

2016

Wakefield High School

Youth Risk Behavior Survey Results



TABLE OF CONTENTS

Methods	3
Sample	4
Survey Findings.....	6
Substance Use.....	6
Access to Alcohol and Drugs.....	11
Risk And Protective Factors.....	13
Suicidal Behaviors And Mental Health.....	15
Personal Safety & Violence.....	17
Bullying.....	19
Sexual Health	22
Exercise and Nutrition.....	25
Ways Students Spend Their Time.....	27
Contact Information	28

Methods

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

SURVEY

The 2016 Wakefield Youth Survey was adapted from the 2013 Massachusetts Youth Risk Behavior Survey (YRBS) by the Centers for Disease Control¹. Questions in the survey measured student demographics, substance use, protective factors, suicidal behaviors, personal safety, sexual health, and exercise and weight loss.

SAMPLE

The survey was administered on January 29, 2016. The final number and demographic profile of students surveyed are discussed in the sample section of this report.

DATA CLEANING AND VALIDITY

Surveys were sent directly to Scantron, Inc. for scanning. Scanned data was sent to the evaluator for analysis. Several steps were taken to ensure that the gathered data accurately reflects the behaviors of Wakefield High School students, a process known as “data cleaning.”

The survey instrument featured an internal check by imbedding one question in the survey which asked about the use of a fictional drug. Seven students were removed from the sample for indicating that they had used this fake substance. The data was analyzed for inconsistency and exaggeration. Surveys are removed for inconsistencies in cases where students gave inconsistent answers throughout the entire survey. An example of exaggeration might be a student selecting the highest possible use rate for all substances on the survey. Twelve students were removed for these reasons.

Following the data cleaning procedure, the final sample size for the Wakefield High School Youth Risk Behavior Survey is 835 students.

COMPARISON DATA

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

Where available, comparison data is provided in this report. National comparison numbers are from the 2013 Youth Risk Behavior Survey data set issued by the Centers for Disease Control. State comparison numbers used are from the 2013 Massachusetts Youth Risk Behavior Survey data set reported by The Massachusetts Department of Elementary and Secondary Education and Public Health. This is the most current comparison data available.

¹ Center for Disease Control, www.cdc.gov

REPORTING

For each variable (question), percentages are given out of the students that answered that individual question. Therefore, responses may vary by question as students were allowed to skip individual questions if they did not want to respond. Percentages are rounded up or down where necessary.

Sample

Wakefield High School Survey Population

Total number of students enrolled at Wakefield High School	978 students
Number of students absent on day of survey	89 students
Number of students whose parents opted out of survey	4 students
Surveys removed from final sample by evaluators through the data cleaning and validity process*	19 students
Final sample included in analysis for this report	835 students
Representation Rate (% of surveys included in analysis out of those available to take the survey)	96%

*Please see page 3 for explanation of validity check procedures.

DEMOGRAPHIC PROFILE

	Number of Respondents	Percentage of Respondents
Total Valid Surveys	835	100%
Sex		
Male	371	45%
Female	458	55%
Grade		
9 th grade	196	24%
10 th grade	235	28%
11 th grade	200	24%
12 th grade	198	24%
Ungraded or other grade	2	0.2%
Age		
14 years old	86	10%
15 years old	240	29%
16 years old	207	25%
17 years old	197	24%
18 years old or older	98	12%
Race/Ethnicity (students were allowed to select more than one response)		
White	711	85%
Hispanic or Latino	39	5%
Black or African American	45	5%
American Indian or Alaskan Native	31	4%
Asian American	43	5%
Southeast Asian American	19	2%
Native Hawaiian or Other Pacific Islander	14	2%
Sexual Orientation		
Heterosexual	719	87%
Gay or lesbian	15	2%
Bisexual	44	5%
Not sure	46	5.5%

(The number of students in the first column may not always add up to the total amount in the sample of 842. Students were allowed to skip individual questions.)

Survey Findings

SUBSTANCE USE

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

Substance/Activity	Wakefield	MA	USA
Alcohol			
Used within past 30 days	37.5%	36%	35%
Used within lifetime	59.5%	63%	66%
Age of onset	14.19 years	NA	NA
First used before age 13	8%	15%	11%
High-risk drinking during past 30 days	18%	19%	21%
Drank on school property during the past 30 days	1%	3%	NA
Rode with a driver who had been drinking alcohol during past 30 days	14%	28%	22%
Drove a car or other vehicle after drinking alcohol during past 30 days	3%	7%	8%
Tobacco			
Used within past 30 days	6%	11%	16%
Used within lifetime	13%	32%	41%
Age of onset	13.38 years	NA	NA
First used before age 13	4%	5%	9%
Used a tobacco product or nicotine delivery device on school property during past 30 days	3.5%	NA	NA
Marijuana			
Used within past 30 days	20%	25%	23%
Used within lifetime	34%	41%	41%
Age of onset	14.38 years	NA	NA
First used before age 13	5%	7%	9%
Used on school property during the past 30 days	3%	5%	NA
Prescription Drugs Not Prescribed			
Used within past 30 days	10%	3%	NA
Used prescription pain relievers such as Vicodin, Percocet, Hydrocodone or Oxycontin that were not prescribed by a doctor or a nurse	3%	NA	NA
Used prescription stimulants such as Ritalin or Adderall that were not prescribed by a doctor or a nurse	2%	NA	NA
Used prescription tranquilizers such as Xanax, Valium or Ambien were not prescribed by a doctor or a nurse	1%	NA	NA

USE OF TOBACCO PRODUCTS

Students were asked if they have used any of the following tobacco products during the past 30 days. They were allowed to select more than one response.

Response	Percentage
Other	16%
Electronic cigarettes	16%
Blunt wraps	10%
Cigarettos or little cigars	4%
Dip	3%
Cigars	3%
Chewing tobacco	2%
Snus or other dissolvables	1%
Snuff	0.7%

TRIED TO QUIT TOBACCO

Students were asked how many times they have tried to quit smoking cigarettes, using tobacco or using a nicotine delivery device.

Response	Percentage
I have never smoked cigarettes, used tobacco or used a nicotine delivery device	87.5%
I have never tried to quit	8%
1 or 2 times	4%
3 to 5 times	0.9%
6 to 9 times	0.2%
10 or more times	0.1%

OTHER ILLICIT DRUG USE

Substance/Activity	Wakefield	MA	USA
Other Illicit Drug Use: Lifetime			
Over-the-counter medications to get high such as cough or cold syrups	7%	5%	NA
Cocaine	4%	4%	5.5%
Salvia, K2 or other synthetic marijuana or “legal bud”	7%	NA	NA
Any type of illegal drug such as LSD, PCP, mushrooms, Ketamine, Rohypnol or GHB	5%	NA	NA
Ecstasy	2%	5%	7%
Molly	2%	NA	NA
Inhalants	2%	3%	9%
Heroin	1%	1%	2%
Methamphetamines	1%	2%	3%
Steroid pills or shots without a doctor’s prescription	0.7%	2%	3%
Used prescription pain relievers such as Vicodin, Percocet, Hydrocodone or Oxycontin that were not prescribed by a doctor or a nurse	6%	NA	NA
Used prescription stimulants such as Ritalin or Adderall that were not prescribed by a doctor or a nurse	6%	NA	NA
Used prescription tranquilizers such as Xanax, Valium or Ambien were not prescribed by a doctor or a nurse	3%	NA	NA
Other Illicit Drug Use: 30 days			
Any other illegal drug other than marijuana or inhalants	3%	NA	NA

**Chart 1. Wakefield High School Past 30 Days Substance Use (2016)
Compared to Massachusetts & United States (2013)**

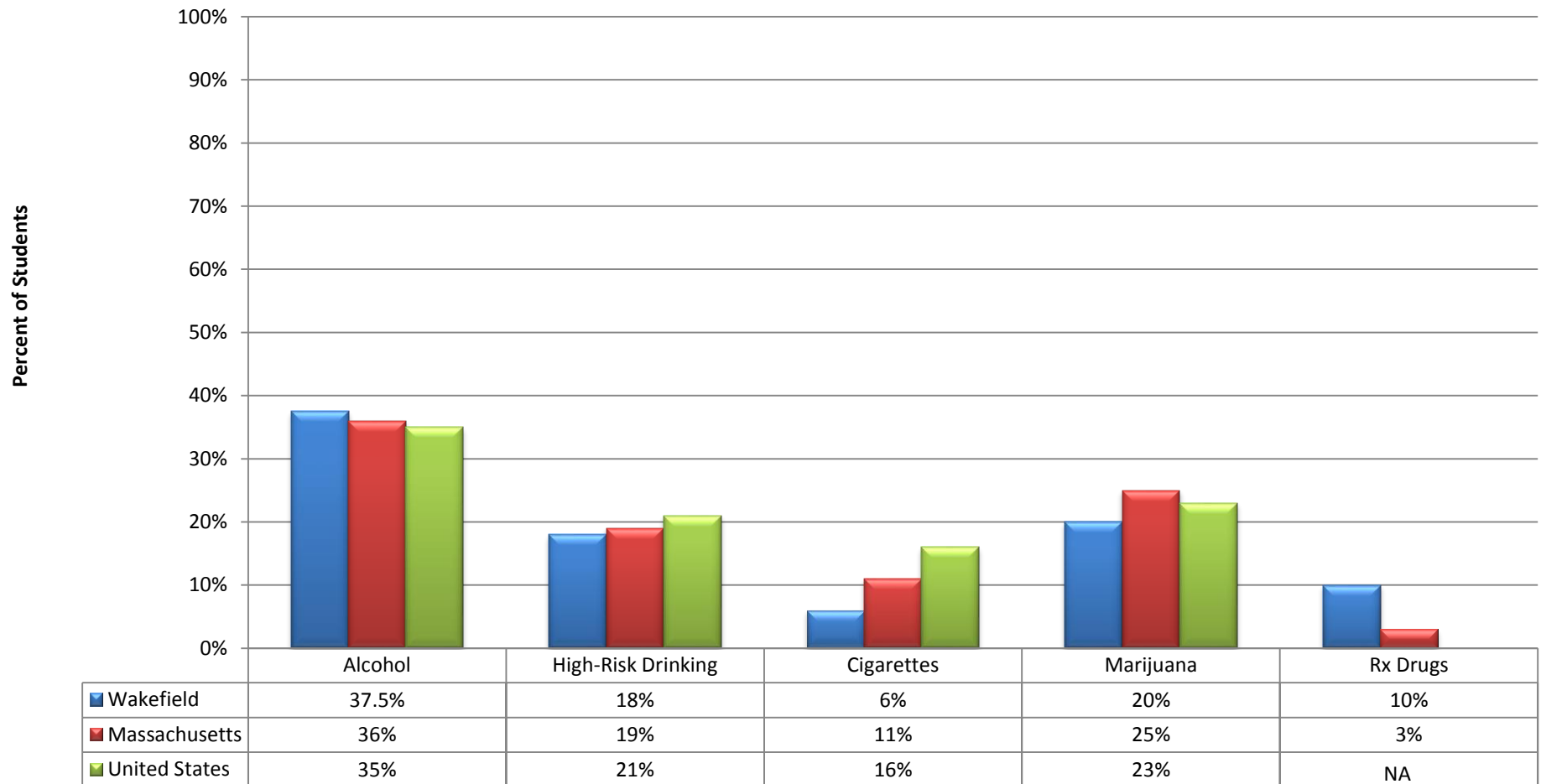
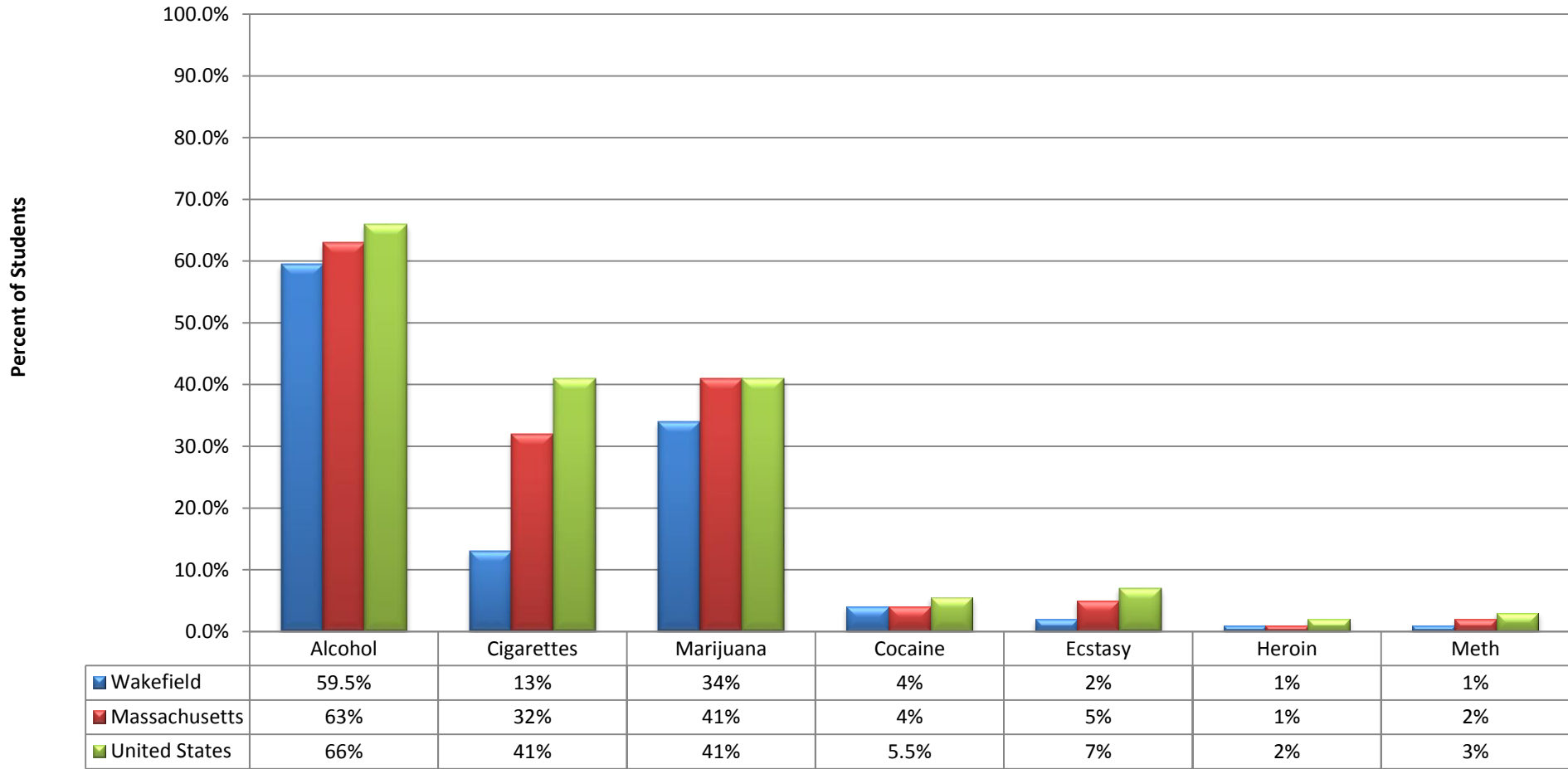


Chart 2. Wakefield High School Lifetime Substance Use (2016) Compared to Massachusetts & United States (2013)



ACCESS TO ALCOHOL AND DRUGS

Students were asked a series of questions regarding accessing alcohol, cigarettes and other drugs.

EASE OF ACCESS TO ALCOHOL

Students were asked if they wanted to, how difficult it would be to get beer, wine or liquor.

Response	Alcohol
Impossible	2%
Very difficult	4%
Fairly difficult	10%
Fairly easy	34%
Very easy	28%
Don't know	22%

WHERE STUDENTS OBTAIN ALCOHOL

Students were asked to report where they usually obtained alcohol during the past 12 months. Students were asked to select all that apply.

Access Point	Percentage of Students
I did not drink beer, wine coolers, wine or liquor in the past 12 months	47%
I got it through my friends	30%
I got it at parties	18%
I got it at home	14%
I had an adult buy it for me	9%
I bought it from a liquor store (or package store)	3%
I bought it from bars, clubs or restaurants	2%
I bought them from a supermarket or convenience store	2%

WHERE STUDENTS DRINK ALCOHOL

Students were asked to report where they have drunk alcohol in the past 12 months. Students were asked to select all that apply.

Access Point	Percentage of Students
Have not drunk alcohol in the past 12 months	46%
At a friend's house	30.5%
At weekend parties	27%
At home	12.5%
At family events	11%
At parks, in the woods, in a car or other outdoor places	7.5%
Other places	6%
At school or school events- before, during or after school hours	2%

WHERE STUDENTS OBTAIN CIGARETTES

Students were asked to report where they usually obtained cigarettes during the past 30 days. Students were asked to select all that apply.

Access Point	Percentage of Students
I bought them in a store such as a supermarket, convenience store or gas station	5%
I gave someone else money to buy them for me	3%
I borrowed (or bummed) them from someone else	3%
A person 18 years old or older gave them to me	2%
I got them some other way	1%
I took them from a store or family member	1%

ACCESS TO DRUGS ON SCHOOL PROPERTY

Students were asked if anyone has offered, sold, or given them an illegal drug on school property during the past 12 months. 13% of students reported 'yes'.

- ❖ 23% of Massachusetts high school students reported they have been offered, sold, or given an illegal drug on school property.

RISK AND PROTECTIVE FACTORS

This section of the report covers several areas related to risk and protective factors associated with the prevention of substance use and other risky behaviors. These risk and protective factors include having supportive adults, grades, perception of risk of harm of alcohol and drug use and perception of parental and peer disapproval of alcohol and drug use.

SUPPORTIVE ADULTS

Students were asked if there is an adult (or adults) outside of school they can talk to about things that are important to them. The answer choices and corresponding results follow. Students were allowed to select more than one response.

Response	Percentage
Yes, parent or other adult family member	40%
Yes, non-family adult (such as religious leader, club advisor, neighbor, etc.)	4%
Yes, both family and non-family adults	44%
No	5%
Not sure	7%

SUPPORTIVE ADULTS AT SCHOOL

Students were asked if there is at least one teacher or other adult in school they can talk to if they have a problem.

- 77% said 'Yes'
- 10% said 'No'
- 13% said 'Not sure'
- ❖ 82% of Massachusetts high school students reported there is at least one teacher or other adult in this school they can talk to if they have a problem.

GRADES AT SCHOOL

Students were asked to describe their grades in school during the past 12 months.

Grades	Percentage
Mostly A's	35%
Mostly B's	51%
Mostly C's	10%
Mostly D's	2%
Mostly F's	1%
None of these grades	0.7%

- ❖ 91% of Massachusetts high school students reported having Mostly A's, B's or C's.

PERCEPTION OF RISK OF HARM

This collection of questions asked students how much they believed people risked harming themselves by engaging in four risk behaviors.

Substance	'Moderate Risk'	'Great Risk'
Smoking one or more packs of cigarettes per day	19%	68%
Use e-cigarettes or vaping devices regularly	34%	18%
Drinking five or more drinks of an alcoholic beverage once or twice a week	35%	38%
Smoking marijuana once or twice a week	26%	22%
Using prescription drugs not prescribed to you	23%	66%

PERCEPTION OF PARENTAL DISAPPROVAL

A series of questions asked each student how wrong his/her parents feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana and use prescription drugs not prescribed to them.

Substance	'Wrong'	'Very Wrong'
Smoking tobacco	9%	88%
Having one or two drinks of an alcoholic beverage nearly every day	17%	76%
Smoking marijuana	21%	65%
Using prescription drugs not prescribed to them	6%	91%

PERCEPTION OF PEER DISAPPROVAL

A series of questions asked each student how wrong his/her friends feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana and use prescription drugs not prescribed to them.

Substance	'Wrong'	'Very Wrong'
Smoking tobacco	25.5%	56%
Having one or two drinks of an alcoholic beverage nearly every day	28%	42%
Smoking marijuana	17%	29%
Using prescription drugs not prescribed to them	21%	71%

SUICIDAL BEHAVIORS AND MENTAL HEALTH

Students were asked a series of questions that addressed suicidal behaviors, treatment for behavioral or mental health and being bothered by emotional problems.

Measure	Wakefield	MA	USA
Felt so sad or hopeless almost every day for two weeks or more in a row within the past year, that they stopped doing usual activities	19%	22%	30%
Seriously considered attempting suicide	15%	12%	17%
Made a plan about how to attempt suicide in the past 12 months	13%	11%	14%
Attempted suicide in the past 12 months	8%	6%	8%
Attempted suicide that resulted in an injury, poisoning or overdose that had to be treated by a doctor or nurse during the past 12 months	2%	2%	3%
Hurt or injured oneself on purpose during the past 12 months	14.5%	14%	NA

CAUSES OF TENSION OR STRESS IN SCHOOL

Students were asked to report what they believe to be the biggest cause of tension or stress in school.

Response	Percentage
Classes and grades	68.5%
Family problems	9%
A mental health condition	6%
Sports/extra curricula activities	5.5%
Relationships	5%
School environment	3%
Peer groups and friends	3%

MEDICATIONS OR TREATMENT FOR BEHAVIORAL HEALTH

Students were asked if they have ever taken medication or received treatment for any type of behavior health, mental health condition or emotional problem (not including ADHD or ADD).

Response	Percentage
Yes, currently	11%
Yes, previously within the past 6 months	1%
Yes, previously between 6 and 12 months ago	2%
Yes, more than 12 months ago	3%
No	80%
Don't know/not sure	3%

BOTHERED BY EMOTIONAL PROBLEMS

Students were asked how much they have been bothered by emotional problems such as feeling anxious or depressed during the past 4 weeks.

Response	Percentage
Not at all	23%
Very little	26%
Somewhat	28.5%
Quite a lot	22%

EMOTIONAL HEALTH IMPACT

Students were asked if emotional problems limited their usual social activities with family or friends.

Response	Percentage
Not at all	48%
Very little	24%
Somewhat	20%
Quite a lot	6%
Could not do social activities	2%

PERSONAL SAFETY & VIOLENCE

Results for violence-related questions for students who answered ‘yes’ or ‘one time or more’ for the given question are provided in the table below.

Number of Students that Reported Being Involved in Violence-Related Behaviors

Activity	Wakefield	MA	USA
Carried a weapon such as a gun, knife or club during the past 12 months on school property	2%	3%	5%
Carried a gun during the past 30 days	3%	3%	5.5%
Been threatened or injured with a weapon such as a gun, knife or club on school property during the past 12 months	3%	4%	7%
Been in a physical fight during past 12 months	11%	20%	25%
Been injured in a physical fight and had to be treated by a doctor or nurse during the past 12 months	2%	2%	3%
Been in a physical fight on school property during the past 12 months	4%	5%	8%
Did not go to school because they felt it would be unsafe at school or on their way to or from school during the past 30 days	3%	4%	7%

PHYSICAL VIOLENCE IN A RELATIONSHIP

Students were asked if they have ever been physically or sexually hurt by a date or someone they were going out with.

- 40% of students reported ‘I have never been on a date or gone out with anyone’
- 54% of students reported ‘No, I have **never** been hurt physically by a date or someone I was going out with’
- 1% of students reported ‘Yes, I was hurt physically’
- 3% of students reported ‘Yes, I was hurt sexually’
- 2% of students reported ‘Yes, I was hurt both physically and sexually’
 - ❖ 8% of Massachusetts’ high school students reported having been hurt physically by a date or someone they were going out with.
 - ❖ 10% of high school students nationwide reported having been hurt physically by a date or someone they were going out with.

SEAT BELT USE

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

Frequency	Percentage of Students
Never	3%
Rarely	3%
Sometimes	9%
Most of the time	27%
Always	58%

- ❖ 9% of Massachusetts' high school students reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.
- ❖ 8% of high school students nationwide reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.

BULLYING

Wakefield High School students were asked a series of questions regarding bullying.

FREQUENCY OF BULLYING

Students were asked how often they have been bullied at school the past 3 months and on their cell phone or internet with mean or hurtful messages, calls, or pictures.

Frequency	Bullied at school during past couple months	Bullied on cell phone/internet this school year
I have not been bullied	83%	88%
Once or twice	11%	9%
2 or 3 times a month	3%	1%
About once a week	2%	0.8%
Several times a week	2%	1%

WAYS STUDENTS HAVE BEEN BULLIED

Students were asked in what ways they have been bullied at school the past couple of months. Students were allowed to select more than one response.

Response	Percentage
I have not been bullied at school in the past couple of months	82%
I was called mean names, was made fun of, or was teased in a hurtful way	8%
I was excluded from a group of friends or completely ignored	8%
Others students told lies or spread false rumors about me and tried to make others dislike me	8%
I was bullied in other ways	3%
I was threatened or forced to do things I did not want to	0.8%
I had money or other things taken away from me or had my belongings damaged	0.8%
I was hit, kicked, shoved around or locked indoors	0.4%

WAYS STUDENTS BULLIED OTHERS

Students were asked in what ways they have bullied other students at school the past couple of months. Students were allowed to select more than one response.

Response	Percentage
I have not bullied others at school in the past couple of months	92%
I called another student mean names, made fun of them, or teased them in a hurtful way	5%
I kept him or her out of things on purpose, excluded him/her from a group of friends or completely ignored him/her	2%
I spread false rumors about him/her and tried to make others dislike him/her	0.7%
I bullied in other ways	0.5%
I hit, kicked, shoved around or locked him/her indoors	0.4%
I threatened or forced him/her to do things he/she did not want to	0.2%
I took money or other things taken away from him/her or damaged his/her belongings	0.1%

FREQUENCY OF BULLYING OTHERS

Students were asked how often they have bullied another student on their cell phone or internet with mean or hurtful messages, calls, or pictures during the past couple of months.

Frequency	Percentage
I have not bullied	94%
Once or twice	5%
2 or 3 times a month	0.6%
About once a week	0.2%
Several times a week	0.1%

REACTION TO WITNESSING BULLYING

Students were asked why what they usually do when they see someone being bullied. They were allowed to select more than one response.

Response	Percentage
I have never noticed that students my age have been bullied	40%
I try to help the bullied student in one way or another	36%
I do not do anything, but I think I ought to help the bullied student.	13%
I tell a teacher or another adult at school about the bullying	3%
I tell my parents or other adult family member about the bullying	3%
I just watch what goes on	3%
I do not do anything, but I think the bullying is okay	1%
I take part in bullying	1%

FREQUENCY OF TEACHER INVOLVEMENT

Students were asked how often teachers or other adults try to stop the bullying.

Frequency	Percentage
Almost always	24%
Often	20%
Sometimes	21%
Once in a while	17%
Almost Never	18%

WEBSITE BULLYING

Students were asked how often someone has posted about them on another webpage (such as Facebook or Twitter, etc.) that made them upset or comfortable.

Response	Percentage
Never	65%
Before, but not in the past year	18.5%
A few times in the past year	12%
Once or twice a month	2%
Once or twice a week	1%
Almost every day	0.8%

SEXUAL HEALTH

Wakefield High School students were asked questions about age of first sexual intercourse, number of sexual partners, pregnancy prevention, pregnancy, STD testing and diagnosis and sexual contact against will.

SEXUAL INTERCOURSE

- 29% of Wakefield High School students reported having sexual intercourse in their lifetime.
 - ❖ 38% of Massachusetts’ high school students reported having sexual intercourse in their lifetime.
 - ❖ 47% of high school students nationwide reported having sexual intercourse in their lifetime.

AGE AT FIRST SEXUAL INTERCOURSE

Of the students that have reported having sexual intercourse, the average age when they first had sex was 15.03 years.

Age	Percentage
Have never had sexual intercourse	72%
11 years old or younger	2%
12 years old	0.6%
13 years old	2%
14 years old	4%
15 years old	7%
16 years old	8%
17 years old or older	4.5%

- ❖ 3% of Massachusetts’ high school students reported having sexual intercourse before the age of 13.
- ❖ 6% of high school students nationwide reported having sexual intercourse before the age of 13.

NUMBER OF SEXUAL PARTNERS IN LIFETIME

Students were asked how many people they have had sexual intercourse with, within their lifetime.

Number of Partners	Percentage
I have never had sexual intercourse	72%
1 person	15.5%
2 people	4%
3 people	2%
4 people	2%
5 people	1%
6 or more people	3%

NUMBER OF SEXUAL PARTNERS IN PAST THREE MONTHS

Students were asked how many people they have had sexual intercourse with, within the past three months.

Number of Partners	Percentage
I have never had sexual intercourse	72%
I have had sexual intercourse, but not during the past 3 months	7%
1 person	17%
2 people	2%
3 people	0.4%
4 people	0.1%
5 people	0.1%
6 or more people	1%

USE OF DRUGS OR ALCOHOL BEFORE SEXUAL INTERCOURSE

- 6% of students reported drinking alcohol or using drugs before they had sexual intercourse the last time.
 - ❖ 24% of Massachusetts high school students reported drinking alcohol or using drugs before they had sexual intercourse the last time.
 - ❖ 22% of high school students nationwide reported drinking alcohol or using drugs before they had sexual intercourse the last time

USE OF CONDOMS

- 69.5% of students reported they or their partner used a condom the last time they sexual intercourse.
 - ❖ 58% of Massachusetts high school students reported they used a condom or their partner used a condom *the last time* they had sexual intercourse.
 - ❖ 59% of high school students nationwide reported they used a condom or their partner used a condom *the last time* they had sexual intercourse.

PREGNANCY PREVENTION

Students were asked if they have had sexual intercourse and what method they or their partner used *the last time* to prevent pregnancy. Students were allowed to select more than one method. For this question, 74% of students reported they have never had sexual intercourse.

Method	Percentage
Condoms	15%
Birth control pills	5.5%
No method was used to prevent pregnancy	2%
Withdrawal	2%
Some other method	2%
Not sure	1%
Depo-Provera	0.9%

PREGNANCY

Students were asked how many times they have been pregnant or gotten someone pregnant.

Number of times	Percentage
0 times	97%
1 time	0.4%
2 or more times	1%
Not sure	1%

HIV/STD TESTING

Students were asked if they have ever been tested for HIV infection or other sexually transmitted diseases.

Response	Percentage
No, I have never been tested for HIV or other STDs	91%
Yes, I have been tested for HIV	1.5%
Yes, I have been tested for other STDs	0.9%
Yes, I have been tested for both HIV and for other STDs	7%

HIV/STD DIAGNOSIS

Students were asked if they have ever been told by a doctor or other health care professional that they have HIV infection or other sexually transmitted diseases.

- 3% of students reported 'Yes'.

SEXUAL CONTACT AGAINST WILL

Students were asked if anyone has ever had sexual contact with them against their will.

Response	Percentage
No one has ever had sexual contact with me against my will (a)	91.5%
Yes, within the past 12 months (b)	2%
Yes, more than 12 months ago (c)	4.5%
Yes, both b and c (d)	2%

EXERCISE AND NUTRITION

Wakefield High School students were asked questions about frequency of physical activity, weight management and ways to lose weight.

PHYSICAL ACTIVITY

Students were asked a series of questions regarding physical activity:

1. Identify the number of days within the past week they were physically active for at least 20 minutes per day. They were told to add all the time they spent in any kind of physical activity that increased their heart rate and made them breathe hard some of the time.
2. Identify the number of days, within the past week, they exercised or participated in physical activity for at least 30 minutes that did not make them sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower or mopping floors.
3. Identify the number of days, within the past week, they did exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting.

Response	20 minutes-sweating and breathing hard	30 minutes-no sweating or breathing hard	Strengthen or tone
0 days	16%	31%	29%
1 day	8.5%	13%	13%
2 days	11%	12%	14%
3 days	9%	9%	13%
4 days	9%	8%	10%
5 days	11%	6%	10%
6 days	16%	6%	6%
7 days	19%	15%	7%

- ❖ 44% of Massachusetts high school students reported that they were physically active for a total of at least 60 minutes per day on five or more of the past seven days.
- ❖ Nationwide, 27% of students reported exercising five or more days.

WEIGHT DESCRIPTION

Students were asked how they would describe their weight.

Response	Percentage
Very underweight	4%
Slightly underweight	16%
About the right weight	52%
Slightly overweight	25.5%
Very overweight	3%

- ❖ 29% of Massachusetts' high school students viewed themselves as 'slightly overweight' or 'very overweight'.
- ❖ 31% of high school students nationwide viewed themselves as 'slightly overweight' or 'very overweight'.

WEIGHT MANAGEMENT

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

Response	Percentage
Lose weight	47.5%
Gain weight	15.5%
Stay the same weight	18%
Not trying to do anything about weight	19%

- ❖ 45% of Massachusetts' high school students reported they were trying to lose weight.
- ❖ 48% of high school students nationwide reported they were trying to lose weight.

WAYS TO LOSE WEIGHT

Students were asked if they have ever engaged in the following behaviors to lose weight or to keep from gaining weight.

Response	Wakefield	MA	US
Exercised	45%	NA	NA
Ate less food, fewer calories, or foods low in fat	11%	NA	NA
Both exercised and ate less food, fewer calories, or foods low in fat	26%	NA	NA
Went without eating for 24 hours or more to lose weight or to keep from gaining weight	11%	10%	13%

WAYS STUDENTS SPEND THEIR TIME

Wakefield High School students were asked questions regarding screen time, participation in organized activities, sports teams, volunteer work and playing the lottery.

SCREEN TIME

Students were asked how many hours a day they spend on their cell phone, computer or other internet capable device, playing video games or use computer for something that is not school work on an average school day.

Response	Percentage
Do not play video or computer games or computer for something that is not school work	3%
Less than 1 hour per day	5%
1 hour per day	13%
2 hours per day	25%
3 hours per day	20%
4 hours per day	15%
5 hours or more per day	20%

PARTICIPATION IN ORGANIZED ACTIVITIES

Students were asked on how many days they took part in organized after school, evening or weekend activities during the past 7 days.

Response	Percentage
0 days	35.5%
1 day	16%
2 days	12%
3 days	10%
4 days	7%
5 days	7%
6 days	6%
7 days	6%

PARTICIPATION IN SPORTS TEAMS

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

Response	Percentage
0 teams	26%
1 team	28%
2 teams	18%
3 or more teams	29%

- ❖ 60% of Massachusetts high school students reported playing on at least one sports team during the past 12 months.
- ❖ 54% of high school students nationwide reported playing on at least one sports team during the past 12 months.

VOLUNTEER WORK AND COMMUNITY SERVICE

Students were asked how many hours they spent in an average month on volunteer work or community service or helping people outside of their home without getting paid. Students were told not to include community service required of them as a punishment.

Response	Percentage
0 hours	53%
1 to 4 hours	35%
5 to 9 hours	8%
10 or more hours	4%

PLAYED LOTTERY OR SCRATCH-OFF TICKETS

Students were asked how often they played the lottery or scratch-off tickets.

Response	Percentage
Never	59%
Before, but not in the past year	9%
A few times in the past year	24%
Once or twice a month	5%
Once or twice a week	2%
Almost every day	0.9%

Contact Information

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