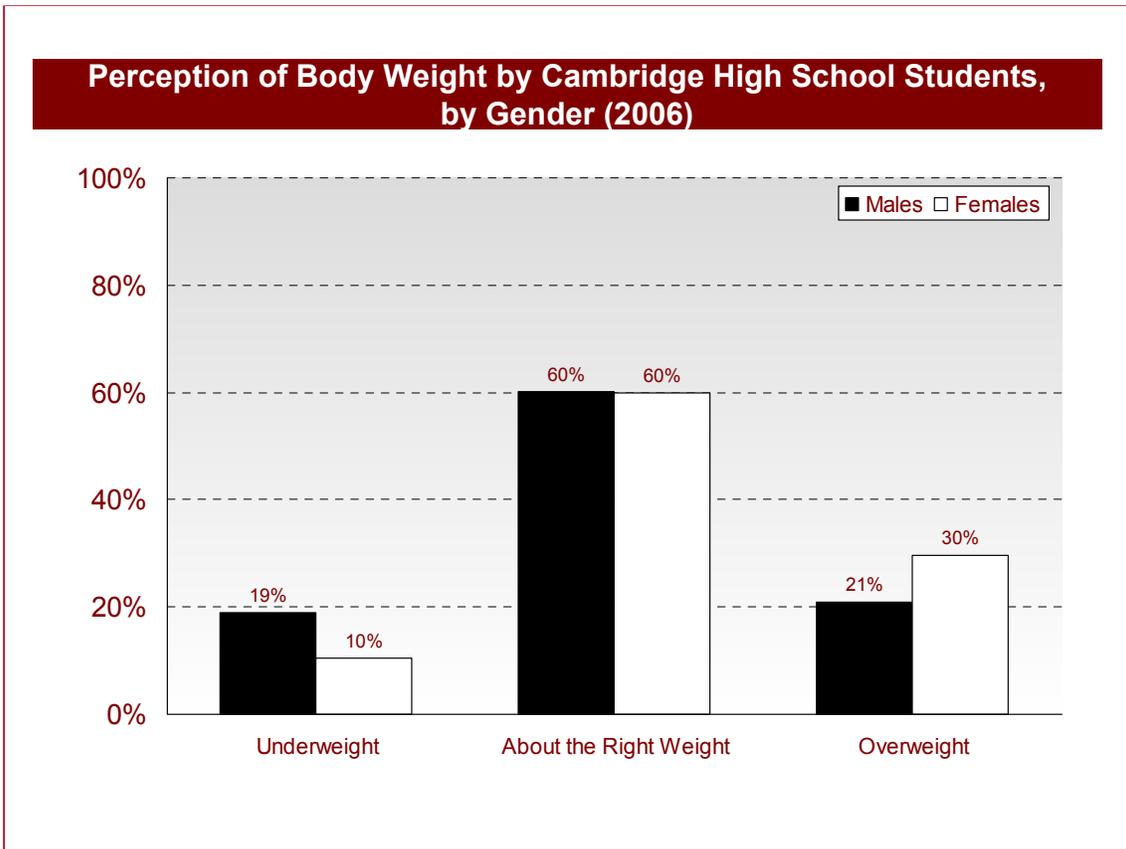
SELECTED POINTS

- Of those Cambridge high school students who reported ever having sexual intercourse, 72% reported using a condom the last time they did so.
- **Comparisons:** A larger percentage of 2006 Cambridge high school students (72%) than 2005 Massachusetts students (65%) reported using a condom at their last sexual intercourse.
- **Grade:** In 2006, the percentage of Cambridge high school students who reported using a condom during their last sexual intercourse decreased with age/grade from 85% in 9th grade down to 65% in 12th grade.

ADDITIONAL DATA

- **Gender:** In 2006, male Cambridge high school students (75%) were more likely than females (68%) to report that they or their partner used a condom the last time they had intercourse.
- **Trends:** Seventy-two percent (72%) of 2006 Cambridge high school students who have had sexual intercourse reported using a condom the last time they did so. This represented a slight decrease from the 2004 Cambridge rate of 78%. In Massachusetts, the rate rose from 57% in 2003 to 65% in 2005.

Weight Perception and Control



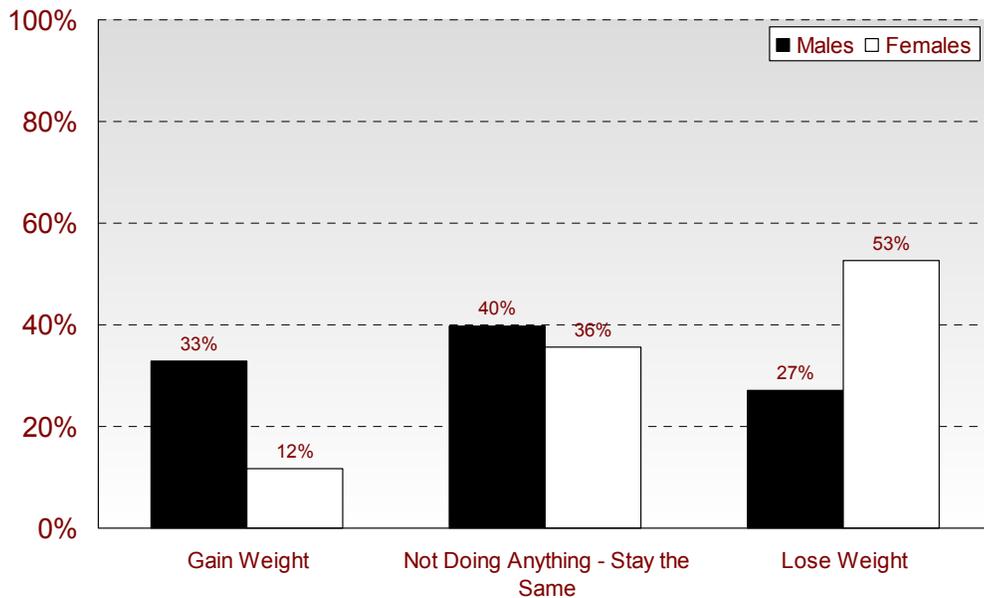
SELECTED POINTS

- Ten percent (10%) of Cambridge high school females described themselves as *underweight* compared to 19% of males, 60% as *about the right weight* compared to 60% of males, and 30% as *overweight* compared to 21% of males.

ADDITIONAL DATA

- **Grade:** There were no consistent patterns for these items by age/grade.
- **Trends:** Between 2004 and 2006, the percentage of females who reported that they were *underweight* declined from 14% to 10%, and the percentage reported they were *about the right weight* rose from 56% to 60%. There were no changes in the proportion that felt they were *overweight*. There were no changes among males between 2004 and 2006.
- **Comparisons:** A smaller percentage of **all** 2006 Cambridge high school students described themselves as being *slightly/very overweight* (25%) than did 2005 Massachusetts students (31%).

Percent of Cambridge High School Students Reporting Attempts to Change Their Weight, by Gender (2006)



SELECTED POINTS

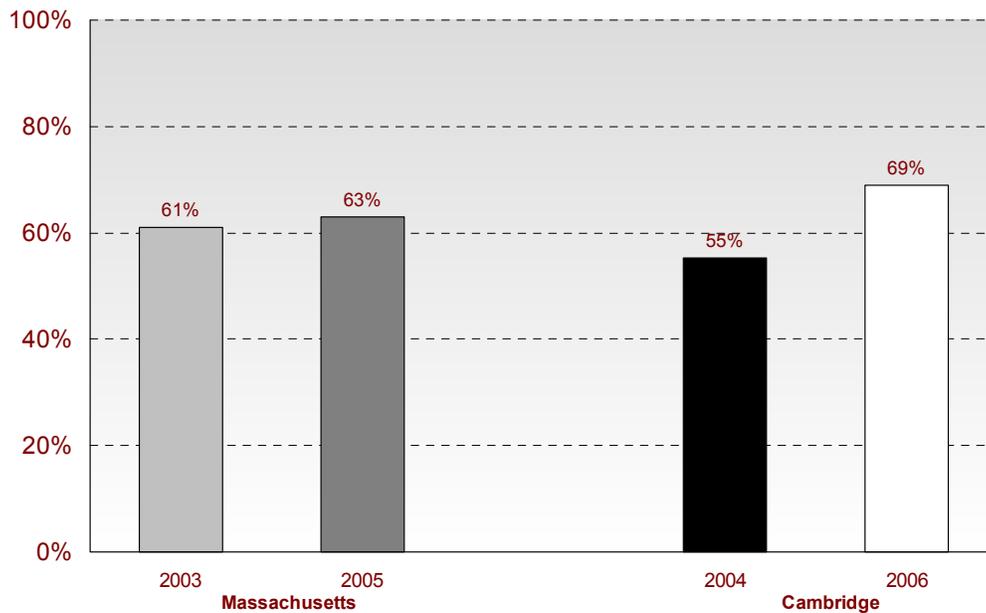
- In 2006, Cambridge high school males were much more likely than females to report that they were trying to *gain* weight (33% males, 12% females) and females were far more likely to report trying to *lose* weight (27% males, 53% females).

ADDITIONAL DATA

- **Grade:** The percentage of students who reported that they are trying to lose weight increased between grades 9 (35%) and 10 (46%) and then decreased in grade 11 (41%), and grade 12 (40%).
- **Trends:** Between 2004 and 2006, the only appreciable change in these items was among the proportion of female respondents who indicated that they were *not doing anything* to change their weight or to *trying to stay the same weight*, which rose from 29% to 36%.
- **Comparisons:** A smaller percentage of all 2006 Cambridge high school students indicated that they were trying to lose weight (40%) than did 2005 Massachusetts students (47%).

Physical Activity

Percent of Massachusetts* ('03, '05) and Cambridge ('04, '06) High School Students Who Reported Vigorous** Physical Activity in the Past 7 Days



* Massachusetts data from the 2005 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring '03 and '05).
 ** 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.

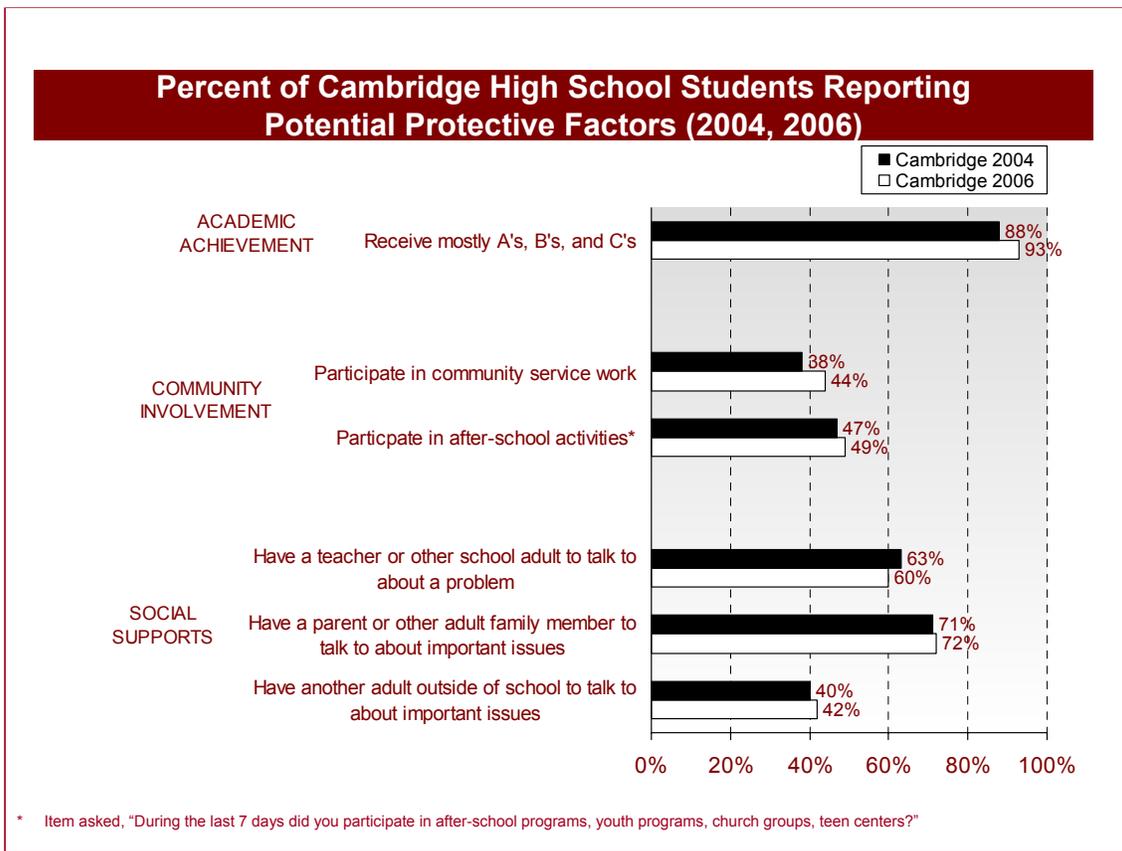
SELECTED POINTS

- *Vigorous physical activity* was defined in the survey 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.
- Sixty-nine percent (69%) of Cambridge high school students in 2006 reported participating in *vigorous* physical activity at least 3 times in the past 7 days.
- **Trends:** There was an increase between 2004 (55%) and 2006 (69%) in the percentage of Cambridge high school students who reported engaging in *vigorous* physical activity.
- **Comparisons:** A larger percentage of 2006 Cambridge high school students reported engaging in *vigorous* physical activity than 2005 Massachusetts students (69% Cambridge, 63% MA). The Massachusetts rate increased between 2003 (61%) to 2005 (63%). The rate in Cambridge also rose between 2004 (55%) and 2006 (69%).

ADDITIONAL DATA

- **Gender:** In 2006, Cambridge males were more likely than females to report engaging in *vigorous* activity (76% males, 63% females).
- **Grade:** There was little variation by age/grade in the percentage of 2004 Cambridge high school students who reported engaging in *vigorous* physical activity.

Resiliency



SELECTED POINTS

- While the Cambridge survey focused on many risk behaviors, it also contained items designed to measure the strength of certain protective factors such as social support and community attachment.
- **Trends:** The percentage of Cambridge high school students who reported that they receive mostly A's, B's, and C's increased from 88% in 2004 to 93% in 2006. Participation in community service work rose from 38% to 44%. Participation in after-school activities and the presence of social supports changed little from 2004 to 2006.

ADDITIONAL DATA

- **Gender:** In 2006, female students were more likely to report the presence of each of these potential protective factors. This was particularly true for participation in community service (49% female; 37% male).
- **Grade:** The percentage of 2006 Cambridge youth who reported participating in community service work increased with age/grade (from 32% in the 9th grade to 53% in the 12th grade). Differences in the other items did not vary consistently with age/grade.
- **Comparisons:** Comparative Massachusetts data from 2005 were not available at the time of this report.

Appendix A:

Selected Data Tables

2005-2006 CAMBRIDGE TEEN HEALTH SURVEY

Violence and Safety – High School (N≈1,295)

	TOTAL											GRADE					
	Cambridge						MA YRBS					GENDER		9 th	10 th	11 th	12 th
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2003 (3624)	2005 (3522)	2005 (3522)	Male (640)	Female (647)	(296)	(317)	(343)	(325)
VIOLENCE-RELATED EXPERIENCES IN THE PAST 12 MONTHS																	
Witnessed violence in your family (12 months)	NA	NA	8.6%	8.8%	6.1%	6.5%	7.5%	7.9%	NA	NA	5.8%	9.9%	10.1%	7.3%	10.5%	3.7%	
Witnessed violence in neighborhood (12 months)	NA	NA	NA	NA	NA	NA	23.8%	26.4%	NA	NA	29.3%	23.3%	26.8%	28.8%	27.2%	21.9%	
Received verbal or emotional abuse from someone in your family (12 months)	16.5%	17.7%	19.9%	21.3%	18.2%	15.3%	15.5%	15.2%	NA	NA	7.9%	22.5%	13.3%	18.0%	18.7%	10.6%	
Mistreated by someone who thought you were not masculine/feminine enough (12 months)	NA	NA	5.0%	6.1%	5.0%	3.7%	3.4%	4.6%	NA	NA	4.9%	4.1%	3.8%	6.8%	4.5%	3.1%	
Sexually harassed in school (12 months)	NA	NA	NA	11.9%	14.9%	13.7%	10.4%	10.5%	NA	NA	3.3%	17.5%	10.6%	11.7%	11.8%	8.4%	
Beaten or physically hurt by someone in your family or home (12 months)	NA	NA	NA	NA	NA	NA	3.9%	3.5%	NA	NA	1.4%	5.6%	4.2%	4.1%	3.9%	2.2%	
Beaten or physically hurt by someone you were going out with (12 months)	NA	NA	NA	NA	2.4%	2.3%	1.9%	1.6%	NA	NA	0.8%	2.2%	1.4%	2.6%	1.2%	1.3%	
Were a member of a gang (12 months)	NA	8.8%	7.2%	7.0%	4.5%	2.0%	4.3%	5.2%	10%	10%	7.9%	2.6%	6.5%	7.4%	4.0%	2.9%	
BULLYING, FIGHTING, & THREATENING IN THE PAST 12 MONTHS																	
Were bullied, threatened, or pushed around in school or on the way (12 months)	NA	NA	NA	NA	NA	NA	6.3%	5.4%	NA	NA	5.8%	4.7%	7.3%	6.7%	3.6%	3.8%	
In a physical fight - any location (12 months)	24.6%	31.4%	27.2%	27.2%	23.9%	20.5%	20.4%	22.7%	33%	29%	27.5%	18.1%	26.8%	24.6%	23.0%	17.4%	
Threatened with a knife or gun - in school (12 months)	NA	3.1%	2.6%	3.4%	1.7%	1.2%	1.2%	0.6%	NA	NA	0.8%	0.5%	0.3%	1.9%	0.3%	0.0%	
Threatened with a knife or gun - outside of school (12 months)	NA	10.0%	8.4%	8.9%	7.1%	4.8%	3.6%	4.6%	NA	NA	6.9%	2.3%	4.9%	7.3%	3.3%	2.8%	
WEAPONS CARRYING AND STAYING HOME FROM SCHOOL IN THE PAST 30 DAYS																	
Carried a weapon in school, such as a gun, knife, or club (30 days)	NA	NA	NA	NA	NA	4.4%	5.7%	6.9%	5%	6%	9.9%	3.9%	8.6%	8.0%	5.3%	5.8%	
Carried a weapon outside of school, such as a gun, knife, or club (30 days)	NA	14.1%	13.1%	15.9%	13.9%	9.5%	10.5%	13.6%	NA	NA	20.6%	6.6%	13.7%	16.3%	13.4%	10.9%	
Stayed home from school because of fear for safety at school or on the way to or from school (30 days)	NA	NA	NA	NA	NA	NA	8.2%	7.0%	5%	4%	7.2%	6.7%	7.8%	7.7%	6.2%	6.5%	

2005-2006 CAMBRIDGE TEEN HEALTH SURVEY

Mental Health – High School (N ≈ 1,295)

	TOTAL												GRADE			
	Cambridge						MA YRBS		GENDER		9 th	10 th	11 th	12 th		
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2003 (3624)	2005 (3522)	Male (640)	Female (647)	(296)	(317)	(343)	(325)
PERSONAL EXPERIENCES IN THE PAST 12 MONTHS																
Divorce or separation in family	NA	NA	NA	NA	11.1%	10.3%	8.2%	9.7%	NA	NA	8.9%	10.4%	9.9%	6.7%	12.6%	9.1%
Family moved	17.5%	16.7%	17.9%	17.5%	12.5%	14.0%	10.4%	12.1%	NA	NA	11.9%	11.9%	12.9%	11.8%	12.3%	11.3%
Family member or close friend died	NA	NA	33.2%	40.0%	35.3%	34.3%	35.3%	34.9%	NA	NA	30.5%	39.4%	33.9%	37.7%	37.0%	31.0%
Ran away from home	7.0%	6.2%	5.5%	4.9%	5.2%	4.3%	5.1%	3.6%	NA	NA	2.4%	4.5%	3.1%	4.1%	3.9%	2.8%
ANXIETY																
Felt tense, nervous, or worried every day for two or more weeks in a row (30 days)	NA	NA	NA	NA	NA	NA	23.4%	25.1%	NA	NA	15.9%	34.0%	22.1%	25.8%	26.0%	26.7%
Had nightmares, flashbacks, or thoughts you could not get rid of about something terrible you saw or something that happened to you in the past (30 days)	NA	NA	NA	NA	NA	NA	19.6%	22.3%	NA	NA	15.2%	28.9%	20.7%	24.1%	23.1%	19.7%
DEPRESSION, SELF-HARM, & SUICIDE																
Depressed ¹ (30 days)	NA	NA	NA	NA	NA	NA	28.0%	25.5%	NA	NA	16.8%	34.3%	23.7%	27.8%	26.5%	24.1%
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%	NA	NA	7.4%	10.3%	8.1%	9.3%	9.9%	7.2%
Seriously considered suicide (12 months)	9.4%	8.0%	8.5%	11.2%	9.9%	9.4%	7.0%	5.5%	16%	13%	4.3%	6.5%	5.5%	5.4%	4.5%	6.3%
Made a plan to commit suicide (12 months)	8.2%	7.5%	7.9%	10.6%	9.5%	7.0%	5.6%	4.0%	13%	12%	3.0%	4.9%	3.3%	3.6%	4.8%	4.1%
Attempted suicide (12 months)*	8.2%	6.6%	6.8%	7.7%	7.5%	5.3%	2.3%	1.3%	8%	6%	0.4%	2.2%	1.2%	0.7%	1.0%	2.4%
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%	NA	NA	71.1%	73.6%	76.9%	72.2%	71.1%	69.7%
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%	NA	NA	56.8%	63.7%	54.6%	62.3%	59.2%	64.2%
Have another adult outside of school to talk to about important issues	NA	NA	NA	NA	NA	NA	40.3%	41.5%	NA	NA	38.6%	44.5%	40.0%	44.0%	40.7%	40.6%

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."

2005-2006 CAMBRIDGE TEEN HEALTH SURVEY

Health – High School (N≈1,295)

	TOTAL											GRADE					
	Cambridge											GENDER		MA YRBS			
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2003 (3624)	2005 (3522)	2005 (3522)	Male (640)	Female (647)	9 th (296)	10 th (317)	11 th (343)	12 th (325)
SEXUAL BEHAVIOR																	
Ever had sexual intercourse	51.4%	49.6%	45.2%	44.1%	40.5%	38.4%	43.2%	50.0%	41%	45%	54.2%	46.0%	29.9%	50.3%	55.7%	62.1%	
Had conversation with parents about sex (12 months)	NA	NA	NA	34.3%	40.3%	35.5%	32.0%	35.3%	NA	NA	32.6%	37.7%	33.6%	36.8%	35.0%	35.5%	
Condom at last intercourse ¹	NA	NA	NA	NA	71.3%	75.0%	77.5%	71.5%	57%	65%	75.2%	68.0%	84.5%	75.3%	70.1%	65.0%	
Alcohol/drugs at last intercourse ¹	NA	12.9%	17.3%	22.6%	20.2%	14.8%	12.8%	15.3%	25%	23%	17.6%	12.5%	12.5%	12.7%	12.5%	20.3%	
Ever been/gotten someone pregnant	7.4%	7.1%	6.8%	6.9%	5.2%	3.7%	4.0%	4.9%	4%	5%	4.8%	4.7%	3.4%	2.6%	4.5%	8.5%	
Ever forced/tricked to have sex against will	NA	NA	NA	7.8%	NA	NA	5.1%	7.0%	NA	NA	2.8%	10.9%	3.6%	7.5%	8.6%	7.6%	
Ever been told had an STD	NA	NA	NA	NA	NA	1.2%	1.3%	1.9%	NA	NA	1.6%	2.3%	0.4%	3.1%	1.9%	2.4%	
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%	NA	NA	45.5%	52.5%	54.1%	48.0%	51.7%	43.5%	
WEIGHT																	
Describe self as slightly/very overweight	NA	NA	NA	NA	NA	NA	26.2%	25.4%	31%	31%	20.9%	29.6%	24.3%	27.1%	22.4%	28.2%	
Trying to lose weight	38.7%	37.7%	NA	NA	NA	NA	41.7%	40.3%	46%	47%	27.2%	52.7%	35.4%	46.3%	40.5%	39.9%	
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%	NA	NA	66.9%	72.2%	73.2%	71.5%	67.4%	66.8%	
Smoked cigarettes to lose/maintain weight	NA	NA	NA	NA	NA	NA	3.9%	5.0%	NA	NA	5.3%	4.8%	2.6%	5.7%	4.8%	6.8%	
Diet pills/powders/liquids to lose/maintain weight	NA	NA	NA	NA	NA	NA	3.2%	3.1%	7%	5%	2.6%	3.6%	2.6%	3.6%	3.8%	2.6%	
Skipped meals to lose/maintain weight	NA	NA	NA	NA	NA	NA	20.3%	19.5%	NA	NA	11.1%	27.6%	18.3%	17.4%	23.2%	18.5%	
Took laxatives to lose/maintain weight	NA	NA	NA	NA	NA	NA	1.5%	1.8%	NA	NA	1.2%	2.2%	1.1%	2.2%	2.2%	1.3%	
Ate less food, fewer calories, or foods low in fat to lose/maintain weight	NA	38.3%	NA	NA	23.7%	52.0%	32.1%	41.3%	39.4%	39.6%							
Fasted for 24 hours or more to lose/maintain weight	NA	4.9%	12%	11%	2.6%	7.2%	4.9%	3.9%	5.1%	5.2%							
Vomited on purpose to lose/maintain weight	NA	NA	NA	NA	NA	NA	2.0%	1.7%	6%	6%	0.5%	2.8%	1.1%	1.8%	2.6%	1.3%	
Weight loss program to lose/maintain weight	NA	NA	NA	NA	NA	NA	4.6%	3.5%	NA	NA	2.8%	4.2%	3.4%	3.2%	3.5%	3.9%	
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%	61%	63%	76.2%	62.7%	71.8%	68.8%	66.2%	70.9%	
Participated in regular moderate physical activity (5 or more days a week) ³	NA	NA	NA	NA	NA	NA	35.0%	45.7%	24%	25%	48.6%	43.3%	46.7%	42.0%	52.2%	41.6%	

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.”

2005-2006 CAMBRIDGE TEEN HEALTH SURVEY

Other Issues – High School (N≈1,295)

	TOTAL												GRADE				
	Cambridge						MA YRBS						GENDER		GRADE		
	1992 (1512)	1994 (1432)	1996 (1576)	1998 (1487)	2000 (1493)	2002 (1480)	2004 (1478)	2006 (1295)	2003 (3624)	2005 (3522)	Male (640)	Female (647)	9 th (296)	10 th (317)	11 th (343)	12 th (325)	
ALCOHOL AND OTHER DRUG RELATED ISSUES																	
Drove after drinking (30 days)	4.3%	4.6%	4.3%	6.1%	4.2%	3.3%	3.7%	12%	11%	4.9%	2.4%	0.7%	2.6%	2.4%	8.5%		
Rode with drinking driver (30 days)	19.7%	21.3%	19.0%	18.8%	15.1%	12.3%	13.8%	28%	27%	13.6%	13.7%	7.5%	12.1%	15.6%	18.0%		
Live with smoker	NA	NA	37.9%	33.5%	29.6%	25.6%	23.4%	NA	NA	20.9%	25.6%	25.7%	24.5%	20.6%	22.0%		
Talked with parents about substance use in the past 12 months	NA	NA	59.9%	55.4%	49.4%	48.2%	49.7%	NA	NA	48.7%	50.6%	53.2%	51.7%	48.9%	45.3%		
Had a problem with alcohol or drugs in the past 12 months	6.4%	6.7%	8.3%	11.4%	10.2%	7.6%	5.7%	NA	NA	7.2%	3.9%	3.1%	6.4%	6.0%	6.9%		
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%	11.1%	NA	NA	8.2%	13.8%	10.8%	11.8%	11.0%	10.7%		
Attended class within one hour of using alcohol, marijuana, or other drugs (30 days)	NA	NA	NA	NA	15.5%	10.6%	12.1%	NA	NA	15.7%	8.6%	8.9%	12.4%	10.9%	15.6%		
GAMBLING (30 days)																	
Gambled (12 months)	NA	44.6%	39.8%	40.5%	33.9%	30.9%	31.3%	NA	NA	45.9%	17.8%	27.1%	32.1%	34.3%	32.0%		
Gambled (30 days)	NA	27.4%	28.5%	26.2%	22.0%	21.7%	17.6%	NA	NA	29.1%	7.0%	16.2%	16.5%	19.1%	18.7%		
SCHOLASTIC ISSUES IN THE PAST 12 MONTHS																	
Receive mostly A's, B's, or C's	NA	NA	NA	NA	NA	NA	93.0%	NA	NA	91.1%	94.6%	91.6%	91.8%	93.3%	94.7%		
Had one or more failing grades	42.6%	40.2%	43.9%	43.5%	38.0%	32.0%	24.0%	NA	NA	25.3%	22.6%	23.6%	25.5%	21.6%	25.2%		
Skipped or cut school	26.5%	28.6%	28.2%	31.4%	25.2%	29.1%	25.3%	NA	NA	25.4%	25.2%	17.6%	27.8%	25.6%	29.7%		
Suspended from school	8.8%	12.5%	12.5%	15.3%	13.3%	8.7%	13.0%	NA	NA	16.8%	9.4%	11.5%	12.0%	15.9%	12.2%		
SCHOOL ACTIVITY PARTICIPATION																	
Participated in academic groups, clubs, or student government (current school year)	NA	NA	NA	47.8%	47.6%	41.4%	45.5%	NA	NA	41.0%	49.8%	37.0%	41.1%	47.6%	54.3%		
Participated in music, band, or choir (current school year)	NA	NA	NA	21.3%	21.5%	22.4%	19.5%	NA	NA	16.6%	22.2%	26.5%	18.7%	14.8%	18.4%		
Participated in community service, in or out of school (current school year)	NA	NA	NA	44.7%	38.7%	36.5%	43.5%	NA	NA	37.3%	49.4%	32.2%	38.4%	48.1%	53.2%		
Participated in school-organized or interscholastic sports (Current school year)	NA	NA	NA	NA	NA	NA	50.9%	NA	NA	53.0%	49.1%	63.1%	45.6%	49.2%	46.8%		
Participated in after-school activities (past 7 days) ¹	NA	NA	NA	NA	NA	NA	48.8%	NA	NA	46.8%	50.9%	53.1%	48.9%	51.1%	43.0%		

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