

# MetroWest Adolescent Health Survey Key Indicator Report

*Informing data-driven school and community  
health policies and practices*



## 2018 | Medfield Public Schools

GRADES 6-12



**METROWEST  
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FOUNDATION**

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# Key Indicators from the 2018 MetroWest Adolescent Health Survey

## Medfield Public Schools

### Background and Summary of Methodology

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The MetroWest Adolescent Health Survey (MWHAS), an initiative of the MetroWest Health Foundation, signifies a deep commitment to improving adolescent health and wellness by supporting data-driven advancements in prevention efforts, programs, and policies. By monitoring trends in adolescent health and risk behaviors, the survey data strengthens the efforts of schools and communities to better understand, prioritize, and address the most pressing physical and mental health challenges facing youth today.

The 2018 survey is the 7<sup>th</sup> administration of the MWAHS, which has been administered every other year since 2006 in the region served by the MetroWest Health Foundation. In 2018, over 41,000 middle and high school students in all 25 communities in the region participated in the survey.

In Medfield, the 2018 MWAHS was administered to middle school students in grades 6 through 8 and high school students in grades 9 through 12. As in previous survey waves, local procedures were followed to inform parents of the survey and give them the choice to opt out their child(ren). Students were also informed that their participation was voluntary and that no names or other identifying information were being gathered. Data collection at each school was guided by a protocol that protected the privacy of students' responses. In Medfield, student surveys were obtained from 561 students in grades 6 through 8 (94% middle school participation rate) and 752 students in grades 9 through 12 (94% high school participation rate).

### Inside the Key Indicator Report

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This brief report provides your 2018 data on key behavioral indicators including: substance use, violence, bullying, mental health, sexual behavior (at the high school level only), and physical activity. For the first time, we are also including data on electronic vapor products, such as electronic cigarettes, in the key indicators. The tables in this *Phase One* report summarize the data as follows:

- » **Trends from 2006 to 2018.** These tables provide district-level data for each survey wave in which your district has participated since 2006 to examine changes in adolescent behaviors over time. *Please note: At the middle school level, trend data is restricted to 7th and 8th grades because 6th grade was not surveyed in all years.*
- » **2018 Behavioral Indicators by Sex.** These tables display data for females and males separately to examine behavioral patterns related to biological sex.
- » **2018 Behavioral Indicators by Grade.** These tables display data for each grade separately to provide information on age-related patterns and the initiation of risk behaviors.

This report provides initial data to support communities as they review priorities and develop action plans to improve adolescent health and wellness. As in past survey waves, a customized and comprehensive report will be provided later in the spring of 2019 to further inform local efforts.

# **Middle School Key Indicators**

2006–2018 Trends  
2018 Patterns by Sex  
2018 Patterns by Grade

## Blake Middle School, Medfield (Grades 7-8)

### 2006-2018 Trends in Key Indicators

*MetroWest Adolescent Health Survey*

	Year of Survey (%)						
	2006	2008	2010	2012	2014	2016	2018
	–	(484)	(437)	(435)	(404)	(394)	(388)
<b>SUBSTANCE USE</b>							
Lifetime cigarette smoking	–	4.1	2.8	4.9	4.0	2.6	2.3
Current cigarette smoking (past 30 days)	–	1.0	1.6	0.9	1.2	1.3	0.5
Lifetime electronic vapor product use*	–	–	–	–	3.5	4.8	6.1
Current electronic vapor product use (past 30 days)*	–	–	–	–	2.0	3.3	3.1
Lifetime alcohol use	–	10.6	7.8	7.1	11.5	8.5	10.4
Current alcohol use (past 30 days)	–	5.4	2.1	2.8	3.0	3.1	3.4
Binge drinking (past 30 days) <sup>†</sup>	–	0.8	0.7	0.9	1.2	1.0	0.5
Lifetime marijuana use	–	1.7	1.6	3.2	2.2	2.3	1.6
Current marijuana use (past 30 days)	–	1.9	0.7	1.8	1.2	0.8	0.8
Lifetime inhalant use	–	3.1	3.2	0.7	3.7	3.1	3.1
<b>VIOLENCE</b>							
Physical fighting (lifetime)	–	36.4	33.6	27.5	33.7	28.8	33.1
Physical fighting on school property (lifetime)	–	11.0	7.2	5.1	6.9	5.8	10.7
Carried a weapon (lifetime)	–	13.3	10.1	15.8	18.9	15.3	17.9
Carried a weapon on school property (lifetime)	–	1.9	0.7	1.1	0.7	2.6	0.5
<b>BULLYING VICTIMIZATION</b>							
Bullying victim (past 12 months)	–	42.8	31.6	24.1	32.5	24.6	26.8
Bullying victim on school property (past 12 months)	–	34.1	27.0	20.6	25.2	19.3	24.9
Cyberbullying victim (past 12 months)	–	13.0	15.9	12.7	15.4	20.3	14.8
<b>MENTAL HEALTH</b>							
Life "very" stressful (past 30 days)	–	10.6	12.4	13.2	16.8	9.4	15.9
Depressive symptoms (past 12 months)	–	8.3	10.6	12.7	13.7	5.2	8.5
Self-injury (past 12 months)	–	6.2	6.5	7.2	8.2	4.1	6.1
Considered suicide (lifetime)	–	8.5	7.5	5.9	10.5	5.3	10.7
Attempted suicide (lifetime)	–	1.5	2.1	1.9	3.0	1.9	1.8
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>							
Exercised for ≥20 minutes on 3 or more days/week	–	86.6	79.2	79.4	83.6	85.4	88.2
Overweight or obese <sup>‡</sup>	–	10.5	15.8	11.6	15.4	10.9	13.0

\* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

**Blake Middle School, Medfield (Grades 6-8)**  
**2018 Key Indicator Patterns by Sex**  
*MetroWest Adolescent Health Survey*

	Sex (%)		Total (%)
	Female (273)	Male (286)	
<b>SUBSTANCE USE</b>			
Lifetime cigarette smoking	0.4	2.8	1.6
Current cigarette smoking (past 30 days)	0.0	0.7	0.4
Lifetime electronic vapor product use*	0.7	7.6	4.2
Current electronic vapor product use (past 30 days)*	0.7	4.0	2.4
Lifetime alcohol use	5.5	11.3	8.5
Current alcohol use (past 30 days)	1.8	3.2	2.5
Binge drinking (past 30 days) <sup>†</sup>	0.0	0.7	0.4
Lifetime marijuana use	0.0	2.1	1.1
Current marijuana use (past 30 days)	0.0	1.1	0.5
Lifetime inhalant use	1.9	3.2	2.6
<b>VIOLENCE</b>			
Physical fighting (lifetime)	15.9	46.8	31.8
Physical fighting on school property (lifetime)	3.0	13.8	8.6
Carried a weapon (lifetime)	5.9	26.1	16.2
Carried a weapon on school property (lifetime)	0.0	0.7	0.4
<b>BULLYING VICTIMIZATION</b>			
Bullying victim (past 12 months)	25.2	22.0	23.6
Bullying victim on school property (past 12 months)	21.9	21.5	21.8
Cyberbullying victim (past 12 months)	15.6	7.8	11.7
<b>MENTAL HEALTH</b>			
Life "very" stressful (past 30 days)	20.2	6.8	13.5
Depressive symptoms (past 12 months)	10.9	5.1	8.1
Self-injury (past 12 months)	5.3	4.4	5.0
Considered suicide (lifetime)	8.8	6.8	7.9
Attempted suicide (lifetime)	1.1	1.8	1.5
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>			
Exercised for ≥20 minutes on 3 or more days/week	86.8	88.2	87.5
Overweight or obese <sup>‡</sup>	10.0	19.1	14.6

\* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

**Blake Middle School, Medfield (Grades 6-8)**  
**2018 Key Indicator Patterns by Grade**  
*MetroWest Adolescent Health Survey*

	Year of Survey (%)			Total (%)
	6 <sup>th</sup> (173)	7 <sup>th</sup> (182)	8 <sup>th</sup> (206)	
<b>SUBSTANCE USE</b>				
Lifetime cigarette smoking	0.0	1.7	2.9	1.6
Current cigarette smoking (past 30 days)	0.0	0.0	1.0	0.4
Lifetime electronic vapor product use*	0.0	1.7	10.0	4.2
Current electronic vapor product use (past 30 days)*	0.6	0.0	5.9	2.4
Lifetime alcohol use	4.1	8.8	11.8	8.5
Current alcohol use (past 30 days)	0.6	2.8	3.9	2.5
Binge drinking (past 30 days) <sup>†</sup>	0.0	0.0	1.0	0.4
Lifetime marijuana use	0.0	0.0	2.9	1.1
Current marijuana use (past 30 days)	0.0	0.0	1.5	0.5
Lifetime inhalant use	1.2	2.2	3.9	2.6
<b>VIOLENCE</b>				
Physical fighting (lifetime)	29.1	35.8	30.7	31.8
Physical fighting on school property (lifetime)	4.1	11.2	10.2	8.6
Carried a weapon (lifetime)	12.3	19.3	16.6	16.2
Carried a weapon on school property (lifetime)	0.0	0.0	1.0	0.4
<b>BULLYING VICTIMIZATION</b>				
Bullying victim (past 12 months)	16.5	27.8	26.0	23.6
Bullying victim on school property (past 12 months)	15.0	26.3	23.6	21.8
Cyberbullying victim (past 12 months)	4.7	16.0	13.7	11.7
<b>MENTAL HEALTH</b>				
Life "very" stressful (past 30 days)	8.0	16.7	15.2	13.5
Depressive symptoms (past 12 months)	7.4	10.9	6.4	8.1
Self-injury (past 12 months)	2.5	5.1	6.9	5.0
Considered suicide (lifetime)	1.2	14.4	7.4	7.9
Attempted suicide (lifetime)	0.6	2.2	1.5	1.5
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>				
Exercised for ≥20 minutes on 3 or more days/week	86.0	92.2	84.8	87.5
Overweight or obese <sup>‡</sup>	19.2	14.8	11.5	14.6

\* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

# High School Key Indicators

2006–2018 Trends  
2018 Patterns by Sex  
2018 Patterns by Grade

# Medfield High School (Grades 9-12)

## 2006-2018 Trends in Key Indicators

*MetroWest Adolescent Health Survey*

	Year of Survey (%)						
	2006 (839)	2008 (830)	2010 (885)	2012 (804)	2014 (812)	2016 (785)	2018 (752)
<b>SUBSTANCE USE</b>							
Lifetime cigarette smoking	34.0	29.0	22.3	15.5	11.9	11.8	11.4
Current cigarette smoking (past 30 days)	11.9	14.1	11.3	7.0	3.8	3.9	2.6
Lifetime electronic vapor product use*	–	–	–	–	27.9	40.7	47.6
Current electronic vapor product use (past 30 days)*	–	–	–	–	19.6	26.7	35.5
Lifetime alcohol use	64.8	59.4	57.6	54.3	54.0	59.2	58.2
Current alcohol use (past 30 days)	44.3	41.2	37.1	34.7	37.5	41.7	41.7
Binge drinking (past 30 days) <sup>†</sup>	31.7	27.3	23.9	19.5	21.2	25.2	26.3
Rode with driver who had been drinking (past 30 days)	24.0	30.3	25.5	21.7	19.3	15.5	14.1
Lifetime marijuana use	32.7	28.4	33.4	32.8	26.1	29.4	36.7
Current marijuana use (past 30 days)	19.4	21.2	24.5	23.3	19.4	19.3	26.2
Lifetime prescription drug misuse <sup>‡</sup>	9.6	8.6	8.6	7.6	7.8	6.8	2.2
<b>VIOLENCE</b>							
Physical fighting (past 12 months)	18.3	19.9	17.3	14.7	12.4	11.7	10.2
Physical fighting on school property (past 12 months)	6.1	4.9	5.5	5.0	4.0	3.6	1.7
Carried a weapon (past 30 days)	5.6	5.8	6.5	6.5	5.8	7.3	5.4
Carried a weapon on school property (past 30 days)	1.9	1.9	2.8	2.9	2.1	1.8	0.7
<b>BULLYING VICTIMIZATION</b>							
Bullying victim (past 12 months)	25.9	27.8	30.2	24.3	22.3	22.6	24.8
Bullying victim on school property (past 12 months)	23.8	23.7	25.1	20.3	18.7	19.6	19.6
Cyberbullying victim (past 12 months)	14.6	13.3	17.6	19.3	21.3	21.5	18.5
<b>MENTAL HEALTH</b>							
Life "very" stressful (past 30 days)	27.4	30.7	33.2	30.2	33.1	38.8	40.9
Depressive symptoms (past 12 months)	15.7	15.4	15.5	16.6	19.5	15.9	15.1
Self-injury (past 12 months)	11.5	10.3	10.8	13.1	15.1	10.9	11.5
Considered suicide (past 12 months)	7.7	7.9	10.3	10.0	10.4	10.8	8.8
Attempted suicide (past 12 months)	3.3	2.7	3.3	3.6	3.1	3.1	2.9
<b>SEXUAL BEHAVIOR</b>							
Lifetime sexual intercourse	19.8	22.3	22.2	20.9	17.8	17.3	19.5
Currently sexually active (past 3 months)	15.8	16.5	17.7	18.1	14.4	13.4	14.8
Condom use at last intercourse <sup>§</sup>	67.9	64.2	64.3	63.8	63.1	62.7	64.2
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>							
Exercised for ≥60 minutes on 5 or more days/week	31.6	37.8	56.3	50.9	53.8	53.0	56.4
Overweight or obese <sup>**</sup>	14.8	13.6	13.1	12.7	12.9	14.3	17.1

\* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Without a doctor's prescription

§ Among currently sexually active youth

\*\*Students who were ≥85th percentile for body mass index by age and gender, based on reference data



# Medfield High School (Grades 9-12)

## 2018 Key Indicator Patterns by Sex

*MetroWest Adolescent Health Survey*

	Sex (%)		Total (%)
	Female (377)	Male (366)	
<b>SUBSTANCE USE</b>			
Lifetime cigarette smoking	9.0	13.3	11.4
Current cigarette smoking (past 30 days)	2.4	2.5	2.6
Lifetime electronic vapor product use*	45.1	50.0	47.6
Current electronic vapor product use (past 30 days)*	33.3	37.9	35.5
Lifetime alcohol use	56.5	60.1	58.2
Current alcohol use (past 30 days)	43.8	39.4	41.7
Binge drinking (past 30 days) <sup>†</sup>	25.8	26.7	26.3
Rode with driver who had been drinking (past 30 days)	12.8	15.7	14.1
Lifetime marijuana use	30.7	42.4	36.7
Current marijuana use (past 30 days)	19.9	32.2	26.2
Lifetime prescription drug misuse <sup>‡</sup>	1.9	2.3	2.2
<b>VIOLENCE</b>			
Physical fighting (past 12 months)	4.0	16.3	10.2
Physical fighting on school property (past 12 months)	0.5	2.8	1.7
Carried a weapon (past 30 days)	1.6	9.1	5.4
Carried a weapon on school property (past 30 days)	0.0	1.1	0.7
<b>BULLYING VICTIMIZATION</b>			
Bullying victim (past 12 months)	25.6	22.8	24.8
Bullying victim on school property (past 12 months)	18.4	19.9	19.6
Cyberbullying victim (past 12 months)	23.0	13.5	18.5
<b>MENTAL HEALTH</b>			
Life "very" stressful (past 30 days)	52.3	28.5	40.9
Depressive symptoms (past 12 months)	19.6	9.8	15.1
Self-injury (past 12 months)	16.2	6.0	11.5
Considered suicide (past 12 months)	10.0	7.2	8.8
Attempted suicide (past 12 months)	3.2	2.6	2.9
<b>SEXUAL BEHAVIOR</b>			
Lifetime sexual intercourse	16.4	22.5	19.5
Currently sexually active (past 3 months)	13.8	15.4	14.8
Condom use at last intercourse <sup>§</sup>	58.8	69.2	64.2
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>			
Exercised for ≥60 minutes on 5 or more days/week	47.9	65.9	56.4
Overweight or obese <sup>**</sup>	12.6	22.0	17.1

\* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Without a doctor's prescription

§ Among currently sexually active youth

\*\*Students who were ≥85th percentile for body mass index by age and gender, based on reference data

# Medfield High School (Grades 9-12)

## 2018 Key Indicator Patterns by Grade

*MetroWest Adolescent Health Survey*

	Grade (%)				Total (%) (752)
	9 <sup>th</sup> (194)	10 <sup>th</sup> (184)	11 <sup>th</sup> (192)	12 <sup>th</sup> (176)	
<b>SUBSTANCE USE</b>					
Lifetime cigarette smoking	6.3	4.9	14.1	20.3	11.4
Current cigarette smoking (past 30 days)	1.6	0.0	3.7	5.2	2.6
Lifetime electronic vapor product use*	32.6	39.1	53.4	66.7	47.6
Current electronic vapor product use (past 30 days)*	27.2	30.1	40.7	44.8	35.5
Lifetime alcohol use	39.8	52.2	64.9	78.2	58.2
Current alcohol use (past 30 days)	19.8	39.7	52.6	55.7	41.7
Binge drinking (past 30 days) <sup>†</sup>	5.7	25.1	32.1	43.9	26.3
Rode with driver who had been drinking (past 30 days)	15.1	13.1	15.6	12.5	14.1
Lifetime marijuana use	10.3	26.6	48.7	63.4	36.7
Current marijuana use (past 30 days)	8.3	21.0	32.8	44.2	26.2
Lifetime prescription drug misuse <sup>‡</sup>	0.5	1.1	3.7	3.5	2.2
<b>VIOLENCE</b>					
Physical fighting (past 12 months)	14.9	9.8	9.9	5.8	10.2
Physical fighting on school property (past 12 months)	1.0	2.2	2.6	1.1	1.7
Carried a weapon (past 30 days)	5.2	6.5	5.2	4.6	5.4
Carried a weapon on school property (past 30 days)	0.5	0.5	1.6	0.0	0.7
<b>BULLYING VICTIMIZATION</b>					
Bullying victim (past 12 months)	33.9	20.8	20.5	23.4	24.8
Bullying victim on school property (past 12 months)	28.7	15.4	17.9	16.0	19.6
Cyberbullying victim (past 12 months)	19.1	15.3	19.5	20.9	18.5
<b>MENTAL HEALTH</b>					
Life "very" stressful (past 30 days)	27.4	25.1	53.4	58.6	40.9
Depressive symptoms (past 12 months)	10.6	13.3	18.3	18.6	15.1
Self-injury (past 12 months)	7.4	11.6	14.4	13.2	11.5
Considered suicide (past 12 months)	6.4	6.6	11.2	11.4	8.8
Attempted suicide (past 12 months)	2.6	2.2	3.2	3.5	2.9
<b>SEXUAL BEHAVIOR</b>					
Lifetime sexual intercourse	6.8	9.7	24.3	38.2	19.5
Currently sexually active (past 3 months)	3.7	8.1	17.2	31.6	14.8
Condom use at last intercourse <sup>§</sup>	100.0	78.6	68.8	52.8	64.2
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>					
Exercised for ≥60 minutes on 5 or more days/week	69.5	57.5	49.7	48.8	56.4
Overweight or obese**	17.6	15.9	20.2	14.7	17.1

\* Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

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§ Among currently sexually active youth

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