

2015

Easton Middle School

Adolescent Wellness Survey Results

Reported in February 2016



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Methods

Easton Middle School students completed a youth survey to assess a host of risk and protective factors. This report provides the detailed survey findings.

SURVEY

The 2015 Easton Adolescent Wellness Survey was adapted from the 2013 Massachusetts Youth Risk Behavior Survey (YRBS) by the Centers for Disease Control¹. Questions in the survey measured student demographics, substance use, protective factors, depression, personal safety, exercise and nutrition and sexual health.

SAMPLE

The survey was administered on December 22, 2015. The final number and demographic profile of students surveyed are discussed in the sample section of this report.

DATA CLEANING AND VALIDITY

Surveys were sent directly from students to Scantron Corporation for scanning. The data was then sent to the evaluator for analysis. Several steps were taken to ensure that the gathered data accurately reflects the behaviors of Easton Middle School students, a process known as “data cleaning.”

The data was analyzed for inconsistency and exaggeration. Surveys are removed for inconsistencies in cases where students gave inconsistent answers throughout the entire survey. An example of exaggeration might be a student selecting the highest possible use rate for all substances on the survey. Five students were removed for these reasons.

Following the data cleaning procedure, the final sample size for the Easton Middle School Youth Risk Behavior Survey is 469 students.

COMPARISON DATA

Since the survey administered at Easton Middle School was based on an existing instrument, comparison data for many question items is publicly available. Comparisons are useful for providing context to survey results and can aid in identifying both strengths and priority areas.

Where available, comparison data is provided in this report. National comparison data for middle school students is not available. State comparison numbers used are from the 2013 Massachusetts Youth Risk Behavior Survey data set reported by The Massachusetts Department of Elementary and Secondary Education and Public Health. This is the most current comparison data available.

¹ Center for Disease Control, www.cdc.gov

Sample

Easton Middle School Survey Population

Total number of students enrolled at in 7 th and 8 th grade	571 students
Number of students absent on day of survey	29 students
Number of students whose parents opted out	45 students
Surveys removed from final sample by evaluator through the data cleaning and validity process*	5 surveys
Final sample included in analysis for this report	469 students
Representation Rate (% of surveys included in analysis out of those available to take the survey)	95%

**Please see page 3 for explanation of data cleaning procedures.*

DEMOGRAPHIC PROFILE

	Percentage of Respondents
Total Valid Surveys	100%
Sex	
Male	50%
Female	50%
Grade	
7 th grade	50%
8 th grade	50%
Age	
12 years old	33.5%
13 years old	50%
14 years old	17%
Race/Ethnicity (students were allowed to select more than one response)	
White	80%
Asian	5%
Black or African American	6%
American Indian or Alaska Native	3%
Native Hawaiian or Other Pacific Islander	1.5%
Hispanic or Latino	5%
Multi-race, Non- Hispanic or Other	6%
How Often Language Other Than English Spoken	
Never	69%
Rarely	12%
Sometimes	10%
Most of the time	6%
Always	3%
Sexual Orientation	
Heterosexual	87%
Gay or lesbian	1%
Bisexual	4%
Not sure	8%

Transgender

Students were given the following statement and asked if they were transgender: A transgender person is someone whose biological sex at birth does not match the way they think or feel about themselves.

Response	Percentage
No, I am not transgender	95%
Yes, I am transgender and I think of myself as really a boy or man	0.4%
Yes, I am transgender and I think of myself as really a girl or woman	0.9%
Yes, I am transgender and think of myself in some other way	0.9%
I do not know if I am transgender	1%
I don't know what this question is asking	1%

Where Typically Sleep At Night

Response	Percentage
At home with my parent(s) or guardian(s)	98%
I move from place to place	0.9%
With friends, family or other people because my parents or I lost our home or cannot afford housing	0.9%
In a car, park, campground, or other public place	0.3%
Somewhere else	0.2%

Lived Away From Parents

Students were asked if they ever lived away from their parents or guardians because they were kicked out, ran away, or were abandoned or were removed by DCF.

- ❖ 3% of students reported 'yes'.

Survey Findings

SUBSTANCE USE

Students were asked a range of questions related to their use of substances. Where applicable comparisons are made to Massachusetts' (2013) averages.

Substance/Activity	Easton	MA
Alcohol		
Used within lifetime	12%	18%
Age of onset	10.75	NA
First used before age 13	8%	NA
Rode in a car driven by someone who had been drinking alcohol in lifetime	17%	NA
Cigarettes or Other Tobacco Products		
Used within past 30 days	0.6%	3%
Used within lifetime	2%	9%
Age of onset of cigarette use	11.14 years	NA
First used cigarettes before age 13	0.8%	NA
Used chewing tobacco, snuff or dip during past 30 days	0.4%	NA
Smoked cigars, cigarillos, or little cigars during past 30 days	1%	NA
Used an electronic vapor product within lifetime	12%	NA
Used an electronic vapor product within past 30 days	4%	NA
Marijuana		
Used within lifetime	3%	8%
Age of onset	9.13 years	NA
First used before age 13	3%	NA

Substance/Activity	Easton	MA
Other Illicit Drug Use: Lifetime		
Cocaine	0.6%	NA
Inhalants	0.9%	NA
Taken a prescription drug without a doctor's prescription	2%	4%
Had over-the-counter cough and cold medications for reasons other than illness	1%	NA

NUMBER OF CIGARETTES CONSUMED

Students were asked during the past 30 days, on the days they smoked, how many cigarettes they smoked per day.

Response	Percentage of Students
Did not smoke cigarettes during the past 30 days	99.6%
Less than 1 cigarette per day	0.2%
11-20 cigarettes per day	0.2%

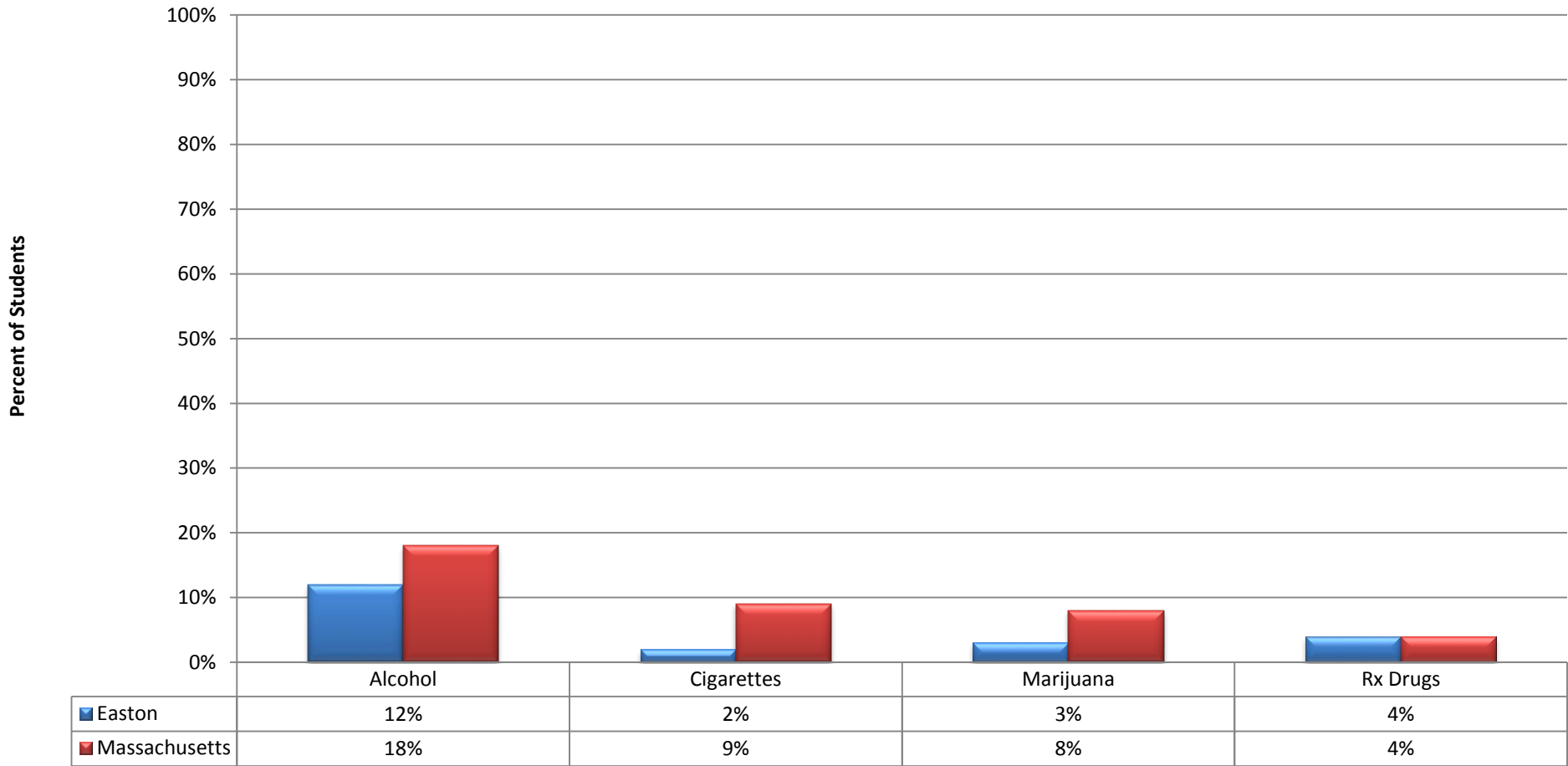
ACCESS TO SUBSTANCES

WHERE STUDENTS OBTAIN CIGARETTES

Students were asked to report how they usually got their own cigarettes during the past 30 days.

Access Point	Percentage of Students
Did not smoke cigarettes during the past 30 days	99%
I took them from a store or family member	0.4%
I got them on the internet	0.2%
I gave someone else money to buy them for me	0.2%

**Chart 1. Easton Middle School Lifetime Substance Use (2015)
Compared to Massachusetts (2013)**



PROTECTIVE FACTORS

GRADES IN SCHOOL

Students were asked how they would describe their grades in school during the past 12 months.

Response	Percentage
Mostly A's	55%
Mostly B's	34%
Mostly C's	7%
Mostly D's	0.9%
Mostly F's	0
Not sure	3%

❖ 92% of Massachusetts middle school students reported having Mostly A's, B's or C's.

SUICIDAL BEHAVIORS

Students were asked a series of questions that addressed self-harm and suicidal behavior.

SUICIDAL BEHAVIORS

Measure	Easton	MA
Purposely hurt or injured themselves without wanting to die (such as cutting or burning oneself on purpose) during lifetime	8%	14%
Seriously thought about killing oneself	11%	8%
Made a plan about how to kill oneself	8%	NA
Tried to kill oneself	4%	4%

PERSONAL SAFETY & VIOLENCE

Students were asked a series of questions related to safety and violence. Students who answered 'yes' for the given question are reported below.

Activity	Easton
Did not go to school because they felt it would be unsafe at school or on their way to or from school during the <i>past 30 days</i>	5%
Ever carried a weapon such as a gun, knife or club	16%
Been in a physical fight in lifetime	29%
Been in a physical fight in which were hurt and had to be treated by a doctor or a nurse	3%
Been bullied on school property in lifetime	35%
Benn electronically bullied in lifetime	20%

SEAT BELT USE

Students were asked how often they wear a seat belt when riding in a car driven by someone else.

Frequency	Percentage of Students
Never	0.4%
Rarely	2%
Sometimes	3%
Most of the time	18%
Always	77%

- ❖ 7% of Massachusetts' middle school students reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.

HELMET USE

Students were asked how often they wear a helmet when riding a bicycle or rollerblade/ride a skateboard.

Response	Percentage
Do not ride	6%
Never	12%
Rarely	14%
Sometimes	17%
Most of the time	26%
Always	25%

SEXUAL HEALTH

Easton Middle School students were asked questions regarding sexual contact against will, oral sex and sexual intercourse.

SEXUAL CONTACT AGAINST WILL

- 2% of Easton Middle School students reported someone has had sexual contact with them against their will.

ORAL SEX

- 3% of Easton Middle School students reported participating in oral sex in their lifetime.

SEXUAL INTERCOURSE

- 2% of Easton Middle School students reported having sexual intercourse in their lifetime.
 - ❖ 38% of Massachusetts' middle school students reported having sexual intercourse in their lifetime.

EXERCISE AND NUTRITION

Easton Middle School students were asked questions about their weight and losing weight, frequency of physical activity, participation on sports teams, dietary habits and sleep.

WEIGHT

Students were asked how to describe their weight.

Response	Percentage
Very underweight	2%
Slightly underweight	14.5%
About the right weight	59%
Slightly overweight	24.5%
Very overweight	2%

- ❖ 24% of Massachusetts middle school students reported viewing themselves as overweight.

Students were asked what they are trying to do about their weight.

Response	Percentage
Lose weight	38%
Gain weight	7%
Stay the same weight	20%
I am not trying to do anything about my weight	35%

PHYSICAL ACTIVITY

Students were asked to identify the number of days, within the past week; they were physically active for at least 60 minutes per day.

Response	Percentage
0 days	5%
1 day	2%
2 days	5%
3 days	11.5%
4 days	13%
5 days	17%
6 days	12%
7 days	34%

- ❖ 52% of Massachusetts middle school students reported that they were physically active for a total of at least 60 minutes per day on five or more of the past seven days.

SPORTS TEAMS

Students were asked how many sports teams they played on during the past 12 months.

Response	Percentage
0 teams	19%
1 team	22%
2 teams	22%
3 or more teams	38%

BREAKFAST HABITS

Students were asked how many days they ate breakfast during the past seven days.

Response	Percentage
0 days	8%
1 day	3%
2 days	7%
3 days	6%
4 days	7%
5 days	8%
6 days	8%
7 days	52%

DRINK/FOOD CONSUMPTION

Students were asked a series of questions about how often they consumed certain foods or drinks during the past 7 days.

Response	Fruit or fruit juices	Other vegetables	Soda, sports drink, other added sugar	Milk*
Did not	5%	8.5%	31.5%	16%
1 to 3 times per day	22%	25%	45%	20%
4 to 6 times per day	23%	21%	12%	16%
1 time per day	16%	20%	5%	14%
2 times per day	18%	15%	4%	16%
3 times per day	9%	5%	1%	9%
4 or more times per day	7%	5%	2%	6%

*3.5% of students reported they drink calcium rich milk alternative such as almond milk or Lactaid.

SLEEP

Students were asked how many hours of sleep they get on an average school day.

Response	Percentage
4 hours or less	4%
5 hours	5%
6 hours	10%
7 hours	23%
8 hours	34%
9 hours	19%
10 or more hours	5.5%

MEDIA

Easton Middle School students were asked questions about their use of television and video or computer games.

USE OF TELEVISION

Students were asked how many hours a day they spend watching TV on an average school day.

Response	Percentage
Do not watch TV on an average school day	14%
Less than 1 hour per day	21%
1 hour per day	22%
2 hours per day	25%
3 hours per day	10.5%
4 hours per day	6%
5 or more hours per day	2%

USE OF VIDEO OR COMPUTER GAMES

Students were asked how many hours a day they spend playing video or computer games or use a computer for something that is not schoolwork.

Response	Percentage
Do not play video or computer games or use a computer for something that is not school work	7%
Less than 1 hour per day	14%
1 hour per day	17%
2 hours per day	23%
3 hours per day	16%
4 hours per day	14%
5 or more hours per day	9%

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