

**Findings from Beverly Student Health Survey
High School age students (SY 2014-2015)
Beverly Public Schools**

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Summary of Results: Beverly Student Health Survey, High School (2015)

1.0 Background

This is a preliminary report of findings from recent administration of the Beverly Student Health Survey to a large sample of high school students in the Beverly Public Schools. This survey is one of two similar surveys administered to youth in Beverly this year, one administered to high school students and a second shorter version administered to middle school students.

1.1 Survey purposes

Findings from the survey are intended to address several key questions:

- What do the findings from the survey tell us about the challenges facing youth in our community?
- To what extent are there differences among sub-groups of respondents, such as by gender or grade?
- How do survey findings in Beverly compare to findings elsewhere?

1.2 Survey development

The two Beverly Student Health Surveys both are based primarily on the widely used *Youth Risk Behavior Survey* (YRBS). The YRBS was developed by the U.S. Centers for Disease Control and Prevention in collaboration with federal, state and private sectors. It is conducted periodically at the national, state, and local level. The YRBS is available in two versions: (1) the original version intended for use with high school students; and (2) a more recently developed and somewhat shorter version intended for use with middle school students.

The versions of the survey used this year in Beverly are identical to those used this year with students in the neighboring community of Gloucester. The Gloucester surveys had been developed previously by a collaboration of health and education organizations and groups in Gloucester with support from the research firm Social Science Research and Evaluation, Inc. (SSRE). The current Gloucester and Beverly Student Health Surveys include many of the questions in the YRBS, but has been tailored to local interests and needs by eliminating some YRBS questions and adding other new questions not on the YRBS. The Gloucester and Beverly Student Health Surveys also are somewhat longer than the YRBS. Gloucester has been administering the Gloucester Student Health surveys to students in Gloucester every two years for some time, with reports of findings dating back to 2003; and so there is substantial experience with these surveys.

The two current surveys include a high school version administered to students in grades 9-12 and a middle school version administered to students in grades 6-8. The middle school version essentially is a much shorter version of the high school survey. While many questions are

unchanged from the high school version, other questions were omitted or modified in the middle school version to facilitate participation by younger students.

1.3 Survey content

The questions in both surveys address risky behaviors and activities, various health related activities, as well as attitudes toward some risky behaviors. Survey questions address the following topics:

- Demographic characteristics of respondents;
- Personal safety and bullying;
- Personal stressors and support systems;
- Self-harm, depression, and suicide;
- Substance use: Alcohol, tobacco, and other drugs;
- Additional issues regarding substance use;
- Sexual experiences;
- Health, nutrition, and physical activity.

Questions in the middle school version of the survey cover all of the above topics, but pose fewer and in some cases slightly different questions in each topic area than does the high school version.

1.4 Survey administration and reporting

The two paper and pencil surveys were administered to Beverly middle school and high school students respectively in April, 2015. Approximately one classroom period was set aside for completion of the surveys. Attending classroom teachers were responsible for passing out surveys to students and then for collection and delivery of the completed surveys to the school administration.

Several provisions were made to assure respondent confidentiality and voluntary participation by students – and in turn hopefully truthfulness of responses. Prior to survey administration, parents were given the opportunity to decide whether or not their child(ren) would participate in the survey. In addition, each student could choose to answer or not answer any or all questions. Finally, survey instructions directed students not to put their names on the surveys and explained that their answers would not be seen by anyone who knows them.

After collection of all completed surveys, administrators of the Beverly Public Schools delivered the completed surveys to J. Richard Woy, Ph.D. of JRW Associates, an independent consulting contractor, for data processing and analysis and preparation of reports of survey findings.

The high school version of the survey was completed by 1,001 high school students representing grades 9 through 12. The sample represents approximately 80% of the students in Beverly High School.

1.5 Comparisons

Since many of the items in the Beverly Student Health Surveys are identical or very similar to those on the YRBS, it is possible to make useful comparisons on some items between the figures for Beverly and those for Massachusetts and/or the United States as a whole.

In addition, the YRBS was administered most recently to middle school and high school students in Beverly in 2009 and 2010 respectively. Since those surveys were administered so long ago, figures from those surveys are not included in the tables and charts to follow. However, findings from those surveys are noted in some places in the text where applicable.

Finally, since the Beverly and Gloucester surveys this year are identical, it possible to make direct comparisons of figures for Beverly with comparable figures for Gloucester. To facilitate these comparisons, this current report and the attached tables have been prepared in a format similar to that employed in recent reports of comparable surveys in Gloucester.

1.6 Organization of the report

This report is designed to provide an overview of key findings from the survey of high school students. Findings are grouped according to the main survey topic areas listed above. In each topic area primary results are presented using tables and charts supplemented by additional information and commentary. Following the main report, an appendix provides tables with figures for all items in the survey, including comparisons with statewide YRBS figures where applicable and breakouts by gender and grade.

The sections to follow provide a summary of key findings from the Beverly Student Health Survey with high school students.

2.0 Student demographics

Students by Age

Age in years	Number	Percent
13 or younger	5	.5
14	89	8.9
15	273	27.3
16	260	26.0
17	247	24.7
18 or older	123	12.3
Missing/Other	4	.4
TOTAL	1001	100%

- As might be expected, virtually all of the students in the sample were in the age range from 14 to 18 years, coinciding with their grade in school.

Students by gender

Year	Female	Male	Missing	Total
2015	543	453	5	1001

- In 2015, there were substantially more girls (54%) than boys (45%) in the sample.

Students by Grade

Year	9 th grade	10 th grade	11 th grade	12 th grade	Ungraded/ Other	Missing	Total
2015	295	261	261	175	2	7	1,001

- In 2015, all grades were well represented in the sample, although the 12th grade appears to be less fully represented than the other grades.

Students by Race/Ethnicity

Race/Ethnicity	Number	Percent
American Indian/Alaskan Native	10	1.0
Asian or Pacific Islander	22	2.2
Black/African American	24	2.4
Hispanic/Latino	54	5.4
White	836	83.5
Other	40	4.0
Missing	15	1.5
TOTAL	1001	100%

- White students made up a vast majority of the students in the sample, accounting for more than 80% of respondents. The remaining approximately 15% of the students in the sample were quite diverse, including representatives of a wide range of racial/cultural groups.

Primary language students speak at home

Language spoken at home	Number	Percent
English	915	91.4
Spanish	26	2.6
Portuguese	9	.9
Italian	4	.4
Another language	34	3.4
Missing	13	1.3
TOTAL	1001	100%

- Over 90% of the students in the sample reported English as the primary language they speak when at home. Spanish appeared to be the second most frequently spoken language spoken at home (2.6% of respondents), although 3.4% of the respondents (34 students) reported speaking “Another language” (language unspecified) when at home.

3.0 Personal safety and bullying

3.1 Violence and safety

2014-2015 Beverly Student Health Survey – High School								
Violence and Safety								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
In past 30 days:								
Q7a. Did not go to school because you felt unsafe going to or from school	6.1	3.6	5.5	6.3	6.5	6.9	7.3	2.3
Q7b. Carried a weapon at school	2.7	3.1	4.2	1.5	1.7	2.3	3.8	2.9
Q7c. Carried a weapon when not at school	9.5	11.6	15.0	4.6	8.9	10.1	10.0	8.0
In past 12 months:								
Q13. In a physical fight at school	5.5	4.6	8.9	2.8	5.1	6.6	4.6	5.2
Q14. In a physical fight not at school	12.0	15.7	16.8	8.0	16.6	10.4	9.6	9.8

Observations:

- High school respondents were much more likely to report carrying a weapon outside school (9.7%) than when at school (2.7%).
- Similarly, the high school respondents were much more likely to report physical fighting outside school (12%) than fighting at school (5.5%).
- Comparisons: The 2015 figures for Beverly were generally similar to figures for comparable items on the YRBS for Massachusetts as a whole in 2013, slightly higher on some items and slightly lower on others. When compared with comparable figures for the 2010 YRBS with high school students in Beverly, the current figures are improved, as follows: (1) not going to school out of fear for safety – 2010 6.6% vs 2015 6.1%; and (2) carrying a weapon at school – 2010 5.2% vs 2015 2.7%.
- By gender: As noted in the table above, boys were much more likely than girls to report carrying a weapon whether in school (4.2% boys vs 1.5% girls) or outside of school (15% boys vs. 4.6% girls). Similarly, boys were more than twice as likely as girls to report physical fighting both in school (boys 8.9% vs girls 2.8%) and outside school (boys 16.8% vs girls 8.0%). In addition, girls were slightly more likely to report not going to school out of fear (girls 6.3% vs boys 5.5%).
- By grade: There were substantial differences on all variables by grade level. However, the differences did not fall into clear patterns with readily identified explanations.

3.2 Bullying

2014-2015 Beverly Student Health Survey – High School								
Bullying								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q8. Bullied at school (12 months)	24.0	16.6	22.8	24.8	28.7	26.5	24.0	12.8
Q9. Bullied when Not at school (12 months)	17.9	N/A	15.8	19.5	19.6	18.9	19.2	12.1
Q10. Bullied electronically (12 months)	19.9	13.8	14.0	24.7	21.6	20.4	20.0	15.8
Q11. Saw someone else bullied at school (12 months)	41.4	N/A	37.6	44.4	46.7	45.4	42.0	26.0

Observations:

- Respondents were more likely to report being bullied in school (24%) than out of school (17.9%) during the previous 12 months.
- At 19.9%, the rate of reported electronic bullying was higher than the rate of bullying outside school (17.9%) and approaching the rate of bullying in school (24.0%).
- More than 4 out of 10 respondents (41.4%) reported seeing someone else bullied at school in the previous 12 months.
- Comparisons: The 2015 figures for Beverly were a bit higher than figures for comparable items on the YRBS for Massachusetts as a whole in 2013, including being bullied at school (Beverly 24.0% vs MA 16.6%) and being bullied electronically (Beverly 19.9% vs MA 13.8%). However, caution must be exercised in interpreting these findings because the questions used to generate these figures for Beverly differed from those in the YRBS.
- Additional comparison: When compared with comparable figures for the 2010 YRBS with high school students in Beverly, the current figure is a slight improvement for reports of being bullied at school (2010 26.3% vs 2015 24.0%).
- By gender: As noted in the table, girls were more likely than boys to report being bullied both at school (girls 24.8% vs boys 22.8%) and outside of school (girls 19.5% vs 15.8%). More notably, girls were almost twice as likely as boys to report being bullied electronically (girls 24.7% vs boys 14.0%). Girls also reported seeing someone else being bullied at school more frequently than did boys (girls 44.4% vs boys 37.6%).
- By grade: Interestingly, the reported rates on all four items remained fairly steady for the first three years of high school and then dropped substantially in the senior year. For example, the rate of reported bullying at school was from 24.0% to 28.7% for the 9th through 11th grade and then dropped to 12.8% in the 12th grade. Similarly, the rate of reported electronic bullying was between 20.0% and 21.6% for the first three years of high school and then dropped to 15.8% in the senior year. This pattern was repeated with all four variables.

3.3 Bullying and bystander behavior

2014-2015 Beverly Student Health Survey – High School								
Bullying bystander behavior – All respondents								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
If you saw someone else bullied at school during the past 12 months..... (Response = Yes)								
Q12_1. I didn't see anyone bullied at school	56.3	N/A	57.8	55.6	50.1	51.7	57.5	72.5
Q12_2. I took part in the bullying	1.6	N/A	2.6	.7	2.7	1.5	.8	.6
Q12_3. I didn't do anything – just saw it happen	20.9	N/A	18.1	23.6	24.7	23.0	19.2	14.9
Q12_4. I tried to get the person/people doing it to stop	18.7	N/A	18.8	18.7	21.7	21.5	20.3	9.1
Q12_5. I told a teacher, counselor, or other adult at school	4.0	N/A	2.4	5.3	4.1	4.2	4.6	2.9

Observations:

- As indicated in the table, a majority of respondents (56.3%) reported not seeing anyone bullied at school in the previous 12 months, but a large minority of respondents (43.7%) did report seeing such behavior at school.
- Of those respondents who did report seeing bullying, responses to the observed bullying varied from one respondent to another. The most frequently reported response was to do nothing and just watch the bullying (20.9% of total sample or 47.7% of those who reported seeing bullying). Similarly, 18.7% of respondents (42.6% of bullying bystanders) reported trying to get the people doing the bullying to stop. Many fewer respondents reported either taking part in the bullying (1.6% or 3.7%) or telling a teacher or other adult at the school (4.0% or 9.1%).
- Comparisons: Comparative data are not available.
- By gender: While girls and boys reported seeing someone bullied at about the same rates (girls 55.6% vs boys 57.8%), boys were more likely to report taking part in bullying (boys 2.6% vs girls .7%); and girls were more likely than boys to report watching the bullying without doing anything (girls 23.6% vs boys 18.1%). Girls were more likely than boys to report telling a teacher or other adult about the bullying (girls 5.3% vs boys 2.4%), but boys and girls reported trying to stop the bullying at essentially the same rates (18.7% and 18.8%).
- By grade: The percentage of respondents who reported not seeing anyone bullied in school in the past year remained fairly constant for the 9th through 11th grades at just above half the respondents, but jumped to almost three-quarters (72.9%) for respondents in the 12th grade. For those who reported seeing bullying at school in the past year, the percentages of reported activity went down on all variables from the 9th to 12th grade. For example, the percentage of respondents who reported taking part in bullying went from 2.7% to 1.5% to .8% to .6% respectively from the 9th to 12th grade. Similarly, the percentage who reported just watching the bullying went from 24.7% to 23.0% to 19.2% to 14.9% from the 9th to 12th grade. For those respondents who reported trying to stop the

bullying or told an adult at the school, the percentages held fairly steady from the 9th through 11th grades and then dropped substantially in the 12th grade.

3.4 Dating violence

2014-2015 Beverly Student Health Survey – High School								
Dating violence								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
In your lifetime, have you ever been:.....(Response = Yes)								
Q15. Physically hurt only by a date	2.6	N/A	1.1	3.7	2.8	2.7	2.3	2.3
Q15. Sexually hurt only by a date	2.3	N/A	1.1	3.3	3.5	1.2	2.7	1.2
Q15. Physically and sexually hurt by a date	1.1	N/A	1.4	.9	.7	.4	1.5	1.7

Observations:

- As indicated in the table, 6.0% of respondents reported that they had been physically and/or sexually hurt by a date during their lifetimes. Of these, 2.6% reported being physically hurt only; 2.3% reported being sexually hurt only; and 1.3% reported being both physically and sexually hurt.
- Comparisons: Comparative data for Massachusetts are not available. When compared with comparable figures for the 2010 YRBS with high school students in Beverly, the current percentage reporting being sexually or physically hurt by a date is much improved (2010 10.5% for physically or sexually hurt vs 2015 2.6% for physically hurt and 2.3% for sexually hurt respectively).
- By gender: Girls were more likely to report being both physically hurt (girls 3.7% vs boys 1.1%) and sexually hurt (girls 3.3% vs boys 1.1%) while boys were slightly more likely than girls to report being both physically and sexually hurt by a date (boys 1.4% vs girls .9%).
- By grade: There were only small differences in percentages by grade, and no clear patterns were apparent.

4.0 Personal stressors and support systems

4.1 Personal stressors

2014-2015 Beverly Student Health Survey – High School								
Personal stressors								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q17a. Divorce or separation in your family (12 months)	9.5	N/A	7.6	11.0	10.0	10.9	8.5	7.5
Q17b. Serious family financial problem (12 months)	18.4	N/A	15.8	20.3	13.8	22.6	16.6	22.1
Q17c. Family moved (12 months)	10.7	N/A	10.7	10.8	13.0	9.7	10.5	8.0
Q17d. Serious illness of family member (12 months)	30.8	N/A	27.2	33.7	36.0	30.0	27.4	29.5
Q17e. Death of family member or close friend (12 months)	36.5	N/A	35.1	37.4	38.6	34.6	37.6	34.1
Q18a. Witnessed violence in your family (12 months)	9.4	N/A	8.7	9.8	8.6	10.8	10.8	6.4
Q18b. Received verbal or emotional abuse from family member (12 months)	22.4	N/A	14.3	29.0	21.3	25.2	21.6	21.8
Q18c. Were beaten or physically hurt by family member (12 months)	4.2	N/A	3.6	4.8	4.1	4.7	4.2	3.5

Observations:

- This table is intended to present some types of stressors students may have been exposed to at home during the previous 12 months.
- Over one-third of respondents (36.5%) reported death of a family member or close friend during the previous year, and almost a third (30.6%) reported a serious illness of a family member. About one out of five respondents reported serious family financial problems (18.4%) and/or receiving verbal or emotional abuse from family members (22.4%). Other stressors (divorce or separation, family moves, witnessing of violence at home, and being beaten or physically hurt by family members) all were reported by 10% or fewer respondents.
- Comparisons: Comparative data for Massachusetts are not available.
- By gender: With one exception, differences between boys and girls were small. Notably girls were more than twice as likely as boys to report receiving verbal or emotional abuse from family members (girls 29.0% vs boys 14.3%)
- By grade: There were only small differences in percentages by grade, and no clear patterns were apparent.

4.2 Support systems

2014-2015 Beverly Student Health Survey – High School								
Support systems – School and family								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q19b. Am happy to be at this school	68.2	N/A	69.5	67.2	68.7	69.9	70.9	62.1
Q19e. Feel safe in my school	79.0	N/A	80.1	78.2	75.2	76.1	80.9	87.3
Q20. Have at least one teacher or other adult in this school to talk to about problems	68.8	N/A	69.3	68.6	55.0	70.2	76.8	77.8
Q21. Have an adult outside school to talk to about things important to you	87.6	N/A	88.6	86.8	85.6	85.5	90.8	89.8

Observations:

- This table is intended to document the quality and extent of support systems at home and at school to help them with problems.
- A large majority of students report being happy at school (68.2%), and an even larger majority report feeling safe at school (79.0%).
- Similarly, almost seven out of 10 students (68.8%) reported having a teacher or other adult to talk to at school about problems; and almost nine out of 10 (87.6%) reported having a family member or other adult to talk to about problems.
- Comparisons: Comparative data from the YRBS for Massachusetts are not available.
- By gender and grade: Differences by gender and grade were small for all of these items and fell into no discernible patterns.

5.0 Depression, self-harm, and suicide

2014-2015 Beverly Student Health Survey – High School								
Self-Harm, Depression, and Suicide								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
During the past 12 months, did you.....(Response = Yes)								
Q22. Hurt self on purpose ?	15.8	N/A	9.4	21.0	16.5	17.6	17.6	8.7
Q23a. Feel depressed enough for at least two weeks that you stopped usual activities?	28.3	21.7	20.3	34.6	27.9	27.5	30.4	27.3
Q23b. Seriously consider suicide?	13.1	12.0	9.5	15.9	10.9	12.7	16.3	12.7
Q23c. Make a plan to commit suicide?	9.0	11.0	6.6	10.8	9.1	8.3	10.5	7.6
Q24. Attempt suicide?	4.7	5.5	3.8	5.2	3.8	5.1	5.0	4.1
Q25. Injure yourself in a suicide attempt?	1.1	1.9	1.1	1.1	1.0	.8	1.2	1.2

Observations:

- As indicated in the table, more than a quarter of respondents reported feeling significant depression at some point during the previous 12 months. Of those, 13.1% reported seriously considered suicide; 9.0% reported making a plan to commit suicide; 4.7% reported attempting suicide; and 1.1% reported injuring themselves in a suicide attempt. In addition, 15.8% reported intentionally hurting themselves during the previous year.
- Comparisons: These percentages are very similar to those on the YRBS for Massachusetts in 2013, although it should be noted that the percentage reporting significant depression in Beverly was a bit higher than the comparable figure for Massachusetts as a whole (Beverly 2015 28.3% vs Massachusetts 2013 21.7%).
- Additional comparisons: When compared with comparable figures for the 2010 YRBS with high school students in Beverly, the current figures are improved on several variables: (1) hurt oneself on purpose – 2010 19.1% vs 2015 15.8%; (2) seriously considered suicide – 2010 16.2% vs 2015 13.1%; and (3) attempted suicide – 2010 9.8% vs 2015 4.7%.
- By gender: As indicated in the table, the percentages reported by girls were substantially higher on all variables than the percentages reported by boys, with one exception. The same percentage of boys and girls (1.1%) reported injuring themselves in a suicide attempt.
- By grade: There were only small differences in percentages by grade, and no clear patterns were apparent.

6.0 Substance use: Alcohol, tobacco, and other drugs

6.1 Lifetime substance use

2014-2015 Beverly Student Health Survey – High School								
Lifetime substance use								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
In your lifetime, have you.....(Response = Yes)								
Q26a. Smoke cigarettes (lifetime)	10.2	31.6	12.1	8.7	7.9	6.9	13.0	13.8
Q30. Ever drank alcohol (lifetime)	45.3	63.2	50.8	38.7	28.8	41.2	54.6	63.8
Q37. Used marijuana (lifetime)	31.9	41.3	31.0	32.7	14.7	32.7	42.4	41.4
Q42. Used cocaine (lifetime)	3.4	3.7	4.7	2.4	2.7	2.3	4.7	4.0
Q44. Used ecstasy (lifetime)	2.9	4.7	3.8	2.0	2.1	2.7	4.3	2.3
Q46. Used heroin (lifetime)	1.5	N/A	2.7	.4	2.1	1.5	1.2	.6
Q48. Used methamphetamines (lifetime)	2.1	1.6	3.8	.7	2.1	2.3	1.9	1.7
Q50. Used other illegal drugs (lifetime)	4.8	N/A	6.9	3.1	3.1	5.4	5.0	6.3
Q52. Used a prescription drug without a doctor's prescription (lifetime)	8.9	N/A	8.7	9.1	5.1	9.6	10.9	10.9

Observations:

- Close to half (45.3%) of the high school students in the sample reported drinking alcohol at some point in their lifetimes; and almost a third of respondents reported lifetime use of marijuana (31.9%). Substantial numbers also reported smoking cigarettes (10.2%) and use of a prescription drug without a doctor's prescription (8.9%). No more than 5% of respondents reported lifetime use of any other substances.
- Comparisons: As indicated in the table, current reported lifetime rates for cigarette smoking, drinking alcohol, and marijuana use are substantially lower than comparable statewide rates in Massachusetts on the 2013 YRBS. However, while these findings are encouraging, caution in interpreting these results is encouraged because the questions used to generate the current figures for Beverly and Gloucester are different than the ones used to generate the same figures on the 2013 YRBS. That caveat notwithstanding, it should be noted that the current Beverly figures do mirror the 2013 statewide YRBs figures in the sense that in both cases, alcohol use was the most frequently reported substance use followed by marijuana use, then by cigarette smoking.
- Additional comparisons: When compared with comparable figures for the 2010 YRBS with high school students in Beverly, the current figures are improvements on a number of variables: (1) ever smoked cigarettes – 2010 35.9% vs 2015 10.2%; (2) ever drank alcohol – 2010 68.9% vs 2015 45.3%; (3) ever used marijuana– 2010 46.7% vs 2015 31.9%; (4) ever used cocaine – 2010 5.6% vs 2015 3.4%; (5) ever used ecstasy – 2010

5.9% vs 2015 2.9%; (6) ever used other illegal drugs – 2010 10.8% vs 2015 4.8%; and (7) ever used a prescription drug without a doctor’s prescription – 2010 12.4% vs 2015 8.9%.

- By gender: Boys were more likely than girls to report lifetime cigarette smoking (boys 12.1% vs girls 8.7%) and drinking alcohol (boys 50.8% vs girls 38.7%). Boys and girls reported essentially the same rates of marijuana use (31.0% and 32.7% respectively); and rates for boys and girls were lower and quite similar to each other for all other substances.
- By grade: Reported lifetime use of alcohol, marijuana, and cigarettes all increased substantially from 9th through 12th grade, with increases from 28.8% to 63.8% for alcohol use, 14.7% to 41.4% for marijuana, and 7.9% to 13.8% for cigarette smoking. Reported lifetime use of a prescription drug without a doctor’s prescription also increased from 5.1% in 9th grade to 10.9% in 12th grade. Other substances with low reported rates of use tended to vary little by grade.

6.2 Past 30-day substance use

2014-2015 Beverly Student Health Survey – High School								
Past 30 day substance use								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
In the past 30 days, have you.....(Response = Yes)								
Q28. Currently smoke cigarettes (30 days)	4.7	10.7	5.4	4.1	2.4	3.5	5.8	8.0
Q31. Drank alcohol (30 days)	24.5	35.6	20.4	28.0	14.7	22.2	32.3	31.2
Q38. Used marijuana (30 days)	20.1	24.8	19.4	20.7	10.0	20.5	27.5	26.0
Q43. Used cocaine (30 days)	2.7	N/A	3.9	1.8	2.1	1.6	3.5	3.5
Q45. Used ecstasy (30 days)	2.3	N/A	3.9	1.1	2.1	2.3	3.1	.6
Q47. Used heroin (30 days)	1.7	N/A	3.2	.4	2.1	1.6	1.6	.6
Q49. Used methamphetamines (30 days)	2.3	N/A	4.1	.9	2.4	1.9	2.3	1.7
Q51. Used other illegal drugs (30 days)	3.6	N/A	5.4	2.2	2.4	4.7	3.5	3.4
Q53. Used a prescription drug without a doctor’s prescription (30 days)	6.6	N/A	5.2	7.8	4.5	7.7	6.6	6.9
Q54. Sniffed glue, breathed contents of aerosol cans, or inhaled paints or sprays to get high? (30 days)	2.3	N/A	2.7	2.0	2.8	1.9	2.7	1.1

Observations:

- As might be expected, reported past 30 day rates were somewhat lower than lifetime rates for all substances.

- About one quarter (24.5%) of the high school students in the sample reported drinking alcohol in the past 30 days; and one in five respondents reported past 30 day use of marijuana (20.1%). Smaller numbers reported past 30 day use of a prescription drug without a doctor's prescription (6.6%) and smoking cigarettes (4.7%). No more than 4% of respondents reported past 30 day use of any other substances.
- Comparisons: As indicated in the table, current reported past 30 day rates for cigarette smoking, drinking alcohol, and marijuana use are lower than comparable statewide rates in Massachusetts on the 2013 YRBS. However, while these findings are encouraging, caution in interpreting these results is encouraged because the questions used to generate the current figures for Beverly and Gloucester are different than the ones used to generate the same figures on the 2013 YRBS. That caveat notwithstanding, it should be noted that the current Beverly figures do mirror the 2013 statewide YRBS figures in the sense that in both cases, alcohol use was the most frequently reported substance use followed by marijuana use, then by cigarette smoking. In this regard it should be noted that the rate of reported current use of prescription drugs without a doctor's prescription by Beverly high school students (6.6%) exceeds the rate of reported current cigarette smoking (4.7%).
- Additional comparisons: When compared with comparable figures for the 2010 YRBS with high school students in Beverly, the current past 30 day figures are improvements on several variables, as follows: (1) current cigarette smoking – 2010 15.3% vs 2015 4.7%; (2) current alcohol use – 2010 43.2% vs 2015 24.5%; and (3) current marijuana use – 2010 31.2% vs 2015 20.1%.
- By gender: There were a number of modest differences between boys and girls. Most notably, girls were more likely than boys to report past 30 day alcohol use (girls 28.0 vs boys 20.4%). Girls also were slightly more likely than boys to report use of marijuana (girls 20.7% vs boys 19.4%) and use of prescription drugs without a doctor's prescription (girls 7.8% vs boys 5.2%). On the other hand boys were more likely than girls to report current use of the other less frequently reported substances, including: cigarette smoking (boys 5.4% vs girls 4.1%); use of other illegal drugs (boys 5.4% vs girls 2.2%); use of amphetamines (boys 4.1% vs girls .9%); use of ecstasy (boys 3.9% vs girls 1.1%); use of heroin (boys 3.2% vs girls .4%); use of cocaine (boys 3.9% vs girls 1.8%); and sniffing glue/aerosol cans/paints/sprays (boys 2.7% vs girls 2.0%)
- By grade: Reported current use of alcohol, marijuana, and cigarettes all increased substantially from 9th through 12th grade, with increases from 14.7% to 31.2% for alcohol use, 10.0% to 26.0% for marijuana, and 2.4% to 8.0% for cigarette smoking. Reported past 30 day use of a prescription drug without a doctor's prescription also showed a modest increase from 4.5% in 9th grade to 6.9% in 12th grade, and reported current use of cocaine also increased modestly from 2.1% on 9th grade to 3.5% in 12 grade. Other substances with low reported current rates of use tended to vary little by grade.

7.0 Substance use: Additional issues

7.1 Exposure to substance use at home

2014-2015 Beverly Student Health Survey – High School								
Exposure to substance use at home								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Exposure to substance use: Is there anyone (other than you) living in your household who.....(Response = Yes)								
Q60a. Smokes cigarettes?	25.6	N/A	26.4	24.5	23.9	24.9	25.9	28.9
Q60b. You think drinks too much?	14.8	N/A	12.1	17.1	12.0	13.8	16.7	18.6
Q60c. Smokes marijuana?	15.5	N/A	15.1	15.7	11.3	17.6	15.9	19.2
Q60d. Uses illegal drugs other than marijuana?	4.0	N/A	3.3	4.5	4.1	3.1	3.9	5.2
Q60e. Abuses prescription medication?	3.4	N/A	3.1	3.7	3.1	3.4	3.9	2.9

Observations:

- Respondents were most likely to report living with someone who smokes cigarettes (25.6%), followed by someone who smokes marijuana (15.5%), closely followed by someone who the respondent thinks drinks too much (14.8%). Few respondents reported living with someone who uses illegal drugs other than marijuana (4.0%) or who abuses prescription medication (3.4%).

7.2 Ease of access to drugs

2014-2015 Beverly Student Health Survey – High School								
Ease of access to drugs								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Ease of access – If you wanted to get the following substances, how easy would it be for you to get some? (Responses = Sort of easy, Very easy)								
Q59a. Some cigarettes?	56.4	N/A	58.7	54.3	47.6	51.2	54.7	80.8
Q59b. Some beer, wine, or hard liquor?	66.4	N/A	63.6	68.8	63.6	65.3	68.6	69.2
Q59c. Some marijuana?	59.7	N/A	61.1	58.5	41.4	60.5	68.2	75.0
Q59d. Prescription drugs to use to get high?	26.5	N/A	25.7	26.9	26.2	23.8	25.6	31.9

Observations:

- Two-thirds of the respondents reported that it would be easy to obtain beer, wine or hard liquor (66.4%); and over half reported that it would be easy to obtain marijuana (59.7%) and cigarettes (56.4%). Only 26.5% of respondents reported that it would be easy to obtain prescription drugs to use to get high.
- By gender: Rates by boys and girls were quite similar, with boys slightly more likely than girls to report it would be easy to obtain cigarettes and marijuana and girls slightly more likely than boys to report it would be easy to obtain alcohol and prescription drugs to get high.
- By grade: For all four types of substances, respondents reported greater ease of access from 9th grade to 12th grade, with percent reporting easy access increasing from: 47.6% to 80.8% for cigarettes; 41.4% to 75.0% for marijuana; and more modest increases in easy access to alcohol (63.6% to 69.2%) and prescription drugs (26.2% to 31.9%)..

7.3 Most recent source of alcohol

2014-2015 Beverly Student Health Survey – High School								
Most recent source of alcohol								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
The last time you drank alcohol in the last 30 days, how did you get it? (Response = Yes)								
Q34a. Bought alcohol in a liquor store (last time)	4.5	N/A	6.5	3.3	7.5	3.6	2.7	3.4
Q34a. Bought alcohol in a bar or restaurant (last time)	1.7	N/A	2.2	.7	.0	1.8	.0	1.7
Q34a. Took it from parents or guardian without their knowing (last time)	20.4	N/A	24.7	17.8	30.2	16.4	26.7	8.6
Q34a. Parent/guardians bought it for you (last time)	11.4	N/A	14.0	9.9	11.3	14.5	9.3	10.3
Q34a. Other adult (not a parent or guardian) bought it for or gave it to you (last time)	28.2	N/A	20.4	32.9	15.1	23.6	34.7	37.9
Q34a. Someone under 21 bought it for or gave it to you (last time)	24.9	N/A	18.3	28.9	20.8	36.4	20.0	24.1
Q34a. Some other way (last time)	9.4	N/A	14.0	6.6	15.1	3.6	6.7	13.8

2014-2015 Beverly Student Health Survey – High School								
Most recent source of alcohol – Additional breakout								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
If you got alcohol from an adult other than your parent/guardian in the past 30 days, how did you know that person ? (Response = Yes)								
Q34b. It was my brother or sister	17.9	N/A	13.7	29.2	25.0	15.6	19.1	14.6
Q34b. It was a relative other than my parent or brother/sister	7.6	N/A	5.9	8.5	8.3	15.6	6.4	2.4
Q34b. It was a parent of one of my friends	6.9	N/A	3.9	8.5	8.3	9.4	6.4	2.4
Q34b. It was a brother or sister of one of my friends	13.8	N/A	11.8	14.9	8.3	12.5	10.6	22.0
Q34b. It was another relative of one of my friends, other than their parent or brother/sister	3.4	N/A	2.0	4.3	4.2	3.1	.0	7.3
Q34b. It was an adult friend of mine	37.9	N/A	41.2	36.2	29.2	34.4	46.8	36.6
Q34b. It was a stranger (someone I didn't know)	4.1	N/A	7.8	2.1	4.2	3.1	2.1	7.3
Q34b. It was some other adult	8.3	N/A	13.7	5.3	12.5	6.3	8.5	7.3

Observations:

- Of those students who reported drinking alcohol in the past 30 days, the most frequently identified source of the alcohol the last time they drank was an adult who was not their

parent or guardian (28.2%). Other frequently mentioned sources were: a person under 21 years who bought it for or gave it to them (24.9%); taking it from parents or guardian without their knowing (20.4%); parent/guardian who bought it for them (11.4%). Fewer respondents reported buying alcohol in a liquor store (4.5%) or in a bar or restaurant (1.7%).

- By gender: There were some notable differences by gender. Boys were more likely to report taking it from parents/guardian without their knowing (boys 24.7% vs girls 17.8%), to obtain it from parents/guardians who bought it for them (boys 14.0% vs girls 9.9%), and to buy it in a store (boys 6.5% vs girls 3.3%). Girls were more likely than boys to: obtain it from an adult who was not a parent or guardian who bought it for or gave it to them (girls 32.9% vs boys 20.4%) and obtain it from someone under 21 years who bought it for or gave it to them (girls 28.9% vs boys 18.3%).
- By grade: With a couple of exceptions, reported rates varied by grade without discernible patterns. One notable exception was the percentage of students who reported obtaining alcohol by taking it from parents or guardian without their knowing, which decreased from 30.2% in 9th grade to 8.6% in 12th grade. On the other hand, the percentage of students who reported obtaining alcohol from an adult not their parent or guardian who bought it for or gave it to them increased from 15.1% to 27.9% from the 9th to 12th grade.
- As indicated in the lower table above, students who reported obtaining alcohol from an adult other than their parent or guardian were asked to identify their relationship to that adult source. The most frequently reported non-parent adult source was an adult friend (37.9%). Other reported non-parent adult sources in order of frequency reported included: a brother or sister (17.9%); brother or sister of a friend (13.8%); some other adult (8.3%); relative other than parent or brother/sister (7.6%); parent of a friend (6.9%); another relative of a friend, other than their parent or brother/sister (3.4%). Four percent reported obtaining alcohol from an adult stranger.

8.0 Sexual experiences

2014-2015 Beverly Student Health Survey – High School								
Sexual experiences								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
In your lifetime, have you.....(Response = Yes)								
Q66. Ever had sexual intercourse	35.2	38.1	36.7	33.8	16.2	33.2	46.2	53.3
Q67. Had sexual intercourse before 13 years of age	2.6	3.0	3.5	1.9	3.3	1.2	2.4	3.0
Q68. Had sexual intercourse with 4 or more persons	7.7	9.3	10.7	5.0	4.3	7.5	8.7	10.9
If you have ever had sexual intercourse, think back to the last time you did. On that occasion..... (Response = Yes)								
Q69a. Did you drink alcohol or use drugs before you had intercourse?	17.1	23.5	18.8	15.3	14.2	20.2	14.2	18.9
Q69b. Did you or your partner use a condom?	73.6	42.4	73.6	73.6	64.2	77.1	79.3	67.8

Observations:

- In 2015, 35.2% of high school respondents reported having ever had sexual intercourse while 2.6% reported having sexual intercourse before age 13 years and 7.7% reported having had sexual intercourse with 4 or more partners. Of those who reported having had sexual intercourse, almost three-quarters (73.6%) reported using a condom the last time they did so while 17.1% reported drinking alcohol prior to the last time they had sexual intercourse.
- Comparisons: As indicated in the table, the rates of reported lifetime sexual intercourse, sexual intercourse before age 13 years, sexual intercourse with 4 or more partners, and use of alcohol prior to most recent sexual intercourse all are slightly lower than comparable figures for Massachusetts as a whole from the 2013 YRBS. In addition, the reported percentage of respondents who used a condom when having sexual intercourse was much higher than the percentage for the state as whole (Beverly 73.6% vs Massachusetts 42.4%)
- Additional comparisons: When compared with comparable figures for the 2010 YRBS with high school students in Beverly, the current figures are improvements on several variables, as follows: (1) ever had sexual intercourse– 2010 46.3% vs 2015 35.2%; (2) had sexual intercourse first time before age 13 years – 2010 5.3% vs 2015 2.6%; and (3) had sexual intercourse with four or more partners – 2010 12.7% vs 2015 7.7%.
- By gender: Boys were slightly more likely than girls to report ever having had sexual intercourse (boys 36.7% vs girls 33.8%), sexual intercourse before 13 years of age (boys 3.5% vs girls 1.9%), and sexual intercourse with 4 or more partners (boys 10.7% vs girls 5.0%). Similarly, boys were more likely to report drinking alcohol before the most recent sexual intercourse (boys 18.8 vs girls 15.3), but boys and girls reported identical rates of condom use during most recent sexual intercourse (73.6%).
- By grade: As might be anticipated, percentages of respondents who reported lifetime sexual intercourse and sexual intercourse with 4 or more partners both increased substantially from the 9th to 12th grades (16.2% to 53.3% and 4.3% to 10.9%)

respectively). Variations by grade on the other variables did not fall into discernible patterns.

9.0 Health issues

9.1 Perceived body weight and weight control efforts

2014-2015 Beverly Student Health Survey – High School								
Perceived body weight and weight control efforts								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q74. Described self as slightly or very overweight	25.7	29.4	24.4	26.9	24.6	25.2	24.4	29.0
Q75. Were not trying to lose weight	58.9	55.5	72.6	47.6	63.6	61.1	54.9	55.2
Q76a. Did not eat for 24 hours or more to lose weight or keep from gaining weight (30 days)	11.3	9.6	5.9	15.4	12.8	9.7	10.9	10.5
Q76b. Vomited or took laxatives to lose weight or to keep from gaining weight (30 days)	5.1	3.6	2.7	6.8	6.2	5.5	5.1	1.8

Observations:

- In 2015, 25.7% of high school respondents reported being slightly or very overweight. While only a quarter of respondents reported being overweight, over four out of 10 respondents (41.1%) reported that they were trying to lose weight; and 11.3% and 5.1% respectively reported that they had not eaten for 24 hours or more and/or had vomited or taken laxatives within the past 30 days to lose weight or prevent gaining weight.
- Comparisons: As indicated in the table, these rates regarding weight control are very similar to rates for Massachusetts as a whole in 2013 for comparable items on the YRBS. While the percent reporting being overweight in Beverly is slightly lower than the statewide rate (Beverly 25.7% vs MA 29.4%), the rates for efforts to lose and/or control weight in Beverly were slightly higher than rates for the state as a whole in 2013.
- Additional comparisons: When compared with comparable figures for the 2010 YRBS with high school students in Beverly, the current figures are quite similar to the previous figures on several variables, as follows: (1) were trying to lose weight – 2010 45.6% vs 2015 41.1%; (2) not eating for 24 hours to lose or maintain weight – 2010 11.5% vs 2015 11.3%; and (3) vomited/used laxatives to lose or maintain weight – 2010 6.0% vs 2015 5.1%.
- By gender: Boys and girls reported being overweight at very similar rates (boys 24.4% vs girls 26.9%). However, girls were much more likely than boys to report trying to lose weight (girls 52.4% vs boys 27.4%); and girls also were more likely than boys to report fasting (girls 15.4% vs boys 5.9%) and/or vomiting or laxatives (girls 4.8% vs boys 2.7%) to lose weight or prevent weight gain.
- By grade: While percentages of respondents who reported being overweight and reported efforts to lose weight appeared to differ little by grade, the percentages reporting fasting

and use of vomiting/laxatives to lose weight or prevent weight gain did decline from the 9th to 12th grade (12.8% to 10.5% and 6.8% to 1.8% respectively).

9.2 Physical activity

2014-2015 Beverly Student Health Survey – High School								
Physical activity								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q78b. Participated in at least 60 minutes of physical activity on at least 1 day (past 7 days)	91.5	86.8	93.0	90.5	92.0	94.9	88.9	88.9
Q78b. Were physically active at least 60 minutes per day on 5 or more days (past 7 days)	56.3	44.3	62.9	51.5	62.9	59.1	51.7	48.0
Q79a. Watch TV 3 or more hours on an average school day	17.6	25.0	17.4	17.6	18.2	14.2	16.6	22.8
Q79b. Used the computer or playing video games when not in school 3 or more hours on an average school day	33.8	38.8	36.6	31.4	30.5	38.0	33.9	33.2

Observations:

- More than nine out of ten respondents (91.5%) reported vigorous physical activity on at least one of the previous seven days, but only a little over half (56.3%) reported vigorous physical activity on five or more of the previous seven days. Substantial amounts of TV watching and computer/video game use outside school was reported, with 17.6% of respondents reporting three or more hours of TV watching and almost twice that percentage (33.8%) reporting three plus hours of computer/video game use.
- Comparisons: As indicated in the table, these rates are similar to rates for Massachusetts as a whole in 2013 for comparable items on the YRBS, but appear to be slightly better. Percentages in Beverly for both measures of reported physical activity were higher than the comparable statewide percentages in 2013; and the reported rates for 3 or more hours of daily school day TV watching and computer/video game use both were lower than the comparable statewide percentages.
- Additional comparison: When compared with comparable figures for the 2010 YRBS with high school students in Beverly, the current percentage of respondents reporting three or more hours of TV watching on an average school day is fewer than the previous percentage (2010 21.3% vs 2015 17.6%).
- By gender: As indicated in the table, boys were more likely than girls to report vigorous physical activity during the previous week. The rates of extensive TV watching were similar for girls and boys (17.4% and 17.6% respectively) while boys were more likely to report extensive computer/video game use out of school (36.6% vs 31.4% respectively).
- By grade: The percentage of respondents who reported frequent vigorous activity during 5 or more of the previous 7 days declined from the 9th to 12th grade (62.9% to 48.0%). However, the percentages of respondents reporting infrequent vigorous physical activity

(1 or more days out of previous seven), extensive TV watching, and extensive computer/video game use remained fairly constant by grade.

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Appendix A: High school data tables

2014-2015 Beverly Student Health Survey – High School								
Violence and Safety								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q7a. Did not go to school because you felt unsafe going to or from school (30 days)	6.1	3.6	5.5	6.3	6.5	6.9	7.3	2.3
Q7b. Carried a weapon at school (30 days)	2.7	3.1	4.2	1.5	1.7	2.3	3.8	2.9
Q7c. Carried a weapon when not at school (30 days)	9.5	11.6	15.0	4.6	8.9	10.1	10.0	8.0
Q8. Bullied at school (12 months)	24.0	16.6	22.8	24.8	28.7	26.5	24.0	12.8
Q9. Bullied when Not at school (12 months)	17.9	N/A	15.8	19.5	19.6	18.9	19.2	12.1
Q10. Bullied electronically (12 months)	19.9	13.8	14.0	24.7	21.6	20.4	20.0	15.8
Q11. Saw someone else bullied at school (12 months)	41.4	N/A	37.6	44.4	46.7	45.4	42.0	26.0
Q13. In a physical fight at school (12 months)	5.5	4.6	8.9	2.8	5.1	6.6	4.6	5.2
Q14. In a physical fight not at school (12 months)	12.0	15.7	16.8	8.0	16.6	10.4	9.6	9.8
Q15. Ever physically hurt only by a date (lifetime)	2.6	N/A	1.1	3.7	2.8	2.7	2.3	2.3
Q15. Ever sexually hurt only by a date (lifetime)	2.3	N/A	1.1	3.3	3.5	1.2	2.7	1.2
Q15. Ever physically and sexually hurt by a date (lifetime)	1.1	N/A	1.4	.9	.7	.4	1.5	1.7
If you saw someone else bullied at school during the past 12 months..... (Response = Yes)								
Q12_1. I didn't see anyone bullied at school	56.3	N/A	57.8	55.6	50.1	51.7	57.5	72.5
Q12_2. I took part in the bullying	1.6	N/A	2.6	.7	2.7	1.5	.8	.6
Q12_3. I didn't do anything – just saw it happen	20.9	N/A	18.1	23.6	24.7	23.0	19.2	14.9
Q12_4. I tried to get the person/people doing it to stop	18.7	N/A	18.8	18.7	21.7	21.5	20.3	9.1
Q12_5. I told a teacher, counselor, or other adult at school	4.0	N/A	2.4	5.3	4.1	4.2	4.6	2.9

2014-2015 Beverly Student Health Survey – High School								
Personal Stressors and Support Systems								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q16a. Had one or more failing grades on a report card (12 months)	20.3	N/A	25.9	15.5	23.4	19.5	18.1	20.2
Q16b. Had a problem with alcohol or drugs (12 months)	6.5	N/A	7.6	5.6	4.5	6.6	7.4	8.0
Q16c. Family member had an alcohol or drug problem (12 months)	18.9	N/A	15.1	22.1	22.4	19.8	16.3	15.6
Q17a. Divorce or separation in your family (12 months)	9.5	N/A	7.6	11.0	10.0	10.9	8.5	7.5
Q17b. Serious family financial problem (12 months)	18.4	N/A	15.8	20.3	13.8	22.6	16.6	22.1
Q17c. Family moved (12 months)	10.7	N/A	10.7	10.8	13.0	9.7	10.5	8.0
Q17d. Serious illness of family member (12 months)	30.8	N/A	27.2	33.7	36.0	30.0	27.4	29.5
Q17e. Death of family member or close friend (12 months)	36.5	N/A	35.1	37.4	38.6	34.6	37.6	34.1
Q17f. You ran away from home (12 months)	4.2	N/A	4.0	4.3	5.5	3.9	3.1	4.0
Q18a. Witnessed violence in your family (12 months)	9.4	N/A	8.7	9.8	8.6	10.8	10.8	6.4
Q18b. Received verbal or emotional abuse from family member (12 months)	22.4	N/A	14.3	29.0	21.3	25.2	21.6	21.8
Q18c. Were beaten or physically hurt by family member (12 months)	4.2	N/A	3.6	4.8	4.1	4.7	4.2	3.5
Q18d. Were beaten or physically hurt by someone not a family member (12 months)	2.8	N/A	3.8	2.0	3.4	2.3	3.1	1.7
Q19a. Feel close to people at your school	66.0	N/A	68.9	63.8	68.0	67.5	65.8	60.9
Q19b. Am happy to be at this school	68.2	N/A	69.5	67.2	68.7	69.9	70.9	62.1
Q19c. Feel like I am part of this school	63.2	N/A	65.3	61.5	61.1	66.2	63.1	61.9
Q19d. Teachers treat students fairly at this school	49.2	N/A	52.9	46.3	41.7	41.3	56.2	63.0
Q19e. Feel safe in my school	79.0	N/A	80.1	78.2	75.2	76.1	80.9	87.3
Q20. Have at least one teacher or other adult in this school to talk to about problems	68.8	N/A	69.3	68.6	55.0	70.2	76.8	77.8
Q21. Have an adult outside school to talk to about things important to you	87.6	N/A	88.6	86.8	85.6	85.5	90.8	89.8

2014-2015 Beverly Student Health Survey – High School								
Self-Harm, Depression, and Suicide								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q22. Hurt self on purpose (12 months)	15.8	N/A	9.4	21.0	16.5	17.6	17.6	8.7
Q23a. Felt depressed enough for at least two weeks that you stopped usual activities (12 months)	28.3	21.7	20.3	34.6	27.9	27.5	30.4	27.3
Q23b. Seriously considered suicide (12 months)	13.1	12.0	9.5	15.9	10.9	12.7	16.3	12.7
Q23c. Made a plan to commit suicide (12 months)	9.0	11.0	6.6	10.8	9.1	8.3	10.5	7.6
Q24. Attempted suicide (12 months)	4.7	5.5	3.8	5.2	3.8	5.1	5.0	4.1
Q25. Was injured in a suicide attempt (12 months)	1.1	1.9	1.1	1.1	1.0	.8	1.2	1.2

2014-2015 Beverly Student Health Survey – High School								
Tobacco use								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q26a. Smoke cigarettes (lifetime)	10.2	31.6	12.1	8.7	7.9	6.9	13.0	13.8
Q26b. Used chewing tobacco, snuff, or dip (lifetime)	5.2	N/A	8.8	2.2	2.4	4.7	5.8	8.8
Q26b. Used chewing tobacco, snuff, or dip (30 days)	2.1	4.8	3.6	.9	1.4	2.0	1.9	3.5
Q26c. Smoked cigars, cigarillos, or little cigars (lifetime)	11.6	N/A	16.8	7.4	6.9	5.7	18.1	18.4
Q26c. Smoked cigars, cigarillos, or little cigars (30 days)	3.0	10.8	3.8	2.4	1.7	1.2	4.6	5.2
Q26d. Used other tobacco products (lifetime)	7.3	N/A	9.9	5.2	6.2	4.3	8.0	11.0
Q26d. Used other tobacco products (30 days)	2.8	17.1	3.6	2.2	2.4	1.6	3.8	3.5
Q27. Smoked first whole cigarette before age 13 years	2.0	5.4	2.5	1.6	1.4	2.0	2.7	1.2
Q28. Currently smoke cigarettes (30 days)	4.7	10.7	5.4	4.1	2.4	3.5	5.8	8.0
Q28. Currently smoke cigarettes frequently (20 or more days out of past 30 days)	1.8	3.2	2.7	.9	1.0	1.2	2.7	1.7
Q28. Smoked cigarettes on all of past 30 days	1.5	2.3	2.0	.9	1.0	1.2	1.9	1.1
Q29. On days you smoked, you smoked 10 or more cigarettes (30 days)	31.1	N/A	40.0	20.8	16.6	40.0	33.3	20.0

2014-2015 Beverly Student Health Survey – High School								
Alcohol use								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q30. Had first drink of alcohol, other than a few sips, before age 13 years	4.7	N/A	4.9	4.6	5.0	4.6	3.9	4.0
Q30. Ever drank alcohol (lifetime)	45.3	63.2	50.8	38.7	28.8	41.2	54.6	63.8
Q31. Drank alcohol (30 days)	24.5	35.6	20.4	28.0	14.7	22.2	32.3	31.2
Q32. Have 5 or more drinks in a row once or more (30 days)	27.0	20.8	26.0	29.6	19.5	29.7	29.0	29.3
Q33a. Bought alcohol in a liquor store (30 days)	7.4	N/A	7.7	7.1	9.6	4.7	5.8	8.3
Q33b. Bought alcohol in a bar or restaurant (30 days)	5.7	N/A	6.6	4.5	5.4	3.8	5.8	6.0
Q33c. Took it from parents or guardian without their knowing (30 days)	25.2	N/A	21.4	28.5	26.0	21.0	28.1	24.4
Q33d. Parent/guardians bought it for you (30 days)	10.5	N/A	12.6	8.9	8.4	12.4	9.9	9.5
Q33e. Other adult (not a parent or guardian) bought it for or gave it to you (30 days)	24.0	N/A	18.0	29.0	10.8	18.1	32.5	32.1
Q33f. Someone under 21 bought it for or gave it to you (30 days)	30.0	N/A	23.9	35.3	21.3	33.7	33.6	27.9
Q34a. Bought alcohol in a liquor store (last time)	4.5	N/A	6.5	3.3	7.5	3.6	2.7	3.4
Q34a. Bought alcohol in a bar or restaurant (last time)	1.7	N/A	2.2	.7	.0	1.8	.0	1.7
Q34a. Took it from parents or guardian without their knowing (last time)	20.4	N/A	24.7	17.8	30.2	16.4	26.7	8.6
Q34a. Parent/guardians bought it for you (last time)	11.4	N/A	14.0	9.9	11.3	14.5	9.3	10.3
Q34a. Other adult (not a parent or guardian) bought it for or gave it to you (last time)	28.2	N/A	20.4	32.9	15.1	23.6	34.7	37.9
Q34a. Someone under 21 bought it for or gave it to you (last time)	24.9	N/A	18.3	28.9	20.8	36.4	20.0	24.1
Q34a. Some other way (last time)	9.4	N/A	14.0	6.6	15.1	3.6	6.7	13.8
Q34b. It was my brother or sister	17.9	N/A	13.7	29.2	25.0	15.6	19.1	14.6
Q34b. It was a relative other than my parent or brother/sister	7.6	N/A	5.9	8.5	8.3	15.6	6.4	2.4
Q34b. It was a parent of one of my friends	6.9	N/A	3.9	8.5	8.3	9.4	6.4	2.4
Q34b. It was a brother or sister of one of my friends	13.8	N/A	11.8	14.9	8.3	12.5	10.6	22.0
Q34b. It was another relative of one of my friends, other than their parent or brother/sister	3.4	N/A	2.0	4.3	4.2	3.1	.0	7.3
Q34b. It was an adult friend of mine	37.9	N/A	41.2	36.2	29.2	34.4	46.8	36.6
Q34b. It was a stranger (someone I didn't	4.1	N/A	7.8	2.1	4.2	3.1	2.1	7.3

know)								
Q34b. It was some other adult	8.3	N/A	13.7	5.3	12.5	6.3	8.5	7.3
Q35. Rode in a vehicle driven by someone who had been drinking alcohol (30 days)	15.4	18.3	12.6	17.9	15.6	17.1	16.3	10.3
Q36. Drove a car or other vehicle when you had been drinking alcohol (30 days)	7.9	7.1	10.5	5.5	29.4	9.7	6.4	4.8

2014-2015 Beverly Student Health Survey – High School								
Marijuana use								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q37. Used marijuana (lifetime)	31.9	41.3	31.0	32.7	14.7	32.7	42.4	41.4
Q37. Tried marijuana for the first time before age 13 years	3.2	6.6	5.1	1.6	2.7	4.3	2.8	2.9
Q38. Used marijuana (30 days)	20.1	24.8	19.4	20.7	10.0	20.5	27.5	26.0
Q39. Used marijuana while drinking alcohol (30 days)	9.9	N/A	10.4	9.6	4.5	11.9	13.3	10.5
Q40. Rode in a vehicle driven by someone who had been using marijuana (30 days)	19.9	N/A	18.3	21.3	12.3	16.9	26.6	26.6
Q41. Drove a car or other vehicle when you had been using marijuana (30 days)	18.6	N/A	22.4	15.5	36.8	15.2	17.8	17.3

2014-2015 Beverly Student Health Survey – High School								
Other drug use								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q42. Used cocaine (lifetime)	3.4	3.7	4.7	2.4	2.7	2.3	4.7	4.0
Q42. Used cocaine for the first time before age 13 years	1.5	N/A	2.9	.4	2.0	1.9	.8	.6
Q43. Used cocaine (30 days)	2.7	N/A	3.9	1.8	2.1	1.6	3.5	3.5
Q44. Used ecstasy (lifetime)	2.9	4.7	3.8	2.0	2.1	2.7	4.3	2.3
Q44. Used ecstasy for the first time before age 13 years	1.0	N/A	1.5	.4	.9	.8	1.6	.0
Q45. Used ecstasy (30 days)	2.3	N/A	3.9	1.1	2.1	2.3	3.1	.6
Q46. Used heroin (lifetime)	1.5	N/A	2.7	.4	2.1	1.5	1.2	.6
Q46. Used heroin for the first time before age 13 years	1.0	N/A	1.5	.4	1.4	.8	.8	.6
Q47. Used heroin (30 days)	1.7	N/A	3.2	.4	2.1	1.6	1.6	.6
Q48. Used methamphetamines (lifetime)	2.1	1.6	3.8	.7	2.1	2.3	1.9	1.7
Q48. Used methamphetamines for the first time before age 13 years	1.1	N/A	2.0	.4	1.4	1.2	1.2	.0
Q49. Used methamphetamines (30 days)	2.3	N/A	4.1	.9	2.4	1.9	2.3	1.7
Q50. Used other illegal drugs (lifetime)	4.8	N/A	6.9	3.1	3.1	5.4	5.0	6.3
Q50. Used other illegal drugs for the first time before age 13 years	1.0	N/A	1.8	.4	1.4	1.2	.8	.0
Q51. Used other illegal drugs (30 days)	3.6	N/A	5.4	2.2	2.4	4.7	3.5	3.4
Q52. Used a prescription drug without a doctor's prescription (lifetime)	8.9	N/A	8.7	9.1	5.1	9.6	10.9	10.9
Q52. Used a prescription drug without a doctor's prescription for the first time before age 13 years	1.5	N/A	1.7	1.4	.6	1.2	2.0	2.3
Q53. Used a prescription drug without a doctor's prescription (30 days)	6.6	N/A	5.2	7.8	4.5	7.7	6.6	6.9
Q54. Sniffed glue, breathed contents of aerosol cans, or inhaled paints or sprays to get high? (30 days)	2.3	N/A	2.7	2.0	2.8	1.9	2.7	1.1
Q55. Used any illegal drug other than marijuana while drinking alcohol? (30 days)	3.1	N/A	4.1	2.4	2.4	2.3	3.5	4.0

2014-2015 Beverly Student Health Survey – High School								
Substance use related Attitudes								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Perceived harm – How much do you think people risk harming themselves (physically or in other ways) if they...(Responses = Moderate risk or Great risk)								
Q56a. Smoke one or more packs of cigarettes per day?	84.0	N/A	84.6	83.4	83.6	85.6	82.1	85.2
Q56b. Drink 1 or 2 drinks of alcohol nearly every day?	61.8	N/A	58.6	64.2	61.3	60.3	60.7	67.0
Q56c. Drink 5 or more drinks of alcohol twice a week?	81.1	N/A	76.9	84.3	81.1	82.1	78.2	83.5
Q56d. Smoke marijuana once or twice a week?	35.1	N/A	31.2	38.3	43.0	35.7	28.7	30.3
Q56e. Use prescription drugs that are not prescribed to them?	88.5	N/A	87.7	89.2	90.3	87.2	87.9	87.9
Perception of parental response – how wrong do your parents feel it would be for you to.....(Responses = Wrong, Very wrong)								
Q57a. Smoke cigarettes?	93.1	N/A	91.3	94.6	95.6	95.0	93.1	86.7
Q57b. Drink 1 or 2 drinks of alcohol nearly every day?	90.9	N/A	89.8	92.0	94.1	91.1	88.4	89.7
Q57c. Drink 5 or more drinks of alcohol twice a week?	94.4	N/A	94.0	94.6	94.8	93.4	93.8	96.0
Q57d. Smoke marijuana?	82.7	N/A	81.1	84.2	89.5	82.7	79.5	76.4
Q57e. Use prescription drugs not prescribed to you?	94.9	N/A	94.0	95.6	96.2	95.4	93.1	94.8
Perception of friends' response – how wrong do your friends feel it would be for you to.....(Responses = Wrong, Very wrong)								
Q58a. Smoke cigarettes?	76.8	N/A	72.1	89.7	81.9	81.1	73.3	67.3
Q58b. Drink 1 or 2 drinks of alcohol nearly every day?	66.7	N/A	61.7	71.2	74.5	70.7	62.0	56.3
Q58c. Drink 5 or more drinks of alcohol twice a week?	72.2	N/A	68.0	75.6	81.9	74.0	67.4	61.3
Q58d. Smoke marijuana?	41.0	N/A	41.1	41.0	56.7	40.1	31.5	30.7
Q58e. Use prescription drugs not prescribed to you?	81.5	N/A	81.7	81.4	88.4	79.3	78.3	79.3

2014-2015 Beverly Student Health Survey – High School								
Exposure and access to drugs and information about drugs								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Ease of access – If you wanted to get the following substances, how easy would it be for you to get some? (Responses = Sort of easy, Very easy)								
Q59a. Some cigarettes?	56.4	N/A	58.7	54.3	47.6	51.2	54.7	80.8
Q59b. Some beer, wine, or hard liquor?	66.4	N/A	63.6	68.8	63.6	65.3	68.6	69.2
Q59c. Some marijuana?	59.7	N/A	61.1	58.5	41.4	60.5	68.2	75.0
Q59d. Prescription drugs to use to get high?	26.5	N/A	25.7	26.9	26.2	23.8	25.6	31.9
Exposure to substance use: Is there anyone (other than you) living in your household who.....(Response = Yes)								
Q60a. Smokes cigarettes?	25.6	N/A	26.4	24.5	23.9	24.9	25.9	28.9
Q60b. You think drinks too much?	14.8	N/A	12.1	17.1	12.0	13.8	16.7	18.6
Q60c. Smokes marijuana?	15.5	N/A	15.1	15.7	11.3	17.6	15.9	19.2
Q60d. Uses illegal drugs other than marijuana?	4.0	N/A	3.3	4.5	4.1	3.1	3.9	5.2
Q60e. Abuses prescription medication?	3.4	N/A	3.1	3.7	3.1	3.4	3.9	2.9
Information and support: Frequency of talking with a parent or guardian about decisions concerning use of substances like cigarettes, alcohol, marijuana, or other drugs. (Responses = Sometimes, Often)								
Q61. How often do you talk with a parent or guardian about substance use decisions?	38.9	N/A	33.0	43.4	37.4	37.0	39.0	43.1

2014-2015 Beverly Student Health Survey – High School								
Attitudes and issues associated with teenage sexual activity								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Parental support: How often do you talk with a parent or guardian about the following issues.....(Responses = Sometimes, Often)								
Q62a. How they feel about teenagers having sex?	25.4	N/A	19.9	29.8	24.3	24.1	25.5	27.8
Q62b. Making decisions about having sex?	26.6	N/A	22.1	30.2	25.7	23.8	27.5	29.5
Q62c. How to prevent sexually transmitted diseases?	24.2	N/A	23.0	25.2	22.8	22.1	26.3	25.5
Q62d. how to prevent pregnancy?	30.4	N/A	26.9	33.1	26.5	30.0	33.2	32.4
Perceived parental attitude about teen sex (Responses = Wrong, Very wrong)								
Q63. How wrong do your parents feel it would be for you to have sexual intercourse at your age?	55.7	N/A	45.3	64.3	75.1	58.8	44.1	36.2
Perception of friends' sexual activity (Responses = Most of them, All of them)								
Q64. How many of your closest friends have had sexual intercourse?	34.7	N/A	33.7	35.8	12.4	30.7	48.9	57.0
Attitudes about teenage pre-marital sexual intercourse: How much do you disagree or agree with the following statements.....(Responses = Agree, Strongly agree)								
Q65a. It is against my values for me to do it.	18.8	N/A	15.7	21.6	29.6	20.0	9.6	11.9
Q65b. It is against my parents' values for me to do it.	38.5	N/A	33.8	42.5	47.9	45.7	28.4	26.4
Q65c. It is against my friends' values for me to do it.	10.3	N/A	8.7	11.6	15.7	13.3	4.0	5.8

2014-2015 Beverly Student Health Survey – High School								
Teenage sexual activity/experiences								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q66. Ever had sexual intercourse	35.2	38.1	36.7	33.8	16.2	33.2	46.2	53.3
Q67. Had sexual intercourse before 13 years of age	2.6	3.0	3.5	1.9	3.3	1.2	2.4	3.0
Q68. Had sexual intercourse with 4 or more persons	7.7	9.3	10.7	5.0	4.3	7.5	8.7	10.9
Q70. Am bisexual, gay or lesbian, or unsure about sexual orientation	13.7	N/A	12.0	16.0	12.4	12.3	15.2	15.7
Q71. Have ever been pregnant or gotten someone pregnant.	2.0	N/A	3.2	1.1	2.8	1.9	1.6	1.2
Q72a. Have ever been forced to have sexual intercourse against your will	3.9	N/A	2.8	4.7	3.9	1.9	5.1	4.6
Q72b. Have ever had a sexually graphic or explicit conversation with a stranger on the internet	9.9	N/A	10.4	9.4	7.5	12.8	10.7	8.1
Q73. Have been touched, pinched, grabbed, or patted in a sexual way against your will when you were in school (12 months)	8.2	N/A	6.1	9.8	8.7	10.5	8.6	2.9
If you have ever had sexual intercourse, think back to the last time you did. On that occasion..... (Response = Yes)								
Q69a. Did you drink alcohol or use drugs before you had intercourse?	17.1	23.5	18.8	15/3	14.2	20.2	14.2	18.9
Q69b. Did you or your partner use a condom?	73.6	42.4	73.6	73.6	64.2	77.1	79.3	67.8

2014-2015 Beverly Student Health Survey – High School								
Weight control								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q74. Described self as slightly or very overweight	25.7	29.4	24.4	26.9	24.6	25.2	24.4	29.0
Q75. Were not trying to lose weight	58.9	55.5	72.6	47.6	63.6	61.1	54.9	55.2
Q76a. Did not eat for 24 hours or more to lose weight or keep from gaining weight (30 days)	11.3	9.6	5.9	15.4	12.8	9.7	10.9	10.5
Q76b. Vomited or took laxatives to lose weight or to keep from gaining weight (30 days)	5.1	3.6	2.7	6.8	6.2	5.5	5.1	1.8

2014-2015 Beverly Student Health Survey – High School								
Dietary behavior								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q81. Overall, how healthy are the foods that you and your family eat? (Response = Mostly healthy, Very healthy)	63.9	N/A	63.0	64.9	65.9	65.4	60.8	62.8
Yesterday, did you.....(Response = Yes)								
Q77a. Not eat fruit	17.3	N/A	16.9	17.8	13.1	15.8	19.5	23.5
Q77b. Not eat green salad, raw vegetables, or cooked vegetables (not counting potatoes, French fries, or chips)	22.6	N/A	26.0	20.0	22.9	23.0	22.7	21.8
Q77c. Not eat dairy products (milk, cheese, yoghurt)	9.5	N/A	7.7	11.1	11.8	5.8	10.6	9.5
Q77d. Did drink sweetened drinks like soda, punch, sports drinks	54.0	N/A	65.5	44.4	51.7	57.6	50.8	59.2
Q77e. Did eat food like cookies, doughnuts, cakes, candy, french fries, potato/corn chips	79.1	N/A	81.2	77.5	79.6	80.2	80.2	76.5
In the past 7 days, did you.....(Response = Yes)								
Q78a. Not eat breakfast on any day	9.6	11.1	9.5	9.6	9.7	11.6	9.1	7.0
Q78a. Not eat breakfast on all 7 days	51.6	59.8	47.3	55.0	49.3	51.6	52.8	53.8

2014-2015 Beverly Student Health Survey – High School								
Physical activity								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q78b. Participated in at least 60 minutes of physical activity on at least 1 day (past 7 days)	91.5	86.8	93.0	90.5	92.0	94.9	88.9	88.9
Q78b. Were physically active at least 60 minutes per day on 5 or more days (past 7 days)	56.3	44.3	62.9	51.5	62.9	59.1	51.7	48.0
Q79a. Watch TV 3 or more hours on an average school day	17.6	25.0	17.4	17.6	18.2	14.2	16.6	22.8
Q79b. Used the computer or playing video games when not in school 3 or more hours on an average school day	33.8	38.8	36.6	31.4	30.5	38.0	33.9	33.2

2014-2015 Beverly Student Health Survey – High School								
Family and out-of-school activities								
Variables	% Total		% by Gender		% by Grade			
	Beverly 2015	MA 2013	M	F	9 th	10 th	11 th	12 th
Q80. You and your family you live with ate dinner together once or more (past 7 days)	83.2	N/A	83.9	82.7	83.9	82.4	82.3	84.1
Q80. You and your family you live with ate dinner together 5 or more days (past 7 days)	37.5	N/A	39.3	36.1	40.0	36.4	35.1	38.8
Q82. Visited a local park, playground, field, beach, or other recreation are to play or be physically active (30 days)	75.4	N/A	75.9	75.1	75.5	75.0	74.3	77.8
Q83a. Excused absence: Missed a whole day or more of school with permission, eg. Illness	56.3	N/A	51.8	59.5	51.4	57.6	60.5	55.3
Q83b. Unexcused absence: Missed a whole day of school or more without permission, eg. skipping or cutting	14.6	N/A	13.8	15.3	8.0	12.1	16.8	24.6
Q85. Currently work on a paid job	39.8	N/A	34.9	42.1	19.7	32.0	57.7	54.7
Q85. In an average week, work more than 20 hours on a paid job	6.8	N/A	7.1	6.6	2.0	3.6	10.6	13.9
During this school year, have you participated (either in or out of school) in.....(Response = Yes)								
Q84a. Sports team	62.7	N/A	61.2	64.3	69.2	63.8	61.0	52.0
Q84b. Volunteer work, community service, or helping people outside your home without getting paid (not including punishment)	59.7	N/A	52.4	65.5	51.9	57.6	70.1	61.4
Q84c. Organized afterschool, evening, or weekend activities (such as school clubs, community center groups, music/art/dance lessons, drama, church, or other supervised activities	56.7	N/A	46.5	64.9	54.2	59.6	57.7	54.7