

Summary of Results from the 2012-2013 Cambridge Middle Grades Health Survey

Submitted to:

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

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BACKGROUND

REPORT FORMAT

In April of 2013, a total of 1,010 Cambridge middle grades students (grades 6-8) took part in the 2012-2013 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 ninth administration of the Middle Grades Health Survey (the survey was also administered in 1997, 1999, 2001, 2003, 2005, 2007, 2009, and 2011). 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, Health and Healthcare, Weight Perception and Control, Physical Activity and Nutrition, 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, and the Cambridge Public Health Department 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 2013 to all Cambridge public school students in grades 6 through 8. The number of respondents in each grade is as follows:

6 th	7 th	8 th	Unknown	TOTAL
332	349	314	15	1,056

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 ninth 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.

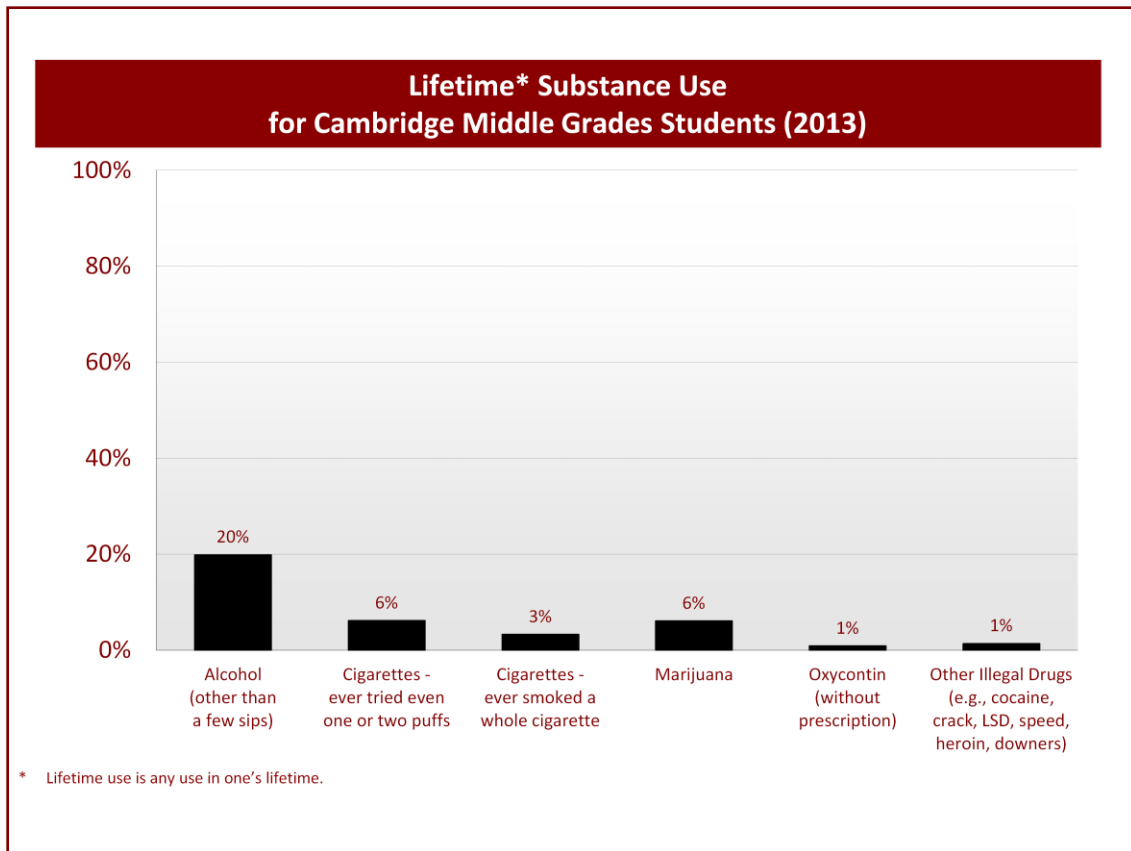
WHO HAS THE PROBLEM?

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?

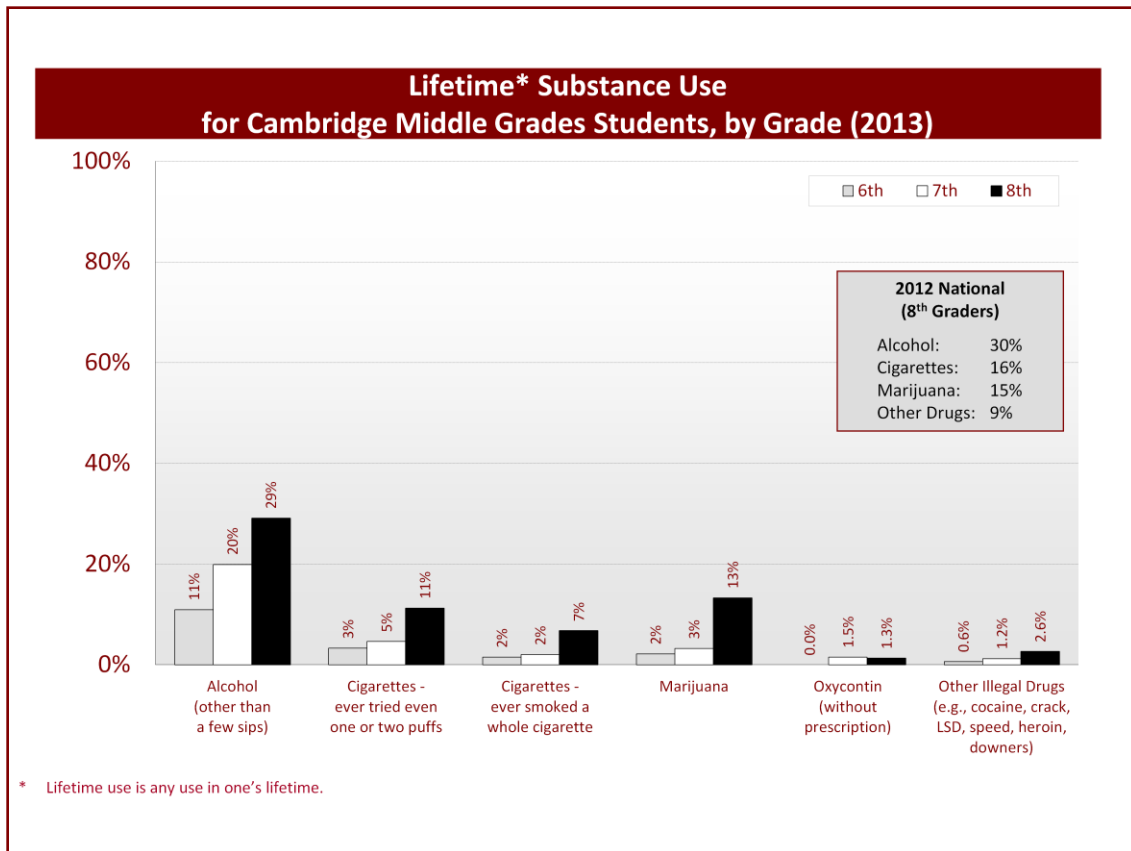
Data on health behavior among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest 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.

Alcohol, Tobacco, & Other Drugs



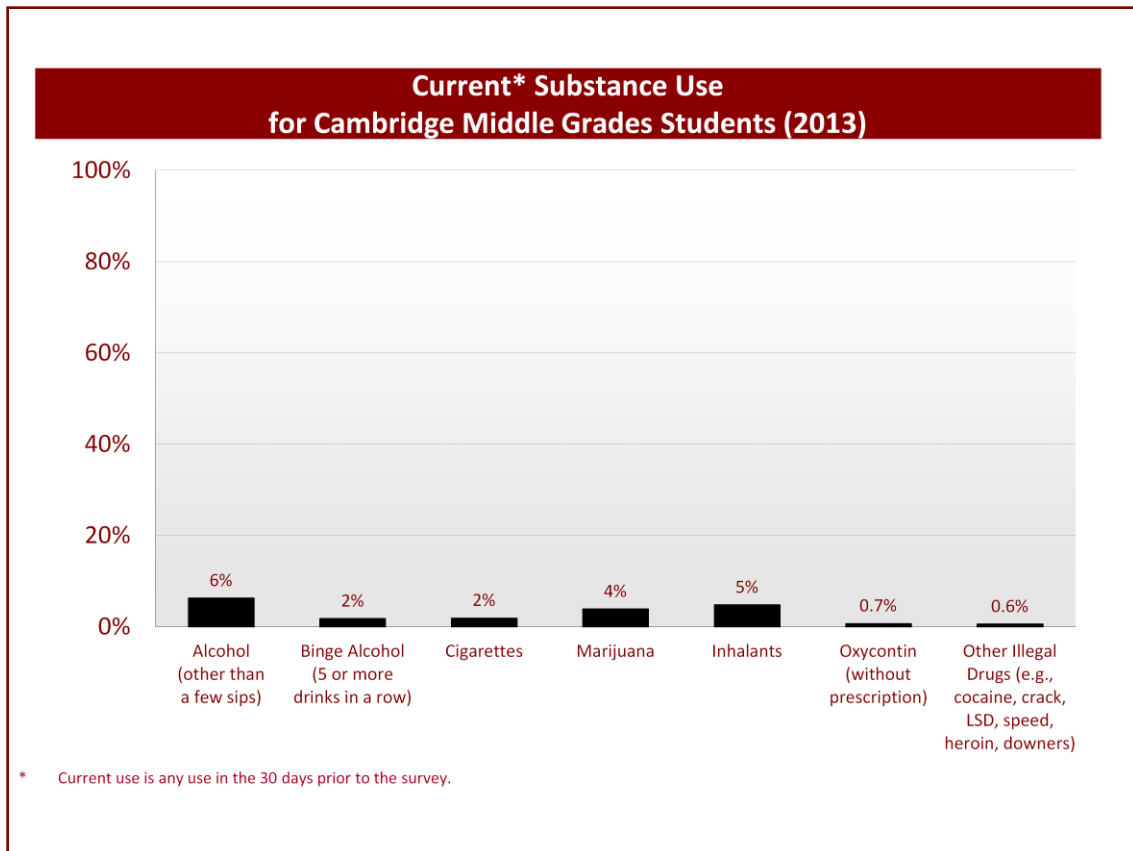
SELECTED POINTS

- 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 20% of Cambridge middle grades students in 2013 reporting that they had consumed alcohol in their lifetime. Six percent (6%) reported that they ever tried cigarette smoking, even one or two puffs. Three percent (3%) reported ever smoking a whole cigarette, 6% ever using marijuana, and 0.9% ever using Oxycontin (without a doctor's prescription). One percent (1.4%) reported ever using other illegal drugs such as cocaine, crack, LSD, speed, heroin, or downers.
- **Trends:** Lifetime use of alcohol, marijuana, and other illegal drugs have shown little change since 2007 when these items were first added to the survey. Reports of ever trying one or two puffs of a cigarette were down from 11% in 2011 to 6% in 2013 along with reports of ever smoking a whole cigarette (6% in 2011 to 3% in 2013). Reports of ever taking Oxycontin without a prescription were up from 0.3% in 2011 to 0.9% in 2013.



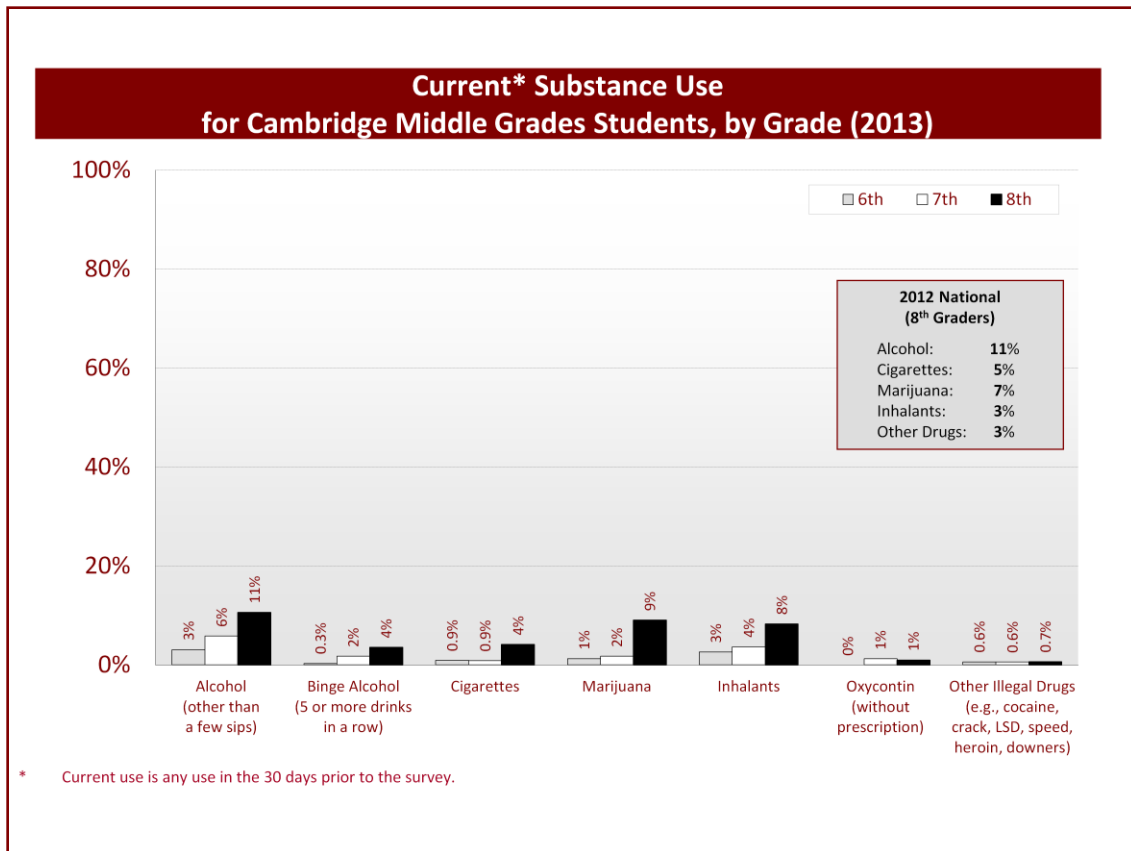
SELECTED POINTS

- Grade:** 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 11% in 6th grade to 29% in 8th grade.
- Gender (not shown):** Males were more likely than females to report lifetime use of all substances. For example, 24% of males reported lifetime use of alcohol versus 16% of females.
- 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 lifetime use of these substances. This was particularly true for those who reported ever smoking a whole cigarette (16% National 8th grade vs. 7% Cambridge 8th grade) and ever using illegal drugs other than marijuana (9% National 8th grade vs. 3% Cambridge 8th grade). The proportion of Cambridge 8th graders who reported ever using alcohol other than a few sips (30% National 8th grade vs. 29% Cambridge 8th grade) and those who reported ever using marijuana (15% National 8th grade vs. 13% Cambridge 8th grade) were similar to 8th graders in the national sample.



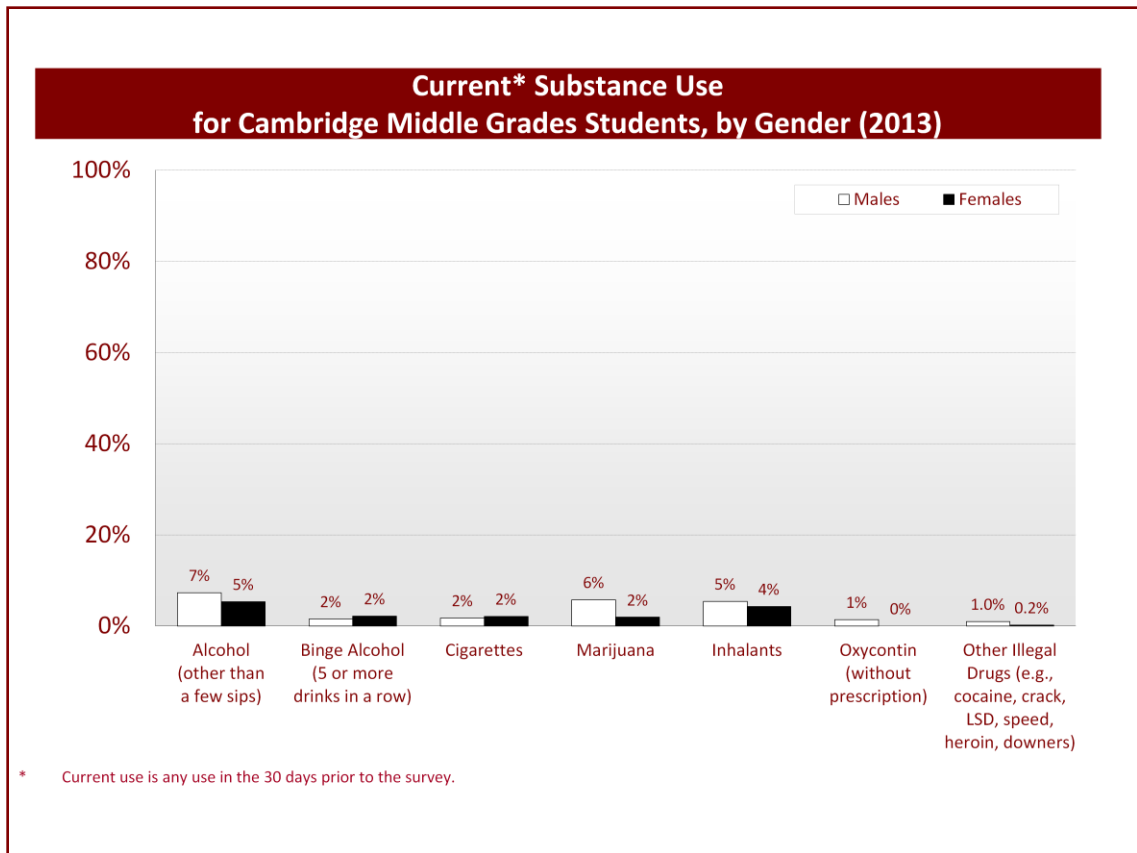
SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 6% of students reporting that they consumed alcohol in the 30 days prior to the survey.
- Two percent (2%) of all respondents reported binge drinking (consuming five or more drinks in a row) during the same time period. Of those who reported that they consumed alcohol in the 30 days prior to the survey, 29% reported binge drinking at least one time in that time period.
- Current use of alcohol was followed by current use of inhalants (5%), marijuana (4%), cigarettes (2%), Oxycontin without a prescription (0.7%), and other illegal drugs (0.6%).



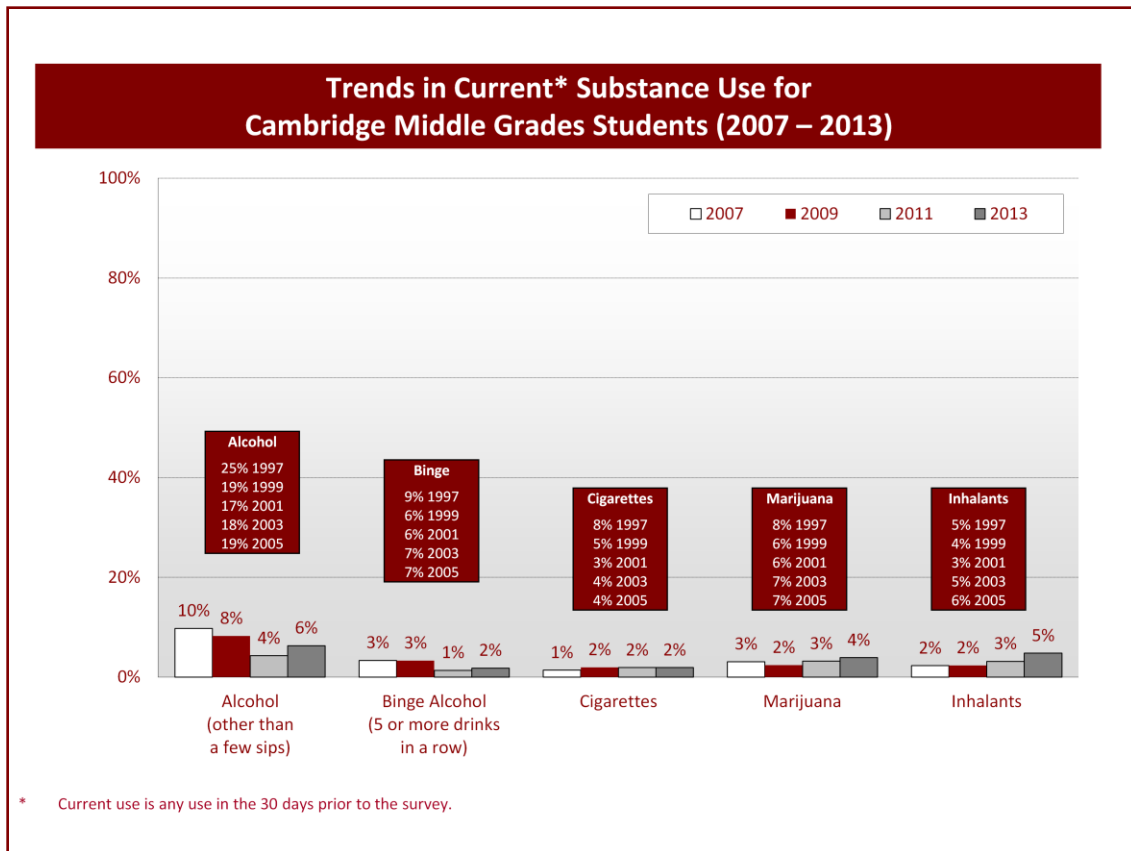
SELECTED POINTS

- 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 3% in 6th grade to 11% in 8th grade.
- Comparisons:** Limited comparisons for 8th grade students can be made to national data from the Monitoring the Future Survey (NIDA). Cambridge 8th graders were equally likely as 8th graders in the national sample to report current use of alcohol (11% Cambridge vs. 11% national). Cambridge 8th graders reported similar levels of current cigarette use as 8th graders in the national sample (4% Cambridge vs. 5% national). Cambridge 8th graders were more likely to report current use of marijuana (9% Cambridge vs. 7% national) and current use of inhalants (8% Cambridge vs. 3% national). Cambridge 8th graders were less likely than 8th graders in the national sample to report current use of other illegal drugs (0.7% Cambridge vs. 3% national).
- Across almost all substances, the largest differences in reports of current use were between 7th graders and 8th graders. For example, 2% of 7th graders reported current use of marijuana compared to 9% of 8th graders.



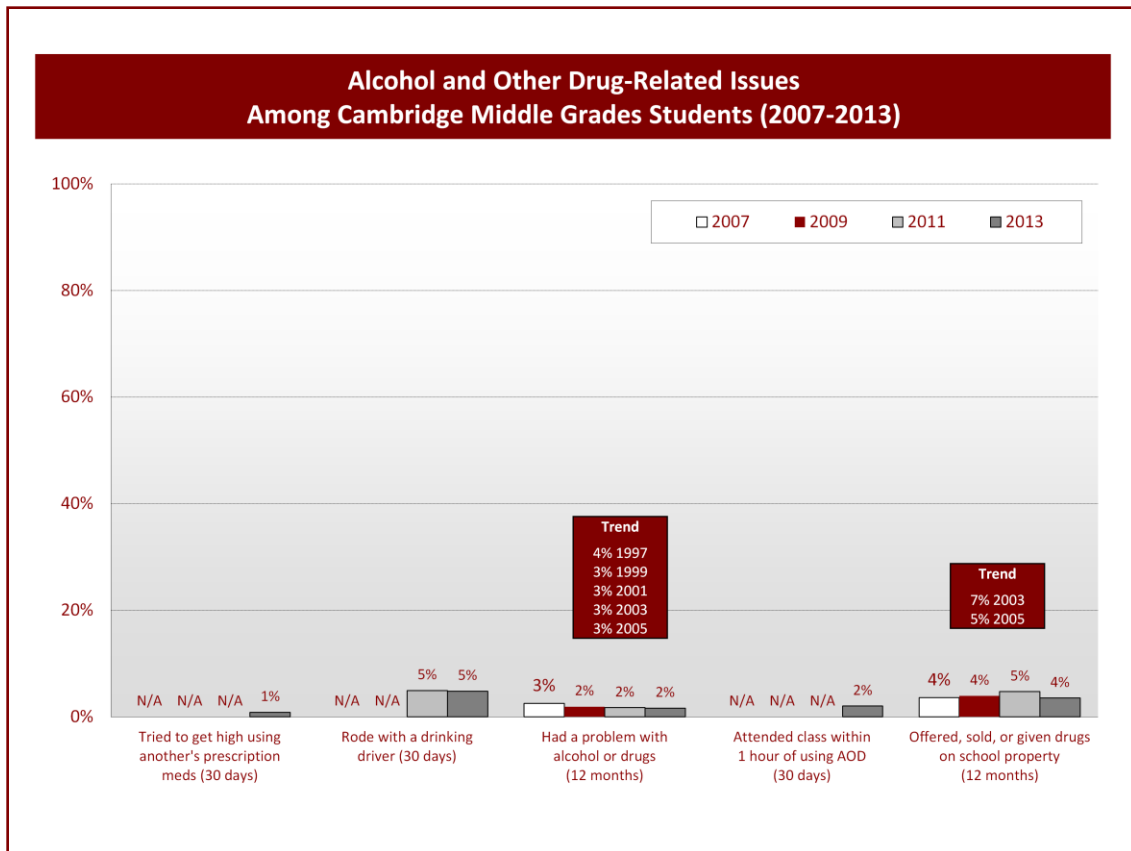
SELECTED POINTS

- Cambridge middle grades males and females reported similar levels of binge drinking and cigarette use.
- Males were more likely than females to report current use of alcohol (7% males vs. 5% females), marijuana (6% males vs. 2% females), inhalants (5% males vs. 4% females), Oxycontin (1.4% males vs. 0.0% females), and other illegal drugs (1.0% males vs. 0.2% females).



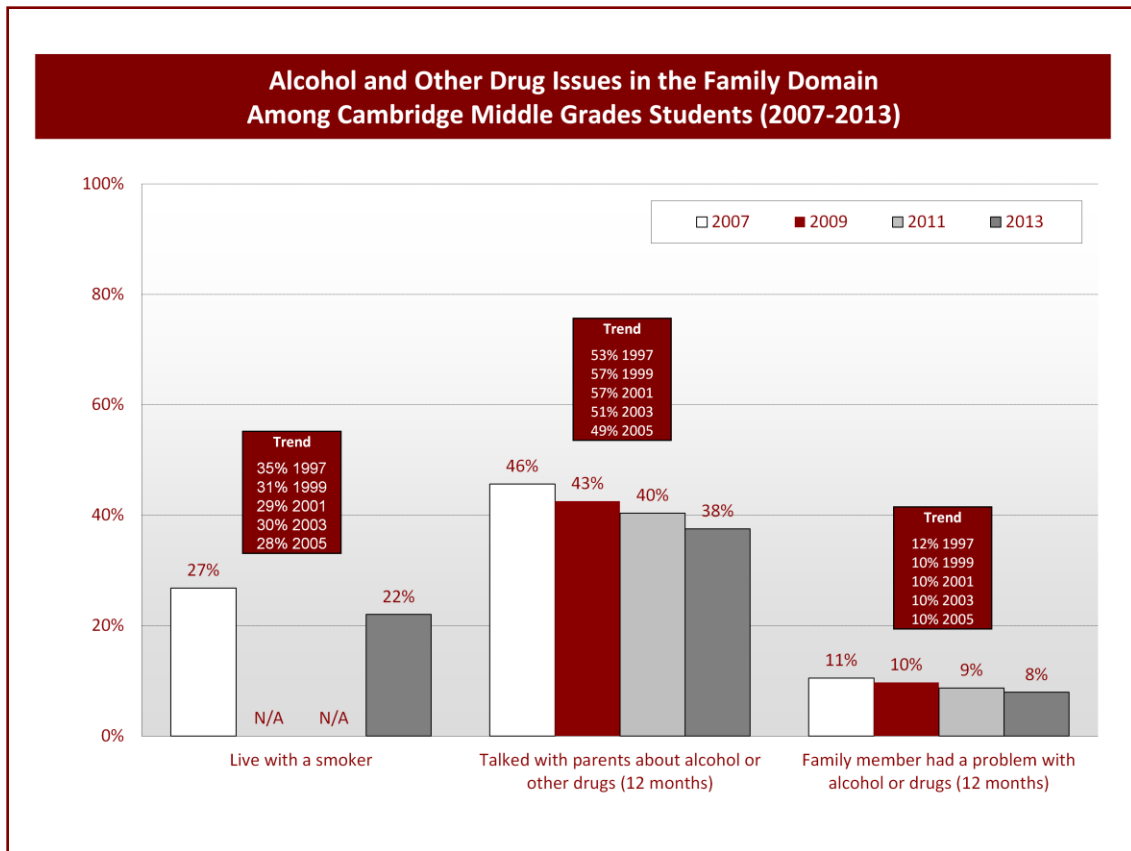
SELECTED POINTS

- The short-term trend for current substance use in Cambridge has shown little change between 2007 and 2013. Current use of cigarettes, marijuana, and binge alcohol use have been stable over this time period. Current use of alcohol and current use of inhalants have shown more fluctuation during this time period.
- Current **alcohol** use was highest during 1997 (25%) and lowest during 2011 (4%). The 2013 level of current alcohol use was 6%.
- **Binge alcohol** use was highest during 1997 (9%) and lowest during 2011 (1%). The 2013 level of binge alcohol use was 2%.
- Current **cigarette** use was highest during 1997 (8%) and lowest during 2007 (1%). The 2013 level of current cigarette use was 2%.
- Current **marijuana** use was highest during 1997 (8%) and lowest during 2009 (2%). The 2013 level of current marijuana use was 4%.
- Current use of **inhalants** was highest during 2005 (6%) and lowest between 2007 and 2009 (2%). The 2013 level of current inhalant use was 5%.



SELECTED POINTS

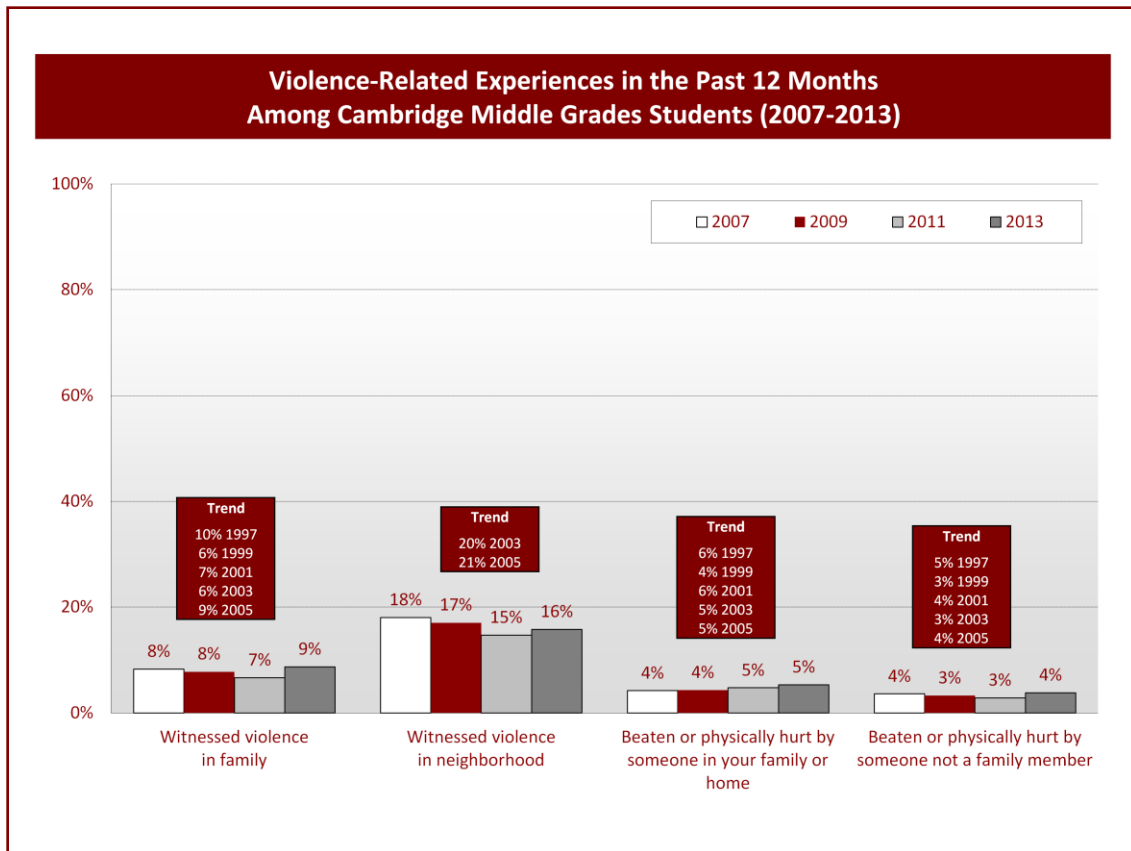
- One percent (0.8%) of Cambridge middle grades students reported in 2013 that they had tried to get high using another's prescription medications in the past 30 days, 5% rode with a driver in the past 30 days who had been drinking, 2% had a problem with alcohol or drugs in the past 12 months, 2% attended class during the past 30 days within 1 hour of using alcohol, pot, or other drugs, and 4% were offered, sold, or given drugs in the past 12 months while on school property.
- **Trends:** The percentage of students who report that they had a problem during the past 12 months with alcohol or drugs and the percentage who were offered, sold, or given drugs during the past 12 months on school property have both declined over time.
- **Gender:** There were no differences by gender in reports of experiencing any of these alcohol and other drug-related issues.
- **Grade:** The occurrence of each of these alcohol and other drug-related issues increased with the age/grade of the respondent. This was particularly true for reports of having ridden with a driver in the past 30 days who had been drinking, which was 3% among 6th graders and 6% among 8th graders.



SELECTED POINTS

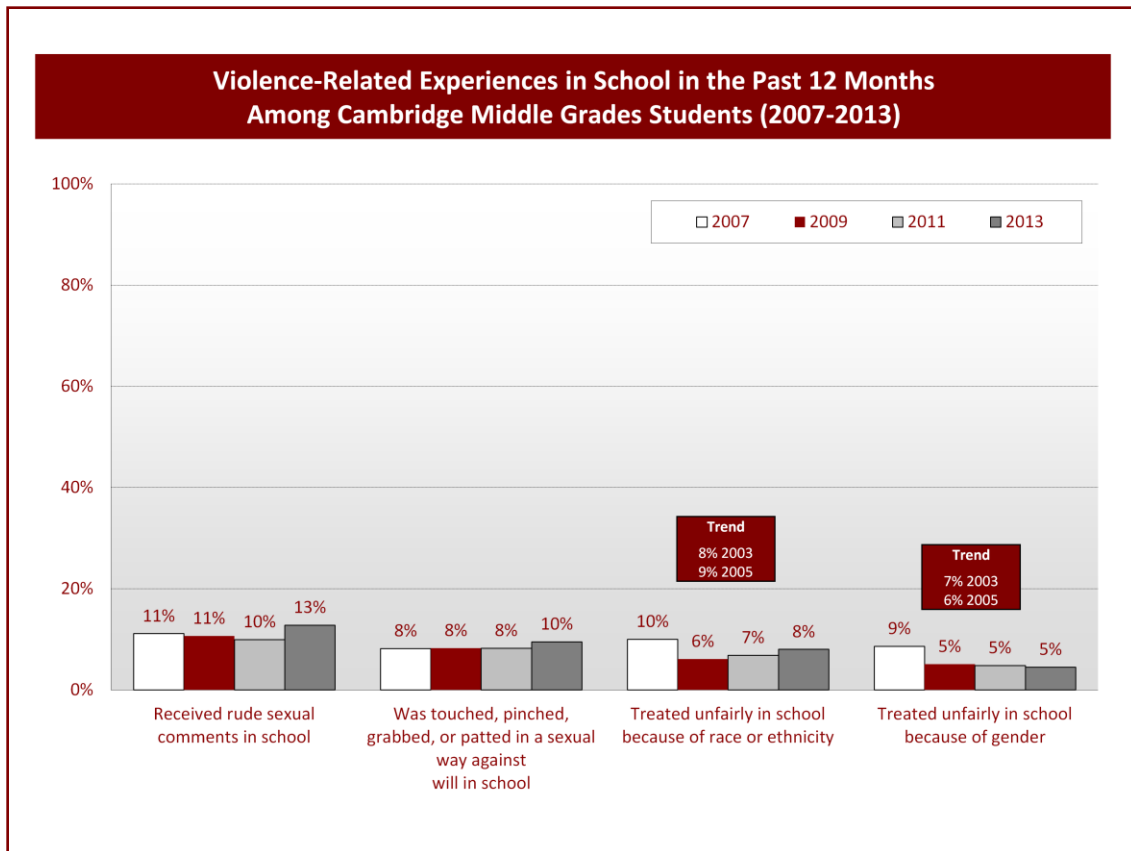
- Twenty-two percent (22%) of Cambridge middle grades students reported in 2013 that they live with a smoker, 38% talked with their parents during the past 12 months about alcohol or other drugs, and 8% had a family member who had a problem with alcohol or other drugs during the past 12 months.
- **Trends:** There has been a steady decline since 1997 in the percentage of students who report that they live with a smoker and the percentage who report that they had a family member who had a problem with alcohol or other drugs during the past 12 months. Reports of talking with parents during the past 12 months about alcohol or other drugs has been decreasing since 2001.
- **Gender:** Males were more likely than females to report that they live with a smoker (24% males vs. 20% females). Females were more likely than males to report that they talked with parents during the past 12 months about alcohol or other drugs (39% females vs. 36% males) and having had a family member who had a problem during the past 12 months with alcohol or drugs (11% females vs. 5% males).
- **Grade:** The occurrence of each of these family-related alcohol and other drug issues increased with the age/grade of the respondent. For example, reports of having talked with parents during the past 12 months about alcohol or other drugs increased from 28% in 6th grade to 39% in 7th grade to 46% in 8th grade.

Violence and Safety



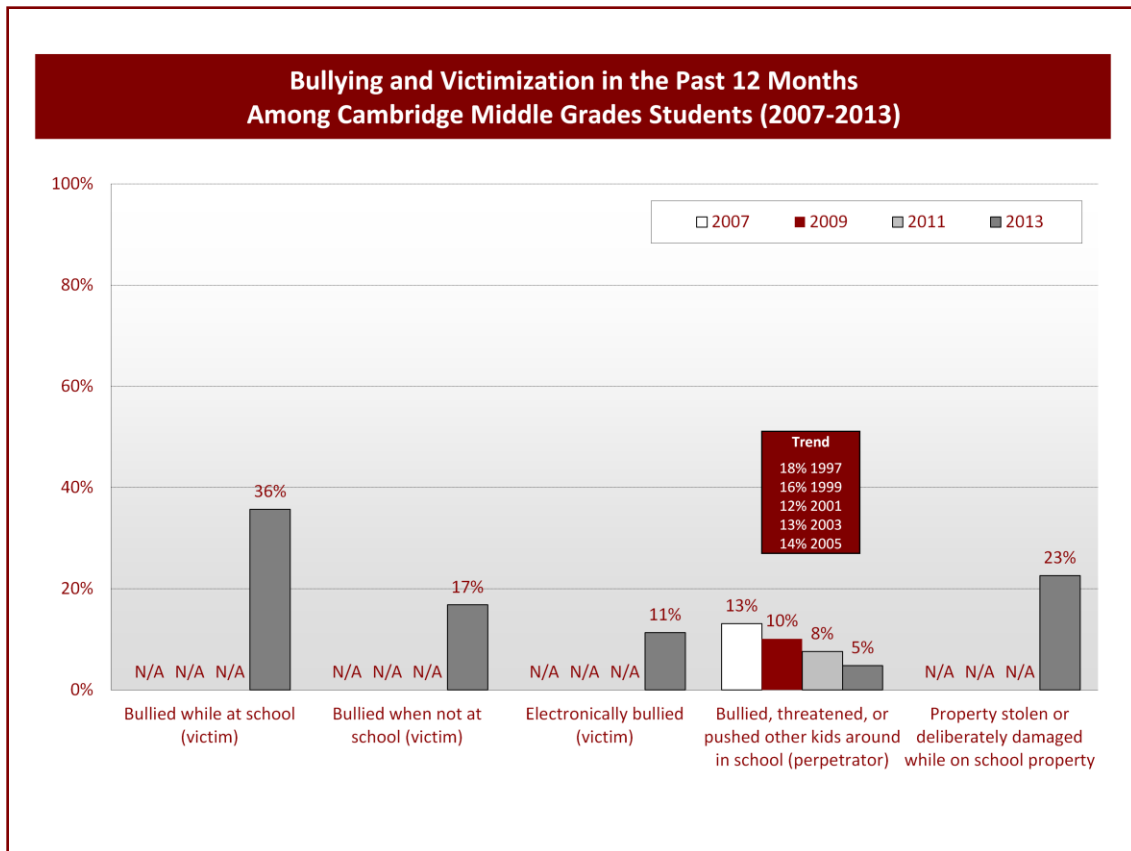
SELECTED POINTS

- These data illustrate violence-related experiences that respondents reported happened to them at least once in the 12 months prior to the survey.
- Nine percent (9%) of Cambridge middle grades students reported in 2013 that they witnessed violence in their family, 16% witnessed violence in their neighborhood, 5% were beaten or physically hurt by someone in their family or home, and 4% were beaten or physically hurt by someone not a family member.
- **Trends:** Trend data reveal similar reports between 1997 and 2013 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 15% in 2011.
- **Gender:** In 2013, Cambridge males (18%) were more likely than females (13%) to report witnessing violence in their neighborhood and were more likely to report having been beaten or physically hurt by someone not a family member (males: 6%, females: 2%). The other items were more similar across gender.
- **Grade:** The only item that varied by age/grade was witnessing violence in the neighborhood (6th: 12%, 7th: 18%, 8th: 17%).



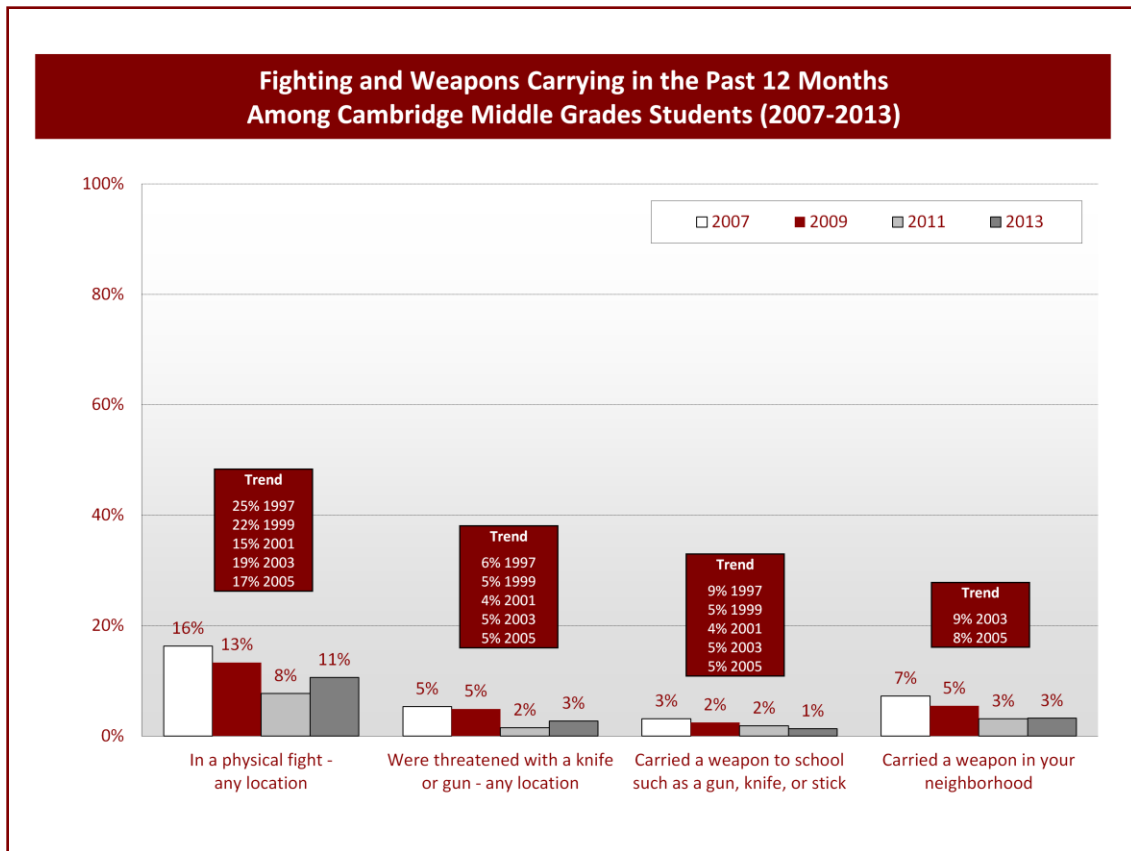
SELECTED POINTS

- 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.
- Thirteen percent (13%) of Cambridge middle grades students reported in 2013 that they received rude sexual comments in school, 10% were touched, pinched, grabbed, or patted in a sexual way against their will in school, 8% feel they were treated unfairly in school because of their race or ethnicity, and 5% feel they were treated unfairly in school because of their gender.
- **Trends:** Over time, there has been a decrease in the percentage of students who feel that they were treated unfairly in school because of their gender – from a high of 9% in 2007 to a low of 5% between 2009 and 2013. The other items have been relatively stable.
- **Gender:** In 2013, Cambridge females were more likely than males to report that they received rude sexual comments in school (16% females vs. 10% males); were touched, pinched, grabbed, or patted in a sexual way against their will in school (13% females vs. 6% males); and were treated unfairly in school because of their gender (7% females vs. 2% males). Male students were slightly more likely than females to report that they were treated unfairly in school because of their race or ethnicity (9% males vs. 7% females).
- **Grade:** Reports of receiving rude sexual comments in school (8%, 14%, 17%) and being touched, pinched, grabbed, or patted in a sexual way against their will in school (4%, 11%, 13%) both increased with age/grade. Reports of being treated unfairly in school because of race/ethnicity (5%, 12%, 7%) or gender (3%, 6%, 4%) both peaked in 7th grade.



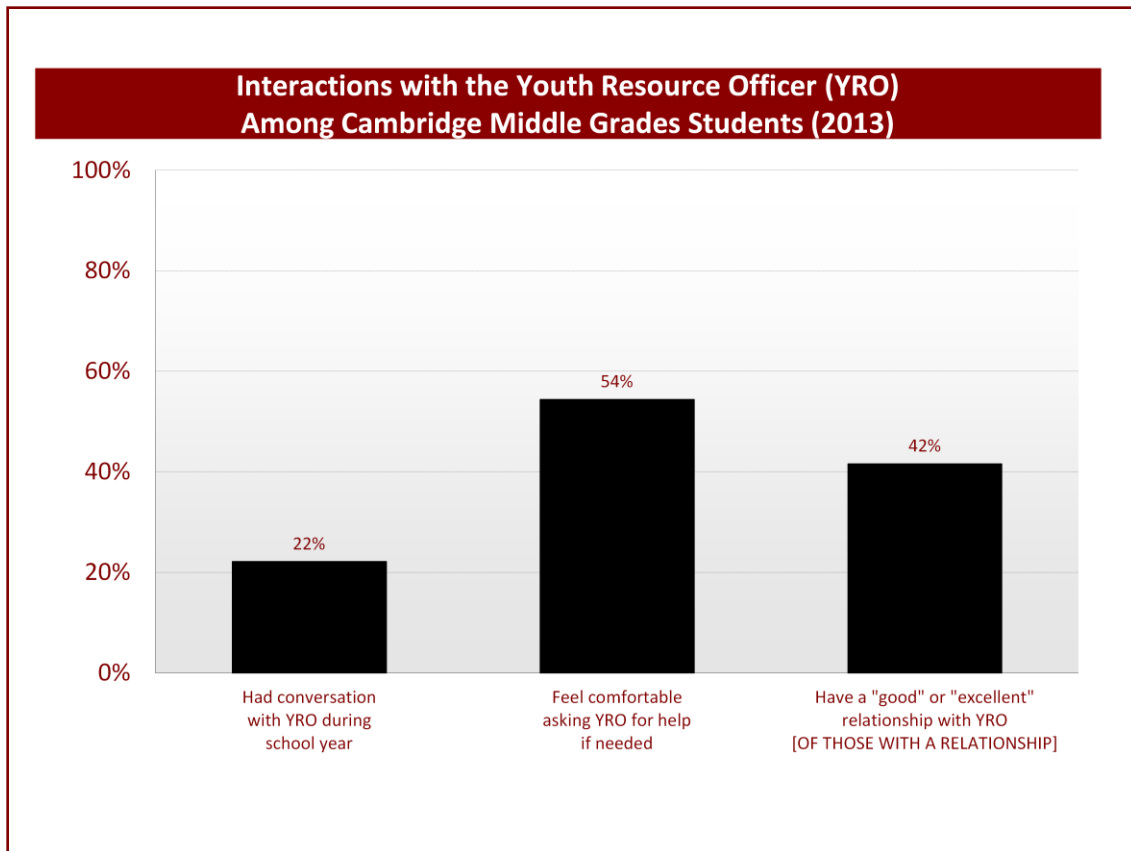
SELECTED POINTS

- These data illustrate bullying and victimization in the past 12 months among Cambridge middle grades students. *Bullying* was defined in the survey as, “being repeatedly teased, called names, threatened, hit, kicked, or excluded by another student or group of students.” *Electronic Bullying* was defined as, “being bullied through e-mail, instant messaging, social networking sites such as Facebook, Twitter, or Myspace, or texting.”
- Thirty-six percent (36%) of Cambridge middle grades students reported in 2013 that they were bullied while at school, 17% were bullied when not at school, 11% were electronically bullied (cyber bullied), 5% bullied, threatened, or pushed *other* kids around in school, and 23% had their property stolen or damaged while on school property. Students were two times as likely to report being bullied at school (36%) versus outside of school (17%).
- **Trends:** There has been a decrease from 18% in 1997 to 5% in 2013 in reports of students bullying, threatening, or pushing *other* kids around in school.
- **Gender:** Females were more likely than males to report that they were victims of bullying in school (40% females vs. 32% males), outside of school (19% vs. 15%), and victims of cyber bullying (16% vs. 7%). Males were more likely to report bullying *others* (6% males vs. 3% females) and having had their property stolen or damaged while on school property (24% males vs. 21% females).
- **Grade:** The only item that showed a clear association with age/grade was being a victim of cyber bullying (6th: 7%, 7th: 12%, 8th: 15%).



SELECTED POINTS

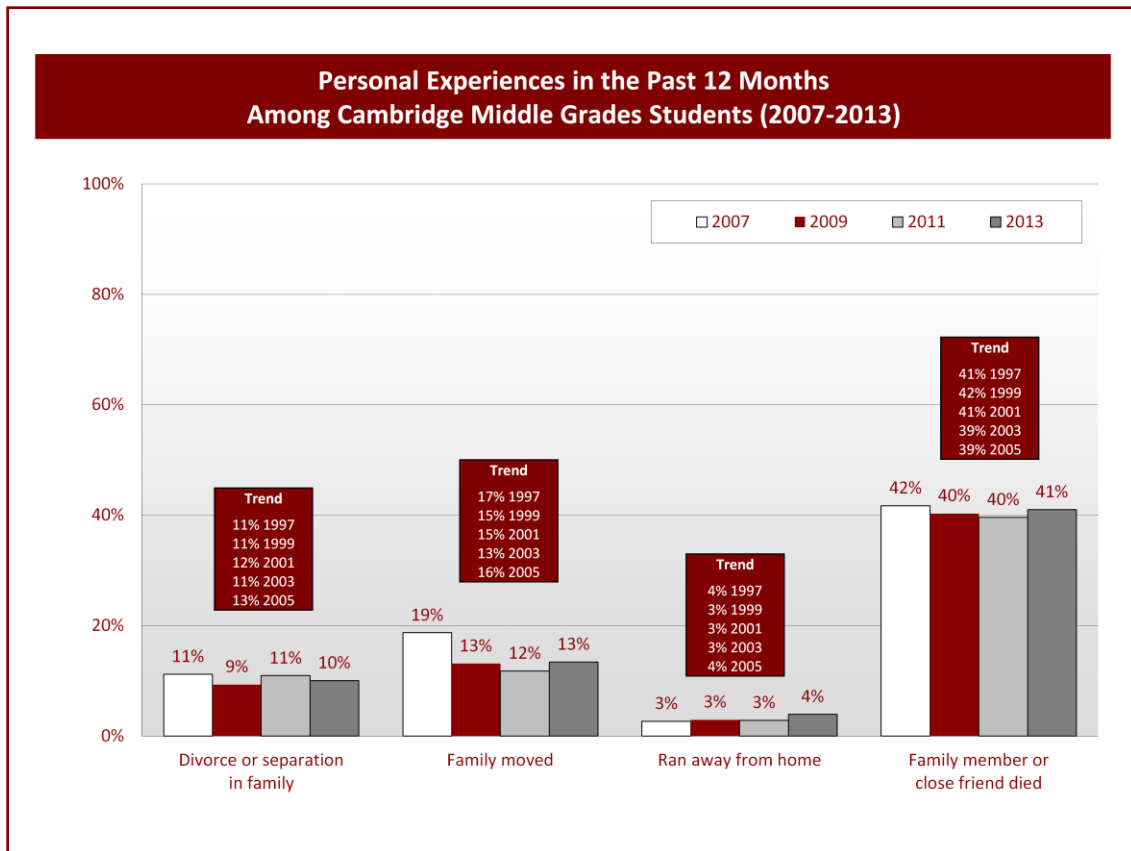
- These data illustrate fighting and weapon carrying in the past 12 months among Cambridge middle grades students.
- Eleven percent (11%) of Cambridge middle grades students reported in 2013 that they were in a physical fight (any location) during the past 12 months, 3% were threatened with a knife or gun (any location), 1% carried a weapon to school, and 3% carried a weapon in their neighborhood.
- **Trends:** There has been a decrease in all of these items between 1997 and 2013. There was a slight increase in reports of physical fighting between 2011 and 2013 (8% to 11%).
- **Gender:** In 2013, Cambridge males were more likely than females to report all of these behaviors. For example, 17% of males reported physical fighting in the past 12 months compared to 4% of females.
- **Grade:** In general, the occurrence of each of these behaviors tended to increase with age/grade. For example, reports of carrying a weapon in their neighborhood increased from 1% in 6th grade to 6% in 8th grade.



SELECTED POINTS

- Three items that were added to the survey in 2013 asked about interactions with the school Youth Resource (Police) Officer on campus.
- Twenty-two percent (22%) of Cambridge middle grades students in 2013 reported that they had at least one conversation with the YRO during the school year, 54% reported that they feel comfortable asking the YRO for help if they have a problem, feel unsafe, or were the victim of a crime at school, and 42% of those who report that they have a relationship with the YRO characterized it as being either “good” or “excellent” on a 4-point scale [Poor, Fair, Good, Excellent].
- **Gender:** In 2013, Cambridge males were more likely than females to report feeling comfortable asking the YRO for help (59% males vs. 50% females) and to report having a “good” or “excellent” relationship with the YRO (46% males vs. 35% females) – among those who had a relationship with the YRO.
- **Grade:** There were no consistent patterns to these three items based on the age/grade of the respondent.

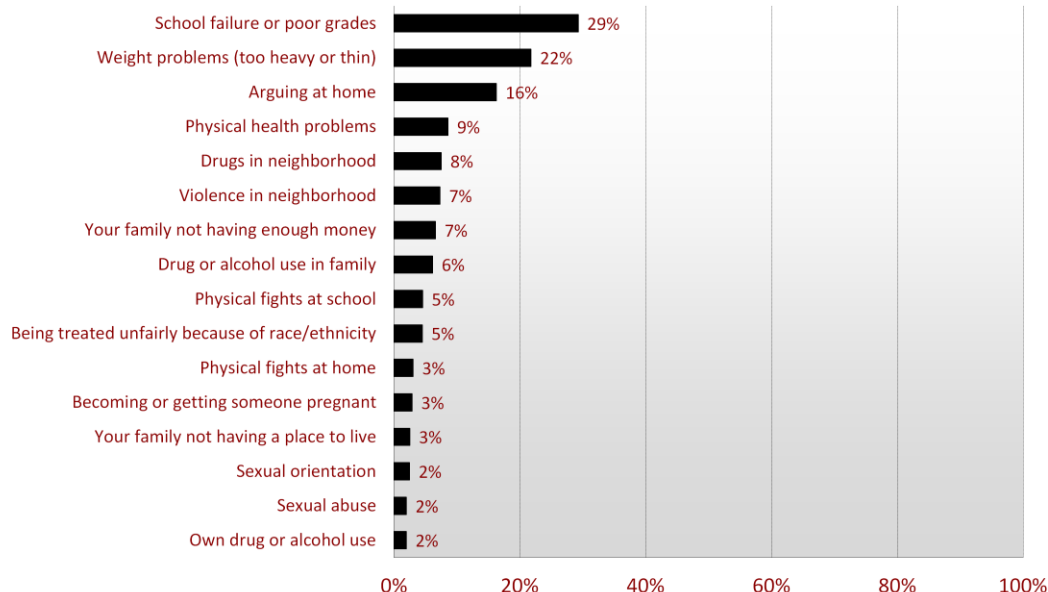
Mental Health



SELECTED POINTS

- These data illustrate personal experiences that Cambridge middle grades reported happened to them in the past 12 months.
- Ten percent (10%) of Cambridge students in 2013 reported a divorce or separation in their family during the past 12 months, 13% reported that their family moved, 4% ran away from home, and 41% had a family member or close friend die.
- **Trends:** Trend data reveal little change in any of these items between 1997 and 2013.
- **Gender:** Females were more likely than males to report that they had a family member or close friend die in the past 12 months (45% females vs. 37% males).
- **Grade:** There were no consistent effects by age/grade for any of these items with the exception of reports of running away from home, which increased slightly with age/grade (3%, 3%, 5%).

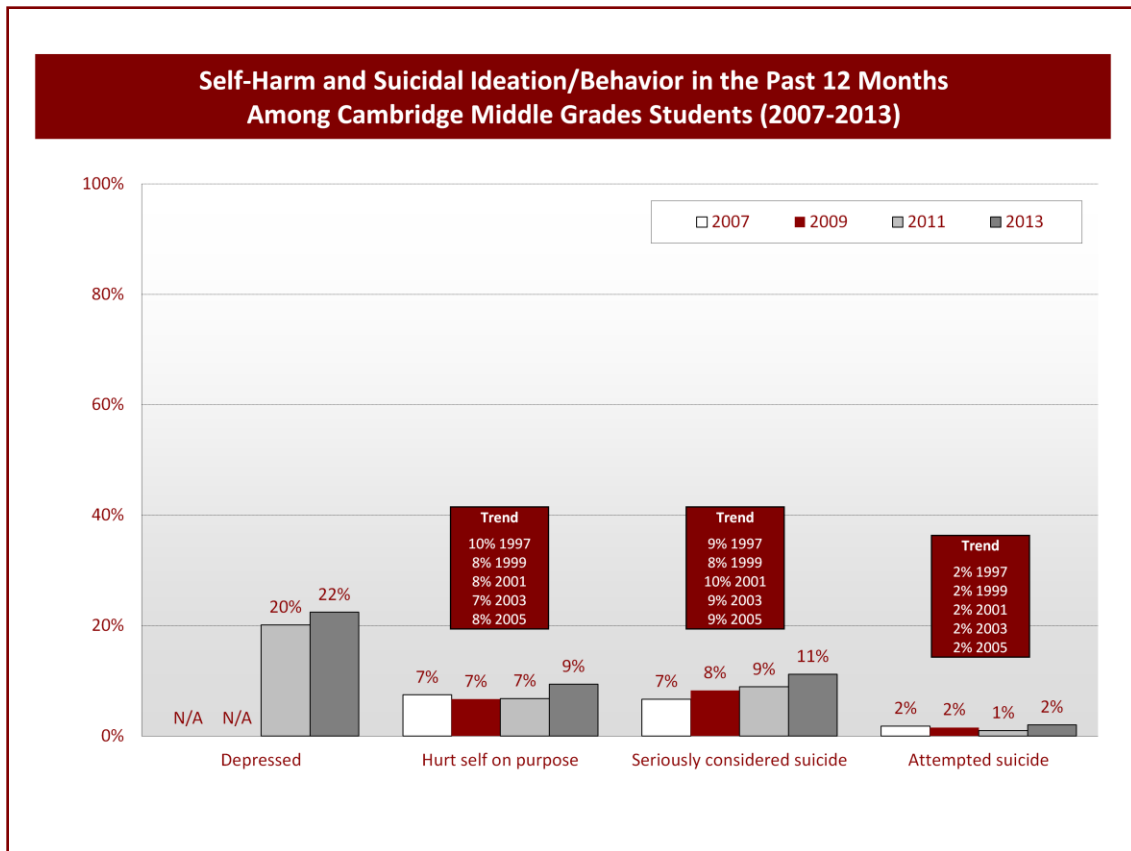
Percent of Cambridge Middle Grades Students Who Reported Worrying* “Fairly Often” or “Most of the Time” About Various Issues in the Past 12 Months (2013)



* Based on a four-point scale: *Never, Once in a While, Fairly Often, Most of the Time.*

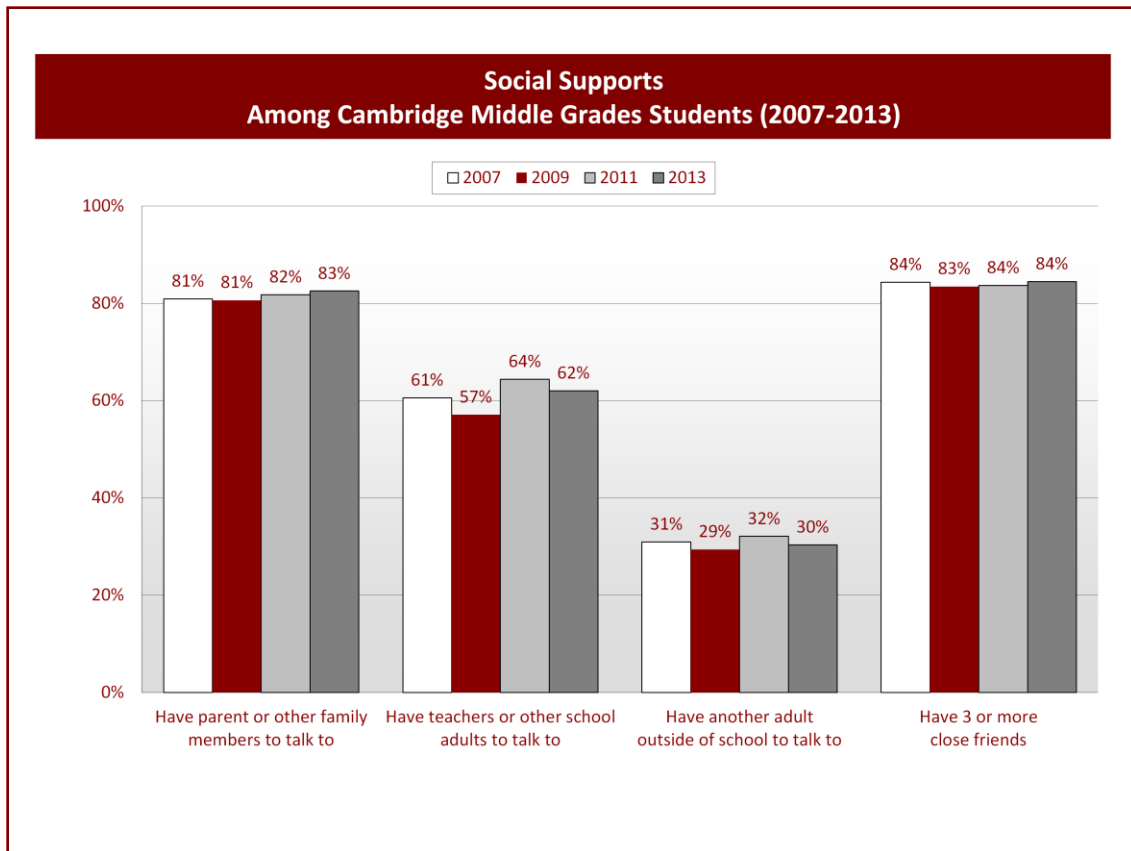
SELECTED POINTS

- Students were asked to report how much they worried about various issues in the past 12 months using a four-point scale: *Never, Once in a While, Fairly Often, Most of the Time*. The chart above shows the percentage of students who reported worrying about these issues “fairly often” or “most of the time” on the 2013 middle grades health survey.
- Cambridge middle grades students in 2013 reported worrying the most about school failure or poor grades (29%), weight problems (22%), and arguing at home (16%).
- Trends:** Overall, there has been little movement in these items since they were introduced in 2005. The only item that has shown substantive change has been worrying about school failure or poor grades, which was 20% in 2005 and 29% in 2013.
- Gender:** Female respondents in 2013 were more likely than males to report worrying about weight problems (30% females vs. 14% males), arguing at home (20% females vs. 13% males), physical health problems (12% females vs. 6% males), and their family not having enough money (9% females vs. 5% males).
- Grade:** Differences on the worrying items were both small and inconsistent across age/grade with the exception of worrying about weight problems, which increased with age/grade (6th: 16%, 7th: 22%, 8th: 27%).



SELECTED POINTS

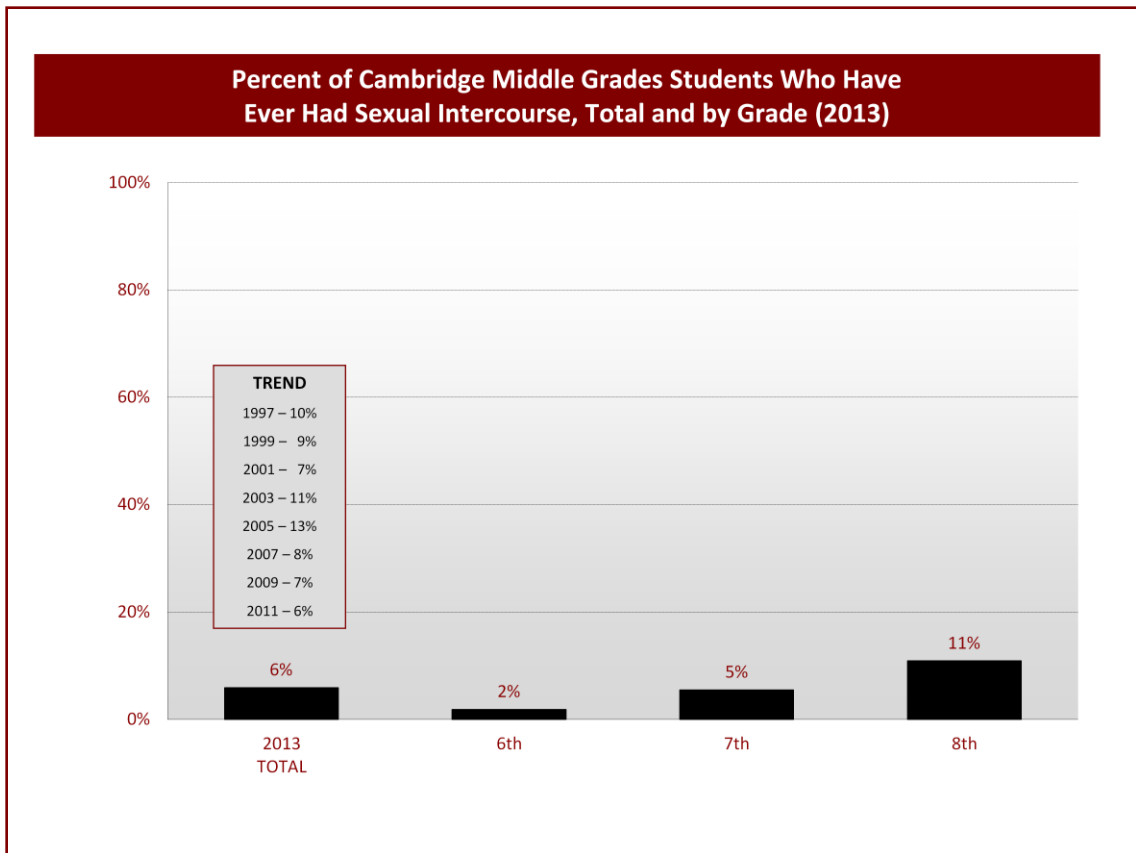
- Twenty-two percent (22%) of Cambridge middle grades students in 2013 reported that they were depressed in the past 12 months (defined as feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities), 9% reported hurting themselves on purpose, 11% seriously considered suicide, and 2% actually attempted suicide.
- **Trends:** There has been a small increase between 2007 (7%) and 2013 (11%) in the percentage of students who reported that they seriously considered suicide during the past 12 months.
- **Gender:** Cambridge middle grades female students were more likely than their male counterparts to have reported each of these issues in 2013: *depression* (29% females, 16% males), *hurting themselves on purpose* (14% females, 5% males), *seriously considered suicide* (15%, 8%), *attempted suicide* (2.4%, 1.8%).
- **Grade:** Each of these items tended to increase with age/grade in 2013: *depression* (15%, 22%, 30%), *hurting themselves on purpose* (7%, 10%, 12%), *seriously considered suicide* (6%, 11%, 17%), *attempted suicide* (0.9%, 0.9%, 4.5%).



SELECTED POINTS

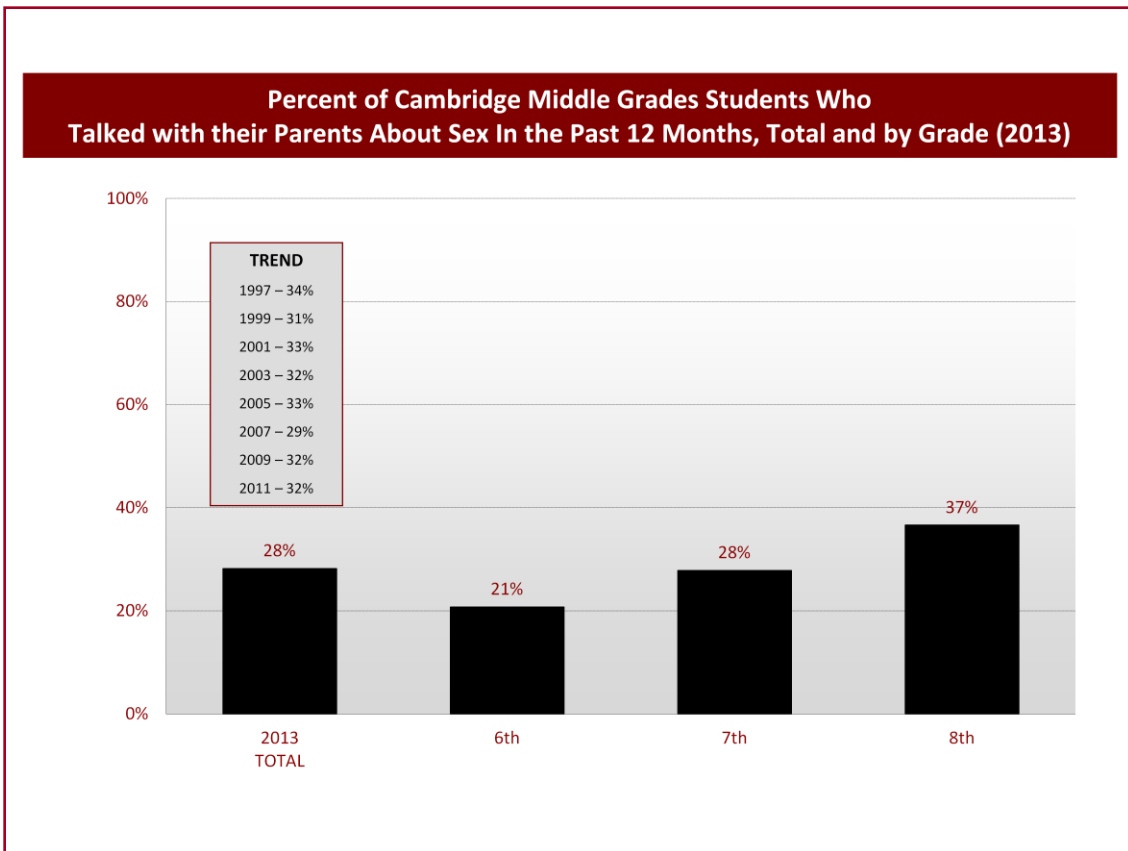
- In 2013, a total of 83% of Cambridge middle grades students reported that they had a parent or other family member to talk to about important issues, 62% had a teacher or other school adult to talk to about a problem, 30% had another adult outside of school to talk to about important issues, and 84% reported that they had three or more close friends.
- **Trends:** There has been little change in these items over time: *have parent or other family members to talk to* (2003: 82%, 2005: 78%, 2007: 81%, 2009: 81%, 2011: 82%, 2013: 83%), *have teachers or other school adults to talk to* (2003: 61%, 2005: 59%, 2007: 61%, 2009: 57%, 2011: 64%, 2013: 62%), *have another adult outside of school to talk to* (2003: 31%, 2005: 33%, 2007: 31%, 2009: 29%, 2011: 32%, 2013: 30%), *have 3 or more close friends* (1997: 84%, 1999: 82%, 2001: 83%, 2003: 86%, 2005: 84%, 2007: 84%, 2009: 83%, 2011: 84%, 2013: 84%).
- **Gender:** In 2013, female students were more likely than males to report having another adult outside of school to talk to (females: 34% vs. males: 27%). The other items did not vary by gender.
- **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 (85%, 83%, 79%) and have three or more close friends (88%, 84%, 82%). 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 (26%, 31%, 34%).

Sexual Behavior



SELECTED POINTS

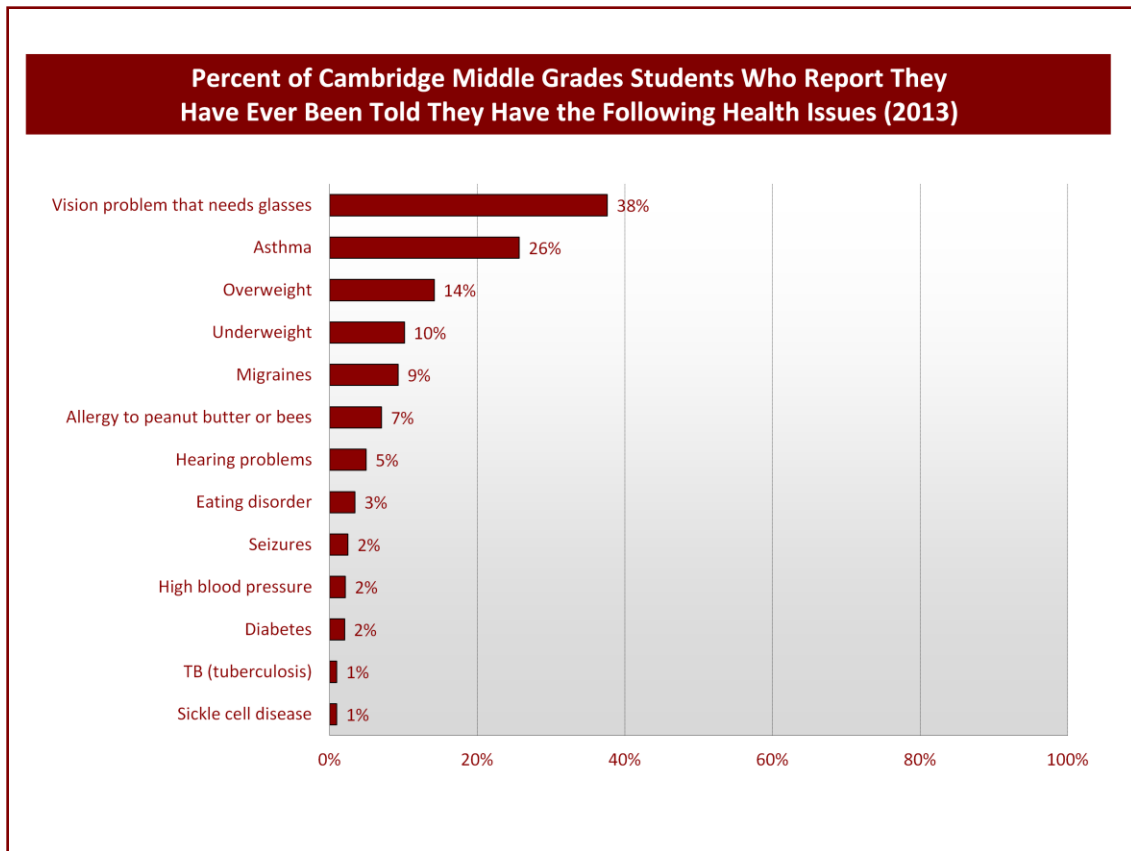
- Six percent (6%) of all Cambridge middle grades students reported ever having sexual intercourse in 2013: 2% of 6th graders, 5% of 7th graders, and 11% of 8th graders.
- **Trends:** The percentage of Cambridge middle grades students who reported ever having sexual intercourse decreased from 1997 to 2001, increased from 2001 to 2005, and fell between 2005 and 2013. The 2011 and 2013 data (6%) constitute the lowest percentages on record.
- **Gender:** In 2013, a larger percentage of Cambridge middle grades males (9%) than females (3%) reported ever having sexual intercourse.
- **Grade:** The percentage of 2013 Cambridge students who reported ever having sexual intercourse increased with age/grade (2% in 6th grade to 11% in 8th grade).



SELECTED POINTS

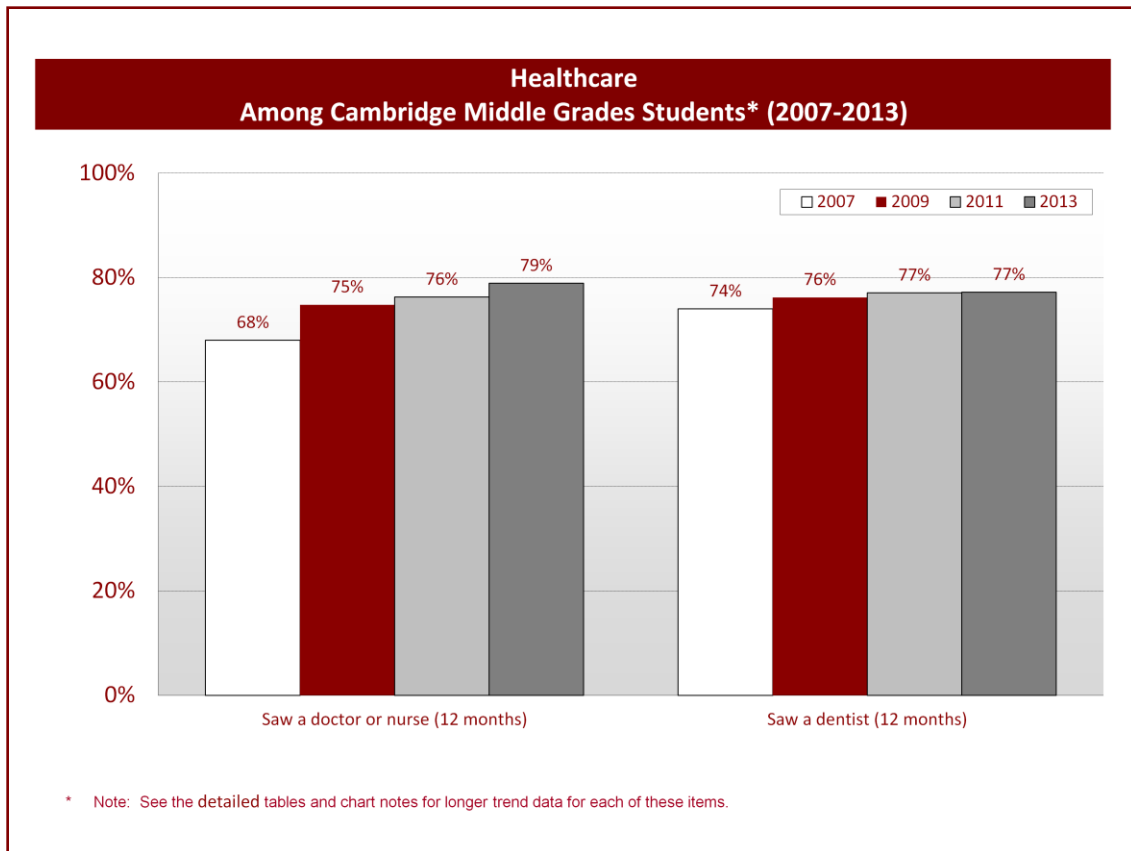
- Twenty-eight percent (28%) of all Cambridge middle grades students in 2013 reported that they talked with their parents about sex during the 12 months prior to the survey.
- **Trends:** The long-term trend in the percent of Cambridge middle grades students who report talking with their parents about sex during the past 12 months was fairly consistent from 1997 to 2011. The figure in 2013 is slightly below the long-term average.
- **Gender:** In 2013, female and male middle grades students were equally likely to report having talked with their parents about sex (28% females vs. 29% males).
- **Grade:** The percentage of Cambridge middle grades students in 2013 who reported that they talked with their parents about sex during the 12 months prior to the survey increased from 21% in 6th grade to 37% in 8th grade.

Health and Healthcare



SELECTED POINTS

- Thirty-eight percent (38%) of Cambridge middle grades students in 2013 report that they have ever been told by a doctor, nurse, or their parent that they have a vision problem that requires glasses, 26% ever had asthma, 14% have ever been told they were overweight, 10% have been told they were underweight, 9% ever had migraine headaches, and 7% ever had an allergy to peanut butter or bees. None of the other health issues was identified by more than 5% of students.
- **Trends:** Complete trend data appear in the appendix at the end of this summary. There were no large differences on any of these items between 1997 and 2013.
- **Gender:** Female respondents were more likely than males to report ever being told that they have vision problems (females: 41%, males: 35%), are underweight (12% vs. 9%), and have migraine headaches (11% vs. 8%).
- **Grade:** There were no consistent differences by age/grade for any of these issues.

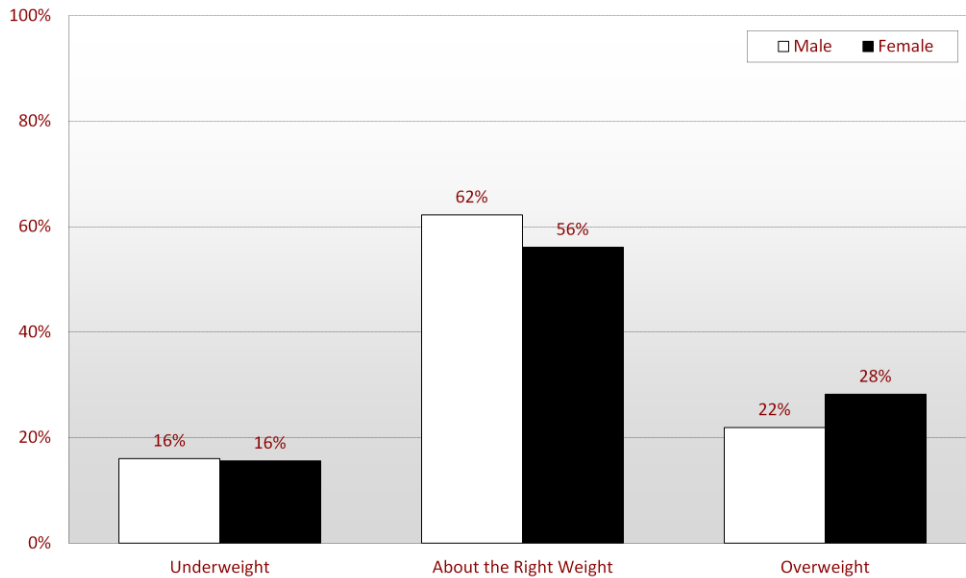


SELECTED POINTS

- Seventy-nine percent (79%) of Cambridge middle grades students reported in 2013 that they saw a doctor or nurse for a physical exam or check-up in the last 12 months and 77% saw a dentist.
- Trends:** Reports of seeing a doctor or nurse for a physical exam or check-up in the last 12 months have increased steadily from a low of 62% in 2001 to a high of 79% in 2013. Similarly, reports of seeing a dentist in the last 12 months have increased steadily from a low of 69% in 2001 to a high of 77% in 2013.
- Gender:** Females were more likely than males to report that they saw a doctor or nurse for a physical exam or check-up in the past 12 months (83% females, 75% males).
- Grade:** Reports of seeing a doctor or nurse (73%, 81%, 83%) and seeing a dentist (73%, 77%, 82%) both increased with age/grade.

Weight Perception and Control

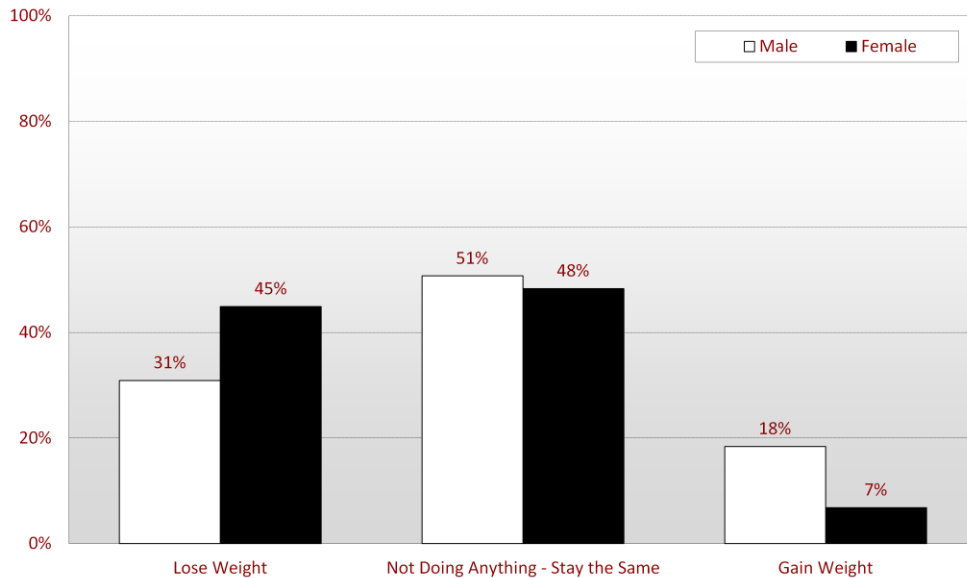
Perception of Body Weight by Cambridge Middle Grades Students, by Gender (2013)



SELECTED POINTS

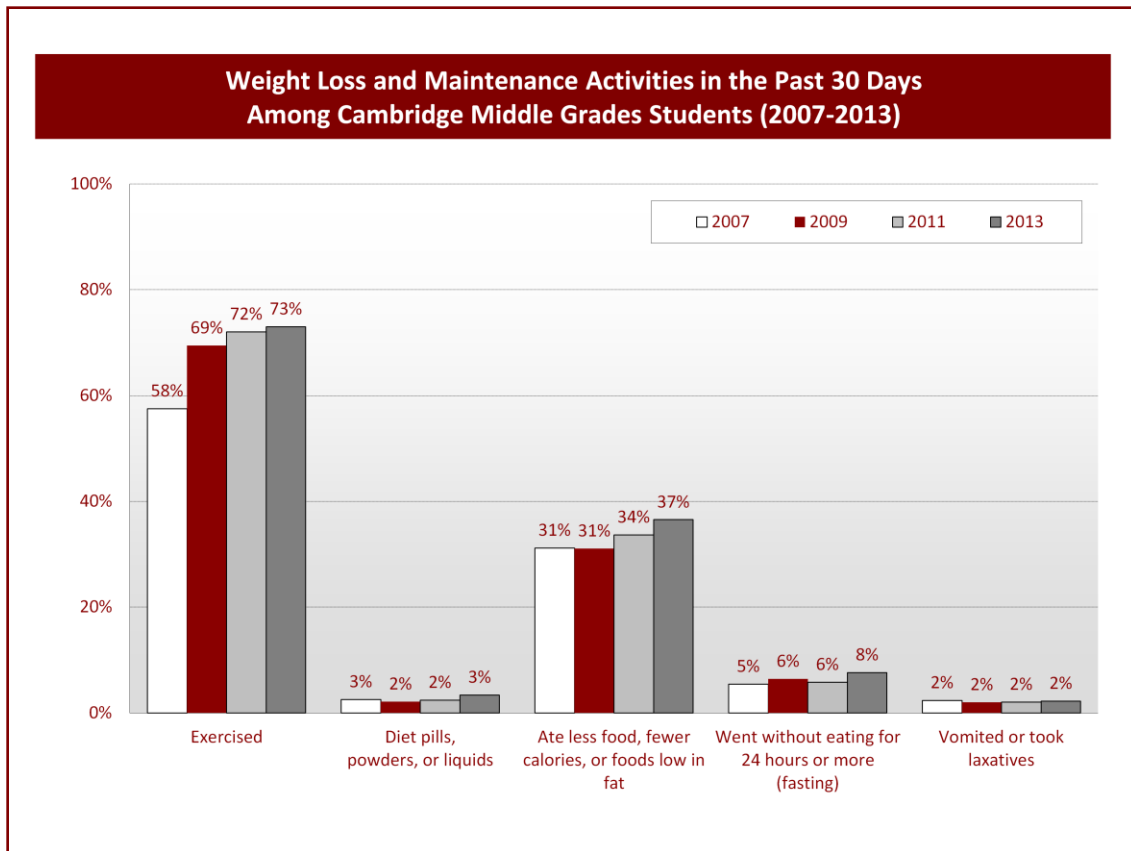
- Females were less likely than males during 2013 to reported that they were about the right weight (56% females, 62% males) and more likely than males to report that they were overweight (28% females, 22% males). Females and males were equally likely to report that they were underweight (16% females, 16% males).
- **Trends:** There has been very little change over time in perceptions of weight.
- **Grade:** There was no consistent pattern by age/grade for this item.

Percent of Cambridge Middle Grades Students Reporting Attempts to Change Their Weight, by Gender (2011)



SELECTED POINTS

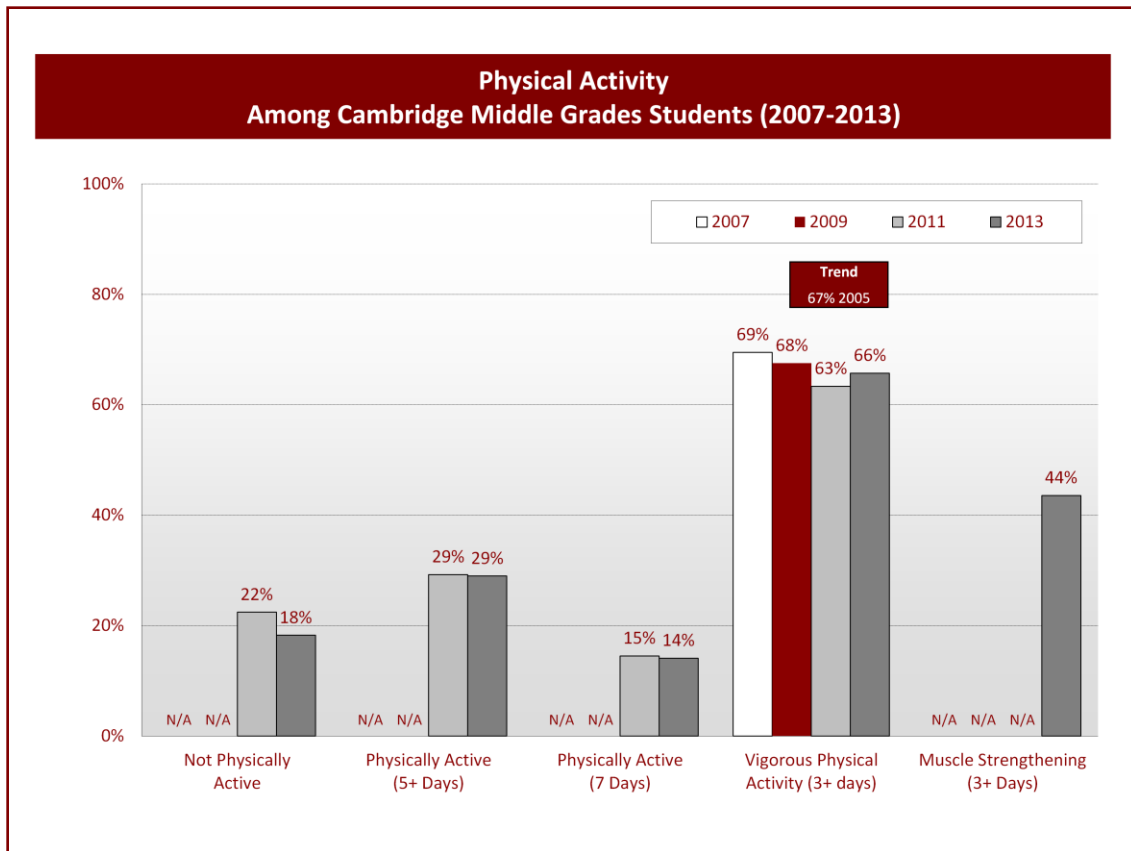
- In 2013, Cambridge middle grades females were much more likely than males to report that they were trying to *lose* weight (45% females, 31% males) and males were far more likely than females to report that they were trying to *gain* weight (18% males, 7% females).
- **Trends:** There has been very little change over time in reports of attempting to change weight.
- **Grade:** There was no consistent pattern by age/grade for this item.



SELECTED POINTS

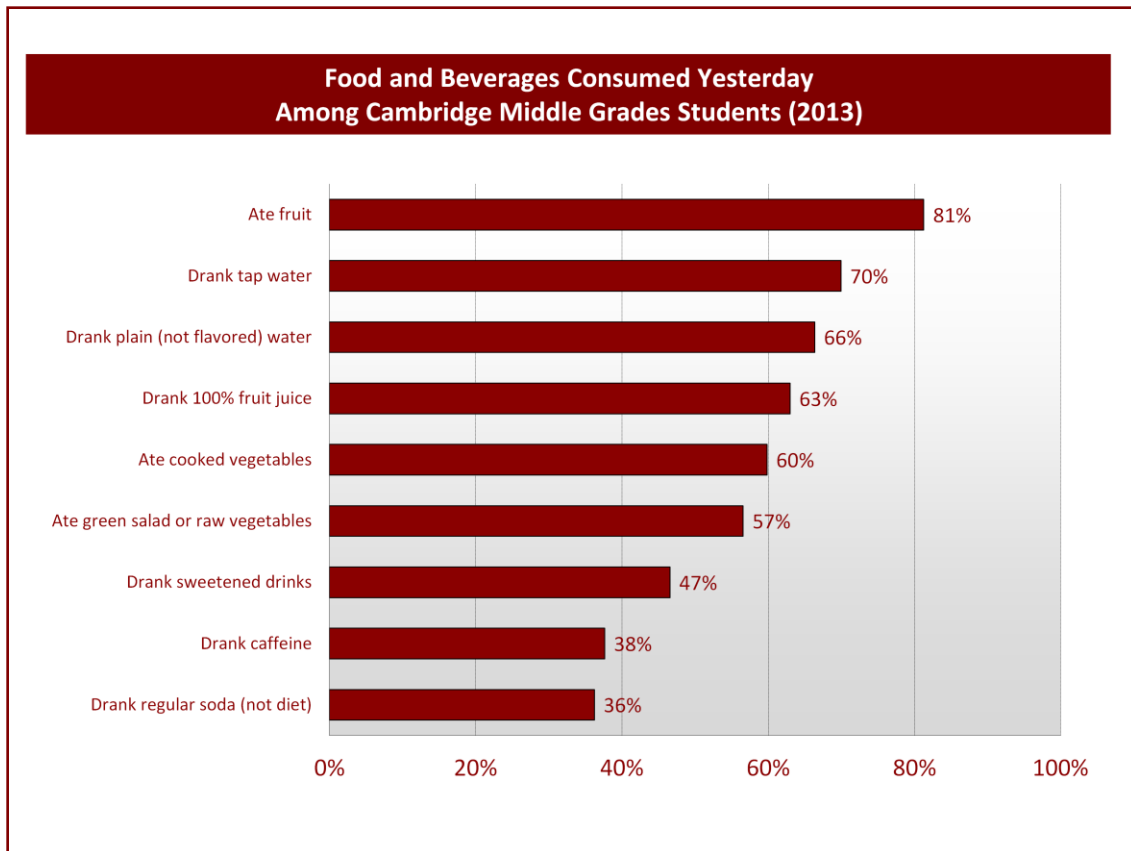
- Students were asked to indicate whether or not they engaged in five different methods to help them lose or maintain their weight.
- In 2013, the largest percentage of respondents reported that they either *exercised* (73%), or *ate less food, fewer calories, or foods low in fat* (37%) to lose/maintain weight.
- **Trends:** There have been gradual increases between 2007 and 2013 in reports of exercising, eating less food, fewer calories, or foods low in fat, and fasting to lose/maintain weight
- **Gender:** Males were more likely than females to report that they exercised to lose/maintain weight (77% males vs. 69% females). Females were more likely than males to report that they *ate less food, fewer calories, or foods low in fat* (44% females, 29% males) and *went without eating for 24 hours or more* (11% females, 4% males).
- **Grade:** In general, each of these weight loss and maintenance activities increased with age/grade.

Physical Activity and Nutrition



SELECTED POINTS

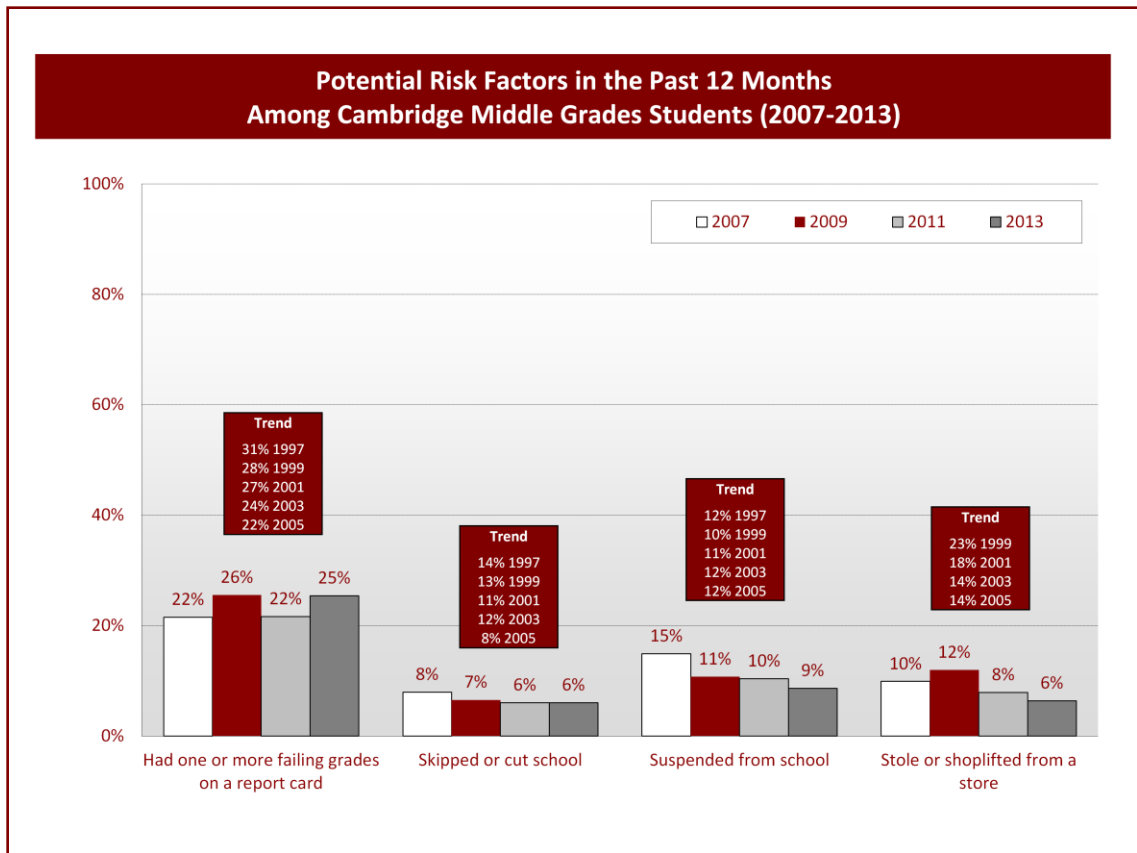
- *Physical activity* is defined as any kind of physical activity that increased your heart rate and made you breathe hard some of the time for at least 60 minutes per day. *Vigorous* physical activity is defined as exercising or participating in sports for at least 20 minutes that made you sweat and breathe hard. *Muscle strengthening* is defined as exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting.
- In 2013, eighteen percent (18%) of Cambridge middle grades students reported that they did not participate in physical activity for at least 60 minutes on any of the past 7 days, 29% participated in physical activity for 60 minutes per day on 5 or more of the past 7 days, and 14% participated in physical activity for at least 60 minutes per day on all 7 of the past 7 days. Sixty-six percent (66%) of students in 2013 engaged in vigorous physical activity on 3 or more of the past 7 days and 44% engaged in muscle strengthening on 3 or more of the past 7 days.
- **Trends:** Fewer students in 2013 reported not being physically active on any of the last 7 days than in 2011. More students in 2013 reported engaging in vigorous physical activity on 3 or more of the last 7 days than in 2011.
- **Gender:** In 2013, Cambridge males were more likely than females to report engaging in all forms of physical activity.
- **Grade:** There were no consistent differences or patterns among these items by age/grade.



SELECTED POINTS

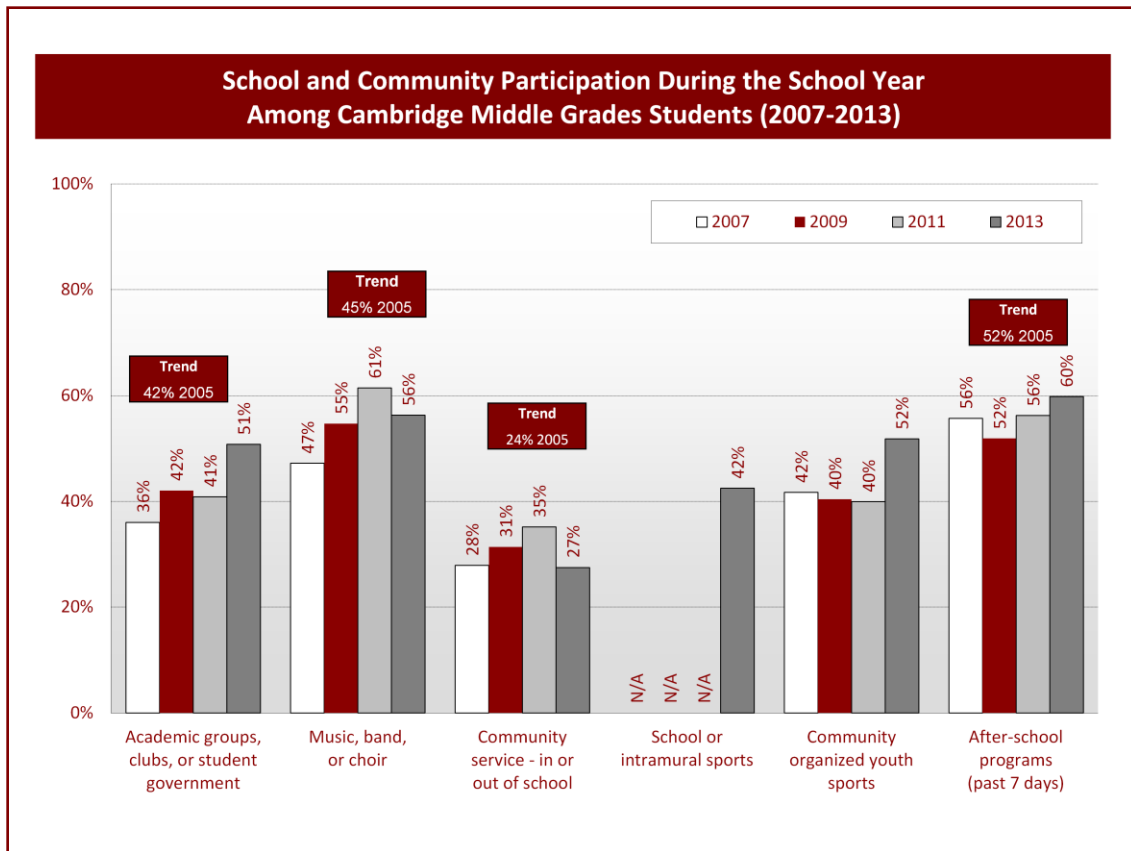
- Eighty-one percent (81%) of Cambridge middle grades students in 2013 reported that they ate fruit at least one time the day prior to the survey, 70% drank tap water, 66% drank plain (not flavored) bottled water, 63% drank 100% fruit juice, 60% ate cooked vegetables, 57% ate green salad or raw vegetables, 47% drank sweetened drinks like punch, Snapple, iced tea, sports drinks, flavored water with sugar, or energy drinks, 38% drank caffeine, and 36% drank regular (not diet) soda.
- **Trends:** Reports of drinking sweetened drinks was down from a high of 62% in 2003 to a low of 47% in 2013. Reports of eating cooked vegetables was up from a low of 48% in 2003 to a high of 60% in 2013. Reports of eating fruit yesterday have increased over time while reports of drinking 100% fruit juice have declined.
- **Gender:** Males were more likely than females to report that they drank soda yesterday (40% males vs. 32% females), drank caffeine (39% males vs. 36% females), drank sweetened drinks (53% males vs. 40% females), and drank 100% fruit juice yesterday (68% males vs. 58% females).
- **Grade:** There were no consistent differences based on age/grade for these items.

Risk and Resiliency



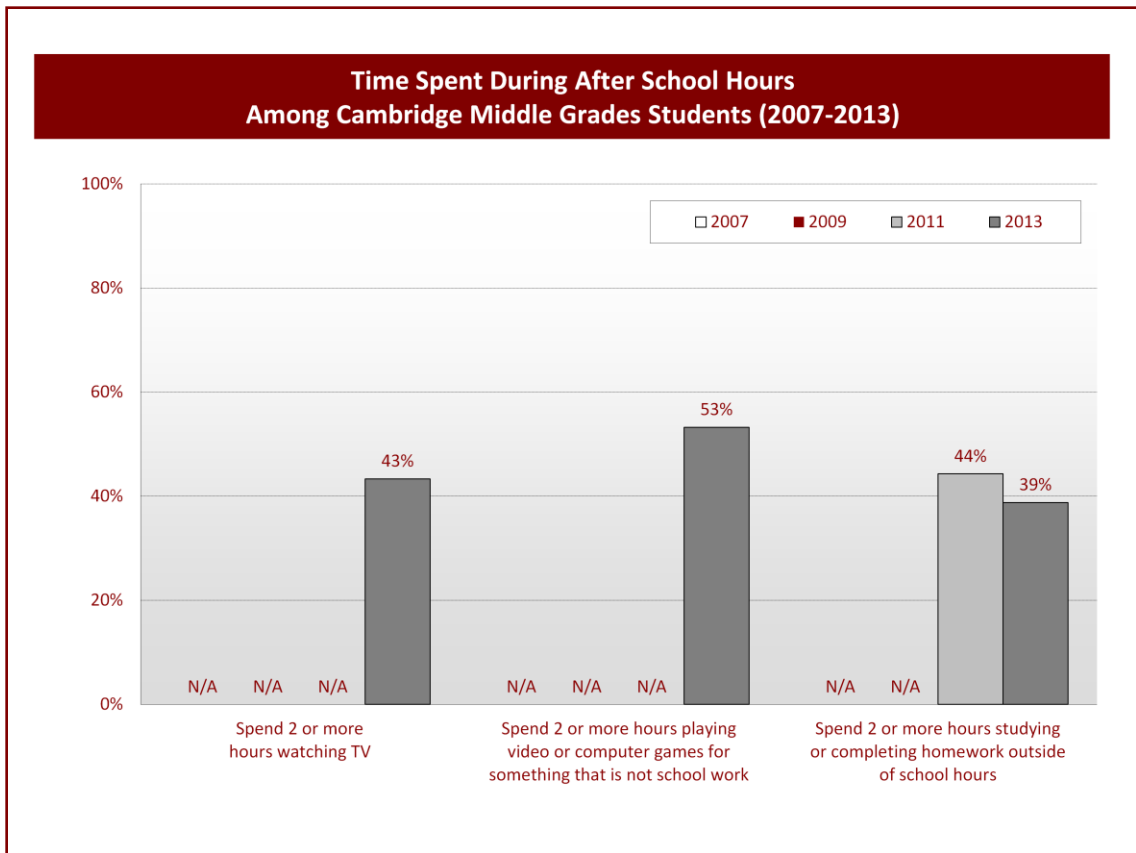
SELECTED POINTS

- 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 each of these items. For example, reports of stealing or shoplifting from a store in the past 12 months have decreased from a high of 23% in 1999 to a low of 6% in 2013.
- **Gender:** In 2013, males were more likely than females to report that they had one or more failing grades on a report card (28% males vs. 22% females) and had been suspended from school (12% males vs. 5% females).
- **Grade:** The occurrence of each of these issues tended to increase with age/grade.



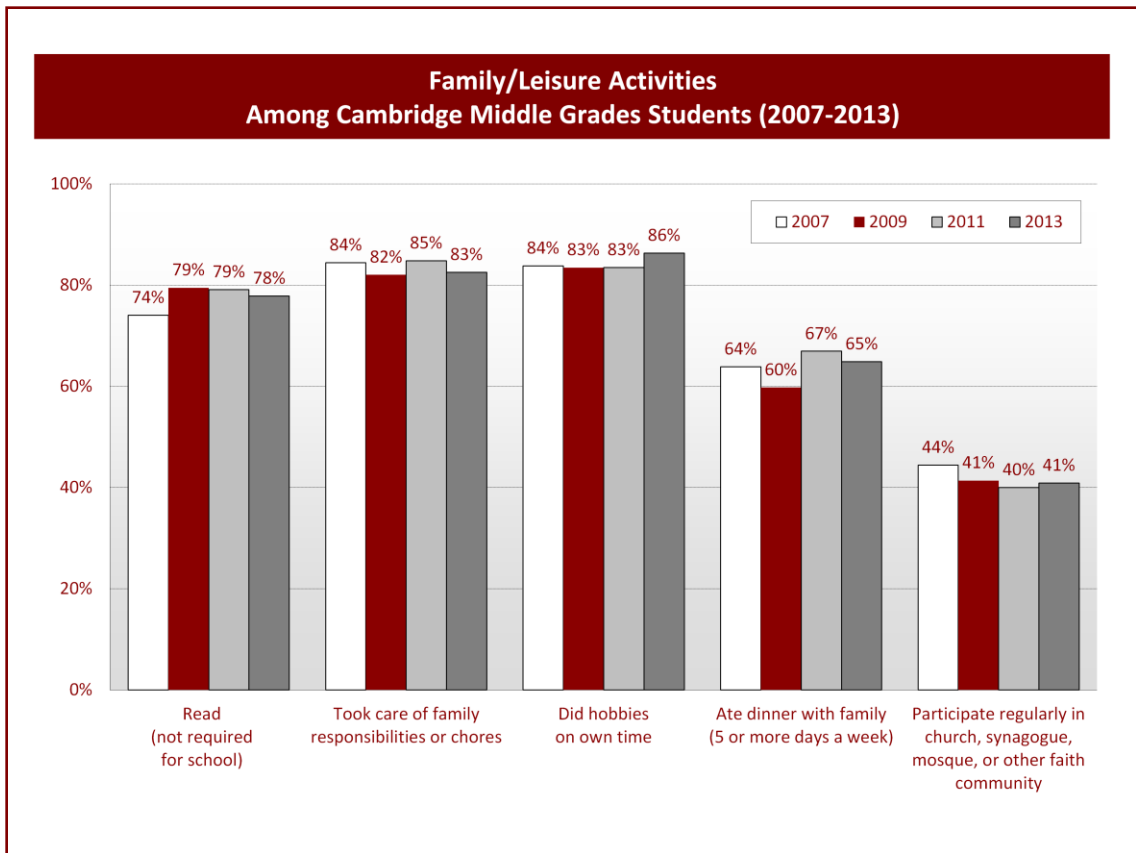
SELECTED POINTS

- These data illustrate Cambridge middle grades students who reported engaging in various school and community activities during the academic year.
- **Trends:** Between 2011 and 2013 there was an increase in reports of participating in academic groups, clubs, or student government (41% to 51%), participating in community organized youth sports (40% to 52%), and participating in after school programs (56% to 60%). There was a decrease between 2011 and 2013 in reports of participating in band, music, or choir (61% to 56%) and participating in community service (35% to 27%).
- **Gender:** In 2013, female students were more likely than males to report participating in music, band, or choir (63% females vs. 50% males). Males were more likely than females to report participating in school organized or intramural sports (47% males vs. 38% females) and community organized youth sports (58% males vs. 45% females).
- **Grade:** Participation in academic groups, clubs, or student government (54%, 53%, 46%), music, band, or choir (68%, 54%, 47%), school organized or intramural sports (45%, 45%, 39%), community organized youth sports (53%, 55%, 47%), and after school programs (67%, 58%, 55%) each decreased with age/grade. There were increases with age/grade for the percentage of students who reported participating in community service (19%, 26%, 39%).



SELECTED POINTS

- These data illustrate time spent during after school hours among Cambridge middle grades students during an average school night.
- **Trends:** Between 2011 and 2013, there was a decrease in the percentage of students who reported spending 2 or more hours per night studying or completing homework outside of school hours (44% to 39%).
- **Gender:** Males were more likely than females to report spending 2 or more hours per night playing video or computer games for something that is not school work (56% males vs. 50% females). Females were more likely than males to report spending 2 or more hours per night studying or completing homework outside of school hours (females: 44% vs. males: 33%).
- **Grade:** In 2013, reports of spending 2 or more hours per night playing video or computer games for something that is not school work increased with age/grade (48%, 51%, 61%).



SELECTED POINTS

- These data illustrate family/leisure 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: 51%; 2013: 41%). The other items have been more stable over time.
- **Gender:** The differences by gender were small for each of these items.
- **Grade:** In 2013, there were decreases by age/grade in the percentage of students who reported eating dinner with family members 5 or more days a week (73%, 67%, 55%).

Appendix A:

Selected Data Tables

2012-2013 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Alcohol, Tobacco, and Other Drug Use - Middle School

	TOTAL									GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(1056)	(1010)	(530)	(475)	(332)	(349)	(314)
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%	20.3%	19.9%	23.5%	15.7%	10.9%	19.9%	29.1%
Cigarettes - ever tried even one or two puffs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.5%	6.2%	7.3%	4.9%	3.3%	4.6%	11.2%
Cigarettes - ever smoked a whole cigarette	N/A	N/A	N/A	N/A	N/A	6.7%	6.0%	6.0%	3.3%	3.4%	3.0%	1.5%	2.0%	6.8%
Marijuana	N/A	N/A	N/A	N/A	N/A	4.8%	4.7%	6.2%	6.1%	8.6%	3.4%	2.2%	3.2%	13.3%
Oxycontin (without prescription)	N/A	N/A	N/A	N/A	N/A	0.4%	0.1%	0.3%	0.9%	1.6%	0.2%	0.0%	1.5%	1.3%
Other Illegal Drugs (e.g., cocaine, crack, LSD, speed, heroin, downers)	N/A	N/A	N/A	N/A	N/A	1.3%	0.7%	1.2%	1.4%	2.0%	0.9%	0.6%	1.2%	2.6%
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%	4.3%	6.3%	7.3%	5.3%	3.1%	5.8%	10.6%
Binge Alcohol (5 or more drinks in a row)	9.2%	5.6%	5.6%	6.6%	6.6%	3.4%	3.3%	1.4%	1.8%	1.5%	2.1%	0.3%	1.8%	3.5%
Cigarettes	8.3%	4.9%	3.4%	3.9%	3.8%	1.4%	1.9%	1.9%	1.9%	1.7%	2.1%	0.9%	0.9%	4.2%
Marijuana	8.5%	5.6%	5.9%	6.7%	6.5%	3.1%	2.4%	3.2%	3.9%	5.8%	1.9%	1.2%	1.7%	9.0%
Inhalants	5.0%	4.1%	3.3%	4.7%	5.8%	2.3%	2.3%	3.1%	4.8%	5.4%	4.3%	2.6%	3.7%	8.3%
Oxycontin (without prescription)	N/A	N/A	N/A	N/A	1.1%	0.4%	0.0%	0.1%	0.7%	1.4%	0.0%	0.0%	1.2%	1.0%
Other Illegal Drugs (e.g., cocaine, crack, LSD, speed, heroin, downers)	2.1%	0.6%	1.6%	2.3%	1.9%	0.9%	0.3%	0.3%	0.6%	1.0%	0.2%	0.6%	0.6%	0.7%
ALCOHOL AND OTHER DRUG-RELATED ISSUES														
Tried to get high using another's prescription meds (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	1.0%	0.6%	0.3%	1.2%	1.0%
Rode with a drinking driver (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	4.8%	4.7%	4.9%	2.5%	5.5%	6.3%
Live with a smoker	34.9%	31.0%	29.4%	30.1%	28.4%	26.8%	N/A	N/A	22.0%	24.3%	19.6%	18.3%	21.9%	26.0%
Talked with parents about alcohol or other drugs (12 months)	52.8%	57.5%	57.2%	50.8%	49.0%	45.6%	42.5%	40.3%	37.5%	36.4%	39.0%	28.3%	39.3%	46.0%
Had a problem with alcohol or drugs (12 months)	4.4%	3.2%	2.7%	3.4%	2.8%	2.5%	1.9%	1.7%	1.6%	1.6%	1.7%	0.9%	0.9%	3.3%
Family member had a problem with alcohol or drugs (12 months)	11.6%	9.9%	9.5%	9.8%	10.4%	10.5%	9.7%	8.7%	7.9%	5.1%	11.0%	6.3%	8.6%	8.8%
Attended class within 1 hour of using alcohol, pot, or drugs (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.0%	1.8%	2.2%	0.6%	1.8%	3.7%
Offered, sold, or given drugs on school property (12 months)	N/A	N/A	N/A	6.6%	4.9%	3.6%	3.9%	4.7%	3.5%	5.0%	1.9%	2.8%	2.1%	6.0%

2012-2013 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Violence and Safety - Middle School

	TOTAL									GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(1056)	(1010)	(530)	(475)	(332)	(349)	(314)
VIOLENCE-RELATED EXPERIENCES (past 12 months)														
Witnessed violence in family	10.1%	6.3%	7.5%	6.5%	8.6%	8.3%	7.8%	6.7%	8.7%	8.5%	9.0%	7.2%	9.9%	9.0%
Witnessed violence in neighborhood	N/A	N/A	N/A	19.9%	21.1%	18.0%	17.0%	14.7%	15.8%	18.0%	13.3%	12.4%	18.1%	16.7%
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%	4.7%	5.3%	5.7%	4.7%	5.0%	4.7%	5.8%
Beaten or physically hurt by someone not a family member	4.8%	3.1%	4.1%	2.8%	4.0%	3.6%	3.3%	2.8%	3.8%	5.7%	1.5%	4.7%	3.2%	3.6%
Received rude sexual comments in school	N/A	N/A	N/A	N/A	N/A	11.1%	10.6%	9.9%	12.8%	9.6%	16.3%	7.9%	13.7%	17.4%
Was touched, pinched, grabbed, or patted in a sexual way against will in school (past 12 months)	N/A	N/A	N/A	N/A	N/A	8.2%	8.2%	8.2%	9.5%	6.4%	12.9%	4.4%	11.5%	12.6%
BULLYING, FIGHTING, & THREATENING (past 12 months)														
Was bullied while at school (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	35.7%	32.0%	39.7%	38.6%	34.9%	34.3%
Was bullied when not at school (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.8%	15.4%	18.5%	17.7%	18.6%	14.1%
Was electronically bullied / cyber bullied (victim)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.3%	6.7%	16.3%	6.7%	12.2%	15.4%
Bullied, threatened, or pushed other kids around in school (perpetrator)	17.6%	16.4%	12.2%	13.4%	13.6%	13.1%	10.1%	7.6%	4.8%	6.2%	3.4%	5.0%	3.8%	6.1%
Treated unfairly in school because of race or ethnicity	N/A	N/A	N/A	8.2%	8.8%	10.0%	6.1%	6.8%	8.0%	9.0%	7.1%	5.3%	11.7%	6.8%
Treated unfairly in school because of gender	N/A	N/A	N/A	7.0%	6.1%	8.6%	5.1%	4.8%	4.5%	2.4%	6.8%	3.5%	6.5%	3.5%
Property stolen or deliberately damaged while on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.6%	23.6%	21.4%	18.7%	24.6%	24.0%
In a physical fight - any location	25.4%	21.7%	15.3%	18.7%	16.8%	16.3%	13.3%	7.7%	10.6%	16.6%	4.0%	10.2%	10.2%	11.5%
Were threatened with a knife or gun - any location	5.6%	5.3%	4.3%	4.6%	4.5%	5.3%	4.9%	1.5%	2.7%	4.6%	0.6%	2.5%	2.0%	3.9%
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%	1.8%	1.3%	1.9%	0.6%	0.3%	0.6%	2.9%
Carried a weapon in your neighborhood	N/A	N/A	N/A	9.4%	8.2%	7.2%	5.5%	3.1%	3.2%	5.4%	0.9%	1.2%	2.3%	6.1%

2012-2013 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Mental Health - Middle School

	TOTAL									GENDER		GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	Males	Females	6th	7th	8th
	(1420)	(1550)	(1435)	(1395)	(1180)	(1026)	(1023)	(1056)	(1010)	(530)	(475)	(332)	(349)	(314)
PERSONAL EXPERIENCES (past 12 months)														
Divorce or separation in family	11.0%	10.7%	12.2%	10.6%	13.4%	11.2%	9.3%	10.9%	10.0%	9.9%	10.2%	9.8%	10.0%	10.4%
Family moved	17.1%	14.5%	14.8%	12.8%	15.7%	18.7%	13.1%	11.8%	13.4%	13.6%	13.3%	13.4%	14.4%	12.0%
Ran away from home	3.7%	3.0%	3.1%	3.0%	4.2%	2.7%	2.9%	2.8%	3.9%	3.7%	4.1%	3.1%	3.2%	5.1%
Family members or close friend died	40.9%	41.9%	41.3%	39.0%	38.6%	41.7%	40.3%	39.6%	41.0%	37.0%	45.0%	36.6%	44.5%	40.7%
WORRYING "Fairly Often" or "Most of the Time" (past 12 months)														
Physical health problems	N/A	N/A	N/A	N/A	9.0%	9.7%	8.7%	6.5%	8.6%	6.0%	11.5%	8.5%	7.4%	10.4%
Weight problems (too heavy or thin)	N/A	N/A	N/A	N/A	19.2%	17.8%	20.5%	19.5%	21.8%	13.7%	30.3%	16.2%	22.3%	27.1%
Sexual abuse	N/A	N/A	N/A	N/A	2.8%	3.2%	1.8%	2.1%	2.0%	1.4%	2.6%	1.3%	2.1%	2.7%
Becoming or getting someone pregnant	N/A	N/A	N/A	N/A	2.8%	3.5%	2.4%	2.4%	2.9%	3.8%	2.0%	2.2%	2.4%	4.3%
School failure or poor grades	N/A	N/A	N/A	N/A	20.3%	21.2%	24.8%	22.5%	29.3%	26.6%	32.0%	24.8%	31.2%	30.6%
Drug or alcohol use in family	N/A	N/A	N/A	N/A	4.5%	5.5%	5.3%	4.9%	6.1%	4.7%	7.8%	5.0%	5.9%	7.5%
Own drug or alcohol use	N/A	N/A	N/A	N/A	2.6%	3.1%	1.5%	1.6%	2.0%	1.6%	2.4%	1.3%	1.8%	2.9%
Arguing at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.3%	13.3%	19.7%	14.3%	16.5%	18.2%
Physical fights at home	N/A	N/A	N/A	N/A	3.7%	4.7%	4.2%	3.3%	3.0%	2.3%	3.9%	4.7%	2.4%	2.3%
Physical fights at school	N/A	N/A	N/A	N/A	5.9%	5.9%	4.5%	3.3%	4.5%	5.3%	3.5%	4.2%	4.4%	5.0%
Being treated unfairly because of race/ethnicity	N/A	N/A	N/A	N/A	8.2%	9.1%	4.8%	4.8%	4.5%	4.4%	4.5%	3.8%	5.1%	4.9%
Sexual orientation	N/A	N/A	N/A	N/A	3.6%	3.7%	2.6%	1.5%	2.5%	1.4%	3.7%	1.6%	1.8%	4.2%
Drugs in neighborhood	N/A	N/A	N/A	N/A	8.8%	7.5%	8.7%	6.6%	7.5%	7.5%	7.7%	4.0%	9.4%	8.8%
Violence in neighborhood	N/A	N/A	N/A	N/A	10.4%	11.7%	10.5%	6.9%	7.3%	8.0%	6.6%	6.9%	7.3%	8.1%
Your family not having enough money	N/A	N/A	N/A	N/A	N/A	6.7%	9.3%	6.7%	6.6%	4.7%	8.8%	5.0%	6.2%	8.8%
Your family not having a place to live	N/A	N/A	N/A	N/A	N/A	3.7%	3.4%	1.9%	2.5%	2.5%	2.6%	2.2%	2.0%	3.6%
DEPRESSION, SELF-HARM, & SUICIDE (past 12 months)														
Depressed	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.1%	22.4%	16.1%	29.4%	15.1%	22.2%	30.1%
Hurt self on purpose	9.8%	7.6%	7.6%	6.9%	7.9%	7.4%	6.7%	6.8%	9.4%	4.9%	14.4%	6.6%	9.5%	12.2%
Seriously considered suicide	9.5%	8.1%	9.7%	9.0%	9.1%	6.6%	8.2%	8.9%	11.2%	7.6%	15.2%	5.7%	11.2%	17.1%
Attempted suicide	2.0%	2.5%	2.3%	2.3%	2.4%	1.8%	1.5%	1.0%	2.0%	1.8%	2.4%	0.9%	0.9%	4.5%
SOCIAL SUPPORTS														
Have a parent or other adult family member to talk to about important issues	N/A	N/A	N/A	81.9%	78.5%	80.9%	80.6%	81.8%	82.5%	84.0%	80.8%	85.5%	83.0%	79.1%
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%	64.4%	62.0%	62.3%	61.8%	60.4%	65.0%	61.5%
Have another adult outside of school to talk to about important issues	N/A	N/A	N/A	30.8%	33.2%	30.9%	29.4%	32.1%	30.4%	26.5%	34.4%	26.3%	31.4%	34.1%
Have 3 or more close friends	84.2%	81.9%	83.0%	85.8%	84.1%	84.3%	83.4%	83.7%	84.5%	85.9%	82.8%	87.8%	83.6%	81.7%
Had conversation with Youth Resource (Police) Officer during school year	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.1%	22.9%	21.4%	21.9%	22.4%	21.3%
Feel comfortable asking Youth Resource (Police) Officer for help if needed	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54.4%	59.3%	49.5%	55.4%	56.8%	51.8%
Have a "good" or "excellent" relationship with Youth Resource (Police) Officer	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.9%	13.9%	7.6%	14.7%	8.2%	9.5%

2012-2013 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Health - Middle School

	TOTAL									GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	Males (530)	Females (475)	6th (332)	7th (349)	8th (314)
SEXUAL BEHAVIOR														
Ever had sexual intercourse	9.7%	8.9%	7.4%	11.1%	12.5%	8.2%	6.8%	5.8%	5.9%	8.7%	2.7%	1.8%	5.5%	10.9%
Had conversation with parents about sex (past 12 months)	34.3%	30.6%	32.6%	31.8%	33.4%	28.5%	32.2%	31.9%	28.2%	28.6%	27.9%	20.7%	27.8%	36.6%
Were forced, tricked, or pressured to have unwanted sex (past 12 months)	N/A	N/A	N/A	N/A	2.1%	1.9%	1.6%	1.4%	1.0%	1.0%	1.1%	0.6%	0.9%	1.6%
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%	0.5%	0.6%	1.0%	0.2%	0.3%	0.6%	0.6%
Were hit, slapped, or physically hurt by a boyfriend or girlfriend (past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.3%	0.8%	0.6%	1.1%	0.0%	0.3%	2.2%
HEALTH ISSUES (ever been told that you have these health problems)														
Asthma	21.0%	18.6%	18.5%	19.0%	21.3%	24.5%	25.5%	21.8%	25.7%	26.0%	25.2%	23.9%	24.9%	28.0%
Allergy to peanut butter or bees	3.6%	3.8%	2.6%	3.5%	4.3%	4.4%	4.2%	5.7%	7.0%	6.8%	7.3%	6.3%	6.5%	8.3%
Diabetes	0.9%	1.0%	1.1%	1.2%	1.1%	1.2%	1.5%	1.3%	2.0%	1.8%	2.2%	1.4%	1.4%	3.0%
Seizures	1.8%	1.8%	1.4%	1.9%	1.3%	1.9%	1.5%	1.8%	2.5%	2.3%	2.7%	2.5%	2.1%	2.6%
Sickle cell disease	1.0%	0.8%	0.8%	1.5%	0.6%	1.0%	1.3%	1.4%	0.9%	0.9%	1.0%	0.7%	0.7%	1.1%
High blood pressure	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.1%	1.8%	2.5%	1.4%	1.4%	3.4%
TB (tuberculosis)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.9%	0.9%	1.0%	0.7%	1.0%	1.1%
Migraines	8.3%	8.5%	11.6%	9.8%	10.1%	10.4%	9.5%	9.1%	9.3%	7.5%	11.2%	5.0%	9.0%	14.1%
Eating disorder	4.0%	3.1%	2.3%	3.1%	3.7%	2.9%	2.4%	2.6%	3.4%	2.7%	4.1%	2.1%	1.7%	6.4%
Hearing problems	4.8%	3.6%	3.6%	3.6%	4.1%	5.5%	3.9%	4.3%	5.0%	4.8%	5.1%	5.3%	2.4%	7.1%
Overweight	N/A	N/A	12.6%	14.9%	14.6%	15.1%	17.6%	17.2%	14.2%	13.4%	15.0%	13.2%	11.4%	18.4%
Underweight	N/A	N/A	6.7%	5.4%	5.9%	7.5%	7.2%	8.9%	10.1%	8.6%	11.7%	10.2%	9.1%	10.4%
Vision problem that needs glasses	N/A	N/A	N/A	N/A	N/A	37.1%	41.2%	38.0%	37.6%	34.6%	40.7%	36.5%	38.8%	37.7%
HEALTHCARE														
Saw a doctor or nurse (12 months)	63.7%	63.4%	62.0%	62.6%	63.3%	68.0%	74.8%	76.3%	78.9%	75.3%	82.8%	73.3%	80.5%	83.2%
Saw a dentist (12 months)	70.6%	70.6%	69.4%	70.0%	70.6%	74.0%	76.2%	77.1%	77.2%	76.7%	77.8%	73.1%	77.0%	81.6%
WEIGHT														
Describe self as slightly/very overweight	N/A	N/A	N/A	27.0%	27.2%	26.5%	27.8%	27.2%	24.9%	21.9%	28.3%	21.4%	25.0%	28.7%
Trying to lose weight	N/A	N/A	N/A	N/A	42.0%	42.4%	37.4%	38.8%	37.6%	30.9%	44.9%	35.4%	37.1%	40.7%
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%	72.1%	73.0%	76.8%	69.1%	71.7%	71.0%	76.2%
Diet pills/powders/liquids to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.5%	2.1%	2.4%	3.4%	3.9%	2.6%	2.3%	3.0%	4.4%
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%	33.6%	36.5%	28.9%	44.3%	32.6%	34.4%	42.6%
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%	5.8%	7.6%	3.9%	11.4%	4.9%	7.6%	10.4%
Vomited or took laxatives to lose/maintain weight	N/A	N/A	N/A	N/A	N/A	2.3%	2.0%	2.0%	2.2%	1.7%	2.8%	2.0%	1.8%	3.0%

2012-2013 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Physical Activity and Nutrition - Middle School

	TOTAL									GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	Males (530)	Females (475)	6th (332)	7th (349)	8th (314)
PHYSICAL ACTIVITY (past 7 days)														
Did not participate in at least 60 Minutes of physical activity on any day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.4%	18.2%	14.9%	21.7%	13.5%	20.2%	20.3%
Physically active at least 60 minutes per day on 5 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.2%	29.0%	36.6%	20.9%	32.9%	25.2%	30.0%
Physically active at least 60 minutes per day on all 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.5%	14.1%	19.2%	8.5%	17.1%	12.2%	13.3%
Vigorous Physical Activity - exercised or participated in sports for at least 20 minutes that made you sweat and breathe hard (3 or more days a week)	N/A	N/A	N/A	N/A	66.6%	69.5%	67.5%	63.3%	65.7%	74.6%	56.0%	69.2%	63.1%	64.4%
Participated in muscle strengthening activities on 3 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43.6%	52.2%	34.5%	43.9%	43.4%	44.0%
NUTRITION (ate or drank yesterday)														
Ate fruit	N/A	N/A	N/A	72.2%	71.1%	79.5%	80.9%	82.8%	81.3%	80.9%	81.7%	83.9%	80.5%	79.2%
Drank 100% fruit juice	N/A	N/A	N/A	71.6%	68.7%	71.2%	69.0%	68.4%	63.0%	68.0%	57.8%	64.7%	64.8%	58.8%
Ate green salad or raw vegetables	N/A	N/A	N/A	51.6%	50.0%	54.9%	54.7%	59.7%	56.6%	54.1%	59.4%	59.2%	54.6%	56.9%
Ate cooked vegetables	N/A	N/A	N/A	47.7%	52.5%	55.0%	56.9%	60.5%	59.9%	59.0%	60.5%	57.6%	61.3%	60.2%
Drank regular soda (not diet)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.5%	36.2%	40.1%	32.0%	31.0%	39.1%	37.3%
Drank sweetened drinks	N/A	N/A	N/A	62.4%	60.6%	56.8%	57.9%	52.7%	46.6%	52.8%	40.1%	45.2%	49.1%	44.9%
Drank caffeine	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.6%	38.7%	36.3%	33.4%	38.7%	39.7%
Drank plain (not flavored) water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.4%	64.5%	68.3%	71.2%	65.1%	62.3%
Drank tap water	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.9%	69.6%	70.4%	69.2%	69.1%	71.4%
OTHER NUTRITION														
Eat breakfast 6-7 days a week	51.7%	50.2%	50.6%	50.3%	51.9%	55.8%	52.3%	54.3%	54.8%	61.6%	47.6%	63.2%	57.8%	43.3%
Hungry in the past 12 months because there was not enough money at home to buy food	4.5%	5.1%	4.6%	4.3%	5.3%	5.3%	4.9%	4.2%	5.6%	5.5%	5.7%	4.9%	4.7%	7.5%

2012-2013 CAMBRIDGE MIDDLE GRADES HEALTH SURVEY

Habits and Activities - Middle School

	TOTAL									GENDER		GRADE		
	1997 (1420)	1999 (1550)	2001 (1435)	2003 (1395)	2005 (1180)	2007 (1026)	2009 (1023)	2011 (1056)	2013 (1010)	Males (530)	Females (475)	6th (332)	7th (349)	8th (314)
SCHOLASTIC ISSUES														
Received mostly A's or B's in school (12 months)	N/A	N/A	N/A	N/A	73.5%	73.8%	71.7%	73.1%	73.0%	68.9%	77.7%	79.0%	68.9%	72.1%
Had one or more failing grades on a report card (12 months)	30.6%	28.4%	27.3%	26.9%	24.0%	21.5%	25.5%	21.6%	25.4%	27.9%	22.3%	23.1%	26.8%	25.6%
Skipped or cut school	14.3%	12.6%	11.1%	12.0%	7.9%	7.9%	6.5%	6.0%	6.0%	5.2%	6.8%	2.5%	5.8%	9.9%
Suspended from school	11.9%	10.0%	10.7%	11.7%	12.2%	14.9%	10.7%	10.4%	8.6%	11.9%	4.9%	5.5%	10.4%	9.9%
SLEEP														
TV in bedroom	N/A	N/A	N/A	N/A	58.7%	57.6%	50.7%	45.3%	42.0%	48.3%	35.0%	38.3%	44.7%	42.6%
AFTER SCHOOL HOURS														
Spend 2 or more hours on an average school day watching TV	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43.3%	43.5%	43.1%	38.4%	48.0%	43.1%
Spend 2 or more hours on an average school day playing video or computer games for something that is not school work	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	53.3%	56.3%	50.1%	48.4%	51.2%	60.6%
Spend 2 or more hours on an average school day studying or completing homework outside of school hours	N/A	N/A	N/A	N/A	N/A	N/A	N/A	44.3%	38.8%	33.5%	44.4%	35.2%	42.5%	38.3%
LEISURE/FAMILY ACTIVITIES (past 7 days)														
Read (not required for school)	73.5%	68.0%	69.0%	69.2%	72.1%	74.0%	79.5%	79.1%	77.8%	74.9%	81.0%	80.0%	80.1%	73.1%
Took care of family responsibilities or chores	82.2%	79.4%	80.6%	78.6%	81.5%	84.4%	82.1%	84.8%	82.5%	81.2%	84.2%	81.4%	85.3%	80.9%
Participated in after-school, youth, church, or teen center programs	N/A	N/A	N/A	N/A	52.2%	55.7%	51.9%	56.2%	59.8%	60.0%	59.7%	67.4%	57.7%	55.3%
Did hobbies on own time	N/A	N/A	81.0%	80.2%	81.0%	83.8%	83.5%	83.5%	86.3%	87.2%	85.5%	85.2%	86.1%	87.5%
Ate dinner with family (5 or more days a week)	N/A	N/A	N/A	N/A	N/A	63.9%	59.8%	66.9%	64.9%	65.5%	64.1%	72.9%	66.6%	54.7%
SCHOOL AND COMMUNITY ACTIVITIES (During 2012-2013 School Year)														
Participated in academic groups, clubs, or student government	N/A	N/A	N/A	N/A	42.2%	36.0%	42.0%	40.9%	50.8%	50.7%	51.2%	54.3%	52.5%	46.1%
Participated in music, band, or choir	N/A	N/A	N/A	N/A	44.7%	47.2%	54.7%	61.4%	56.3%	49.8%	62.9%	68.1%	54.1%	47.4%
Participated in community service, in or out of school	N/A	N/A	N/A	N/A	24.1%	27.9%	31.4%	35.2%	27.5%	25.6%	29.8%	18.8%	25.5%	39.3%
Participated in school organized or intramural sports	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.5%	47.3%	37.6%	44.7%	44.5%	38.7%
Participated in community organized youth sports	N/A	N/A	N/A	N/A	N/A	41.7%	40.4%	39.9%	51.8%	58.4%	44.6%	53.5%	55.3%	47.3%
FAITH COMMUNITY PARTICIPATION														
Participate regularly in church, synagogue, mosque, or other faith community	N/A	N/A	51.1%	47.0%	46.1%	44.4%	41.4%	40.0%	40.9%	39.4%	42.5%	40.4%	41.6%	41.0%
THEFT (past 12 months)														
Stole or shoplifted from a store	N/A	22.7%	17.6%	14.1%	14.0%	9.9%	11.9%	7.9%	6.4%	7.4%	5.1%	4.6%	6.1%	8.4%
HOME COMPUTER ACCESS														
Have a working computer at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	90.5%	90.4%	90.6%	91.1%	90.4%	91.0%
Have Internet access at home (sometimes/always)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	91.7%	90.5%	92.9%	93.1%	89.7%	93.4%