

Table 2-1A. Lifetime and Current Substance Use by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
LIFETIME USE*							
Cigarettes	16.6	14.7	18.6	9.0	14.0	20.7	26.4
Alcohol [†]	50.8	51.9	49.9	27.3	44.2	69.9	72.9
Marijuana	27.4	23.5	31.2	9.0	24.7	37.2	47.1
Inhalants [‡]	5.4	4.6	6.1	5.1	5.3	5.9	5.0
Methamphetamines	3.9	3.0	4.9	2.8	3.2	4.8	5.0
Ecstasy	4.3	2.5	6.3	2.0	1.8	6.7	8.0
Cocaine [§]	3.3	2.1	4.5	1.1	3.5	3.7	5.5
Heroin	2.7	1.4	4.0	1.4	2.5	3.3	3.8
Steroids (without a doctor's prescription)	2.4	1.4	3.5	2.3	2.8	1.9	2.5
Prescription drugs (without a doctor's prescription)	7.1	5.0	9.2	4.0	5.3	8.6	12.2
CURRENT USE (past 30 days)**							
Cigarettes	6.4	5.1	7.8	3.1	5.2	8.1	10.9
Alcohol [†]	33.0	32.0	34.4	13.2	26.2	45.9	57.0
Marijuana	20.0	15.8	24.1	6.0	18.7	26.9	35.2
Inhalants [‡]	2.6	1.8	3.5	3.1	2.1	3.7	1.3
Cocaine [§]	2.0	1.1	3.0	1.4	2.5	1.9	2.1
Prescription drugs (without a doctor's prescription)	4.5	2.7	6.3	2.3	2.9	6.7	7.2
CURRENT USE ON SCHOOL PROPERTY (past 30 days)**							
Cigarettes	2.3	1.6	3.1	1.4	1.0	3.3	3.8
Alcohol [†]	4.7	4.2	5.2	1.7	2.8	6.3	9.2
Marijuana	4.6	3.0	6.1	2.3	4.2	5.2	7.6

* Used one or more times in lifetime

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Includes using powder, crack or freebase

** Used one or more times in the past 30 days

Table 2-1B. Lifetime and Current Substance Use, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
LIFETIME USE*								
Cigarettes	34.4	29.7	22.7	16.6	35.3	33.3	25.9	22.0
Alcohol [†]	66.0	63.1	55.7	50.8	66.5	62.8	58.0	55.6
Marijuana	34.5	32.3	35.0	27.4	33.2	33.4	34.6	32.3
Inhalants [‡]	9.4	6.2	5.6	5.4	9.1	8.5	7.3	6.1
Methamphetamines	5.4	2.3	2.8	3.9	3.8	3.2	3.3	2.9
Ecstasy	7.0	3.0	4.5	4.3	5.1	5.4	5.7	4.9
Cocaine [§]	7.8	4.1	3.8	3.3	6.0	5.3	4.4	3.8
Heroin	4.2	2.2	2.6	2.7	2.4	2.6	2.2	2.3
Steroids (without a doctor's prescription)	4.3	2.1	1.7	2.4	3.0	2.9	2.7	2.7
Prescription drugs (without a doctor's prescription)	12.8	8.4	8.1	7.1	11.0	10.1	10.1	8.8
CURRENT USE (past 30 days)**								
Cigarettes	13.9	9.9	12.1	6.4	14.7	13.9	12.1	9.1
Alcohol [†]	41.5	40.1	36.9	33.0	42.2	39.1	34.7	33.4
Marijuana	22.0	21.0	26.5	20.0	20.2	22.8	23.5	21.5
Inhalants [‡]	4.6	3.1	1.9	2.6	3.5	3.3	2.9	2.5
Cocaine [§]	4.9	1.7	2.8	2.0	3.5	3.0	2.7	2.6
Prescription drugs (without a doctor's prescription)	—	5.2	4.9	4.5	—	5.7	5.7	5.0
CURRENT USE ON SCHOOL PROPERTY (past 30 days)**								
Cigarettes	6.3	4.9	5.1	2.3	5.3	5.1	4.4	3.2
Alcohol [†]	4.8	2.8	4.0	4.7	4.8	4.0	3.3	3.6
Marijuana	6.2	6.7	8.5	4.6	4.4	5.2	6.0	5.0

* Used one or more times in lifetime

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Includes using powder, crack or freebase

** Used one or more times in the past 30 days

Table 2-1C. Lifetime and Current Substance Use at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS (1,180)	MetroWest Region 2012 MWAHS (24,459)	Massachusetts 2011 YRBS (2,729)	United States 2011 YRBS (15,425)
LIFETIME USE*				
Cigarettes	16.6	22.0	38.5	44.7
Alcohol [†]	50.8	55.6	67.5	70.8
Marijuana	27.4	32.3	43.1	39.9
Inhalants [‡]	5.4	6.1	–	11.4
Methamphetamines	3.9	2.9	2.7	3.8
Ecstasy	4.3	4.9	5.8	8.2
Cocaine [§]	3.3	3.8	5.0	6.8
Heroin	2.7	2.3	2.1	2.9
Steroids (without a doctor's prescription)	2.4	2.7	2.8	3.6
Prescription drugs (without a doctor's prescription)	7.1	8.8	–	20.7
CURRENT USE (past 30 days)**				
Cigarettes	6.4	9.1	14.0	18.1
Alcohol [†]	33.0	33.4	40.1	38.7
Marijuana	20.0	21.5	27.9	23.1
Inhalants [‡]	2.6	2.5	–	–
Cocaine [§]	2.0	2.6	–	3.0
Prescription drugs (without a doctor's prescription)	4.5	5.0	–	–
CURRENT USE ON SCHOOL PROPERTY (past 30 days)**				
Cigarettes	2.3	3.2	5.9	4.9
Alcohol [†]	4.7	3.6	3.6	5.1
Marijuana	4.6	5.0	6.3	5.9

* Used one or more times in lifetime

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Includes using powder, crack or freebase

** Used one or more times in the past 30 days

Table 2-2A. Tobacco Use by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
CIGARETTE SMOKING							
Lifetime cigarette smoking*	16.6	14.7	18.6	9.0	14.0	20.7	26.4
Smoked a whole cigarette before age 13 years	2.7	1.8	3.5	2.3	1.4	3.0	4.3
Current cigarette use (past 30 days)	6.4	5.1	7.8	3.1	5.2	8.1	10.9
Current frequent cigarette use (on 20 or more of the past 30 days)	2.0	1.2	2.8	1.7	0.7	2.6	2.9
Current cigarette use on school property (past 30 days)	2.3	1.6	3.1	1.4	1.0	3.3	3.8
Ever smoked cigarettes daily (every day for 30 days)	6.8	6.5	7.3	5.9	5.9	7.8	8.0
Smoked more than 10 cigarettes/per day (past 30 days, among current smokers) [†]	12.2	10.0	13.6	20.0	11.8	15.8	7.4
Tried to quit smoking (past 12 months, among current smokers) [†]	39.1	45.0	33.3	46.7	43.8	41.4	34.5
USE OF OTHER TOBACCO PRODUCTS							
Current smokeless tobacco use (past 30 days) [‡]	4.9	1.9	8.0	2.0	4.9	7.8	5.9
Current cigar use (past 30 days) [§]	7.9	3.5	12.3	2.5	5.6	11.9	13.8
OVERALL TOBACCO USE							
Current tobacco use (past 30 days)**	12.4	7.0	17.7	4.7	10.8	17.6	19.7

* Ever tried cigarette smoking, even one or two puffs

† Among youth who smoked in the past 30 days

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

** Smoked cigarettes, cigars and/or used smokeless tobacco

Table 2-2B. Tobacco Use, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
CIGARETTE SMOKING								
Lifetime cigarette smoking*	34.4	29.7	22.7	16.6	35.3	33.3	25.9	22.0
Smoked a whole cigarette before age 13 years	6.0	3.9	3.3	2.7	6.7	5.6	5.1	3.9
Current cigarette use (past 30 days)	13.9	9.9	12.1	6.4	14.7	13.9	12.1	9.1
Current frequent cigarette use (on 20 or more of the past 30 days)	5.0	3.6	3.2	2.0	5.6	4.6	4.0	2.9
Current cigarette use on school property (past 30 days)	6.3	4.9	5.1	2.3	5.3	5.1	4.4	3.2
Ever smoked cigarettes daily (every day for 30 days)	9.5	7.2	6.3	6.8	9.3	8.2	7.6	7.4
Smoked more than 10 cigarettes/per day (past 30 days, among current smokers) [†]	18.5	9.9	5.9	12.2	13.8	10.4	10.4	13.3
Tried to quit smoking (past 12 months, among current smokers) [†]	37.3	33.6	31.9	39.1	37.4	33.8	37.3	40.9
USE OF OTHER TOBACCO PRODUCTS								
Current smokeless tobacco use (past 30 days) [‡]	5.5	5.8	5.2	4.9	5.1	6.3	6.3	5.4
Current cigar use (past 30 days) [§]	13.0	12.8	13.3	7.9	13.4	14.5	13.1	10.6
OVERALL TOBACCO USE								
Current tobacco use (past 30 days)**	20.8	18.1	19.4	12.4	21.8	22.4	19.8	16.0

* Ever tried cigarette smoking, even one or two puffs

† Among youth who smoked in the past 30 days

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

** Smoked cigarettes, cigars and/or used smokeless tobacco

Table 2-2C. Tobacco Use at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS (1,180)	MetroWest Region 2012 MWAHS (24,459)	Massachusetts 2011 YRBS (2,729)	United States 2011 YRBS (15,425)
CIGARETTE SMOKING				
Lifetime cigarette smoking*	16.6	22.0	38.5	44.7
Smoked a whole cigarette before age 13 years	2.7	3.9	6.5	10.3
Current cigarette use (past 30 days)	6.4	9.1	14.0	18.1
Current frequent cigarette use (on 20 or more of the past 30 days)	2.0	2.9	5.6	6.4
Current cigarette use on school property (past 30 days)	2.3	3.2	5.9	4.9
Ever smoked cigarettes daily (every day for 30 days)	6.8	7.4	9.2	10.2
Smoked more than 10 cigarettes/per day (past 30 days, among current smokers) [†]	12.2	13.3	–	7.8
Tried to quit smoking (past 12 months, among current smokers) [†]	39.1	40.9	52.9	49.9
USE OF OTHER TOBACCO PRODUCTS				
Current smokeless tobacco use (past 30 days) [‡]	4.9	5.4	–	4.8
Current cigar use (past 30 days) [§]	7.9	10.6	14.3	13.1
OVERALL TOBACCO USE				
Current tobacco use (past 30 days)**	12.4	16.0	–	23.4

* Ever tried cigarette smoking, even one or two puffs

† Among youth who smoked in the past 30 days

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

** Smoked cigarettes, cigars and/or used smokeless tobacco

Table 2-3A. Alcohol Use and Drinking and Driving by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
ALCOHOL USE*							
Lifetime alcohol use	50.8	51.9	49.9	27.3	44.2	69.9	72.9
Had first drink of alcohol before age 13 years	8.1	6.7	9.5	11.0	6.6	7.1	6.4
Current alcohol use (past 30 days)	33.0	32.0	34.4	13.2	26.2	45.9	57.0
Current alcohol use on school property (past 30 days)	4.7	4.2	5.2	1.7	2.8	6.3	9.2
Binge drinking (past 30 days) [†]	18.5	16.3	20.7	3.4	15.0	27.8	34.5
Was “drunk” from consuming alcohol (past 30 days)	24.5	24.0	25.2	6.8	21.6	35.1	43.0
Drank alcohol by yourself (past 30 days)	6.0	6.2	6.1	4.2	5.9	8.2	6.3
Drinking interfered with responsibilities (past 12 months)	4.9	5.9	3.8	2.8	3.5	7.1	7.2
Went to a party/hung out where alcohol was available (past 30 days)	39.3	39.5	39.3	22.2	32.8	53.8	57.1
Used alcohol just before a school function (past 12 months)	14.5	13.6	15.1	3.6	12.7	20.1	26.5
Used alcohol during a school function (past 12 months)	7.5	7.6	7.3	1.7	4.9	13.0	13.0
Offered, sold, or given alcohol on school property (past 12 months)	9.2	7.7	10.6	6.3	8.2	10.9	12.6
Used marijuana and alcohol during the same time period (past 30 days) [‡]	13.6	10.7	16.3	3.7	12.5	17.4	25.3
DRINKING AND DRIVING (past 30 days)							
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	76.6	84.6	68.4	77.9	82.9	73.6	72.1
Rode in a car driven by someone who had been drinking	20.9	20.4	21.1	14.3	17.4	25.9	28.5
Rode in a car driven by a high school student who had been drinking	12.8	11.0	14.4	3.4	10.2	18.5	23.2
Drove a car when you had been drinking (11 th /12 th grade drivers only)	12.2	10.5	14.1	—	—	8.8	15.7

* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

‡ Within a couple of hours

Table 2-3B. Alcohol Use and Drinking and Driving, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
ALCOHOL USE*								
Lifetime alcohol use	66.0	63.1	55.7	50.8	66.5	62.8	58.0	55.6
Had first drink of alcohol before age 13 years	17.6	12.5	10.4	8.1	15.5	13.5	12.1	10.2
Current alcohol use (past 30 days)	41.5	40.1	36.9	33.0	42.2	39.1	34.7	33.4
Current alcohol use on school property (past 30 days)	4.8	2.8	4.0	4.7	4.8	4.0	3.3	3.6
Binge drinking (past 30 days) [†]	24.2	21.1	21.8	18.5	25.1	23.2	20.8	18.7
Was “drunk” from consuming alcohol (past 30 days)	–	27.4	26.6	24.5	–	27.7	24.8	23.9
Drank alcohol by yourself (past 30 days)	–	–	5.6	6.0	–	–	6.6	7.1
Drinking interfered with responsibilities (past 12 months)	8.0	5.4	5.2	4.9	7.3	6.2	5.5	4.5
Went to a party/hung out where alcohol was available (past 30 days)	–	–	46.8	39.3	–	–	45.6	40.1
Used alcohol just before a school function (past 12 months)	–	–	–	14.5	–	–	–	11.2
Used alcohol during a school function (past 12 months)	–	–	–	7.5	–	–	–	6.0
Offered, sold, or given alcohol on school property (past 12 months)	–	–	–	9.2	–	–	–	8.1
Used marijuana and alcohol during the same time period (past 30 days) [‡]	–	–	–	13.6	–	–	–	13.4
DRINKING AND DRIVING (past 30 days)								
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	–	–	–	76.6	–	–	–	77.2
Rode in a car driven by someone who had been drinking	25.7	22.0	24.6	20.9	25.2	25.8	22.5	19.5
Rode in a car driven by a high school student who had been drinking	–	–	–	12.8	–	–	–	10.3
Drove a car when you had been drinking (11 th /12 th grade drivers only)	20.2	16.5	23.0	12.2	18.6	16.1	13.1	9.1

* Does not include drinking a few sips of wine for religious purposes

[†] Had 5 or more drinks in a row (within a couple of hours)

[‡] Within a couple of hours

Table 2-3C. Alcohol Use and Drinking and Driving at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS (1,180)	MetroWest Region 2012 MWAHS (24,459)	Massachusetts 2011 YRBS (2,729)	United States 2011 YRBS (15,425)
ALCOHOL USE*				
Lifetime alcohol use	50.8	55.6	67.5	70.8
Had first drink of alcohol before age 13 years	8.1	10.2	14.6	20.5
Current alcohol use (past 30 days)	33.0	33.4	40.1	38.7
Current alcohol use on school property (past 30 days)	4.7	3.6	3.6	5.1
Binge drinking (past 30 days) [†]	18.5	18.7	22.2	21.9
Was “drunk” from consuming alcohol (past 30 days)	24.5	23.9	–	–
Drank alcohol by yourself (past 30 days)	6.0	7.1	–	–
Drinking interfered with responsibilities (past 12 months)	4.9	4.5	–	–
Went to a party/hung out where alcohol was available (past 30 days)	39.3	40.1	–	–
Used alcohol just before a school function (past 12 months)	14.5	11.2	–	–
Used alcohol during a school function (past 12 months)	7.5	6.0	–	–
Offered, sold, or given alcohol on school property (past 12 months)	9.2	8.1	–	–
Used marijuana and alcohol during the same time period (past 30 days) [‡]	13.6	13.4	–	–
DRINKING AND DRIVING (past 30 days)				
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	76.6	77.2	–	–
Rode in a car driven by someone who had been drinking	20.9	19.5	22.9	24.1
Rode in a car driven by a high school student who had been drinking	12.8	10.3	–	–
Drove a car when you had been drinking (11 th /12 th grade drivers only)	12.2	9.1	6.5	8.2

* Does not include drinking a few sips of wine for religious purposes

[†] Had 5 or more drinks in a row (within a couple of hours)

[‡] Within a couple of hours

Table 2-4A. Marijuana Use by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
MARIJUANA USE							
Lifetime marijuana use	27.4	23.5	31.2	9.0	24.7	37.2	47.1
Tried marijuana before age 13 years	3.0	1.4	4.5	3.7	2.8	3.3	1.7
Current marijuana use (past 30 days)	20.0	15.8	24.1	6.0	18.7	26.9	35.2
Current marijuana use on school property (past 30 days)	4.6	3.0	6.1	2.3	4.2	5.2	7.6
Went to a party/hung out where marijuana was available (past 30 days)	29.4	28.2	30.6	11.6	25.4	41.0	47.9
Offered/sold/given marijuana on school property (past 12 months)	13.7	13.0	14.5	10.2	13.4	13.1	19.8
Used money to purchase marijuana (past 30 days)	13.9	9.9	17.7	5.4	12.1	17.9	23.7
Used marijuana and alcohol during the same time period (past 30 days)*	13.6	10.7	16.3	3.7	12.5	17.4	25.3
MARIJUANA USE AND DRIVING (past 30 days)							
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	52.8	61.6	43.7	70.1	54.2	42.8	39.5
Rode in a car driven by a high school student who had been using marijuana	18.8	15.8	21.5	5.2	13.3	28.7	33.9
Drove a car when you had been using marijuana (11 th /12 th grade drivers only)	17.7	11.6	24.2	–	–	12.9	22.6

*Within a couple of hours

Table 2-4B. Marijuana Use, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
MARIJUANA USE								
Lifetime marijuana use	34.5	32.3	35.0	27.4	33.2	33.4	34.6	32.3
Tried marijuana before age 13 years	7.1	4.0	3.3	3.0	5.9	5.2	4.8	4.5
Current marijuana use (past 30 days)	22.0	21.0	26.5	20.0	20.2	22.8	23.5	21.5
Current marijuana use on school property (past 30 days)	6.2	6.7	8.5	4.6	4.4	5.2	6.0	5.0
Went to a party/hung out where marijuana was available (past 30 days)	–	–	39.4	29.4	–	–	36.5	31.6
Offered/sold/given marijuana on school property (past 12 months)	–	–	–	13.7	–	–	–	17.4
Used money to purchase marijuana (past 30 days)	–	–	–	13.9	–	–	–	14.4
Used marijuana and alcohol during the same time period (past 30 days)*	–	–	–	13.6	–	–	–	13.4
MARIJUANA USE AND DRIVING (past 30 days)								
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	–	–	–	52.8	–	–	–	52.0
Rode in a car driven by a high school student who had been using marijuana	–	–	–	18.8	–	–	–	18.0
Drove a car when you had been using marijuana (11 th /12 th grade drivers only)	–	–	–	17.7	–	–	–	16.8

*Within a couple of hours

Table 2-4C. Marijuana Use at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS	MetroWest Region 2012 MWAHS	Massachusetts 2011 YRBS	United States 2011 YRBS
	<i>(1,180)</i>	<i>(24,459)</i>	<i>(2,729)</i>	<i>(15,425)</i>
MARIJUANA USE				
Lifetime marijuana use	27.4	32.3	43.1	39.9
Tried marijuana before age 13 years	3.0	4.5	6.9	8.1
Current marijuana use (past 30 days)	20.0	21.5	27.9	23.1
Current marijuana use on school property (past 30 days)	4.6	5.0	6.3	5.9
Went to a party/hung out where marijuana was available (past 30 days)	29.4	31.6	–	–
Offered/sold/given marijuana on school property (past 12 months)	13.7	17.4	–	–
Used money to purchase marijuana (past 30 days)	13.9	14.4	–	–
Used marijuana and alcohol during the same time period (past 30 days)*	13.6	13.4	–	–
MARIJUANA USE AND DRIVING (past 30 days)				
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	52.8	52.0	–	–
Rode in a car driven by a high school student who had been using marijuana	18.8	18.0	–	–
Drove a car when you had been using marijuana (11 th /12 th grade drivers only)	17.7	16.8	–	–

**Within a couple of hours*

Table 2-5A. Other Substance Use by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,180)	Female (571)	Male (591)	9 th (359)	10 th (289)	11 th (276)	12 th (243)
INHALANTS*							
Lifetime inhalant use	5.4	4.6	6.1	5.1	5.3	5.9	5.0
Current inhalant use (past 30 days)	2.6	1.8	3.5	3.1	2.1	3.7	1.3
OTHER DRUGS							
Lifetime methamphetamine use	3.9	3.0	4.9	2.8	3.2	4.8	5.0
Lifetime ecstasy use	4.3	2.5	6.3	2.0	1.8	6.7	8.0
Lifetime cocaine use [†]	3.3	2.1	4.5	1.1	3.5	3.7	5.5
Current cocaine use (past 30 days) [†]	2.0	1.1	3.0	1.4	2.5	1.9	2.1
Lifetime heroin use	2.7	1.4	4.0	1.4	2.5	3.3	3.8
Lifetime steroid misuse (without a doctor's prescription)	2.4	1.4	3.5	2.3	2.8	1.9	2.5
PRESCRIPTION DRUGS							
Lifetime prescription drug misuse (without a doctor's prescription)	7.1	5.0	9.2	4.0	5.3	8.6	12.2
Current prescription drug misuse (without a doctor's prescription, past 30 days)	4.5	2.7	6.3	2.3	2.9	6.7	7.2
Offered/sold/given prescription drugs on school property (past 12 months)	5.8	5.2	6.4	2.9	6.8	6.1	8.5

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

† Includes using powder, crack or freebase

Table 2-5B. Other Substance Use, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
INHALANTS*								
Lifetime inhalant use	9.4	6.2	5.6	5.4	9.1	8.5	7.3	6.1
Current inhalant use (past 30 days)	4.6	3.1	1.9	2.6	3.5	3.3	2.9	2.5
OTHER DRUGS								
Lifetime methamphetamine use	5.4	2.3	2.8	3.9	3.8	3.2	3.3	2.9
Lifetime ecstasy use	7.0	3.0	4.5	4.3	5.1	5.4	5.7	4.9
Lifetime cocaine use [†]	7.8	4.1	3.8	3.3	6.0	5.3	4.4	3.8
Current cocaine use (past 30 days) [†]	4.9	1.7	2.8	2.0	3.5	3.0	2.7	2.6
Lifetime heroin use	4.2	2.2	2.6	2.7	2.4	2.6	2.2	2.3
Lifetime steroid misuse (without a doctor's prescription)	4.3	2.1	1.7	2.4	3.0	2.9	2.7	2.7
PRESCRIPTION DRUGS								
Lifetime prescription drug misuse (without a doctor's prescription)	12.8	8.4	8.1	7.1	11.0	10.1	10.1	8.8
Current prescription drug misuse (without a doctor's prescription, past 30 days)	—	5.2	4.9	4.5	—	5.7	5.7	5.0
Offered/sold/given prescription drugs on school property (past 12 months)	—	—	—	5.8	—	—	—	6.8

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

† Includes using powder, crack or freebase

Table 2-5C. Other Substance Use at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS	MetroWest Region 2012 MWAHS	Massachusetts 2011 YRBS	United States 2011 YRBS
	<i>(1,180)</i>	<i>(24,459)</i>	<i>(2,729)</i>	<i>(15,425)</i>
INHALANTS*				
Lifetime inhalant use	5.4	6.1	–	11.4
Current inhalant use (past 30 days)	2.6	2.5	–	–
OTHER DRUGS				
Lifetime methamphetamine use	3.9	2.9	2.7	3.8
Lifetime ecstasy use	4.3	4.9	5.8	8.2
Lifetime cocaine use [†]	3.3	3.8	5.0	6.8
Current cocaine use (past 30 days) [†]	2.0	2.6	–	3.0
Lifetime heroin use	2.7	2.3	2.1	2.9
Lifetime steroid misuse (without a doctor's prescription)	2.4	2.7	2.8	3.6
PRESCRIPTION DRUGS				
Lifetime prescription drug misuse (without a doctor's prescription)	7.1	8.8	–	20.7
Current prescription drug misuse (without a doctor's prescription, past 30 days)	4.5	5.0	–	–
Offered/sold/given prescription drugs on school property (past 12 months)	5.8	6.8	–	–

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

† Includes using powder, crack or freebase

Table 3-1A. Violence, Safety-Related Behaviors, and Dating Violence by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,180)	Female (571)	Male (591)	9 th (359)	10 th (289)	11 th (276)	12 th (243)
SAFETY							
Didn't go to school because of safety concerns (past 30 days)*	3.6	4.0	3.1	2.5	2.8	6.2	2.9
Had personal property stolen/damaged at school (past 12 months)	14.2	13.2	15.1	14.8	15.0	17.2	9.2
WEAPONS							
Threatened or injured with a weapon (past 12 months) [†]	5.3	4.0	6.5	5.6	5.6	5.5	4.2
Threatened or injured with a weapon on school property (past 12 months) [†]	2.7	1.4	4.1	2.5	3.1	3.3	1.7
Carried a weapon (past 30 days) [†]	6.6	2.5	10.8	5.6	6.9	6.9	6.7
Carried a gun (past 30 days)	2.5	1.1	3.9	1.4	2.1	3.3	2.9
Carried a weapon on school property (past 30 days) [†]	2.2	0.7	3.8	0.8	1.7	3.3	3.3
PHYSICAL FIGHTING (past 12 months)							
In a physical fight	15.2	9.5	20.8	17.0	17.5	14.7	10.9
In a physical fight on school property	5.4	3.3	7.2	3.1	6.6	6.2	6.3
Injured in a physical fight and received medical treatment	2.8	2.5	3.1	2.5	1.7	4.0	2.9
DATING VIOLENCE[‡] (lifetime)							
Not allowed to spend time with friends	11.2	10.9	11.4	9.1	9.9	12.5	14.1
Sworn at, cursed at, or insulted	13.1	15.9	10.4	11.0	12.1	14.8	15.5
Threatened with physical harm	3.5	3.4	3.5	3.1	2.8	4.5	3.6
Physically hurt on purpose	5.4	3.9	6.8	4.3	5.1	5.6	6.9
Forced to have sexual intercourse	3.3	3.0	3.7	3.1	4.2	3.3	2.7
Forced to do other sexual things	6.3	8.7	4.0	6.0	7.0	5.8	6.5

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ By a boyfriend, girlfriend, date, or someone you were going out with

Table 3-1B. Violence, Safety-Related Behaviors, and Dating Violence, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
SAFETY								
Didn't go to school because of safety concerns (past 30 days)*	5.3	4.1	3.5	3.6	3.6	3.7	4.0	4.0
Had personal property stolen/damaged at school (past 12 months)	27.2	25.1	21.0	14.2	21.2	20.8	19.0	15.2
WEAPONS								
Threatened or injured with a weapon (past 12 months) [†]	10.2	8.3	7.4	5.3	9.4	8.3	8.3	6.5
Threatened or injured with a weapon on school property (past 12 months) [†]	6.1	3.8	4.7	2.7	5.1	4.6	4.6	5.5
Carried a weapon (past 30 days) [†]	8.1	6.0	6.1	6.6	8.2	7.3	7.3	6.8
Carried a gun (past 30 days)	2.8	2.3	2.4	2.5	2.6	2.9	3.0	2.5
Carried a weapon on school property (past 30 days) [†]	4.4	3.3	2.3	2.2	3.3	3.1	3.0	2.5
PHYSICAL FIGHTING (past 12 months)								
In a physical fight	24.3	20.7	19.6	15.2	26.0	23.9	21.7	16.8
In a physical fight on school property	10.1	8.3	7.4	5.4	8.7	8.3	7.4	5.5
Injured in a physical fight and received medical treatment	3.1	3.7	2.9	2.8	3.4	3.7	3.4	2.7
DATING VIOLENCE[‡] (lifetime)								
Not allowed to spend time with friends	–	–	–	11.2	–	–	–	13.9
Sworn at, cursed at, or insulted	–	–	–	13.1	–	–	–	14.9
Threatened with physical harm	–	–	–	3.5	–	–	–	4.1
Physically hurt on purpose	10.5	8.9	8.0	5.4	9.4	9.5	9.3	5.8
Forced to have sexual intercourse	6.7	5.4	3.8	3.3	5.6	5.6	5.9	3.7
Forced to do other sexual things	8.2	9.0	7.5	6.3	8.3	9.0	9.2	6.7

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ By a boyfriend, girlfriend, date, or someone you were going out with

Table 3-1C. Violence, Safety-Related Behaviors, and Dating Violence at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS (1,180)	MetroWest Region 2012 MWAHS (24,459)	Massachusetts 2011 YRBS (2,729)	United States 2011 YRBS (15,425)
SAFETY				
Didn't go to school because of safety concerns (past 30 days)*	3.6	4.0	4.8	5.9
Had personal property stolen/damaged at school (past 12 months)	14.2	15.2	–	–
WEAPONS				
Threatened or injured with a weapon (past 12 months) [†]	5.3	6.5	–	–
Threatened or injured with a weapon on school property (past 12 months) [†]	2.7	3.5	6.8	7.4
Carried a weapon (past 30 days) [†]	6.6	6.8	12.3	16.6
Carried a gun (past 30 days)	2.5	2.5	2.5	5.1
Carried a weapon on school property (past 30 days) [†]	2.2	2.5	3.7	5.4
PHYSICAL FIGHTING (past 12 months)				
In a physical fight	15.2	16.8	25.4	32.8
In a physical fight on school property	5.4	5.5	7.1	12.0
Injured in a physical fight and received medical treatment	2.8	2.7	3.8	3.9
DATING VIOLENCE[‡] (lifetime)				
Not allowed to spend time with friends	11.2	13.9	–	–
Sworn at, cursed at, or insulted	13.1	14.9	–	–
Threatened with physical harm	3.5	4.1	–	–
Physically hurt on purpose	5.4	5.8	–	9.4
Forced to have sexual intercourse	3.3	3.7	–	–
Forced to do other sexual things	6.3	6.7	–	–

* Because you felt you would be unsafe at school or on the way to or from school

[†] For example, a gun, knife, or club

[‡] By a boyfriend, girlfriend, date, or someone you were going out with

Table 3-2A. Bullying and Cyberbullying by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
BULLYING (past 12 months)*							
Been a victim of bullying	28.5	36.7	20.5	35.7	31.0	21.6	22.6
Been a victim of bullying on school property	24.7	31.2	18.2	29.1	27.5	21.2	18.4
Bullied someone else	12.5	12.3	12.8	11.5	13.6	13.9	11.0
Bullied someone else on school property	8.6	6.9	10.5	7.0	9.1	10.6	8.0
Bullied someone else on school property to go along with friends	8.1	7.1	9.3	8.4	7.7	8.8	7.2
Talked to a teacher/adult at school about being bullied	9.3	12.9	6.0	13.5	9.1	6.0	6.8
Talked to a parent/adult outside of school about being bullied	15.6	23.4	8.1	20.6	19.1	9.2	11.0
Saw or heard about another student being bullied at school	53.8	59.8	47.9	53.1	58.7	52.0	51.3
Tried to stop another student from bullying someone else at school	33.5	38.5	28.2	37.9	37.2	28.4	28.2
Told an adult at school that someone else was being bullied at school	10.3	11.9	8.5	11.6	11.4	8.1	8.5
Told a parent/adult outside of school that someone was being bullied at school	16.9	22.5	11.1	18.8	18.1	12.5	17.0
CYBERBULLYING (past 12 months) †							
Been a victim of cyberbullying	18.8	25.5	12.4	21.6	17.8	18.4	17.2
Cyberbullied someone else	6.7	6.8	6.8	6.2	5.6	7.4	7.8
Cyberbullied someone else to go along with friends	4.3	4.6	4.2	4.2	3.5	4.4	5.1
Talked to a teacher/adult at school about being cyberbullied	3.9	4.8	2.9	5.0	2.8	3.3	3.4
Talked to a parent/adult outside of school about being cyberbullied	6.5	10.5	2.6	7.9	5.3	6.3	5.9
Saw or heard about another student being cyberbullied	33.3	41.9	24.7	33.9	34.5	29.3	35.3
Tried to stop a student from cyberbullying someone else	12.7	16.4	8.6	15.9	13.5	10.2	9.4
Told an adult at school that someone was being cyberbullied	3.3	4.5	1.9	4.8	3.2	2.3	1.7
Told a parent/adult outside of school that someone was being cyberbullied	6.5	9.7	3.2	8.2	6.0	4.5	6.0

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. (Include being bullied through e-mail, chat rooms, instant messaging, websites, or texting)

Table 3-2B. Bullying and Cyberbullying, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
BULLYING (past 12 months)*								
Been a victim of bullying	30.2	28.7	30.9	28.5	28.6	29.3	31.8	27.0
Been a victim of bullying on school property	28.3	25.6	28.3	24.7	25.5	25.9	28.2	22.9
Bullied someone else	–	25.2	22.5	12.5	–	26.7	24.9	15.9
Bullied someone else on school property	–	–	–	8.6	–	–	–	11.4
Bullied someone else on school property to go along with friends	–	–	–	8.1	–	–	–	10.1
Talked to a teacher/adult at school about being bullied	–	–	8.7	9.3	–	–	9.0	8.4
Talked to a parent/adult outside of school about being bullied	–	–	14.3	15.6	–	–	13.7	13.4
Saw or heard about another student being bullied at school	–	–	–	53.8	–	–	–	57.5
Tried to stop another student from bullying someone else at school	–	–	–	33.5	–	–	–	34.1
Told an adult at school that someone else was being bullied at school	–	–	–	10.3	–	–	–	10.1
Told a parent/adult outside of school that someone was being bullied at school	–	–	–	16.9	–	–	–	15.8
CYBERBULLYING (past 12 months) †								
Been a victim of cyberbullying	17.6	14.9	17.4	18.8	14.6	15.8	20.0	21.5
Cyberbullied someone else	13.2	11.5	8.8	6.7	10.6	10.7	12.1	10.0
Cyberbullied someone else to go along with friends	–	–	–	4.3	–	–	–	6.2
Talked to a teacher/adult at school about being cyberbullied	–	–	3.4	3.9	–	–	3.6	4.2
Talked to a parent/adult outside of school about being cyberbullied	–	–	5.8	6.5	–	–	5.5	6.9
Saw or heard about another student being cyberbullied	–	–	–	33.3	–	–	–	41.7
Tried to stop a student from cyberbullying someone else	–	–	–	12.7	–	–	–	15.2
Told an adult at school that someone was being cyberbullied	–	–	–	3.3	–	–	–	4.4
Told a parent/adult outside of school that someone was being cyberbullied	–	–	–	6.5	–	–	–	8.0

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. (Include being bullied through e-mail, chat rooms, instant messaging, websites, or texting)

Table 3-2C. Bullying and Cyberbullying, at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS (1,180)	MetroWest Region 2012 MWAHS (24,459)	Massachusetts 2011 YRBS (2,729)	United States 2011 YRBS (15,425)
BULLYING (past 12 months)*				
Been a victim of bullying	28.5	27.0	–	–
Been a victim of bullying on school property	24.7	22.9	18.1	20.1
Bullied someone else	12.5	15.9	–	–
Bullied someone else on school property	8.6	11.4	–	–
Bullied someone else on school property to go along with friends	8.1	10.1	–	–
Talked to a teacher/adult at school about being bullied	9.3	8.4	–	–
Talked to a parent/adult outside of school about being bullied	15.6	13.4	–	–
Saw or heard about another student being bullied at school	53.8	57.5	–	–
Tried to stop another student from bullying someone else at school	33.5	34.1	–	–
Told an adult at school that someone else was being bullied at school	10.3	10.1	–	–
Told a parent/adult outside of school that someone was being bullied at school	16.9	15.8	–	–
CYBERBULLYING (past 12 months) †				
Been a victim of cyberbullying	18.8	21.5	–	16.2
Cyberbullied someone else	6.7	10.0	–	–
Cyberbullied someone else to go along with friends	4.3	6.2	–	–
Talked to a teacher/adult at school about being cyberbullied	3.9	4.2	–	–
Talked to a parent/adult outside of school about being cyberbullied	6.5	6.9	–	–
Saw or heard about another student being cyberbullied	33.3	41.7	–	–
Tried to stop a student from cyberbullying someone else	12.7	15.2	–	–
Told an adult at school that someone was being cyberbullied	3.3	4.4	–	–
Told a parent/adult outside of school that someone was being cyberbullied	6.5	8.0	–	–

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. (Include being bullied through e-mail, chat rooms, instant messaging, websites, or texting)

Table 4-1A. Behaviors Related to Unintentional Injury by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Total (%)	Gender (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
SAFETY-RELATED BEHAVIORS							
Never/rarely wore a helmet when riding bicycle (past 12 months, among students who rode a bicycle)*	48.9	40.8	54.5	38.8	43.2	62.4	61.0
Never/rarely wear a seatbelt when passenger in car	5.4	3.2	7.7	3.7	2.4	9.5	6.3
DRIVING UNDER THE INFLUENCE (past 30 days)							
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	76.6	84.6	68.4	77.9	82.9	73.6	72.1
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	52.8	61.6	43.7	70.1	54.2	42.8	39.5
Rode in a car with a driver who had been drinking	20.9	20.4	21.1	14.3	17.4	25.9	28.5
Rode in a car driven by a high school student who had been drinking	12.8	11.0	14.4	3.4	10.2	18.5	23.2
Rode in a car driven by a high school student who had been using marijuana	18.8	15.8	21.5	5.2	13.3	28.7	33.9
Drove a car when you had been drinking [†]	12.2	10.5	14.1	—	—	8.8	15.7
Drove a car when you had been using marijuana [†]	17.7	11.6	24.2	—	—	12.9	22.6
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)							
Rode in a car when the driver was talking on a phone without a hands-free device while driving‡	32.7	33.9	31.8	16.2	23.4	42.8	57.6
Rode in a car when the driver was texting or e-mailing while driving [‡]	32.3	33.8	30.9	16.2	21.4	43.2	56.7
Drove a car with 2 or more high school students riding with you in the daytime [†]	56.1	57.1	55.2	—	—	35.1	78.0
Drove a car with 2 or more high school students riding with you in the nighttime [†]	53.5	52.3	54.9	—	—	32.9	74.9
Drove a car when you or someone else wasn't wearing a seatbelt [†]	28.3	25.4	31.7	—	—	23.8	32.9
Drove a car while you were talking on a hands-free phone [†]	15.5	12.0	19.4	—	—	10.6	20.8
Drove a car while you were talking on the phone without a hands-free device [†]	38.3	35.8	41.5	—	—	20.2	57.2
Drove a car or other vehicle while you were texting/e-mailing [†]	40.9	40.6	41.1	—	—	22.5	59.9

* Among youth who rode a bicycle in the past 12 months

† Among the 11th and 12th grade youth who drove in the past 30 days

‡ Driven by another high school student

Table 4-1B. Behaviors Related to Unintentional Injury, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
SAFETY-RELATED BEHAVIORS								
Never/rarely wore a helmet when riding bicycle (past 12 months, among students who rode a bicycle)*	69.1	64.1	61.5	48.9	60.8	61.4	58.1	54.4
Never/rarely wear a seatbelt when passenger in car	7.3	5.7	6.3	5.4	7.1	6.8	6.0	5.5
DRIVING UNDER THE INFLUENCE (past 30 days)								
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	–	–	–	76.6	–	–	–	77.2
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	–	–	–	52.8	–	–	–	52.0
Rode in a car with a driver who had been drinking	25.7	22.0	24.6	20.9	25.2	25.8	22.5	19.5
Rode in a car driven by a high school student who had been drinking	–	–	–	12.8	–	–	–	10.3
Rode in a car driven by a high school student who had been using marijuana	–	–	–	18.8	–	–	–	18.0
Drove a car when you had been drinking [†]	20.2	16.5	23.0	12.2	18.6	16.1	13.1	9.1
Drove a car when you had been using marijuana [†]	–	–	–	17.7	–	–	–	16.8
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)								
Rode in a car when the driver was talking on a phone without a hands-free device while driving [‡]	–	–	30.6	32.7	–	–	30.0	32.1
Rode in a car when the driver was texting or e-mailing while driving [‡]	–	–	30.2	32.3	–	–	28.5	33.1
Drove a car with 2 or more high school students riding with you in the daytime [†]	–	–	–	56.1	–	–	–	53.4
Drove a car with 2 or more high school students riding with you in the nighttime [†]	–	–	–	53.5	–	–	–	48.4
Drove a car when you or someone else wasn't wearing a seatbelt [†]	–	–	–	28.3	–	–	–	25.4
Drove a car while you were talking on a hands-free phone [†]	–	–	–	15.5	–	–	–	15.1
Drove a car while you were talking on the phone without a hands-free device [†]	–	–	–	38.3	–	–	–	37.0
Drove a car or other vehicle while you were texting/e-mailing [†]	–	–	46.3	40.9	–	–	43.9	40.9

* Among youth who rode a bicycle in the past 12 months

† Among the 11th and 12th grade youth who drove in the past 30 days

‡ Driven by another high school student

Table 4-1C. Behaviors Related to Unintentional Injury at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS (1,180)	MetroWest Region 2012 MWAHS (24,459)	Massachusetts 2011 YRBS (2,729)	United States 2011 YRBS (15,425)
SAFETY-RELATED BEHAVIORS				
Never/rarely wore a helmet when riding bicycle (past 12 months, among students who rode a bicycle)*	48.9	54.4	–	87.5
Never/rarely wear a seatbelt when passenger in car	5.4	5.5	13.5	7.7
DRIVING UNDER THE INFLUENCE (past 30 days)				
Think riding in a car driven by a high school student who had been drinking alcohol is very dangerous	76.6	77.2	–	–
Think riding in a car driven by a high school student who had been using marijuana is very dangerous	52.8	52.0	–	–
Rode in a car with a driver who had been drinking	20.9	19.5	22.9	24.1
Rode in a car driven by a high school student who had been drinking	12.8	10.3	–	–
Rode in a car driven by a high school student who had been using marijuana	18.8	18.0	–	–
Drove a car when you had been drinking†	12.2	9.1	–	–
Drove a car when you had been using marijuana†	17.7	16.8	–	–
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)				
Rode in a car when the driver was talking on a phone without a hands-free device while driving‡	32.7	32.1	–	–
Rode in a car when the driver was texting or e-mailing while driving‡	32.3	33.1	–	–
Drove a car with 2 or more high school students riding with you in the daytime†	56.1	53.4	–	–
Drove a car with 2 or more high school students riding with you in the nighttime†	53.5	48.4	–	–
Drove a car when you or someone else wasn't wearing a seatbelt†	28.3	25.4	–	–
Drove a car while you were talking on a hands-free phone†	15.5	15.1	–	–
Drove a car while you were talking on the phone without a hands-free device†	38.3	37.0	–	–
Drove a car or other vehicle while you were texting/e-mailing†	40.9	40.9	–	–

* Among youth who rode a bicycle in the past 12 months

† Among the 11th and 12th grade youth who drove in the past 30 days

‡ Driven by another high school student

Table 5-1A. Stress, Mental Health, and Suicidality by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
STRESS							
Life "very" stressful (past 30 days)	31.6	43.1	20.4	23.5	24.7	34.3	48.7
Worry/feel stressed about school issues*	65.0	79.6	50.5	60.1	60.6	68.9	74.5
Worry/feel stressed about social issues*	30.5	39.8	21.2	26.7	27.6	35.1	34.8
Worry/feel stressed about family issues*	25.0	33.3	16.3	21.2	23.5	28.2	28.8
Worry/feel stressed about safety issues*	3.7	4.3	3.0	3.7	3.9	3.0	3.9
Worry/feel stressed about appearance issues*	27.8	44.7	11.1	25.4	24.6	28.7	34.2
Worry/feel stressed about your physical and/or emotional health *	21.4	30.3	12.5	16.1	20.3	24.0	27.6
MENTAL HEALTH AND SUICIDALITY (past 12 months)							
Felt sad or hopeless almost every day for two or more weeks	17.7	22.1	13.5	14.7	20.3	17.8	19.4
Hurt or injured yourself on purpose [†]	13.7	20.1	7.3	15.6	11.7	12.6	14.2
Seriously considered attempting suicide	11.3	15.0	7.5	11.3	12.8	10.9	10.3
Made a plan about attempting suicide	8.7	9.7	7.8	8.1	8.9	7.5	11.3
Attempted suicide	3.3	3.0	3.7	3.2	2.9	3.7	3.5
Made a suicide attempt requiring medical treatment [‡]	1.4	1.1	1.8	0.6	0.7	1.9	2.6
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself	7.4	8.5	6.6	6.1	7.6	6.0	11.3
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself	14.1	18.2	10.2	13.3	14.0	14.7	15.2
Talked to a doctor, nurse, or health care provider about feeling sad or hopeless, or having thoughts about hurting yourself	7.9	10.5	5.4	7.5	8.7	8.7	7.0

* Worry or feel stressed "often" or "very often"

† For example, by cutting, burning, or bruising yourself on purpose

‡ Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-1B. Stress, Mental Health, and Suicidality, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
STRESS								
Life "very" stressful (past 30 days)	29.0	28.2	27.3	31.6	27.9	27.9	28.3	28.9
Worry/feel stressed about school issues*	57.1	59.0	57.7	65.0	58.0	58.5	57.0	59.8
Worry/feel stressed about social issues*	30.1	28.2	27.9	30.5	28.9	30.1	30.3	29.9
Worry/feel stressed about family issues*	26.1	25.9	24.2	25.0	26.9	29.3	28.9	27.2
Worry/feel stressed about safety issues*	3.5	3.0	2.5	3.7	3.7	3.7	3.8	3.7
Worry/feel stressed about appearance issues*	27.6	26.6	25.6	27.8	27.3	27.8	27.4	28.7
Worry/feel stressed about your physical and/or emotional health *	19.6	19.4	19.2	21.4	19.8	20.1	20.6	21.6
MENTAL HEALTH AND SUICIDALITY (past 12 months)								
Felt sad or hopeless almost every day for two or more weeks	21.9	19.2	17.0	17.7	20.1	20.3	19.1	19.7
Hurt or injured yourself on purpose [†]	15.1	12.6	11.5	13.7	13.2	13.2	14.0	15.6
Seriously considered attempting suicide	9.9	8.7	8.3	11.3	10.0	10.5	11.6	13.0
Made a plan about attempting suicide	7.5	7.0	6.1	8.7	7.5	7.8	8.6	9.8
Attempted suicide	5.0	4.1	2.4	3.3	4.1	4.1	4.0	4.7
Made a suicide attempt requiring medical treatment [‡]	2.0	1.4	0.5	1.4	1.6	1.5	1.4	1.5
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself	–	–	6.1	7.4	–	–	6.8	7.1
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself	–	–	12.0	14.1	–	–	12.6	13.0
Talked to a doctor, nurse, or health care provider about feeling sad or hopeless, or having thoughts about hurting yourself	–	–	–	7.9	–	–	–	7.0

* Worry or feel stressed "often" or "very often"

† For example, by cutting, burning, or bruising yourself on purpose

‡ Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-1C. Stress, Mental Health, and Suicidality at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS (1,180)	MetroWest Region 2012 MWAHS (24,459)	Massachusetts 2011 YRBS (2,729)	United States 2011 YRBS (15,425)
STRESS				
Life "very" stressful (past 30 days)	31.6	28.9	—	—
Worry/feel stressed about school issues*	65.0	59.8	—	—
Worry/feel stressed about social issues*	30.5	29.9	—	—
Worry/feel stressed about family issues*	25.0	27.2	—	—
Worry/feel stressed about safety issues*	3.7	3.7	—	—
Worry/feel stressed about appearance issues*	27.8	28.7	—	—
Worry/feel stressed about your physical and/or emotional health *	21.4	21.6	—	—
MENTAL HEALTH AND SUICIDALITY (past 12 months)				
Felt sad or hopeless almost every day for two or more weeks	17.7	19.7	25.2	28.5
Hurt or injured yourself on purpose [†]	13.7	15.6	—	—
Seriously considered attempting suicide	11.3	13.0	13.3	15.8
Made a plan about attempting suicide	8.7	9.8	12.2	12.8
Attempted suicide	3.3	4.7	6.8	7.8
Made a suicide attempt requiring medical treatment [‡]	1.4	1.5	2.3	2.4
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself	7.4	7.1	—	—
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself	14.1	13.0	—	—
Talked to a doctor, nurse, or health care provider about feeling sad or hopeless, or having thoughts about hurting yourself	7.9	7.0	—	—

* Worry or feel stressed "often" or "very often"

† For example, by cutting, burning, or bruising yourself on purpose

‡ Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 6-1A. Sexual Behaviors and Sexting by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
SEXUAL BEHAVIORS							
Ever had sexual intercourse	21.7	19.1	23.8	9.0	16.5	27.2	40.4
Had first sexual intercourse before age 13 years	2.6	0.5	4.7	4.1	1.4	1.5	2.6
Had sexual intercourse with 4 or more people (lifetime)	6.3	4.9	7.5	3.5	5.8	6.4	11.1
Currently sexually active (had intercourse in the past 3 months)	17.9	15.8	19.6	7.3	10.1	24.2	35.8
Used alcohol or drugs before sexual intercourse the last time (among currently sexually active youth)*	28.9	25.6	31.8	21.7	28.6	29.7	30.0
Used a condom during sexual intercourse the last time (among currently sexually active youth)*	67.3	63.2	70.5	54.2	60.7	67.7	73.8
Used birth control pills during sexual intercourse the last time (among currently sexually active youth)*	23.4	31.0	18.2	0.0	17.9	25.0	31.7
Been pregnant/gotten someone pregnant (lifetime)	2.0	0.7	3.2	1.5	1.1	1.9	3.6
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	1.9	0.2	3.4	2.0	1.5	1.1	2.7
Been physically forced to have sexual intercourse when you did not want to (lifetime)	4.8	4.8	5.0	2.9	5.8	5.7	5.4
Had sexual contact with someone of the same sex (lifetime)	2.4	2.2	2.5	2.1	2.6	1.9	3.1
"SEXTING" (past 12 months)†							
Received a "sext" of someone you know	18.3	13.6	22.8	15.6	16.2	20.5	22.0
Sent, forwarded, or posted a "sext" of someone you know	4.7	2.8	6.6	5.4	3.5	4.3	5.9
Someone else sent or posted a "sext" of you	3.0	2.5	3.5	3.8	2.0	2.4	4.1
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	7.2	10.8	3.5	7.6	6.7	7.8	6.8
Sent, forwarded, or posted a "sext" of yourself	8.7	9.8	7.2	7.9	7.8	9.1	10.4

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 6-1B. Sexual Behaviors and Sexting, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
SEXUAL BEHAVIORS								
Ever had sexual intercourse	32.9	29.1	27.4	21.7	28.9	29.4	28.3	26.6
Had first sexual intercourse before age 13 years	4.2	3.2	2.4	2.6	3.8	3.7	3.3	3.0
Had sexual intercourse with 4 or more people (lifetime)	10.5	8.2	6.7	6.3	8.0	8.0	7.6	6.9
Currently sexually active (had intercourse in the past 3 months)	25.7	22.0	20.8	17.9	22.3	22.9	21.8	20.7
Used alcohol or drugs before sexual intercourse the last time (among currently sexually active youth)*	23.6	22.9	31.5	28.9	26.5	27.8	27.0	29.2
Used a condom during sexual intercourse the last time (among currently sexually active youth)*	63.1	66.4	71.0	67.3	66.6	65.0	63.2	66.3
Used birth control pills during sexual intercourse the last time (among currently sexually active youth)*	43.0	42.1	29.6	23.4	39.1	41.0	24.4	25.0
Been pregnant/gotten someone pregnant (lifetime)	3.3	2.9	1.9	2.0	2.9	2.9	2.8	2.5
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	2.0	2.0	1.2	1.9	1.6	1.7	1.6	1.5
Been physically forced to have sexual intercourse when you did not want to (lifetime)	8.0	5.4	4.1	4.8	5.7	5.7	5.5	4.8
Had sexual contact with someone of the same sex (lifetime)	–	–	–	2.4	–	–	–	3.3
"SEXTING" (past 12 months)†								
Received a "sext" of someone you know	–	–	20.5	18.3	–	–	25.1	22.6
Sent, forwarded, or posted a "sext" of someone you know	–	–	8.7	4.7	–	–	10.4	5.2
Someone else sent or posted a "sext" of you	–	–	5.4	3.0	–	–	5.0	3.0
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	–	–	–	7.2	–	–	–	8.1
Sent, forwarded, or posted a "sext" of yourself	–	–	–	8.7	–	–	–	10.7

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 6-1C. Sexual Behaviors and Sexting at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS (1,180)	MetroWest Region 2012 MWAHS (24,459)	Massachusetts 2011 YRBS (2,729)	United States 2011 YRBS (15,425)
SEXUAL BEHAVIORS				
Ever had sexual intercourse	21.7	26.6	42.0	47.4
Had first sexual intercourse before age 13 years	2.6	3.0	4.2	6.2
Had sexual intercourse with 4 or more people (lifetime)	6.3	6.9	11.4	15.3
Currently sexually active (had intercourse in the past 3 months)	17.9	20.7	30.4	33.7
Used alcohol or drugs before sexual intercourse the last time (among currently sexually active youth)*	28.9	29.2	22.7	22.1
Used a condom during sexual intercourse the last time (among currently sexually active youth)*	67.3	66.3	57.7	60.2
Used birth control pills during sexual intercourse the last time (among currently sexually active youth)*	23.4	25.0	26.5	18.0
Been pregnant/gotten someone pregnant (lifetime)	2.0	2.5	—	—
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	1.9	1.5	—	—
Been physically forced to have sexual intercourse when you did not want to (lifetime)	4.8	4.8	—	8.0
Had sexual contact with someone of the same sex (lifetime)	2.4	3.3	—	—
"SEXTING" (past 12 months)†				
Received a "sext" of someone you know	18.3	22.6	—	—
Sent, forwarded, or posted a "sext" of someone you know	4.7	5.2	—	—
Someone else sent or posted a "sext" of you	3.0	3.0	—	—
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	7.2	8.1	—	—
Sent, forwarded, or posted a "sext" of yourself	8.7	10.7	—	—

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 7-1A. Weight Perception, Weight Control, and Body Mass Index by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
WEIGHT PERCEPTION							
Describe self as slightly or very overweight	26.5	29.6	23.6	26.4	26.5	26.8	27.1
Trying to lose weight	38.9	54.2	23.0	34.2	39.5	42.5	40.9
WEIGHT CONTROL (past 30 days)*							
Exercised	57.0	66.7	47.0	54.8	59.3	57.9	57.0
Dieted [†]	33.1	44.8	20.7	25.6	33.6	37.4	37.6
Fasted for more than 24 hours	6.2	8.4	3.8	3.0	6.3	7.5	9.1
Took diet pills, powder, or liquids [‡]	3.7	3.5	3.7	2.6	3.9	3.6	5.0
Vomited/took laxatives	3.7	5.0	2.2	3.3	3.9	4.0	3.7
BODY MASS INDEX							
Overweight [§]	11.6	10.2	13.0	11.6	10.7	11.9	11.9
Obese**	7.0	4.4	9.5	5.0	7.3	7.8	7.7

* To lose weight or keep from gaining weight

† Ate less food, fewer calories, or foods low in fat or carbohydrates

‡ Without a doctor's advice

§ Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

** Students who were ≥95th percentile for body mass index by age and gender, based on reference data

Table 7-1B. Weight Perception, Weight Control, and Body Mass Index, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
WEIGHT PERCEPTION								
Describe self as slightly or very overweight	24.0	24.2	23.2	26.5	25.1	24.5	24.2	26.0
Trying to lose weight	38.3	40.6	37.7	38.9	39.3	40.5	39.3	40.4
WEIGHT CONTROL (past 30 days)*								
Exercised	53.9	57.8	56.6	57.0	54.4	55.7	55.4	55.8
Dieted [†]	32.6	32.7	35.6	33.1	35.8	34.6	34.5	35.3
Fasted for more than 24 hours	9.0	7.2	5.8	6.2	8.1	8.0	7.4	8.0
Took diet pills, powder, or liquids [‡]	4.2	2.9	3.8	3.7	3.6	3.7	3.7	3.5
Vomited/took laxatives	4.4	4.1	4.4	3.7	3.6	4.1	3.8	4.1
BODY MASS INDEX								
Overweight [§]	13.8	13.6	12.5	11.6	12.2	12.1	12.1	11.9
Obese**	8.6	7.7	7.6	7.0	7.7	7.2	7.2	7.2

* To lose weight or keep from gaining weight

† Ate less food, fewer calories, or foods low in fat or carbohydrates

‡ Without a doctor's advice

§ Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

** Students who were ≥95th percentile for body mass index by age and gender, based on reference data

Table 7-1C. Weight Perception, Weight Control, and Body Mass Index at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS	MetroWest Region 2012 MWAHS	Massachusetts 2011 YRBS	United States 2011 YRBS
	(665)	(24,459)	(2,729)	(15,425)
WEIGHT PERCEPTION				
Describe self as slightly or very overweight	26.5	26.0	27.6	29.2
Trying to lose weight	38.9	40.4	45.3	46.0
WEIGHT CONTROL (past 30 days)*				
Exercised	57.0	55.8	–	–
Dieted [†]	33.1	35.3	–	–
Fasted for more than 24 hours	6.2	8.0	9.6	12.2
Took diet pills, powder, or liquids [‡]	3.7	3.5	4.0	5.1
Vomited/took laxatives	3.7	4.1	4.8	4.3
BODY MASS INDEX				
Overweight [§]	11.6	11.9	14.6	15.2
Obese**	7.0	7.2	9.9	13.0

* To lose weight or keep from gaining weight

† Ate less food, fewer calories, or foods low in fat or carbohydrates

‡ Without a doctor's advice

§ Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

** Students who were ≥95th percentile for body mass index by age and gender, based on reference data

Table 7-2A. Nutrition and Physical Activity by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
FOOD CONSUMPTION (past 7 days)							
Consumed 1 or more servings of fruit or 100% fruit juice per day	40.3	41.2	39.0	40.5	42.2	39.1	38.1
Consumed 1 or more servings of vegetables or green salad per day	54.5	61.0	47.8	56.4	59.4	49.8	52.1
Consumed 5 or more servings of fruits and vegetables per day	11.7	13.3	9.7	13.4	12.4	10.0	9.8
Drank 3 or more glasses of milk per day	16.8	12.3	21.2	20.3	17.9	14.7	12.6
Consumed 1 or more servings of other milk/dairy products per day	55.8	55.6	55.5	55.7	61.1	52.6	52.8
Consumed 1 or more servings of fried food per day	18.6	15.2	22.2	20.6	18.4	17.7	17.3
Consumed 1 or more servings of fast food per day	3.9	3.2	4.6	3.8	2.8	4.5	4.7
Drank 1 or more servings of soda/soft drinks per day	13.7	9.4	17.7	14.6	12.1	12.8	15.0
Ate dinner at home with parents/guardians 5 or more days (past 7 days)	65.6	63.1	67.9	72.1	69.9	63.9	54.7
PHYSICAL ACTIVITY							
Participated in vigorous physical activity (on 3 or more days in the past 7 days)*	73.4	73.4	73.5	76.9	72.4	73.4	71.5
Met currently recommended level of physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days)†	49.4	46.4	53.2	55.4	50.0	47.2	43.9
Played on one or more sports teams (past 12 months)	71.7	70.6	73.3	79.0	75.1	71.3	60.0
Attend physical education class (1 or more days a week)	66.6	70.2	63.5	60.9	64.2	66.7	77.6
Walk or ride a bicycle to school on one or more days a week	30.1	27.6	32.0	35.3	36.6	26.6	20.1
Spent 3 or more hours of non-homework-related "screen time" on average school day‡	30.8	23.7	38.1	30.4	30.4	31.2	32.5

* Exercised for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities

† Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Table 7-2B. Nutrition and Physical Activity, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
FOOD CONSUMPTION (past 7 days)								
Consumed 1 or more servings of fruit or 100% fruit juice per day	41.9	40.6	44.6	40.3	43.7	42.5	45.8	42.5
Consumed 1 or more servings of vegetables or green salad per day	48.1	47.3	53.5	54.5	50.6	49.4	53.2	51.8
Consumed 5 or more servings of fruits and vegetables per day	8.1	7.8	12.7	11.7	9.7	10.2	12.8	11.8
Drank 3 or more glasses of milk per day	17.4	19.4	22.3	16.8	21.8	21.4	22.9	20.1
Consumed 1 or more servings of other milk/dairy products per day	54.5	54.3	60.0	55.8	55.1	55.4	59.0	56.7
Consumed 1 or more servings of fried food per day	–	–	–	18.6	–	–	–	20.0
Consumed 1 or more servings of fast food per day	–	–	–	3.9	–	–	–	4.7
Drank 1 or more servings of soda/soft drinks per day	29.0	17.5	16.2	13.7	24.4	19.4	17.8	14.0
Ate dinner at home with parents/guardians 5 or more days (past 7 days)	–	–	–	65.6	–	–	–	66.6
PHYSICAL ACTIVITY								
Participated in vigorous physical activity (on 3 or more days in the past 7 days)*	66.1	67.2	72.3	73.4	65.1	65.2	67.6	68.5
Met currently recommended level of physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days)†	38.4	37.0	46.7	49.4	33.7	33.2	45.3	48.8
Played on one or more sports teams (past 12 months)	72.9	72.0	70.2	71.7	67.8	67.6	67.7	68.4
Attend physical education class (1 or more days a week)	79.9	78.4	77.0	66.6	61.9	59.4	53.8	54.8
Walk or ride a bicycle to school on one or more days a week	–	–	–	30.1	–	–	–	22.3
Spent 3 or more hours of non-homework-related "screen time" on average school day‡	–	–	–	30.8	–	–	–	38.7

* Exercised for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities

† Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Table 7-2C. Nutrition and Physical Activity at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS	MetroWest Region 2012 MWAHS	Massachusetts 2011 YRBS	United States 2011 YRBS
	<i>(1,180)</i>	<i>(24,459)</i>	<i>(2,729)</i>	<i>(15,425)</i>
FOOD CONSUMPTION (past 7 days)				
Consumed 1 or more servings of fruit or 100% fruit juice per day	40.3	42.5	—	—
Consumed 1 or more servings of vegetables or green salad per day	54.5	51.8	—	—
Consumed 5 or more servings of fruits and vegetables per day	11.7	11.8	—	—
Drank 3 or more glasses of milk per day	16.8	20.1	—	—
Consumed 1 or more servings of other milk/dairy products per day	55.8	56.7	—	—
Consumed 1 or more servings of fried food per day	18.6	20.0	—	—
Consumed 1 or more servings of fast food per day	3.9	4.7	—	—
Drank 1 or more servings of soda/soft drinks per day	13.7	14.0	18.3	27.8
Ate dinner at home with parents/guardians 5 or more days (past 7 days)	65.6	66.6	—	—
PHYSICAL ACTIVITY				
Participated in vigorous physical activity (on 3 or more days in the past 7 days)*	73.4	68.5	—	—
Met currently recommended level of physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days)†	49.4	48.8	—	—
Played on one or more sports teams (past 12 months)	71.7	68.4	59.6	58.4
Attend physical education class (1 or more days a week)	66.6	54.8	—	—
Walk or ride a bicycle to school on one or more days a week	30.1	22.3	—	—
Spent 3 or more hours of non-homework-related "screen time" on average school day‡	30.8	38.7	—	—

* Exercised for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities

† Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Table 8-1A. School Attachment, Adult Support, and Peer Support by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Total (%)	Gender (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
SCHOOL ATTACHMENT							
I feel close to people at school*	72.3	69.6	75.0	73.9	70.4	69.7	74.6
I feel like I am part of this school*	70.1	65.9	74.1	73.9	67.9	67.9	68.9
I am happy to be at this school*	68.2	61.6	75.0	74.9	68.9	59.5	67.0
The teachers at this school treat students fairly*	62.0	54.6	69.0	65.9	59.6	55.7	65.4
I feel safe in my school*	86.6	84.7	88.1	87.3	84.6	85.1	89.0
ADULT SUPPORT AT SCHOOL							
Have at least one teacher/adult at school to talk to if you have a problem	70.5	71.3	69.8	64.5	69.6	69.2	81.8
Talked to a teacher/adult at school about a personal problem [†]	31.0	37.7	24.6	27.2	30.0	28.6	40.9
Talked to a teacher/adult at school about being bullied [†]	9.3	12.9	6.0	13.5	9.1	6.0	6.8
Talked to a teacher/adult at school about being cyberbullied [†]	3.9	4.8	2.9	5.0	2.8	3.3	3.4
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	7.4	8.5	6.6	6.1	7.6	6.0	11.3
ADULT SUPPORT OUTSIDE OF SCHOOL							
Ate dinner at home with parents/guardians 5 or more days (past 7 days)	65.6	63.1	67.9	72.1	69.9	63.9	54.7
Have at least one parent/adult outside of school to talk to about things that are important to you	90.9	93.1	88.9	88.5	90.5	91.5	94.6
Talked to a parent/adult outside of school about being bullied [†]	15.6	23.4	8.1	20.6	19.1	9.2	11.0
Talked to a parent/adult outside of school about being cyberbullied [†]	6.5	10.5	2.6	7.9	5.3	6.3	5.9
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	14.1	18.2	10.2	13.3	14.0	14.7	15.2
PEER SUPPORT							
Feel you have a friend you can talk to about a personal problem [‡]	71.3	78.3	63.7	69.5	66.5	73.2	77.2
Feel you are part of a group of friends [‡]	76.7	74.4	78.6	78.5	74.3	77.0	75.9
Feel lonely [‡]	10.4	14.5	6.4	9.2	11.1	10.9	10.7

* Students responded "agree" or "strongly agree"

† During the past 12 months

‡ Students responded "most of the time" or "all of the time"

Table 8-1B. School Attachment, Adult Support, and Peer Support, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
SCHOOL ATTACHMENT								
I feel close to people at school*	68.0	77.7	75.7	72.3	70.3	74.9	73.2	70.8
I feel like I am part of this school*	67.1	73.3	70.2	70.1	70.9	72.3	71.7	70.6
I am happy to be at this school*	62.5	70.4	62.5	68.2	70.5	70.5	70.2	69.5
The teachers at this school treat students fairly*	53.0	60.4	54.9	62.0	61.1	61.3	61.8	64.4
I feel safe in my school*	72.7	79.7	78.0	86.6	82.2	81.0	82.8	84.5
ADULT SUPPORT AT SCHOOL								
Have at least one teacher/adult at school to talk to if you have a problem	67.6	70.3	68.4	70.5	66.3	67.1	67.0	69.4
Talked to a teacher/adult at school about a personal problem [†]	–	–	31.1	31.0	–	–	30.1	29.4
Talked to a teacher/adult at school about being bullied [†]	–	–	8.7	9.3	–	–	9.0	8.4
Talked to a teacher/adult at school about being cyberbullied [†]	–	–	3.4	3.9	–	–	3.6	4.2
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	–	–	6.1	7.4	–	–	6.8	7.1
ADULT SUPPORT OUTSIDE OF SCHOOL								
Ate dinner at home with parents/guardians 5 or more days (past 7 days)	–	–	–	65.6	–	–	–	66.6
Have at least one parent/adult outside of school to talk to about things that are important to you	87.2	88.6	89.1	90.9	88.1	88.2	87.9	89.0
Talked to a parent/adult outside of school about being bullied [†]	–	–	14.3	15.6	–	–	13.7	13.4
Talked to a parent/adult outside of school about being cyberbullied [†]	–	–	5.8	6.5	–	–	5.5	6.9
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	–	–	12.0	14.1	–	–	12.6	13.0
PEER SUPPORT								
Feel you have a friend you can talk to about a personal problem [‡]	–	–	–	71.3	–	–	–	71.9
Feel you are part of a group of friends [‡]	–	–	–	76.7	–	–	–	77.0
Feel lonely [‡]	–	–	–	10.4	–	–	–	12.3

* Students responded "agree" or "strongly agree"

† During the past 12 months

‡ Students responded "most of the time" or "all of the time"

Table 8-1C. School Attachment, Adult Support, and Peer Support at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS	MetroWest Region 2012 MWAHS	Massachusetts 2011 YRBS	United States 2011 YRBS
	<i>(1,180)</i>	<i>(24,459)</i>	<i>(2,729)</i>	<i>(15,425)</i>
SCHOOL ATTACHMENT				
I feel close to people at school*	72.3	70.8	—	—
I feel like I am part of this school*	70.1	70.6	—	—
I am happy to be at this school*	68.2	69.5	—	—
The teachers at this school treat students fairly*	62.0	64.4	—	—
I feel safe in my school*	86.6	84.5	—	—
ADULT SUPPORT AT SCHOOL				
Have at least one teacher/adult at school to talk to if you have a problem	70.5	69.4	—	—
Talked to a teacher/adult at school about a personal problem [†]	31.0	29.4	—	—
Talked to a teacher/adult at school about being bullied [†]	9.3	8.4	—	—
Talked to a teacher/adult at school about being cyberbullied [†]	3.9	4.2	—	—
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	7.4	7.1	—	—
ADULT SUPPORT OUTSIDE OF SCHOOL				
Ate dinner at home with parents/guardians 5 or more days (past 7 days)	65.6	66.6	—	—
Have at least one parent/adult outside of school to talk to about things that are important to you	90.9	89.0	—	—
Talked to a parent/adult outside of school about being bullied [†]	15.6	13.4	—	—
Talked to a parent/adult outside of school about being cyberbullied [†]	6.5	6.9	—	—
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	14.1	13.0	—	—
PEER SUPPORT				
Feel you have a friend you can talk to about a personal problem [‡]	71.3	71.9	—	—
Feel you are part of a group of friends [‡]	76.7	77.0	—	—
Feel lonely [‡]	10.4	12.3	—	—

* Students responded "agree" or "strongly agree"

† During the past 12 months

‡ Students responded "most of the time" or "all of the time"

Table 9-1A. Risk Behaviors on School Property by Gender and Grade, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,180)	(571)	(591)	(359)	(289)	(276)	(243)
SAFETY, WEAPONS, AND VIOLENCE							
Didn't go to school because of safety concerns (past 30 days)*	3.6	4.0	3.1	2.5	2.8	6.2	2.9
Had personal property stolen/deliberately damaged at school (past 12 months)	14.2	13.2	15.1	14.8	15.0	17.2	9.2
Threatened or injured with a weapon on school property (past 12 months) [†]	2.7	1.4	4.1	2.5	3.1	3.3	1.7
Carried a weapon on school property (past 30 days) [†]	2.2	0.7	3.8	0.8	1.7	3.3	3.3
In a physical fight on school property (past 12 months)	5.4	3.3	7.2	3.1	6.6	6.2	6.3
Been bullied on school property (past 12 months) [‡]	24.7	31.2	18.2	29.1	27.5	21.2	18.4
Bullied someone else on school property (past 12 months) [‡]	8.6	6.9	10.5	7.0	9.1	10.6	8.0
SUBSTANCE USE							
Current cigarette use on school property (past 30 days)	2.3	1.6	3.1	1.4	1.0	3.3	3.8
Current alcohol use on school property (past 30 days)	4.7	4.2	5.2	1.7	2.8	6.3	9.2
Current marijuana use on school property (past 30 days)	4.6	3.0	6.1	2.3	4.2	5.2	7.6
Used alcohol just before a school function (past 12 months)	14.5	13.6	15.1	3.6	12.7	20.1	26.5
Used alcohol during a school function (past 12 months)	7.5	7.6	7.3	1.7	4.9	13.0	13.0
DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)							
Offered, sold, or given alcohol on school property	9.2	7.7	10.6	6.3	8.2	10.9	12.6
Offered, sold, or given marijuana on school property	13.7	13.0	14.5	10.2	13.4	13.1	19.8
Offered, sold, or given prescription drugs on school property	5.8	5.2	6.4	2.9	6.8	6.1	8.5

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Table 9-1B. Risk Behaviors on School Property, 2006 - 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (1,083)	2008 (1,120)	2010 (1,114)	2012 (1,180)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)
SAFETY, WEAPONS, AND VIOLENCE								
Didn't go to school because of safety concerns (past 30 days)*	5.3	4.1	3.5	3.6	3.6	3.7	4.0	4.0
Had personal property stolen/deliberately damaged at school (past 12 months)	27.2	25.1	21.0	14.2	21.2	20.8	19.0	15.2
Threatened or injured with a weapon on school property (past 12 months) [†]	6.1	3.8	4.7	2.7	5.1	4.6	4.6	3.5
Carried a weapon on school property (past 30 days) [†]	4.4	3.3	2.3	2.2	3.3	3.1	3.0	2.5
In a physical fight on school property (past 12 months)	10.1	8.3	7.4	5.4	8.7	8.3	7.4	5.5
Been bullied on school property (past 12 months) [‡]	28.3	25.6	28.3	24.7	25.5	25.9	28.2	22.9
Bullied someone else on school property (past 12 months) [‡]	–	–	–	8.6	–	–	–	11.4
SUBSTANCE USE								
Current cigarette use on school property (past 30 days)	6.3	4.9	5.1	2.3	5.3	5.1	4.4	3.2
Current alcohol use on school property (past 30 days)	4.8	2.8	4.0	4.7	4.8	4.0	3.3	3.6
Current marijuana use on school property (past 30 days)	6.2	6.7	8.5	4.6	4.4	5.2	6.0	5.0
Used alcohol just before a school function (past 12 months)	–	–	–	14.5	–	–	–	11.2
Used alcohol during a school function (past 12 months)	–	–	–	7.5	–	–	–	6.0
DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)								
Offered, sold, or given alcohol on school property	17.1	15.1	16.1	9.2	16.4	14.2	14.3	8.1
Offered, sold, or given marijuana on school property	17.7	19.7	21.9	13.7	16.1	17.9	20.0	17.4
Offered, sold, or given prescription drugs on school property	–	–	–	5.8	–	–	–	6.8

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Table 9-1C. Risk Behaviors on School Property at the District, Regional, State and National Levels, 2012
Natick High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2012

	Natick 2012 MWAHS (1,180)	MetroWest Region 2012 MWAHS (24,459)	Massachusetts 2011 YRBS (2,729)	United States 2011 YRBS (15,425)
SAFETY, WEAPONS, AND VIOLENCE				
Didn't go to school because of safety concerns (past 30 days)*	3.6	4.0	4.8	5.9
Had personal property stolen/deliberately damaged at school (past 12 months)	14.2	15.2	—	—
Threatened or injured with a weapon on school property (past 12 months) [†]	2.7	3.5	6.8	7.4
Carried a weapon on school property (past 30 days) [†]	2.2	2.5	3.7	5.4
In a physical fight on school property (past 12 months)	5.4	5.5	7.1	12.0
Been bullied on school property (past 12 months) [‡]	24.7	22.9	18.1	20.1
Bullied someone else on school property (past 12 months) [‡]	8.6	11.4	—	—
SUBSTANCE USE				
Current cigarette use on school property (past 30 days)	2.3	3.2	5.9	4.9
Current alcohol use on school property (past 30 days)	4.7	3.6	3.6	5.1
Current marijuana use on school property (past 30 days)	4.6	5.0	6.3	5.9
Used alcohol just before a school function (past 12 months)	14.5	11.2	—	—
Used alcohol during a school function (past 12 months)	7.5	6.0	—	—
DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)				
Offered, sold, or given alcohol on school property	9.2	8.1	—	—
Offered, sold, or given marijuana on school property	13.7	17.4	—	—
Offered, sold, or given prescription drugs on school property	5.8	6.8	—	—

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again