

Table 2-1A. Substance Use by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>		
	(1,044)	Female (528)	Male (512)	6 th (348)	7 th (362)	8 th (334)
LIFETIME USE*						
Cigarettes	5.2	5.0	5.4	2.6	3.7	9.4
Alcohol [†]	7.9	7.8	8.1	2.9	6.4	14.7
Marijuana	3.0	3.1	3.0	0.3	2.8	6.1
Inhalants [‡]	3.7	3.4	3.8	3.5	2.0	5.7
Steroids (without a doctor's prescription)	0.4	0.2	0.6	0.0	0.0	1.2
Prescription drugs (without a doctor's prescription)	0.8	0.8	0.8	0.3	0.3	1.8
CURRENT USE (past 30 days)[§]						
Cigarettes	1.4	0.6	2.2	0.3	0.8	3.0
Alcohol [†]	3.0	3.1	3.0	0.9	1.7	6.6
Marijuana	1.8	1.7	2.0	0.3	1.1	4.2
CURRENT USE ON SCHOOL PROPERTY (past 30 days)[§]						
Cigarettes	0.4	0.4	0.4	0.3	0.3	0.6
Alcohol [†]	0.6	0.4	0.8	0.0	0.3	1.5

* 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

§ Used one or more times in the past 30 days

Table 2-1B. Substance Use, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
LIFETIME USE*								
Cigarettes	6.2	4.3	5.4	6.4	9.6	8.4	5.7	6.2
Alcohol [†]	16.4	13.6	13.2	10.4	21.9	20.2	13.2	12.4
Marijuana	2.2	3.4	3.5	4.4	4.8	5.2	4.1	4.1
Inhalants [‡]	6.0	4.8	7.3	3.8	8.3	7.1	5.2	4.2
Steroids (without a doctor's prescription)	1.4	1.4	1.2	0.6	1.4	1.2	0.9	0.9
Prescription drugs (without a doctor's prescription)	1.2	1.3	1.2	1.0	1.6	1.7	1.3	1.2
CURRENT USE (past 30 days)[§]								
Cigarettes	3.0	1.8	2.5	1.9	3.9	3.7	2.4	2.1
Alcohol [†]	6.6	5.6	6.2	4.1	9.0	8.6	4.9	5.0
Marijuana	1.8	2.9	2.3	2.6	3.0	3.3	2.2	2.4
CURRENT USE ON SCHOOL PROPERTY (past 30 days)[§]								
Cigarettes	0.6	0.8	0.8	0.4	1.1	1.1	0.6	0.6
Alcohol [†]	0.8	0.6	0.8	0.9	1.2	0.9	0.6	0.7

* 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

§ Used one or more times in the past 30 days

Table 2-2A. Tobacco Use by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	Total (%)	Gender (%)		Grade (%)		
		Female	Male	6 th	7 th	8 th
	(1,044)	(528)	(512)	(348)	(362)	(334)
CIGARETTE SMOKING						
Lifetime cigarette smoking*	5.2	5.0	5.4	2.6	3.7	9.4
Smoked a whole cigarette before age 11 years	1.0	0.2	1.8	0.3	0.0	2.8
Current cigarette use (past 30 days)	1.4	0.6	2.2	0.3	0.8	3.0
Current frequent cigarette use (on 20 or more of the past 30 days)	0.4	0.0	0.8	0.0	0.0	1.2
Current cigarette use on school property (past 30 days)	0.4	0.4	0.4	0.3	0.3	0.6
Smoked more than 10 cigarettes/per day (past 30 days, among current smokers) [†]	21.1	20.0	21.4	0.0	0.0	28.6
Ever smoked cigarettes daily (every day for 30 days)	1.2	0.6	1.8	0.3	0.6	2.7

* Ever tried cigarette smoking, even one or two puffs

† Among the 1.4% of youth who are current cigarette smokers

Table 2-2B. Tobacco Use, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
CIGARETTE SMOKING								
Lifetime cigarette smoking*	6.2	4.3	5.4	6.4	9.6	8.4	5.7	6.2
Smoked a whole cigarette before age 11 years	2.4	1.1	1.1	1.3	2.1	1.8	1.2	1.0
Current cigarette use (past 30 days)	3.0	1.8	2.5	1.9	3.9	3.7	2.4	2.1
Current frequent cigarette use (on 20 or more of the past 30 days)	1.6	0.3	0.9	0.6	0.9	1.0	0.6	0.6
Current cigarette use on school property (past 30 days)	0.6	0.8	0.8	0.4	1.1	1.1	0.6	0.6
Smoked more than 10 cigarettes/per day (past 30 days, among current smokers) [†]	27.3	7.1	25.0	23.5	14.3	15.7	14.5	21.8
Ever smoked cigarettes daily (every day for 30 days)	1.6	1.3	1.3	1.6	1.8	1.7	1.1	1.0

* Ever tried cigarette smoking, even one or two puffs

† Among the 1.9% of youth who are current cigarette smokers

Table 2-3A. Alcohol Use and Drinking and Driving by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>		
		Female	Male	6 th	7 th	8 th
	(1,044)	(528)	(512)	(348)	(362)	(334)
ALCOHOL USE*						
Lifetime alcohol use	7.9	7.8	8.1	2.9	6.4	14.7
Had first drink of alcohol before age 11 years	4.0	3.5	4.6	3.6	3.6	4.8
Current alcohol use (past 30 days)	3.0	3.1	3.0	0.9	1.7	6.6
Current alcohol use on school property (past 30 days)	0.6	0.4	0.8	0.0	0.3	1.5
Binge drinking (past 30 days) [†]	0.5	0.4	0.6	0.0	0.0	1.5
Was “drunk” from consuming alcohol (past 30 days)	1.3	1.1	1.4	0.3	0.3	3.3
Went to a party/hung out where alcohol was available (past 30 days)	7.3	6.1	8.3	5.6	6.7	9.6
Offered/sold/given alcohol on school property (past 12 months)	0.6	0.2	1.0	0.0	0.3	1.6
DRINKING AND DRIVING						
Rode in a car driven by someone who had been drinking (lifetime)	11.6	13.0	10.3	8.1	10.4	16.5
Rode in a car driven by a high school student who had been drinking (lifetime)	1.7	1.5	2.0	0.9	0.8	3.6

* 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)

Table 2-3B. Alcohol Use and Drinking and Driving, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
ALCOHOL USE*								
Lifetime alcohol use	16.4	13.6	13.2	10.4	21.9	20.2	13.2	12.4
Had first drink of alcohol before age 11 years	5.9	5.3	5.5	4.2	8.2	6.8	4.6	4.6
Current alcohol use (past 30 days)	6.6	5.6	6.2	4.1	9.0	8.6	4.9	5.0
Current alcohol use on school property (past 30 days)	0.8	0.6	0.8	0.9	1.2	0.9	0.6	0.7
Binge drinking (past 30 days) [†]	2.4	1.9	2.2	0.7	2.5	2.5	1.5	1.4
Was “drunk” from consuming alcohol (past 30 days)	–	2.3	2.6	1.7	–	3.3	1.8	1.8
Went to a party/hung out where alcohol was available (past 30 days)	–	–	8.8	8.1	–	–	8.1	9.2
Offered/sold/given alcohol on school property (past 12 months)	–	–	–	0.9	–	–	–	1.8
DRINKING AND DRIVING								
Rode in a car driven by someone who had been drinking (lifetime)	16.2	18.0	13.5	13.4	18.7	20.5	15.2	14.3
Rode in a car driven by a high school student who had been drinking (lifetime)	–	–	–	2.2	–	–	–	2.2

* 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)

Table 2-4A. Marijuana and Other Substance Use by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>		
	(1,044)	Female (528)	Male (512)	6 th (348)	7 th (362)	8 th (334)
MARIJUANA USE						
Lifetime marijuana use	3.0	3.1	3.0	0.3	2.8	6.1
Tried marijuana before age 11 years	0.5	0.2	0.8	0.0	0.0	1.5
Current marijuana use (past 30 days)	1.8	1.7	2.0	0.3	1.1	4.2
Went to a party/hung out where marijuana was available (past 30 days)	3.0	2.9	3.2	0.9	2.0	6.3
Offered/sold/given marijuana on school property (past 12 months)	1.7	1.0	2.6	0.3	2.2	2.7
INHALANTS*						
Lifetime inhalant use	3.7	3.4	3.8	3.5	2.0	5.7
MISUSE OF PRESCRIPTION DRUGS						
Lifetime steroid misuse (without a doctor's prescription)	0.4	0.2	0.6	0.0	0.0	1.2
Lifetime prescription drug misuse (without a doctor's prescription)	0.8	0.8	0.8	0.3	0.3	1.8

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

Table 2-4B. Marijuana and Other Substance Use, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
MARIJUANA USE								
Lifetime marijuana use	2.2	3.4	3.5	4.4	4.8	5.2	4.1	4.1
Tried marijuana before age 11 years	1.2	0.8	0.9	0.7	1.1	1.0	0.8	0.8
Current marijuana use (past 30 days)	1.8	2.9	2.3	2.6	3.0	3.3	2.2	2.4
Went to a party/hung out where marijuana was available (past 30 days)	–	–	–	4.1	–	–	–	4.9
Offered/sold/given marijuana on school property (past 12 months)	–	–	–	2.5	–	–	–	2.9
INHALANTS*								
Lifetime inhalant use	6.0	4.8	7.3	3.8	8.3	7.1	5.2	4.2
MISUSE OF PRESCRIPTION DRUGS								
Lifetime steroid misuse (without a doctor's prescription)	1.4	1.4	1.2	0.6	1.4	1.2	0.9	0.9
Lifetime prescription drug misuse (without a doctor's prescription)	1.2	1.3	1.2	1.0	1.6	1.7	1.3	1.2

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

Table 3-1A. Violence and Safety-Related Behaviors by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>		
		Female	Male	6 th	7 th	8 th
	(1,044)	(528)	(512)	(348)	(362)	(334)
SAFETY						
Didn't go to school because of safety concerns (past 30 days)*	1.4	1.9	0.8	0.3	1.1	2.7
Had personal property stolen/damaged at school (past 12 months)	15.2	14.3	16.3	12.1	16.5	17.1
WEAPONS[†]						
Carried a weapon (lifetime)	16.2	9.4	23.5	16.6	16.1	16.0
Carried a weapon on school property (lifetime)	0.7	0.4	1.0	0.3	0.6	1.2
Carried a weapon (past 30 days)	6.2	3.6	9.0	5.5	7.6	5.5
PHYSICAL FIGHTING						
In a physical fight (lifetime)	32.8	20.2	45.8	33.9	29.9	34.8
In a physical fight (past 12 months)	15.5	7.8	23.3	17.2	14.2	15.1
In a physical fight on school property (lifetime)	6.6	4.5	8.7	4.9	6.7	8.1
In a physical fight on school property (past 12 months)	1.9	1.0	3.0	1.4	1.1	3.3
Injured in a physical fight and received medical treatment (lifetime)	3.1	2.5	3.7	2.3	3.3	3.6

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

† For example, a gun, knife, or club

Table 3-1B. Violence and Safety-Related Behaviors, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
SAFETY								
Didn't go to school because of safety concerns (past 30 days)*	2.2	3.4	1.5	1.9	3.0	3.3	2.1	2.3
Had personal property stolen/damaged at school (past 12 months)	15.8	22.9	19.0	16.8	19.1	23.2	16.2	15.0
WEAPONS[†]								
Carried a weapon (lifetime)	17.5	12.7	14.7	16.0	17.6	16.3	13.7	15.1
Carried a weapon on school property (lifetime)	2.4	2.4	1.2	0.9	3.3	2.5	1.4	1.4
Carried a weapon (past 30 days)	–	5.8	5.4	6.6	–	7.8	5.5	6.8
PHYSICAL FIGHTING								
In a physical fight (lifetime)	37.1	42.9	39.6	32.3	44.5	45.3	39.3	35.0
In a physical fight (past 12 months)	–	25.5	24.1	14.6	–	25.9	20.8	17.3
In a physical fight on school property (lifetime)	17.3	14.2	12.7	7.4	18.9	16.8	12.4	9.8
In a physical fight on school property (past 12 months)	–	6.4	6.6	2.2	–	6.9	4.5	3.3
Injured in a physical fight and received medical treatment (lifetime)	4.0	4.2	5.4	3.5	5.8	5.6	4.0	3.2

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

† For example, a gun, knife, or club

Table 3-2A. Bullying by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>		
	(1,044)	Female (528)	Male (512)	6 th (348)	7 th (362)	8 th (334)
<i>BULLYING (past 12 months)*</i>						
Been a victim of bullying	31.2	34.7	27.3	30.2	30.5	33.0
Been a victim of bullying on school property	25.3	27.4	22.8	24.4	24.7	26.9
Bullied someone else	9.8	10.7	8.7	8.7	7.5	13.3
Bullied someone else on school property	5.9	6.1	5.7	3.8	4.4	9.7
Bullied someone else on school property to go along with friends	6.2	6.1	6.3	3.8	5.6	9.4
Talked to a teacher/adult at school about being bullied	14.1	16.0	12.0	16.6	15.3	10.1
Talked to a parent/adult outside of school about being bullied	19.9	23.9	15.6	23.1	22.5	13.8
Saw/heard of another student being bullied at school	48.7	55.2	42.0	43.1	50.0	53.1
Tried to stop a student from bullying someone else at school	36.8	40.0	33.3	31.3	40.4	38.3
Told an adult at school that someone was being bullied at school	18.6	21.7	15.3	20.1	20.6	14.9
Told a parent/adult outside of school that someone was being bullied at school	21.6	27.6	15.4	23.7	22.8	18.3
<i>CYBERBULLYING (past 12 months) †</i>						
Been a victim of cyberbullying	13.7	19.3	7.7	13.1	13.0	15.0
Cyberbullied someone else	3.6	4.8	2.4	1.8	4.2	4.9
Cyberbullied someone else to go along with friends	1.8	1.9	1.6	1.5	1.7	2.1
Talked to a teacher/adult at school about being cyberbullied	3.3	5.2	1.4	4.7	2.2	3.1
Talked to a parent/adult outside of school about being cyberbullied	5.6	10.2	0.8	7.0	5.6	4.3
Saw/heard of another student being cyberbullied	22.3	28.6	15.9	20.8	21.9	24.3
Tried to stop a student from cyberbullying someone else	11.6	15.1	7.9	10.1	13.4	11.1
Told an adult at school that someone was being cyberbullied	4.9	7.2	2.4	6.8	4.5	3.4
Told a parent/adult outside of school that someone was being cyberbullied	7.8	11.8	3.4	9.6	7.0	6.8

* 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, social networking websites or texting)

Table 3-2B. Bullying, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
BULLYING (past 12 months)*								
Been a victim of bullying	42.9	44.2	39.5	31.7	43.9	48.9	37.7	32.4
Been a victim of bullying on school property	39.1	39.7	33.7	25.8	38.8	42.7	31.7	26.7
Bullied someone else	–	32.3	18.5	10.3	–	34.5	21.3	12.5
Bullied someone else on school property	–	–	–	6.9	–	–	–	7.8
Bullied someone else on school property to go along with friends	–	–	–	7.4	–	–	–	8.6
Talked to a teacher/adult at school about being bullied	–	–	13.2	12.8	–	–	12.2	12.8
Talked to a parent/adult outside of school about being bullied	–	–	21.8	18.3	–	–	20.1	20.3
Saw/heard of another student being bullied at school	–	–	–	51.5	–	–	–	56.2
Tried to stop a student from bullying someone else at school	–	–	–	39.4	–	–	–	38.7
Told an adult at school that someone was being bullied at school	–	–	–	17.9	–	–	–	15.9
Told a parent/adult outside of school that someone was being bullied at school	–	–	–	20.6	–	–	–	22.3
CYBERBULLYING (past 12 months) †								
Been a victim of cyberbullying	13.6	12.8	15.3	14.0	15.6	15.9	17.2	16.6
Cyberbullied someone else	9.9	8.5	6.1	4.5	10.9	9.4	8.1	6.0
Cyberbullied someone else to go along with friends	–	–	–	1.9	–	–	–	3.5
Talked to a teacher/adult at school about being cyberbullied	–	–	4.3	2.6	–	–	3.5	3.7
Talked to a parent/adult outside of school about being cyberbullied	–	–	5.8	5.0	–	–	5.7	6.6
Saw/heard of another student being cyberbullied	–	–	–	23.0	–	–	–	27.3
Tried to stop a student from cyberbullying someone else	–	–	–	12.3	–	–	–	12.9
Told an adult at school that someone was being cyberbullied	–	–	–	4.0	–	–	–	3.7
Told a parent/adult outside of school that someone was being cyberbullied	–	–	–	6.9	–	–	–	7.7

* 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, social networking websites or texting)

Table 4-1A. Behaviors Related to Unintentional Injury by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>		
		Female	Male	6 th	7 th	8 th
	(1,044)	(528)	(512)	(348)	(362)	(334)
SAFETY-RELATED BEHAVIORS						
Never/rarely wear a helmet when riding bicycle*	18.0	16.5	19.0	11.7	15.0	28.5
Never/rarely wear a helmet when rollerblading or skateboarding [†]	33.3	33.5	32.6	22.8	37.5	43.2
Never/rarely wear a seatbelt when riding in car	1.6	1.1	2.2	0.9	0.8	3.3
DRINKING AND DRIVING						
Rode in car with a driver who had been drinking (lifetime)	11.6	13.0	10.3	8.1	10.4	16.5
Rode in car with a high school student who had been drinking (lifetime)	1.7	1.5	2.0	0.9	0.8	3.6

* Among the 91.4% of youth who ride a bicycle

† Among the 47.8% of youth who rollerblade and/or skateboard

Table 4-1B. Behaviors Related to Unintentional Injury, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
SAFETY-RELATED BEHAVIORS								
Never/rarely wear a helmet when riding bicycle*	36.8	36.8	29.3	21.3	38.0	37.2	31.4	30.0
Never/rarely wear a helmet when rollerblading or skateboarding [†]	46.8	51.7	44.3	39.8	48.1	51.4	47.0	46.6
Never/rarely wear a seatbelt when riding in car	3.2	3.5	3.2	2.0	5.5	4.2	2.9	3.3
DRINKING AND DRIVING								
Rode in car with a driver who had been drinking (lifetime)	16.2	18.0	13.5	13.4	18.7	20.5	15.2	14.3
Rode in car with a high school student who had been drinking (lifetime)	—	—	—	2.2	—	—	—	2.2

* Among the 90.3% of youth who ride a bicycle

† Among the 44.5% of youth who rollerblade and/or skateboard

Table 5-1A. Stress, Mental Health, and Suicidality by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>		
	(1,044)	Female (528)	Male (512)	6 th (348)	7 th (362)	8 th (334)
STRESS						
Life "very" stressful (past 30 days)	11.2	14.4	7.8	6.7	9.1	18.1
MENTAL HEALTH AND SUICIDALITY						
Felt sad or hopeless almost every day for two or more weeks (past 12 months)	10.8	12.7	8.7	6.1	9.7	16.8
Hurt or injured yourself on purpose (past 12 months)*	6.7	8.0	5.3	4.1	5.0	11.1
Seriously considered attempting suicide (lifetime)	8.0	7.9	7.9	4.1	6.5	13.6
Made a plan about attempting suicide (lifetime)	5.6	5.9	5.4	2.6	3.6	10.8
Attempted suicide (lifetime)	1.7	1.0	2.6	1.5	0.6	3.3
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	3.8	4.0	3.6	4.7	2.5	4.2
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	10.2	11.1	9.1	11.7	8.7	10.2
Talked to a doctor, nurse, or health care provider about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	2.8	2.3	3.4	2.0	2.5	3.9

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

Table 5-1B. Stress, Mental Health, and Suicidality, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
STRESS								
Life "very" stressful (past 30 days)	12.5	14.6	12.5	13.5	13.3	13.6	12.1	12.5
MENTAL HEALTH AND SUICIDALITY								
Felt sad or hopeless almost every day for two or more weeks (past 12 months)	13.0	14.4	12.0	13.1	15.6	15.2	12.8	12.8
Hurt or injured yourself on purpose (past 12 months)*	6.5	7.4	7.3	8.0	7.7	8.5	6.7	7.8
Seriously considered attempting suicide (lifetime)	8.5	8.8	9.6	9.9	9.9	10.9	9.4	10.5
Made a plan about attempting suicide (lifetime)	4.4	5.6	5.8	7.1	5.9	6.5	5.7	7.2
Attempted suicide (lifetime)	1.6	2.6	1.8	1.9	3.0	3.0	2.6	3.0
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	–	–	4.6	3.3	–	–	4.2	4.5
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	–	–	11.8	9.4	–	–	9.5	9.5
Talked to a doctor, nurse, or health care provider about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	–	–	–	3.2	–	–	–	2.9

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

Table 6-1A. Weight Perception, Weight Control, and Body Mass Index by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	Total (%)	Gender (%)		Grade (%)		
		Female	Male	6 th	7 th	8 th
	(1,044)	(528)	(512)	(348)	(362)	(334)
WEIGHT PERCEPTION						
Describe self as slightly or very overweight	21.4	22.5	20.4	16.8	21.7	25.9
Trying to lose weight	26.0	30.7	20.7	24.1	24.3	29.7
WEIGHT CONTROL (lifetime)*						
Exercised	49.2	48.8	49.3	51.6	44.1	52.1
Dieted [†]	29.2	33.6	24.5	26.6	27.7	33.3
Fasted for more than 24 hours	5.5	7.5	3.4	4.1	4.2	8.1
Took diet pills, powders, or liquids [‡]	0.8	1.0	0.6	0.3	0.3	1.8
Vomited/took laxatives	1.5	1.5	1.4	0.6	0.8	3.0
BODY MASS INDEX						
Overweight [§]	12.1	13.6	10.6	11.9	12.2	12.2
Obese**	4.3	3.0	5.6	2.7	3.8	6.1

* 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 6-1B. Weight Perception, Weight Control, and Body Mass Index, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
WEIGHT PERCEPTION								
Describe self as slightly or very overweight	21.7	23.0	21.8	23.7	22.8	23.8	23.3	23.0
Trying to lose weight	31.1	32.1	32.9	26.9	34.1	34.1	33.1	32.4
WEIGHT CONTROL (lifetime)*								
Exercised	61.4	57.9	58.5	48.0	61.4	61.0	59.1	58.0
Dieted [†]	38.0	34.1	33.5	30.4	38.1	36.2	34.1	34.0
Fasted for more than 24 hours	8.3	6.6	8.1	6.1	9.4	8.4	7.0	7.5
Took diet pills, powders, or liquids [‡]	1.6	1.4	1.1	1.0	2.2	2.0	1.5	1.6
Vomited/took laxatives	2.2	3.0	1.9	1.9	2.7	2.8	2.0	2.1
BODY MASS INDEX								
Overweight [§]	13.9	13.2	15.4	12.2	13.4	13.0	13.1	12.6
Obese**	7.8	7.5	6.7	5.0	7.0	6.8	6.4	6.4

* 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 6-2A. Nutrition and Physical Activity by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>		
	(1,044)	Female (528)	Male (512)	6 th (348)	7 th (362)	8 th (334)
FOOD CONSUMPTION						
Consumed 1 or more servings of fruit or 100% fruit juice *	81.6	83.7	79.5	84.8	82.5	77.3
Consumed 1 or more servings of vegetables or green salad *	80.8	83.5	78.0	81.1	82.3	79.0
Drank 3 or more glasses of milk *	29.5	25.7	33.7	31.5	30.4	26.6
Consumed 1 or more servings of other milk/dairy products *	83.2	81.9	85.0	81.0	85.4	82.9
Consumed 1 or more servings of fried food *	51.3	47.4	55.7	54.9	48.5	50.9
Consumed 1 or more servings of fast food *	11.4	7.9	15.1	12.3	11.7	10.1
Drank 1 or more servings of soda/soft drinks *	35.0	28.4	41.8	34.8	35.3	35.0
Ate dinner at home with parents/guardians on 5 or more of the past 7 days	86.0	85.5	86.6	89.2	90.1	78.3
PHYSICAL ACTIVITY						
Participated in vigorous physical activity (on ≥ 3 days in the past 7 days) †	82.7	80.8	84.7	84.1	82.0	82.2
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) ‡	63.2	56.5	70.1	68.1	63.7	57.9
Played on one or more sports teams (past 12 months)	81.1	79.2	82.9	84.6	82.2	76.3
Attend physical education class (1 or more days a week)	99.3	99.2	99.4	98.8	99.7	99.4
Walk or ride bike to/from school (1 or more days a week)	32.0	28.5	35.7	29.5	33.1	33.2
Spend 2 or more hours of "screen time" on average school day (not for school work or homework) §	54.7	52.5	56.7	48.2	54.0	62.2

* On the day before the survey

† 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 6-2B. Nutrition and Physical Activity, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
FOOD CONSUMPTION								
Consumed 1 or more servings of fruit or 100% fruit juice *	82.5	83.7	86.0	80.0	81.2	81.8	84.0	80.6
Consumed 1 or more servings of vegetables or green salad *	83.4	84.2	85.6	80.7	80.9	80.4	82.2	80.5
Drank 3 or more glasses of milk *	39.1	37.3	36.3	28.6	36.7	36.0	35.4	31.3
Consumed 1 or more servings of other milk/dairy products *	86.0	86.6	85.6	84.2	83.2	84.3	85.4	84.5
Consumed 1 or more servings of fried food *	–	–	–	49.6	–	–	–	53.3
Consumed 1 or more servings of fast food *	–	–	–	10.9	–	–	–	14.4
Drank 1 or more servings of soda/soft drinks *	44.6	45.5	37.2	35.1	50.6	46.7	38.3	37.0
Ate dinner at home with parents/guardians on 5 or more of the past 7 days	–	–	–	84.4	–	–	–	83.4
PHYSICAL ACTIVITY								
Participated in vigorous physical activity (on ≥ 3 days in the past 7 days) †	83.5	81.1	77.6	82.1	78.7	79.0	76.9	80.3
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) ‡	–	–	56.9	60.9	–	–	52.2	58.8
Played on one or more sports teams (past 12 months)	83.0	76.7	78.9	79.4	73.2	73.0	75.8	79.1
Attend physical education class (1 or more days a week)	99.0	98.5	98.4	99.6	93.5	94.4	92.7	90.1
Walk or ride bike to/from school (1 or more days a week)	–	–	–	33.2	–	–	–	31.6
Spend 2 or more hours of "screen time" on average school day (not for school work or homework) §	–	–	–	57.9	–	–	–	60.7

* On the day before the survey

† 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 7-1A. School Attachment, Adult Support, and Peer Support by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>		
	(1,044)	Female (528)	Male (512)	6 th (348)	7 th (362)	8 th (334)
SCHOOL ATTACHMENT						
I feel close to people at school.*	79.9	82.3	77.8	79.4	81.1	79.2
I feel like I am part of this school.*	82.1	82.0	82.4	86.4	82.6	77.3
I am happy to be at this school.*	76.5	79.7	73.2	82.9	75.9	70.7
The teachers at this school treat students fairly.*	66.1	69.2	63.0	76.0	63.3	58.9
I feel safe in my school.*	85.7	88.1	83.4	87.9	88.0	80.9
ADULT SUPPORT AT SCHOOL						
Have at least one teacher/adult at school to talk to if you have a problem	68.7	69.7	68.0	72.2	69.4	64.3
Talked to a teacher/adult at school about a personal problem [†]	26.2	28.7	23.8	27.2	27.2	24.0
Talked to a teacher/adult at school about being bullied [†]	14.1	16.0	12.0	16.6	15.3	10.1
Talked to a teacher/adult at school about being cyberbullied [†]	3.3	5.2	1.4	4.7	2.2	3.1
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	3.8	4.0	3.6	4.7	2.5	4.2
ADULT SUPPORT OUTSIDE OF SCHOOL						
Have at least one parent/adult outside of school to talk to about things that are important to you	91.8	92.4	91.2	94.2	91.8	89.5
Talked to a parent/adult outside of school about being bullied [†]	19.9	23.9	15.6	23.1	22.5	13.8
Talked to a parent/adult outside of school about being cyberbullied [†]	5.6	10.2	0.8	7.0	5.6	4.3
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	10.2	11.1	9.1	11.7	8.7	10.2
Ate dinner at home with parents/guardians on 5 or more of the past 7 days	86.0	85.5	86.6	89.2	90.1	78.3
PEER SUPPORT						
Feel you have a friend you can talk to about a personal problem [‡]	60.5	76.1	44.6	54.0	64.1	63.4
Feel you are part of a group of friends [‡]	79.8	79.6	79.9	78.4	81.6	79.3
Feel lonely [‡]	6.5	7.6	5.4	3.8	5.9	9.9

* Student responded "agree" or "strongly agree"

† During the past 12 months

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

Table 7-1B. School Attachment, Adult Support, and Peer Support, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
SCHOOL ATTACHMENT								
I feel close to people at school.*	77.8	76.9	76.5	80.2	74.7	76.6	77.9	79.9
I feel like I am part of this school.*	77.6	74.9	78.2	80.1	75.3	76.3	80.2	79.7
I am happy to be at this school.*	68.1	64.9	73.7	73.4	69.3	71.1	75.0	74.0
The teachers at this school treat students fairly.*	59.2	57.5	63.9	61.2	64.9	66.8	69.1	70.3
I feel safe in my school.*	83.2	82.9	85.3	84.6	79.6	79.6	84.6	84.4
ADULT SUPPORT AT SCHOOL								
Have at least one teacher/adult at school to talk to if you have a problem	61.1	63.5	65.6	67.0	63.4	61.2	66.0	68.0
Talked to a teacher/adult at school about a personal problem [†]	–	–	24.4	25.6	–	–	25.9	26.5
Talked to a teacher/adult at school about being bullied [†]	–	–	13.2	12.8	–	–	12.2	12.8
Talked to a teacher/adult at school about being cyberbullied [†]	–	–	4.3	2.6	–	–	3.5	3.7
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	–	–	4.6	3.3	–	–	4.2	4.5
ADULT SUPPORT OUTSIDE OF SCHOOL								
Have at least one parent/adult outside of school to talk to about things that are important to you	88.0	89.5	91.5	90.6	89.4	88.5	90.3	91.6
Talked to a parent/adult outside of school about being bullied [†]	–	–	21.8	18.3	–	–	20.1	20.3
Talked to a parent/adult outside of school about being cyberbullied [†]	–	–	5.8	5.0	–	–	5.7	6.6
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	–	–	11.8	9.4	–	–	9.5	9.5
Ate dinner at home with parents/guardians on 5 or more of the past 7 days	–	–	–	84.4	–	–	–	83.4
PEER SUPPORT								
Feel you have a friend you can talk to about a personal problem [‡]	–	–	–	63.8	–	–	–	64.6
Feel you are part of a group of friends [‡]	–	–	–	80.5	–	–	–	79.9
Feel lonely [‡]	–	–	–	7.8	–	–	–	7.6

* Student responded "agree" or "strongly agree"

† During the past 12 months

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

Table 8-1A. Risk Behaviors on School Property by Gender and Grade, 2012
Natick Middle Schools (Grades 6-8)
MetroWest Adolescent Health Survey, 2012

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>		
		Female	Male	6 th	7 th	8 th
	(1,044)	(528)	(512)	(348)	(362)	(334)
SAFETY, WEAPONS, AND VIOLENCE						
Didn't go to school because of safety concerns (past 30 days)*	1.4	1.9	0.8	0.3	1.1	2.7
Had personal property stolen/deliberately damaged at school (past 12 months)	15.2	14.3	16.3	12.1	16.5	17.1
Carried a weapon on school property (lifetime) [†]	0.7	0.4	1.0	0.3	0.6	1.2
In a physical fight on school property (lifetime)	6.6	4.5	8.7	4.9	6.7	8.1
In a physical fight on school property (past 12 months)	1.9	1.0	3.0	1.4	1.1	3.3
Been bullied on school property (past 12 months) [‡]	25.3	27.4	22.8	24.4	24.7	26.9
Bullied someone else on school property (past 12 months)	5.9	6.1	5.7	3.8	4.4	9.7
CURRENT SUBSTANCE USE (past 30 days)						
Current cigarette use on school property	0.4	0.4	0.4	0.3	0.3	0.6
Current alcohol use on school property	0.6	0.4	0.8	0.0	0.3	1.5
DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)						
Offered, sold, or given alcohol on school property	0.6	0.2	1.0	0.0	0.3	1.6
Offered, sold, or given marijuana on school property	1.7	1.0	2.6	0.3	2.2	2.7

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

† For example, a gun, knife, or club

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

Table 8-1B. Risk Behaviors on School Property, 2006 - 2012
Natick Middle Schools (Grades 7-8)
MetroWest Adolescent Health Survey, 2012

	Natick (%)				MetroWest Region (%)			
	2006 (508)	2008 (629)	2010 (657)	2012 (696)	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)
SAFETY, WEAPONS, AND VIOLENCE								
Didn't go to school because of safety concerns (past 30 days)*	2.2	3.4	1.5	1.9	3.0	3.3	2.1	2.3
Had personal property stolen/deliberately damaged at school (past 12 months)	15.8	22.9	19.0	16.8	19.1	23.2	16.2	15.0
Carried a weapon on school property (lifetime)†	2.4	2.4	1.2	0.9	3.3	2.5	1.4	1.4
In a physical fight on school property (lifetime)	17.3	14.2	12.7	7.4	18.9	16.8	12.4	9.8
In a physical fight on school property (past 12 months)	–	6.4	6.6	2.2	–	6.9	4.5	3.3
Been bullied on school property (past 12 months)‡	39.1	39.7	33.7	25.8	38.8	42.7	31.7	26.7
Bullied someone else on school property (past 12 months)	–	–	–	6.9	–	–	–	7.8
CURRENT SUBSTANCE USE (past 30 days)								
Current cigarette use on school property	0.6	0.8	0.8	0.4	1.1	1.1	0.6	0.6
Current alcohol use on school property	0.8	0.6	0.8	0.9	1.2	0.9	0.6	0.7
DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)								
Offered, sold, or given alcohol on school property	–	–	–	0.9	–	–	–	1.8
Offered, sold, or given marijuana on school property	–	–	–	2.5	–	–	–	2.9

* 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