



Highlights From the 2015 Malden Middle School Student Health Survey (Grades 6-8)

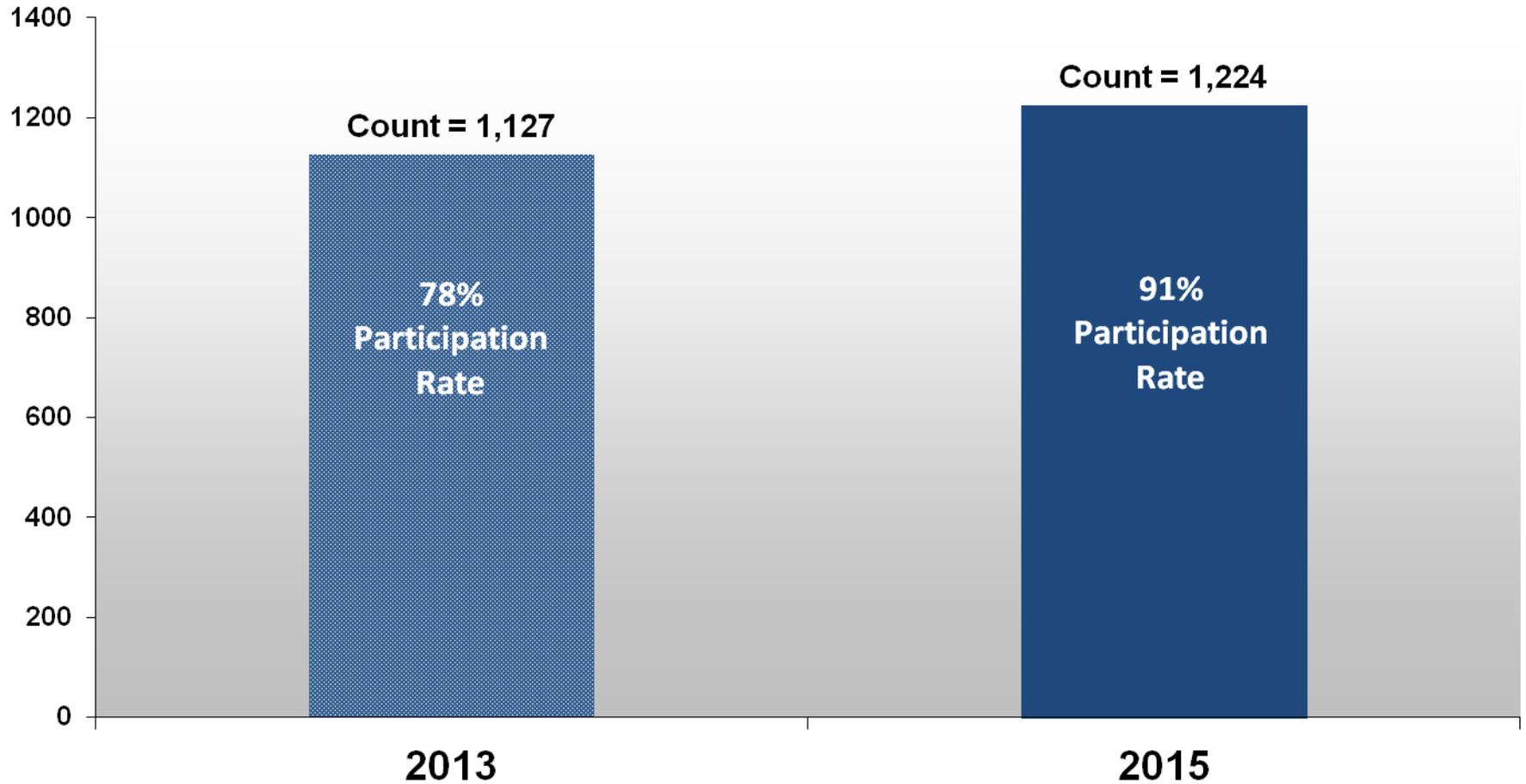
**Presented by:
The Institute for Community Health
November 16, 2015**



Survey Background

- The Malden Middle School Health Survey was administered in May 2015 to all students in grades 6 through 8
- The Survey includes demographic questions as well as questions related to:
 - Substance use
 - Violence and safety
 - Mental health
 - Sexual health
 - Physical health
- 1,224 students completed the 2015 survey (91% response rate)
- Data cleaning and analyses are conducted by ICH who follows CDC's guidance and standards for Youth Risk Behavior Surveys

Malden Middle School Survey, Overall Participation Rate

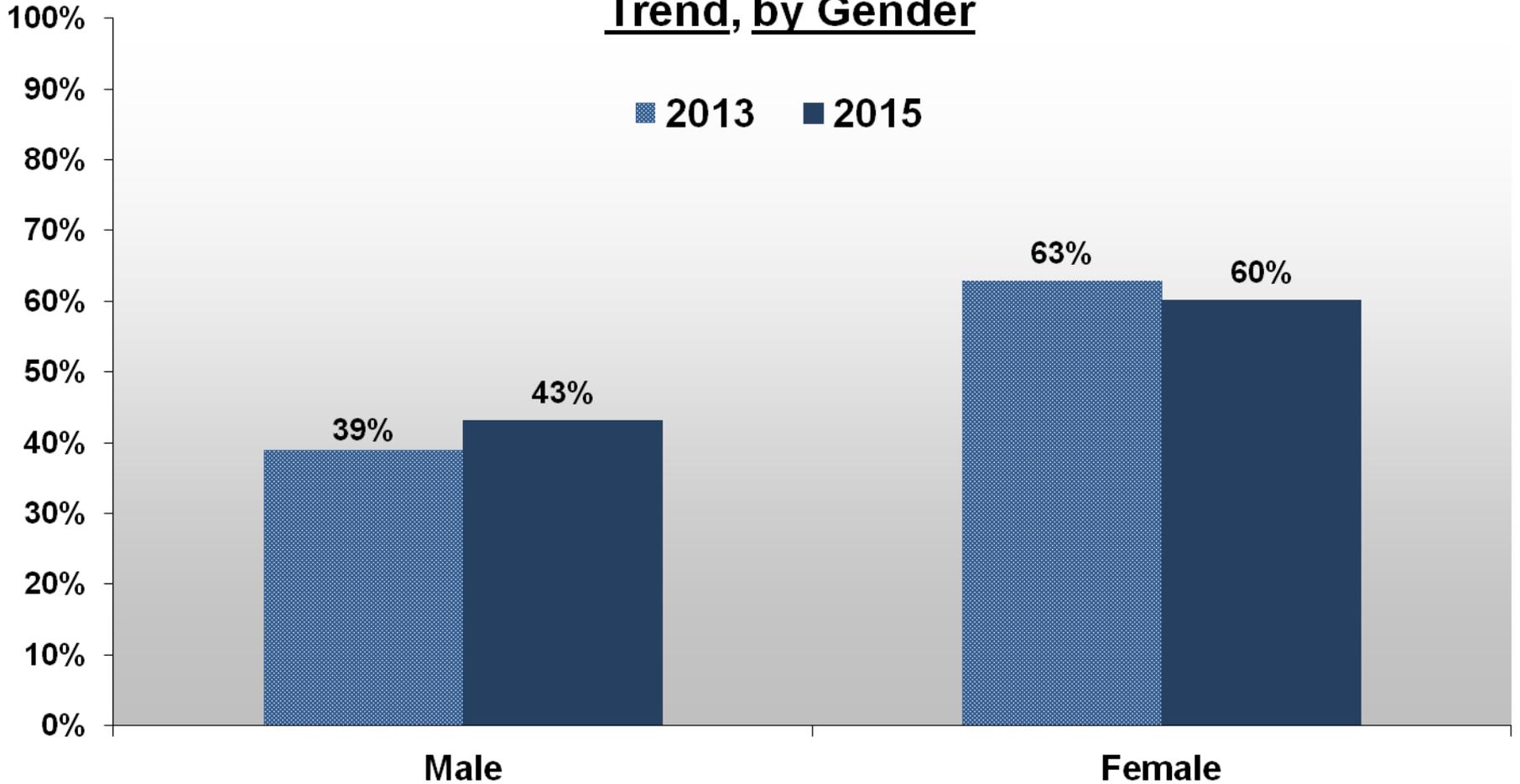




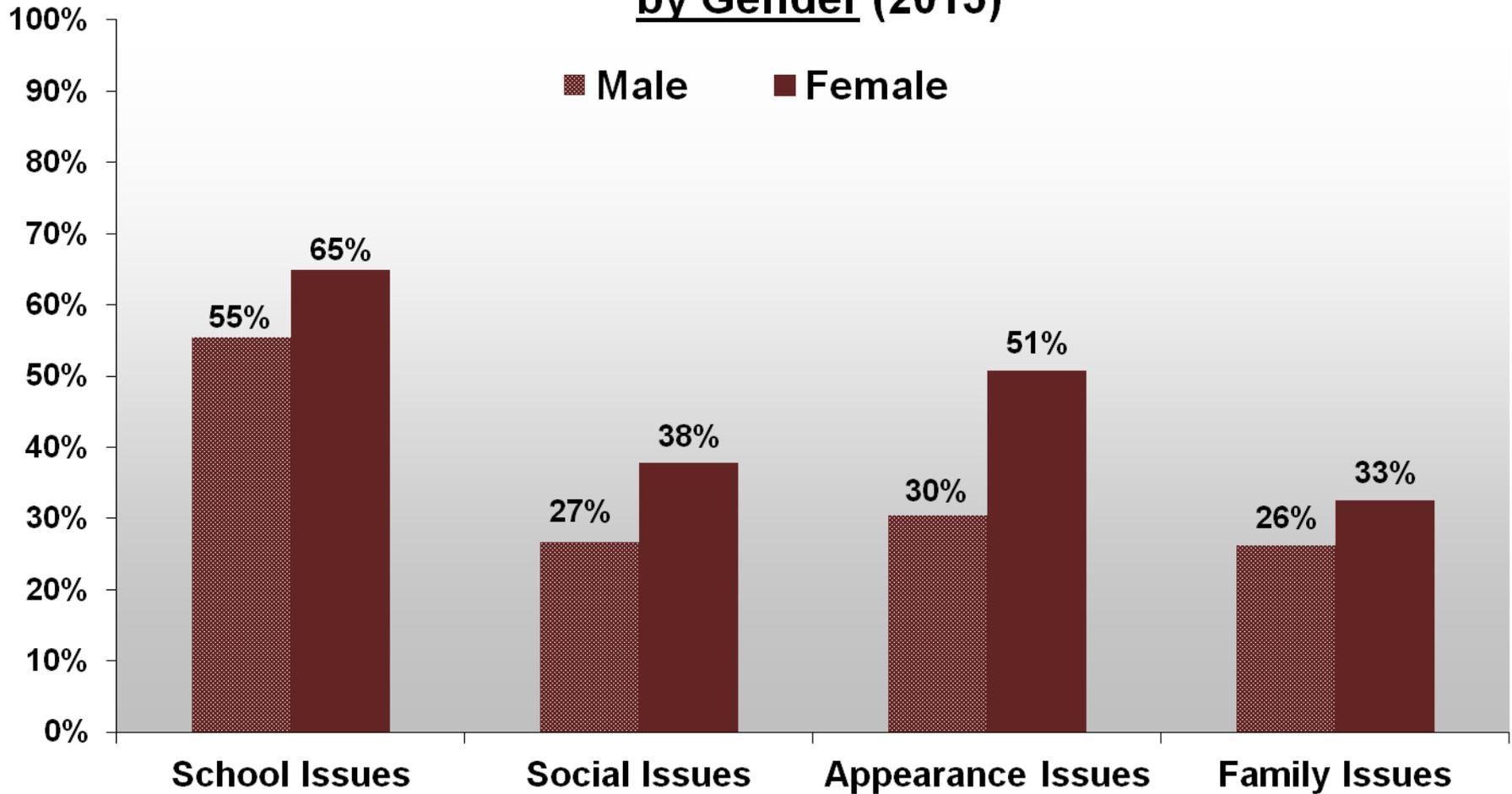
Mental Health

- Stress and Worry
- Depression
- Non-Suicidal Self-harm
- Suicidal ideation and Attempt

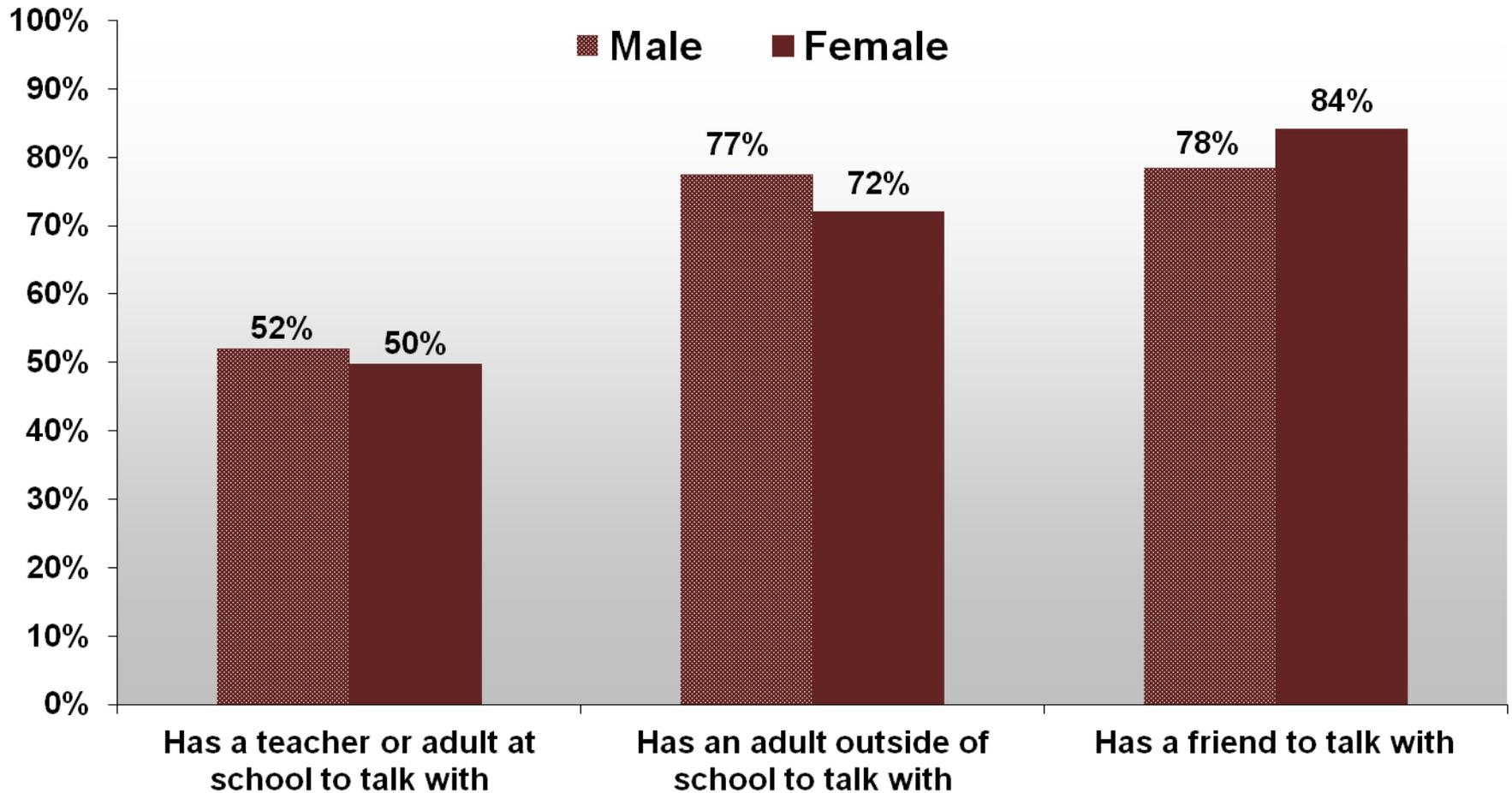
Percent of Malden Middle School Students Reporting Life is "Somewhat" or "Very Stressful", Trend, by Gender



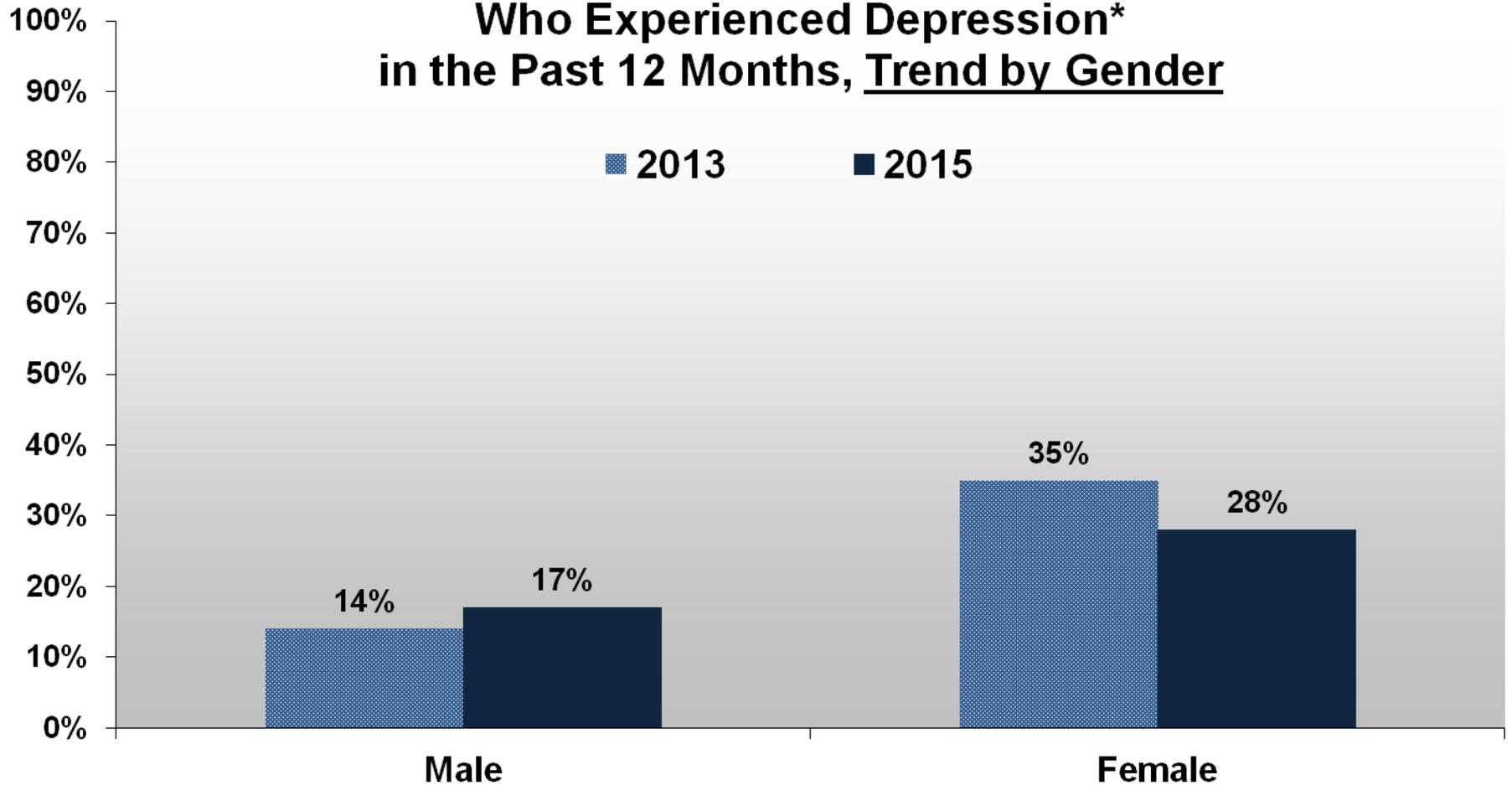
Percent of Malden Middle School Students Who Worry About Issues "Often" or "Almost Every Day", by Gender (2015)



Percent of Malden Middle School Students Reporting they Have Someone to Talk to, by Gender (2015)

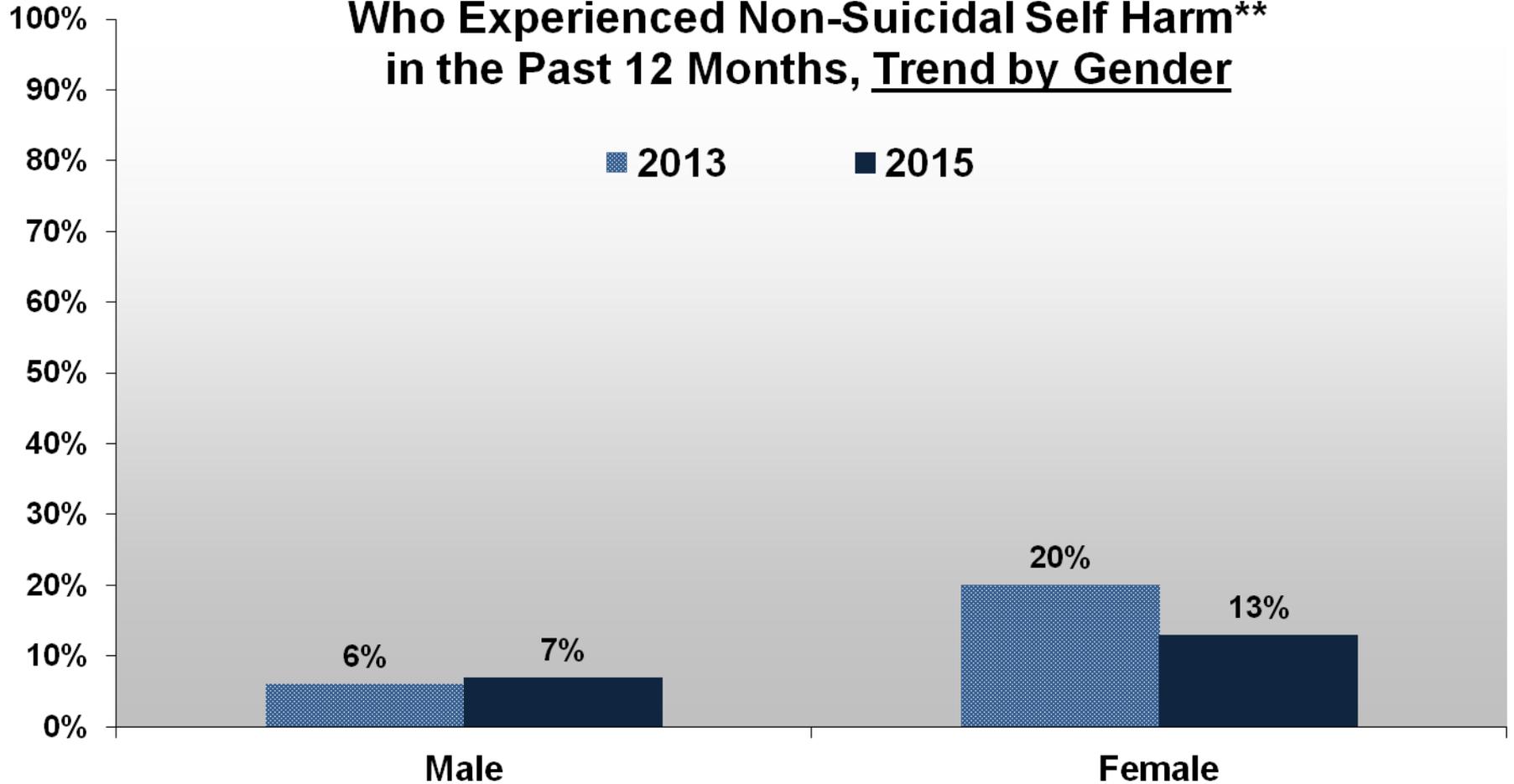


Percent of Malden Middle School Students Who Experienced Depression* in the Past 12 Months, Trend by Gender



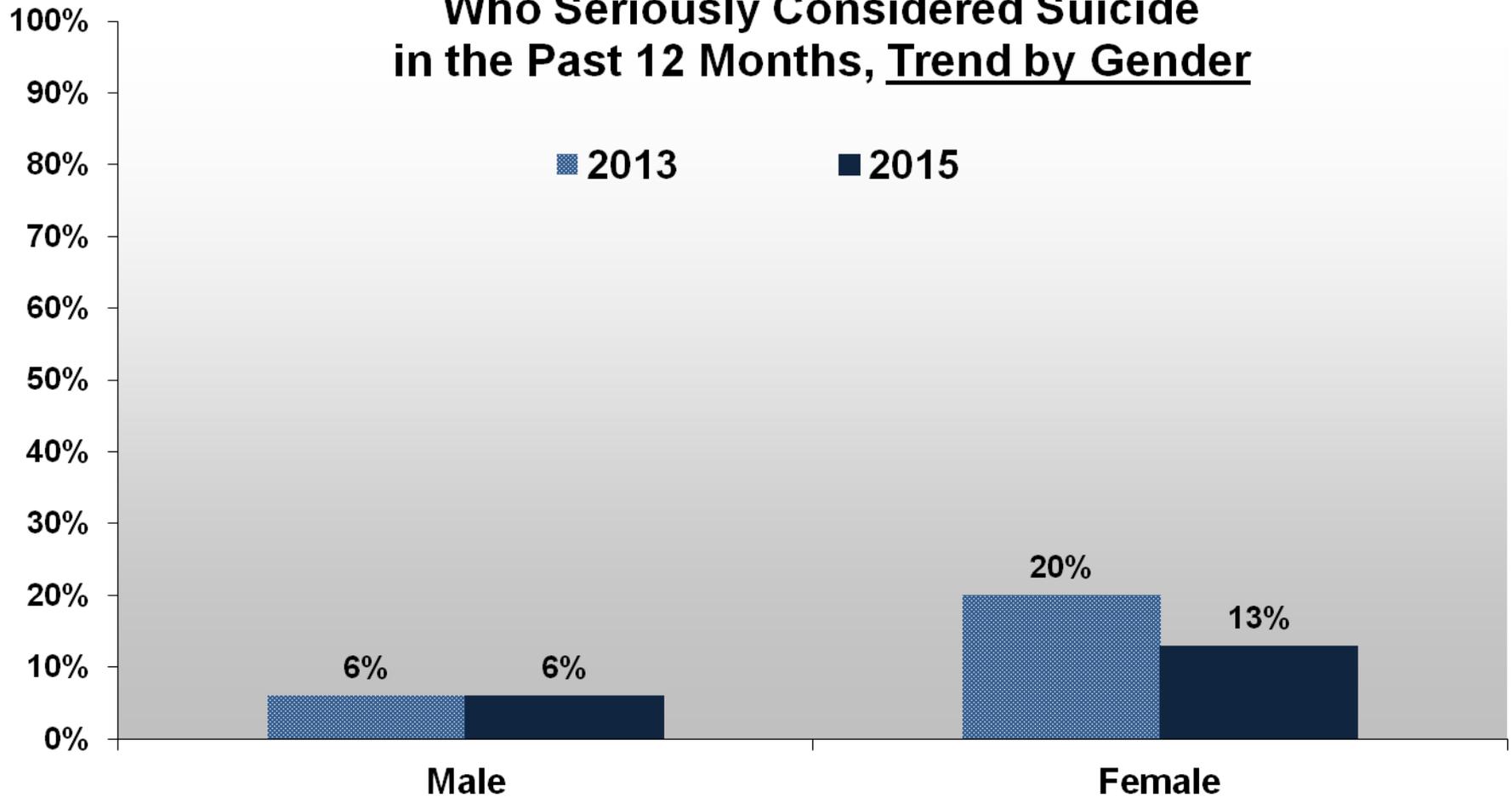
*Depression is defined in the survey as feeling "so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities"

Percent of Malden Middle School Students Who Experienced Non-Suicidal Self Harm** in the Past 12 Months, Trend by Gender

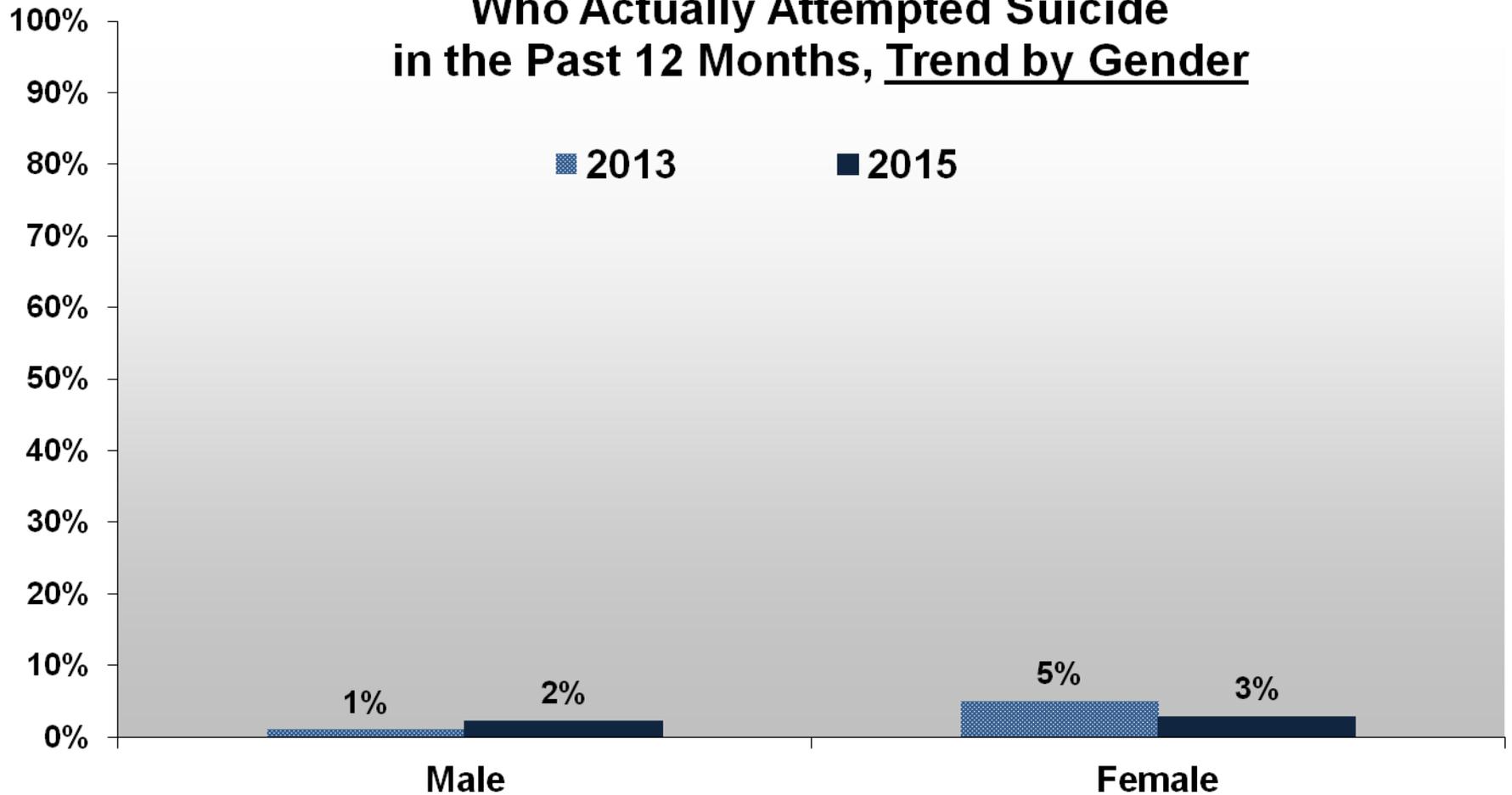


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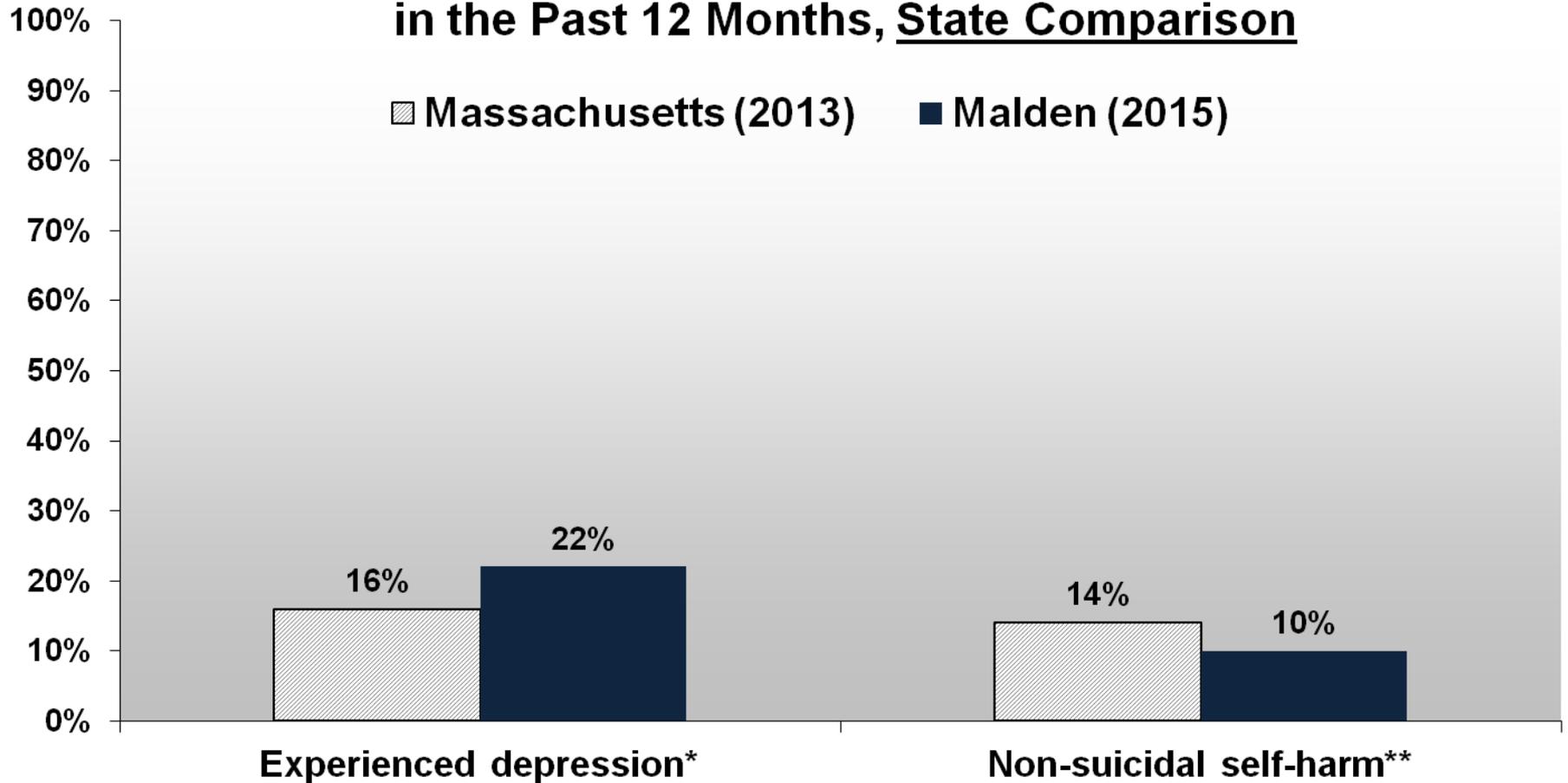
Percent of Malden Middle School Students Who Seriously Considered Suicide in the Past 12 Months, Trend by Gender



Percent of Malden Middle School Students Who Actually Attempted Suicide in the Past 12 Months, Trend by Gender



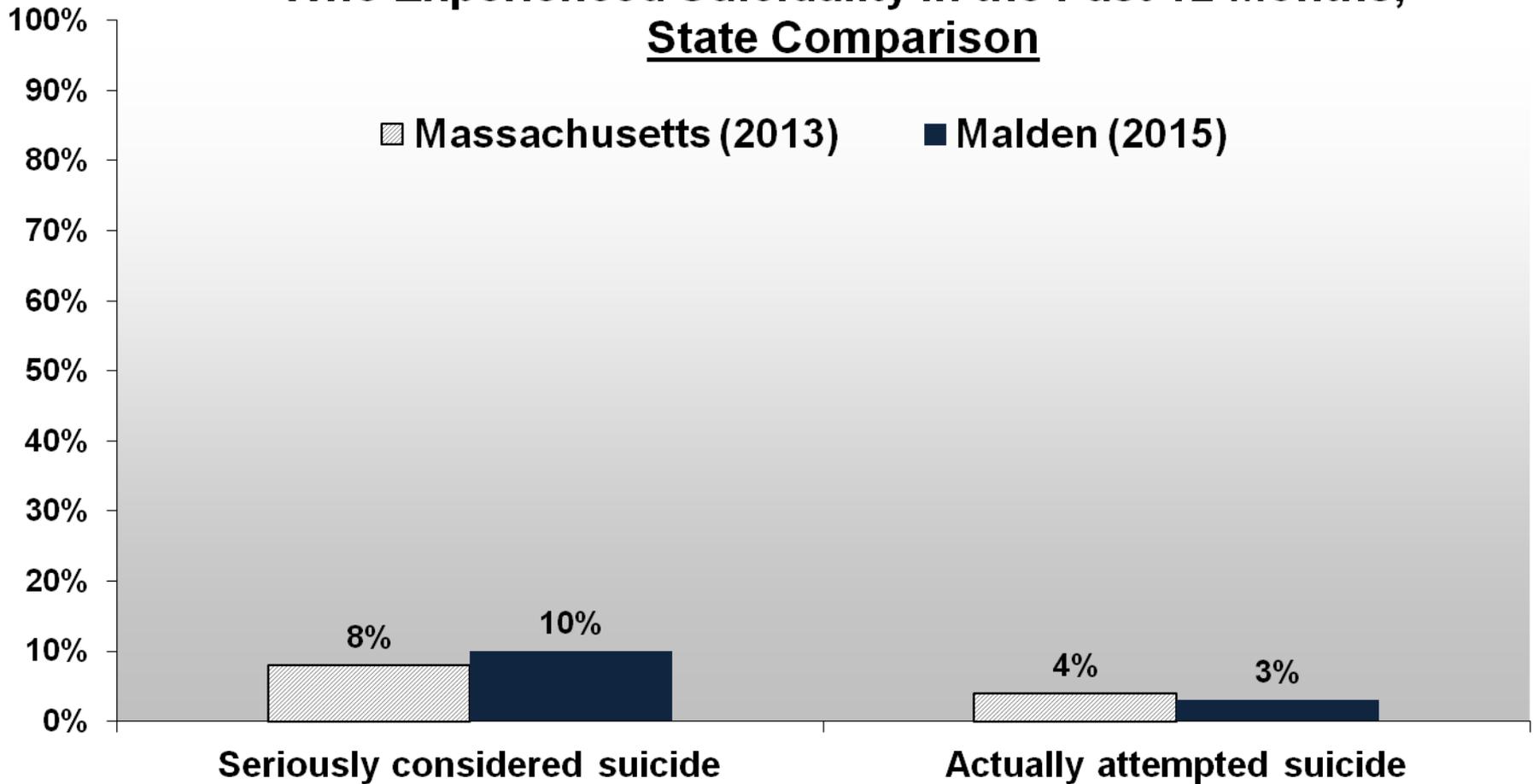
Percent of Middle School Students Who Experienced Depression or Non-Suicidal Self-harm in the Past 12 Months, State Comparison



*Depression is defined in the survey as feeling "so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities"

**Non-Suicidal Self-harm defined in the survey as "doing something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose"

Percent of Middle School Students Who Experienced Suicidality in the Past 12 Months, State Comparison

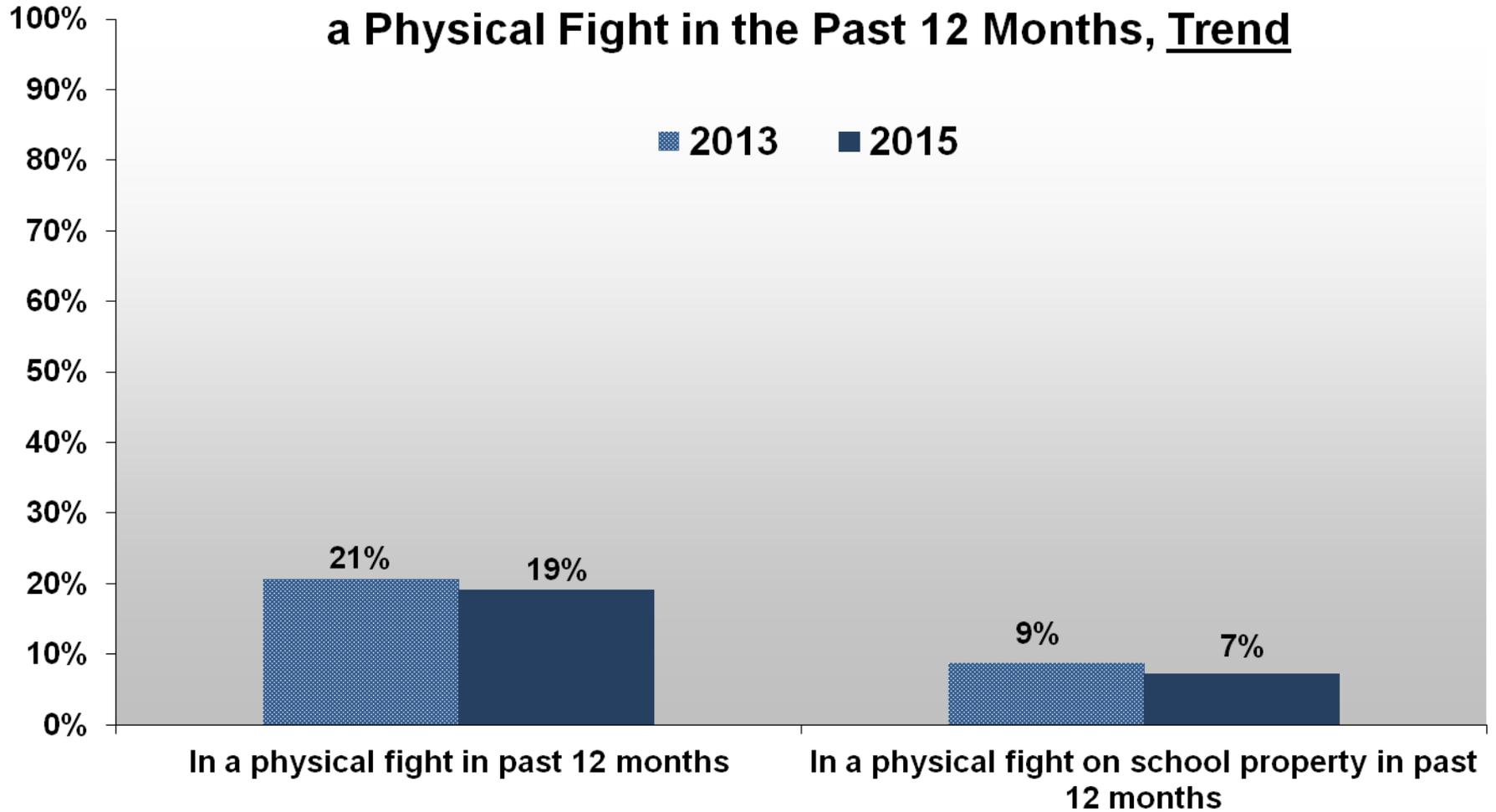




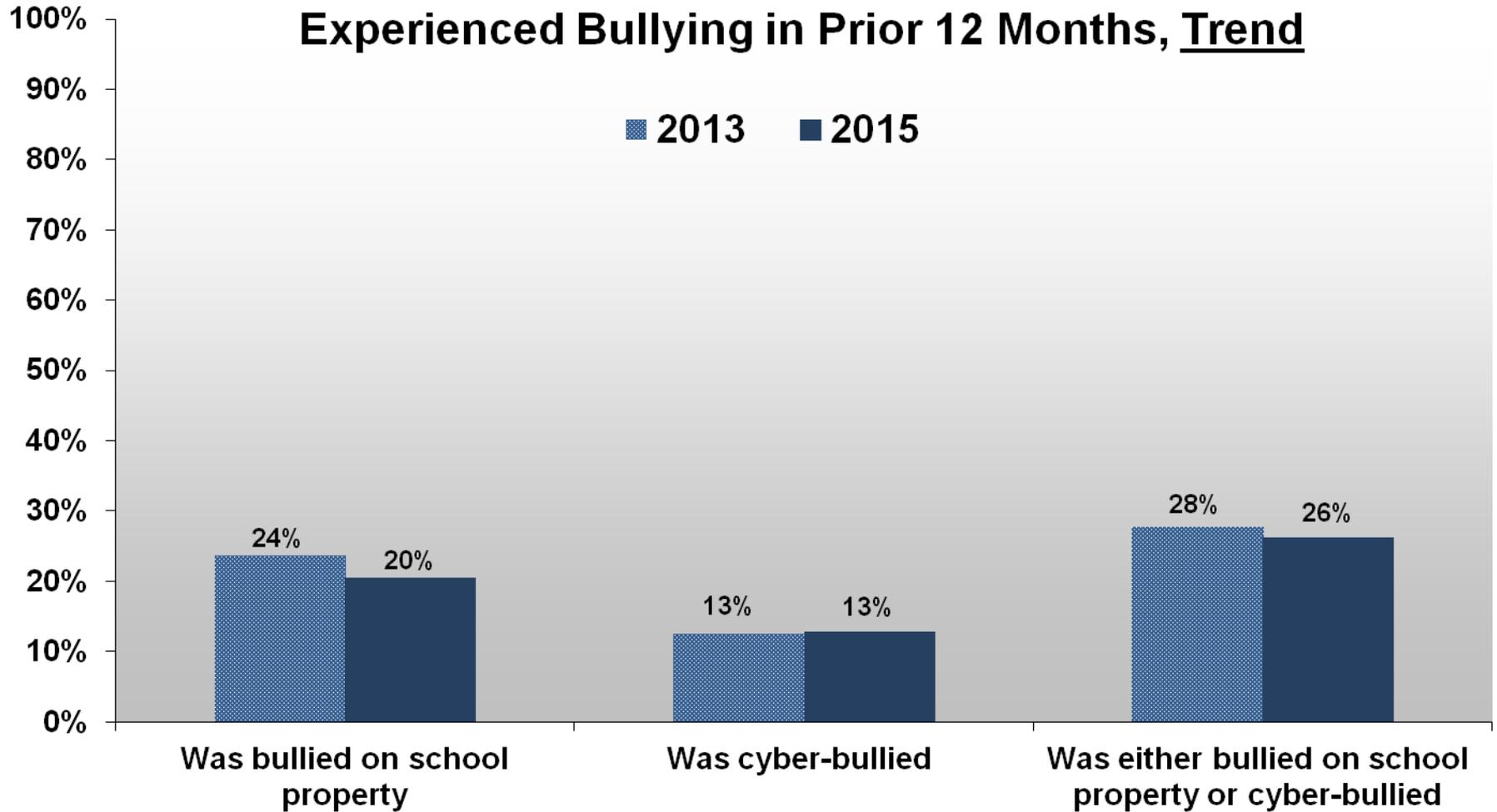
Violence and Safety

- Physical Fights
- Bullying
- Dating Violence

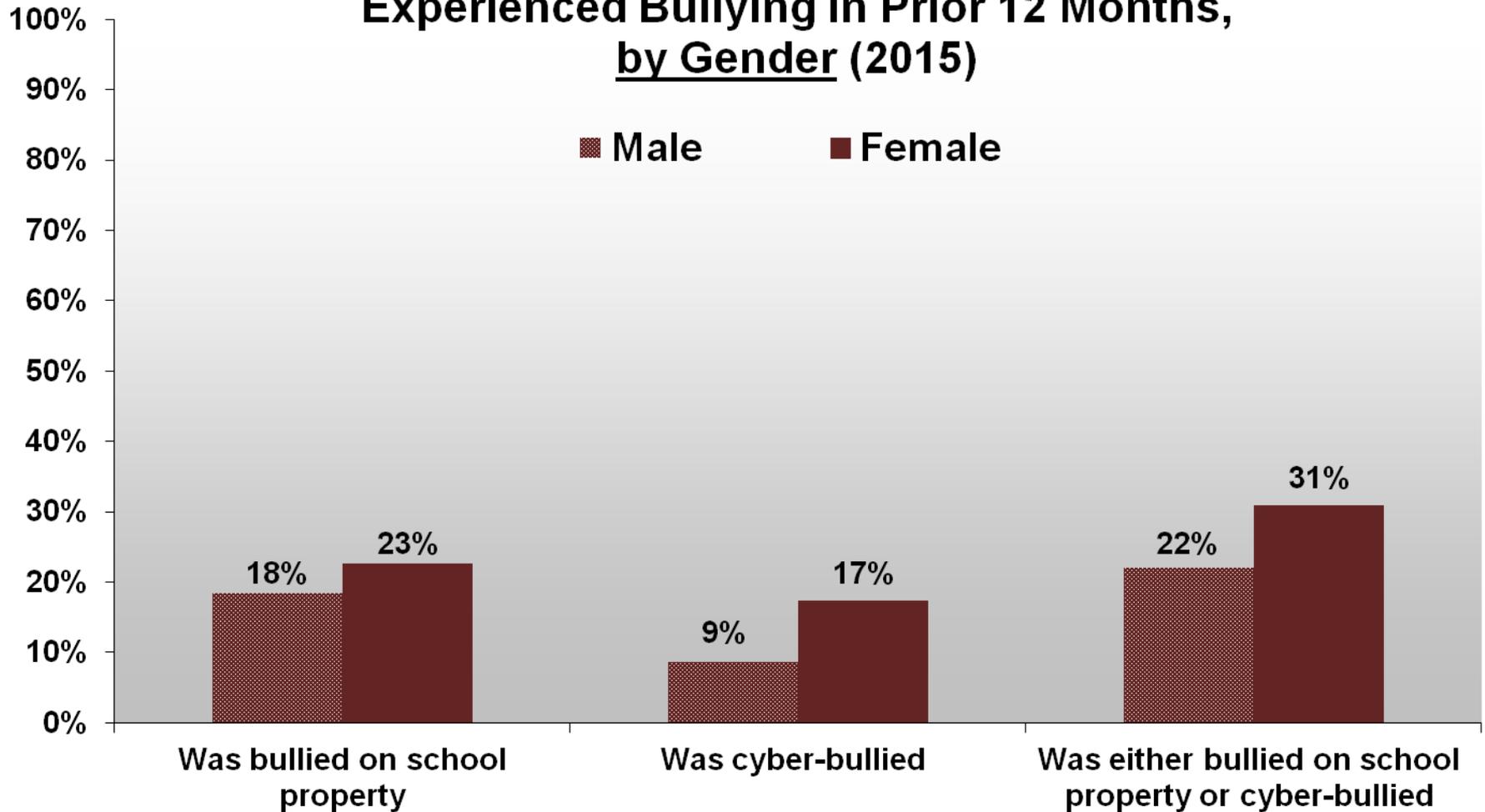
Percent of Malden Middle School Students Who Were in a Physical Fight in the Past 12 Months, Trend



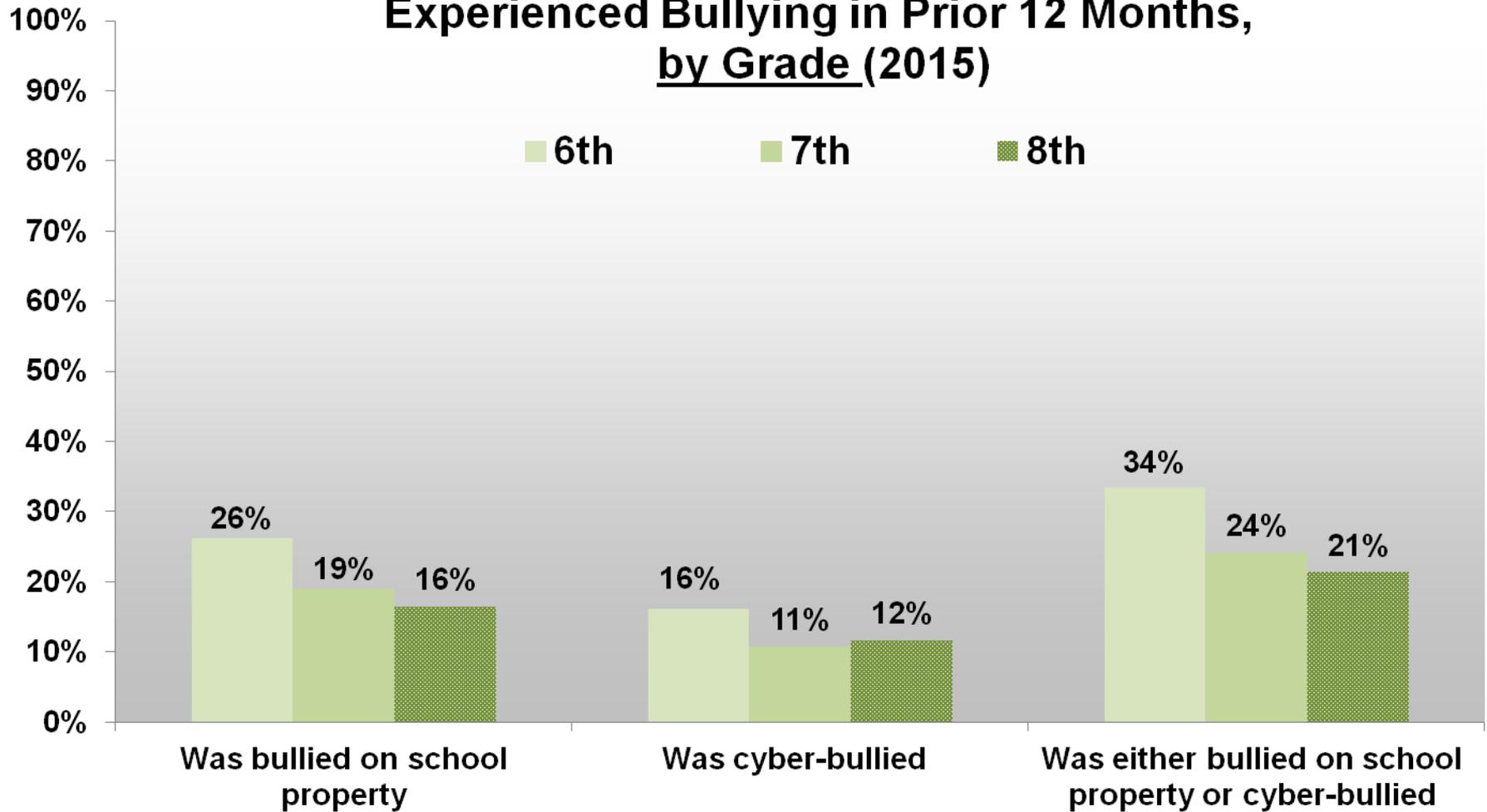
Percent of Malden Middle School Students Who Experienced Bullying in Prior 12 Months, Trend



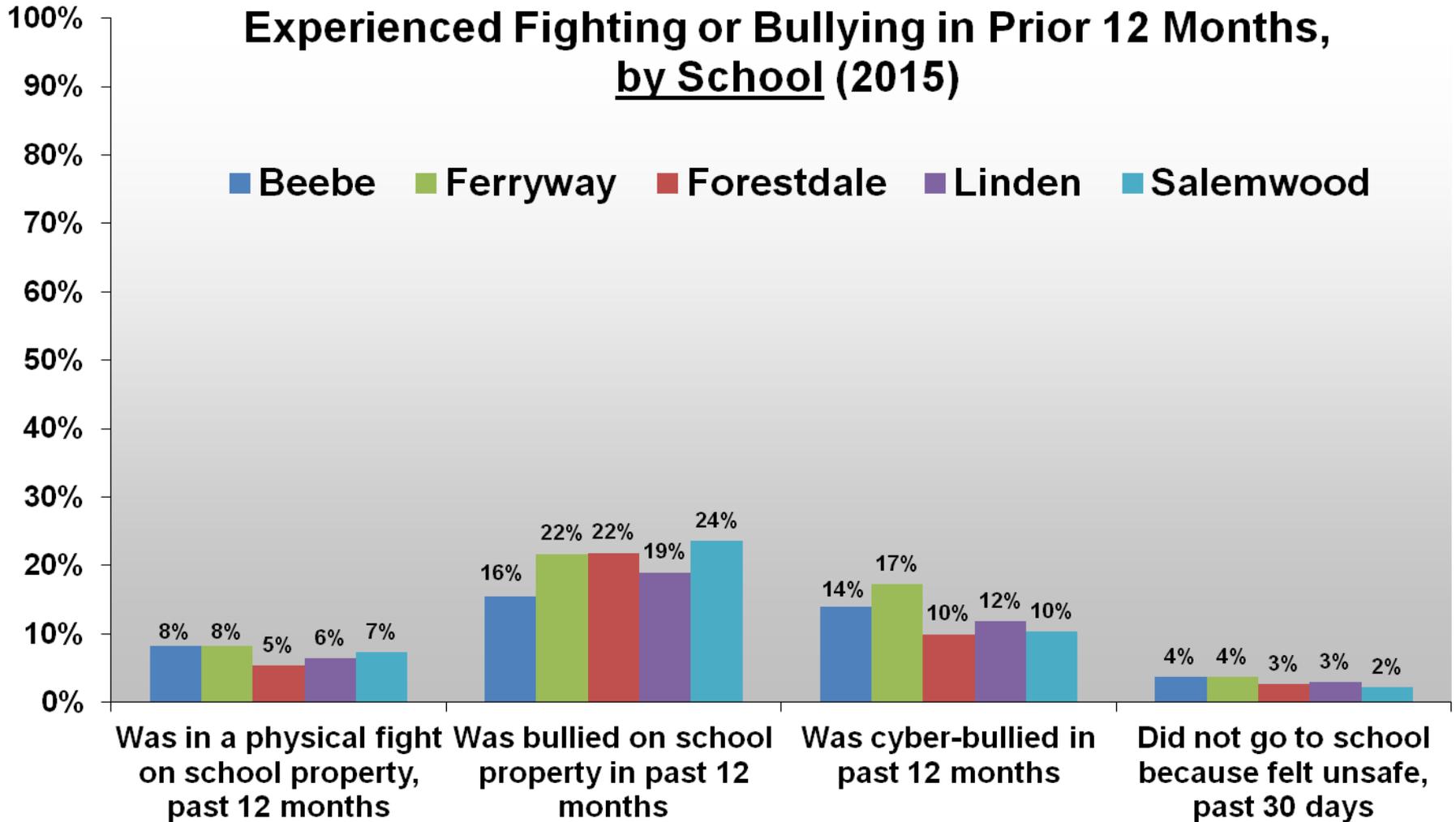
Percent of Malden Middle School Students Who Experienced Bullying in Prior 12 Months, by Gender (2015)



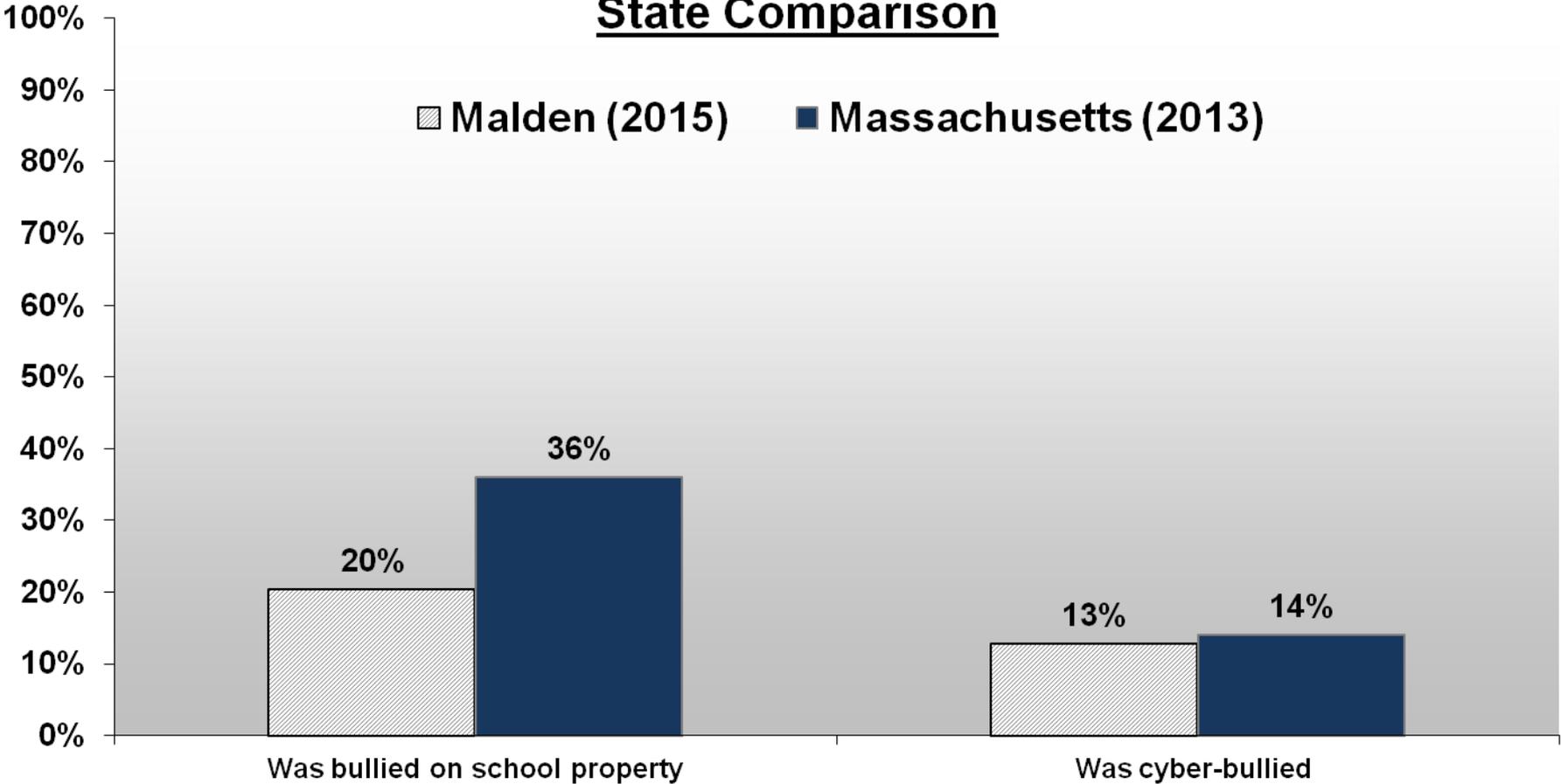
Percent of Malden Middle School Students Who Experienced Bullying in Prior 12 Months, by Grade (2015)



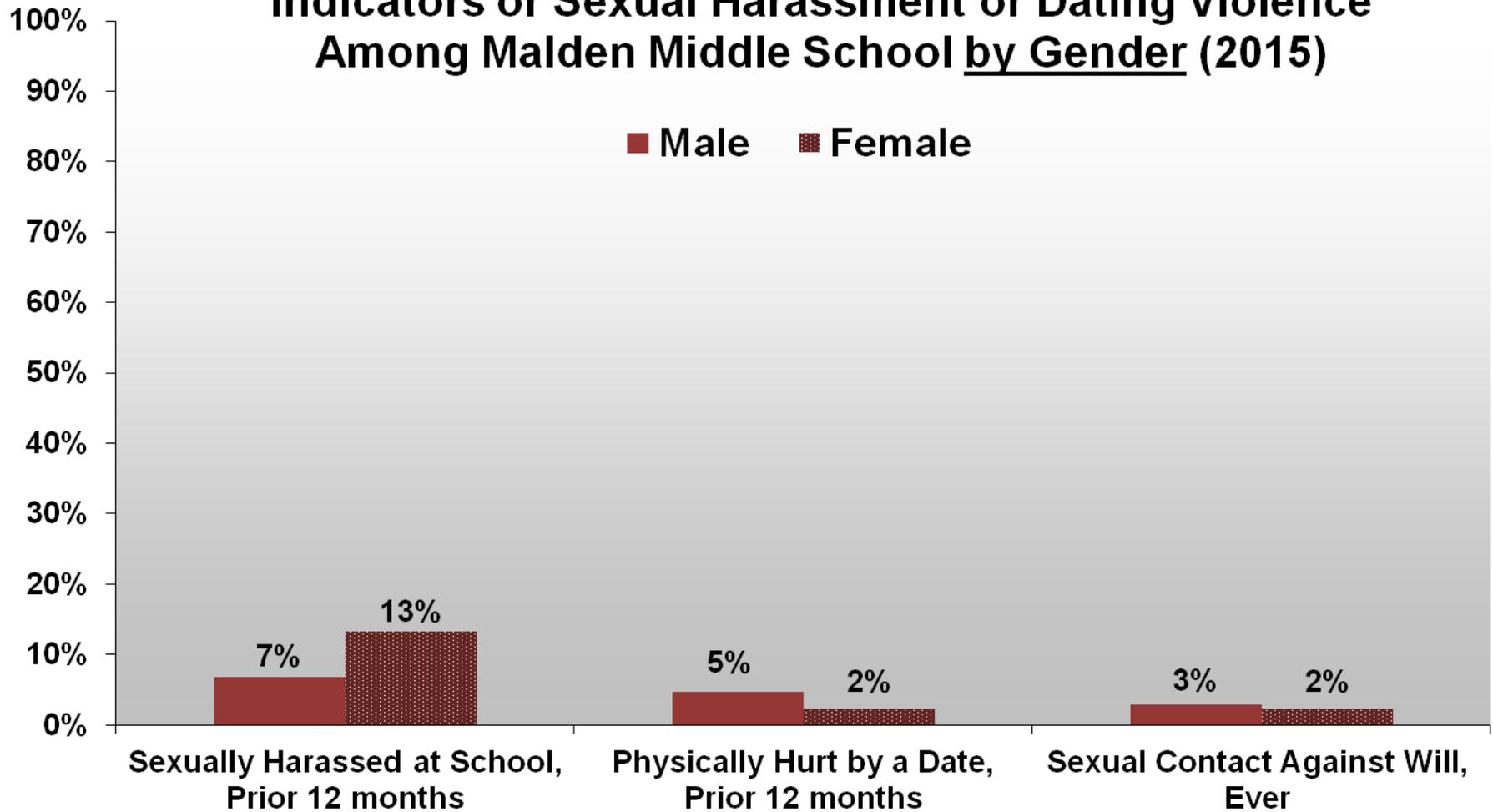
Percent of Malden Middle School Students Who Experienced Fighting or Bullying in Prior 12 Months, by School (2015)



Bullying Among Middle School Students, State Comparison



Indicators or Sexual Harassment or Dating Violence Among Malden Middle School by Gender (2015)

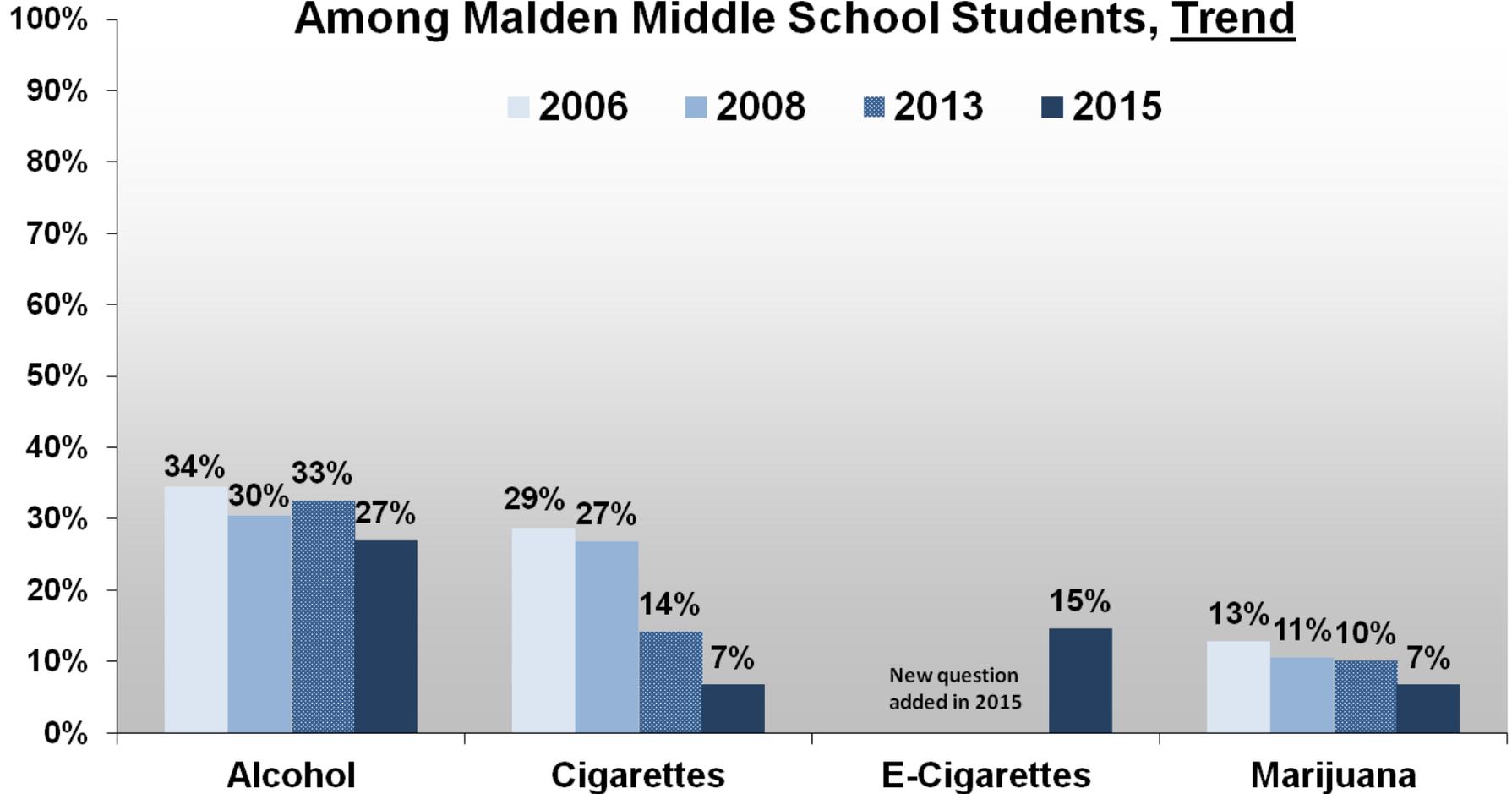




Substance Use

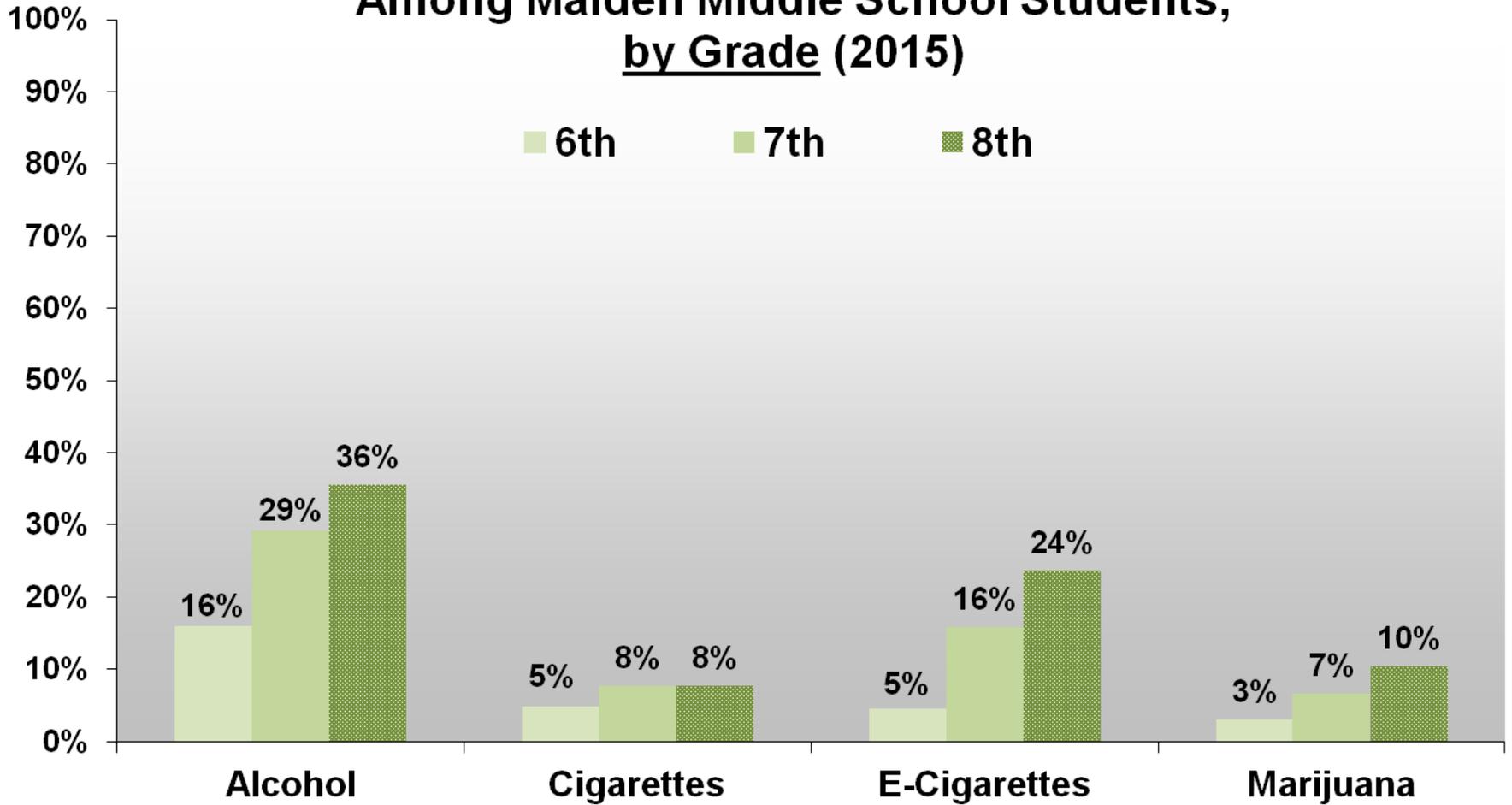
- Alcohol, Marijuana, Cigarettes
- Other Illicit Drugs
- Prescription Drug Misuse

Lifetime Use* of Alcohol, Cigarettes and Marijuana Among Malden Middle School Students, Trend



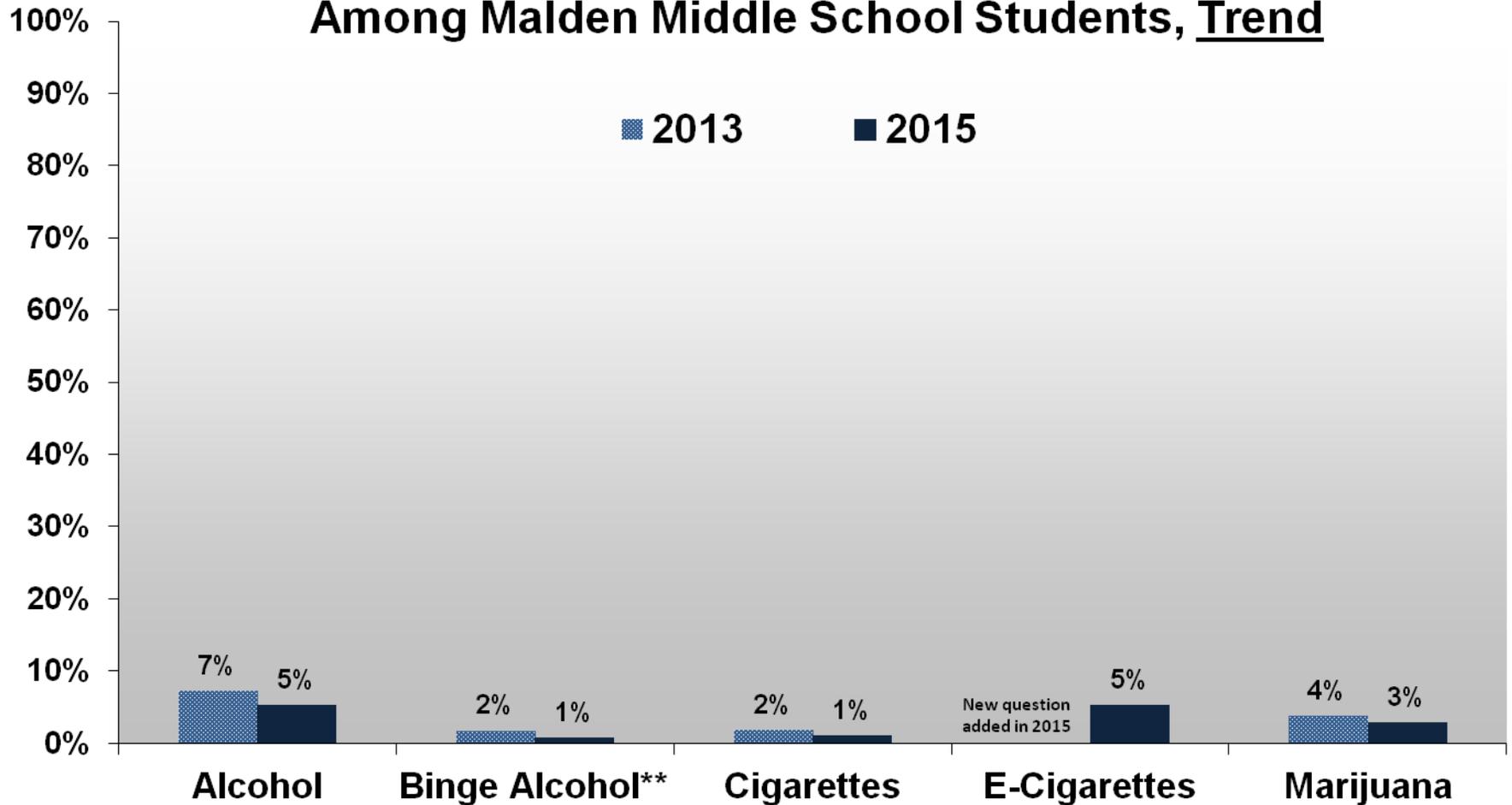
*Lifetime use is any use in one's lifetime

Lifetime Use* of Alcohol, Cigarettes, and Marijuana Among Malden Middle School Students, by Grade (2015)



*Lifetime use is any use in one's lifetime

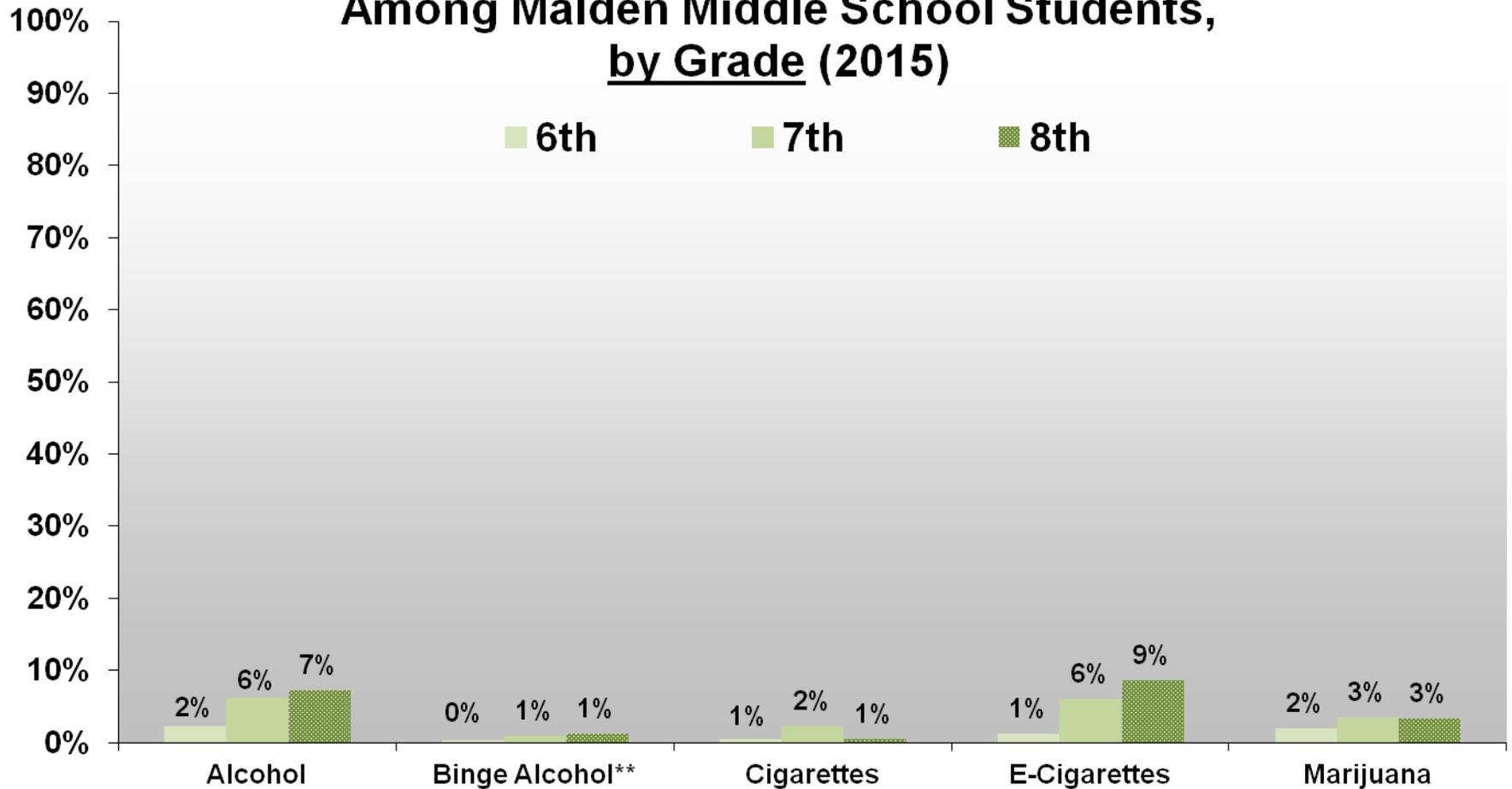
Current Use* of Alcohol, Cigarettes, and Marijuana Among Malden Middle School Students, Trend



*Current use is any use in the 30 days prior to the survey

**Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours"

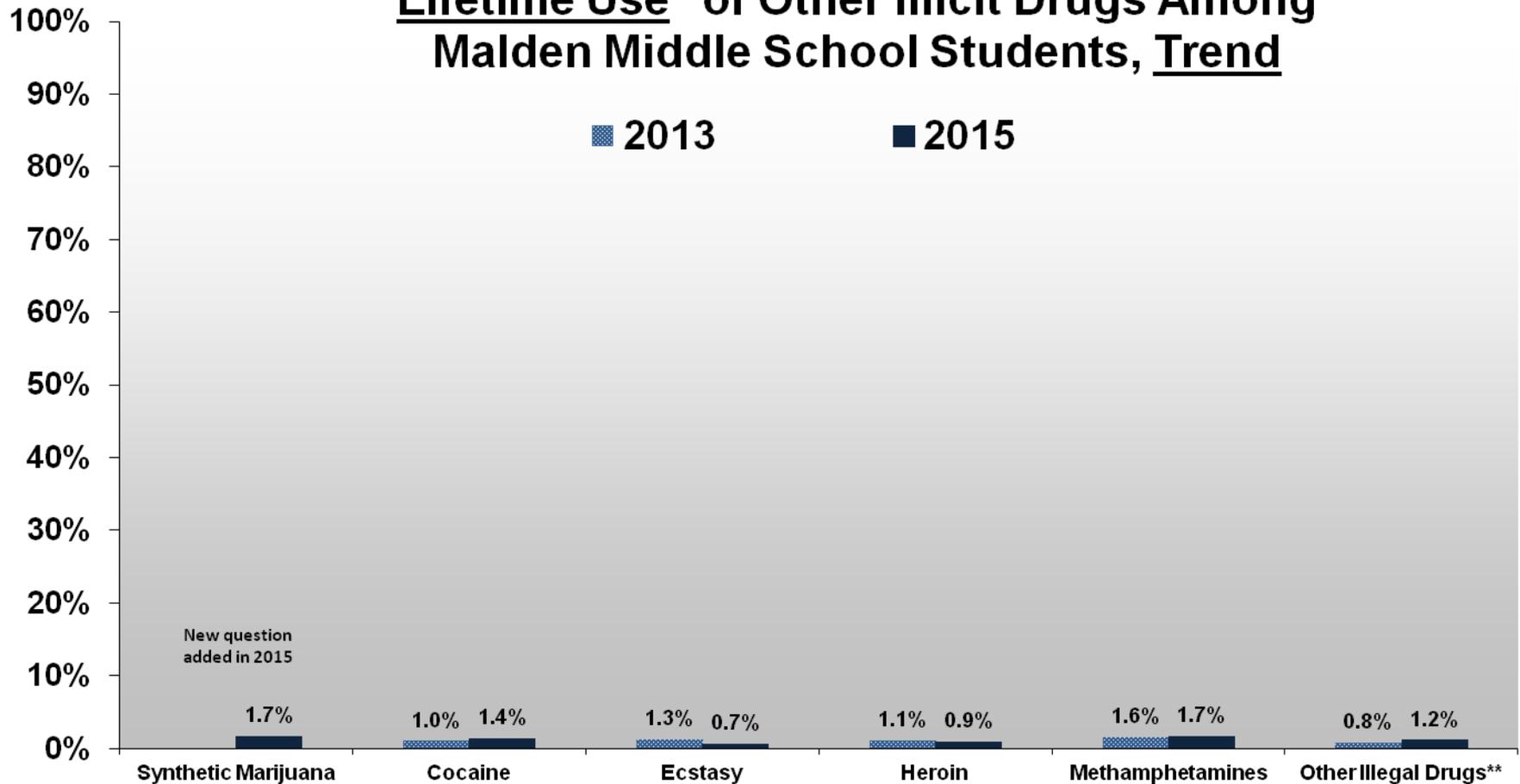
Current Use* of Alcohol, Cigarettes, and Marijuana Among Malden Middle School Students, by Grade (2015)



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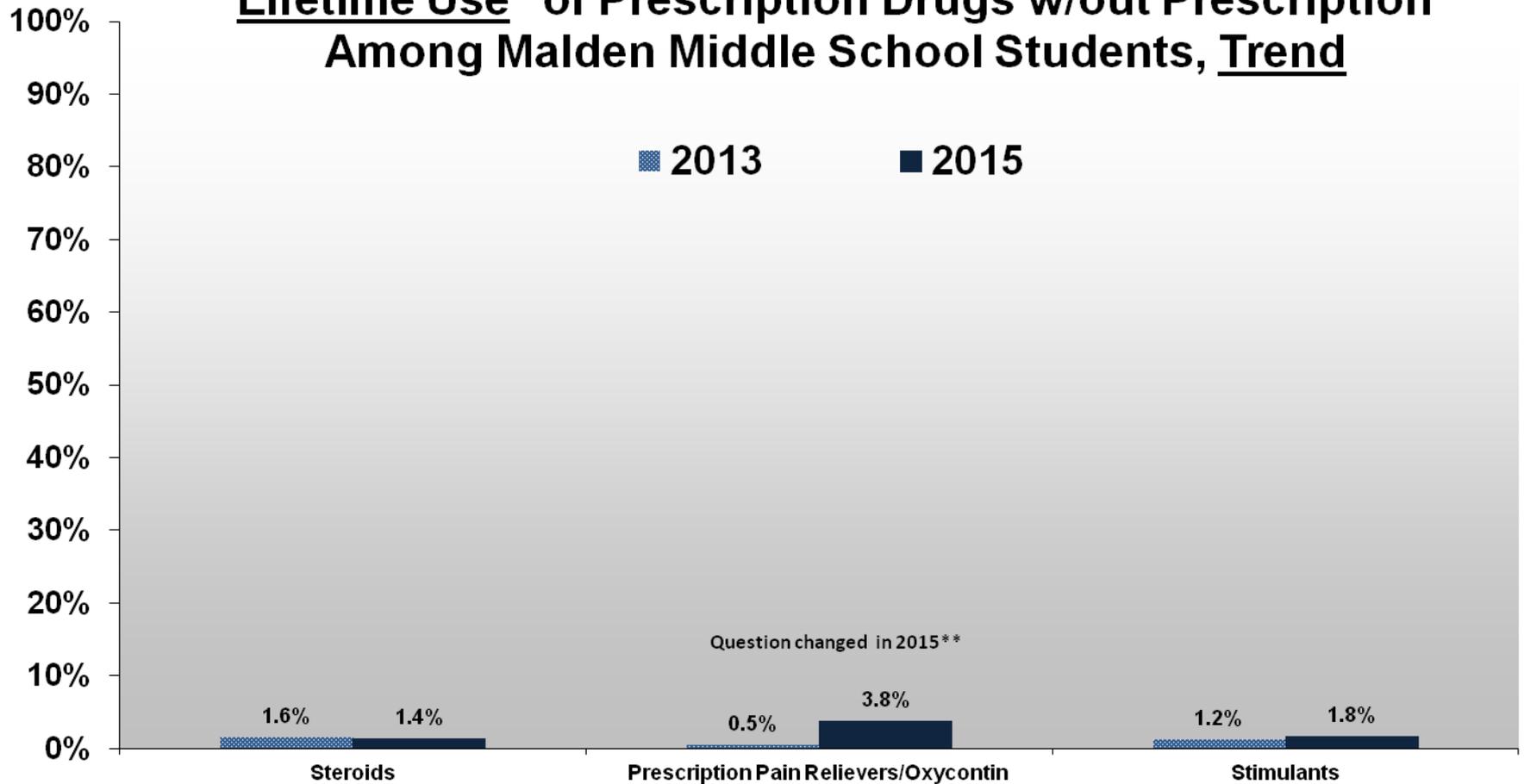
Lifetime Use* of Other Illicit Drugs Among Malden Middle School Students, Trend



*Lifetime use is any use in one's lifetime

**Respondents were asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB"

Lifetime Use* of Prescription Drugs w/out Prescription Among Malden Middle School Students, Trend



*Lifetime use is any use in one's lifetime; respondents were asked about use that was not "prescribed to you by a doctor"

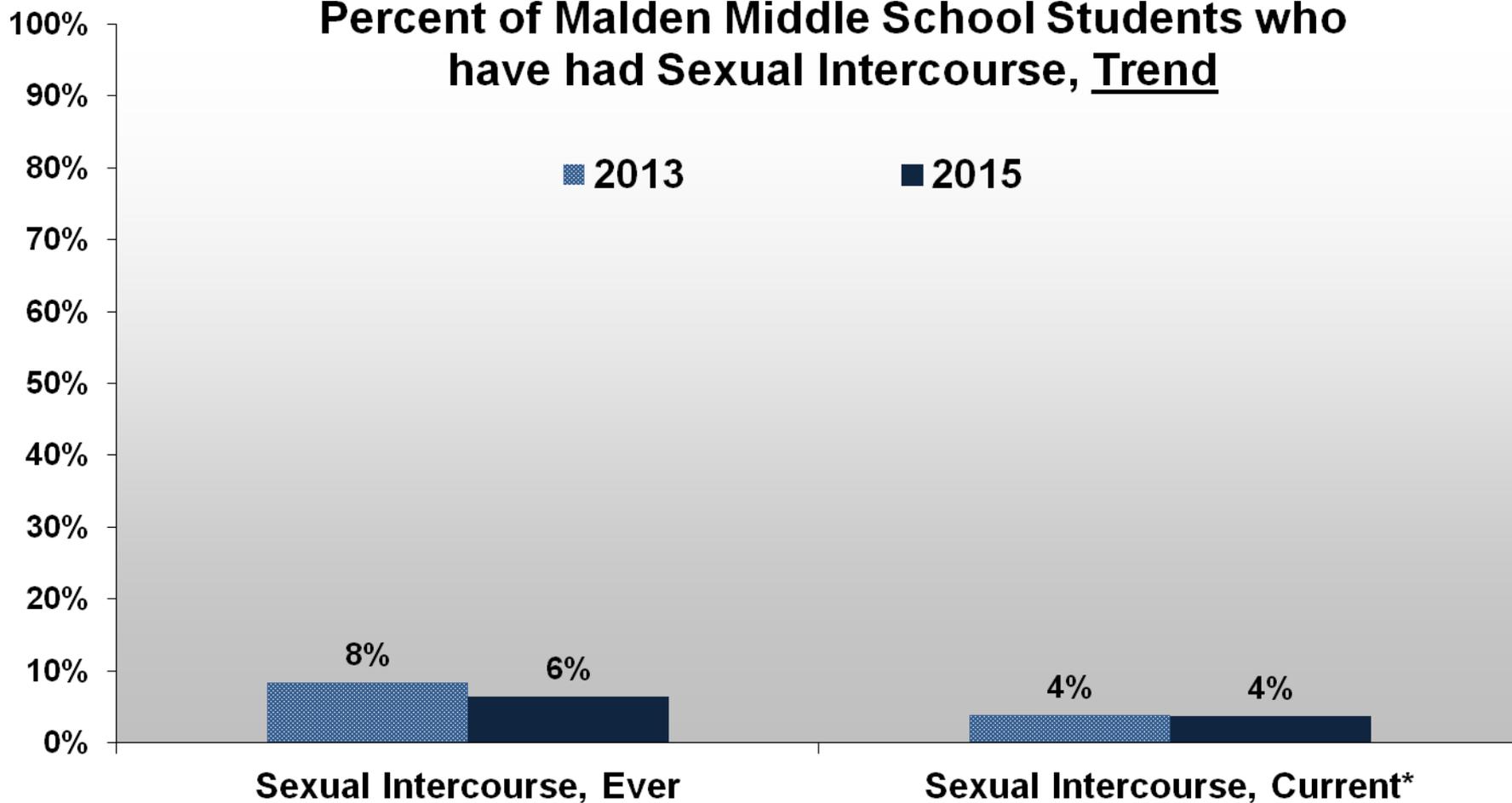
**Question wording changed in 2015 to include all prescription pain relievers (oxycodone, percocet, hydrocodone, vicodin, morphine, or codeine)



Sexual Health

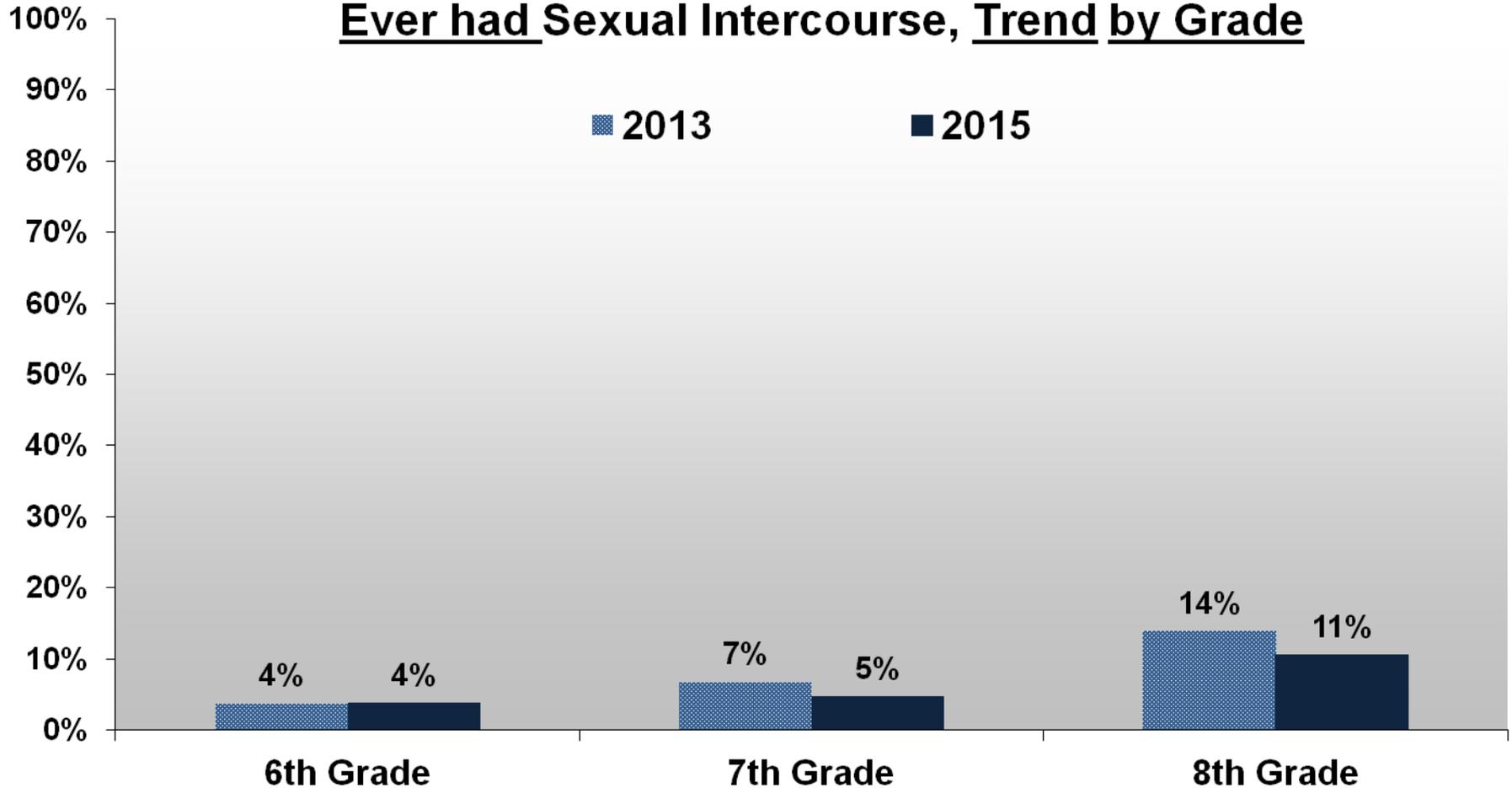
- Sexual Intercourse
- Condom Use

Percent of Malden Middle School Students who have had Sexual Intercourse, Trend

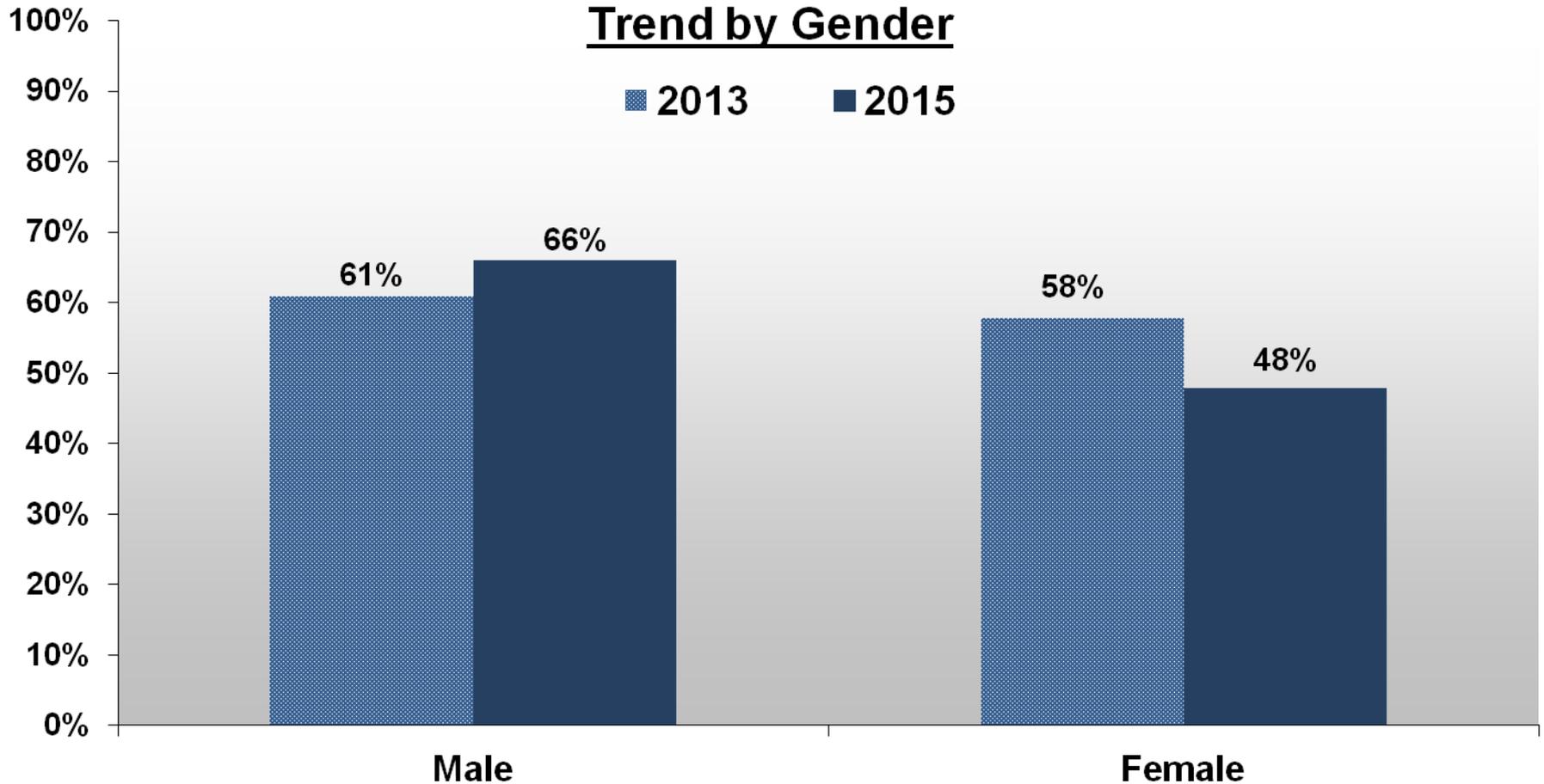


*Current defined as having had sexual intercourse in the prior 3 months

Percent of Malden Middle School Students who have Ever had Sexual Intercourse, Trend by Grade



Condom Used at Last Intercourse Among Sexually Active Malden Middle School Students, Trend by Gender



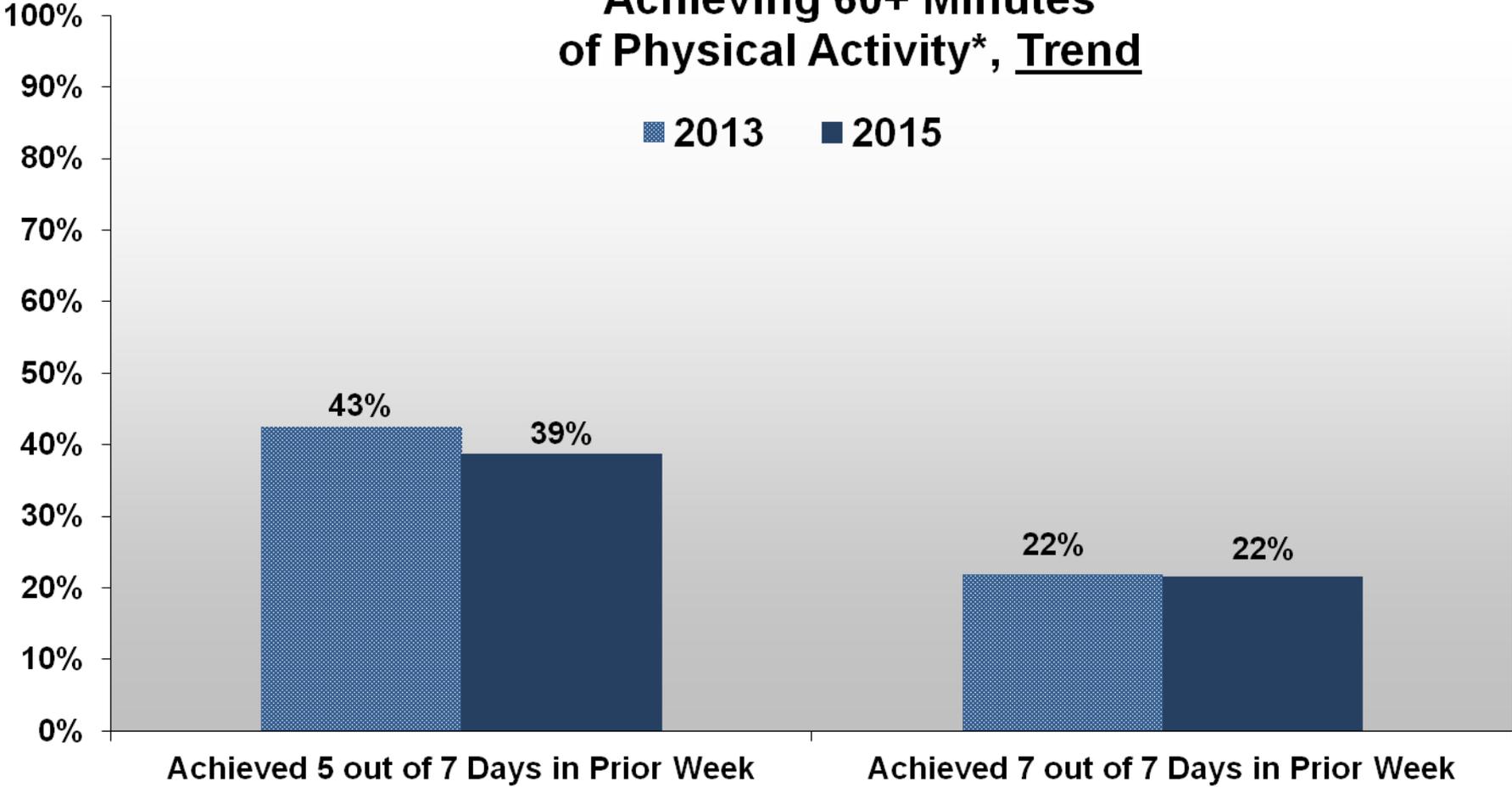
*Response of 'Yes' to question "The last time you had sexual intercourse, did you or your partner use a condom?"



Physical Health

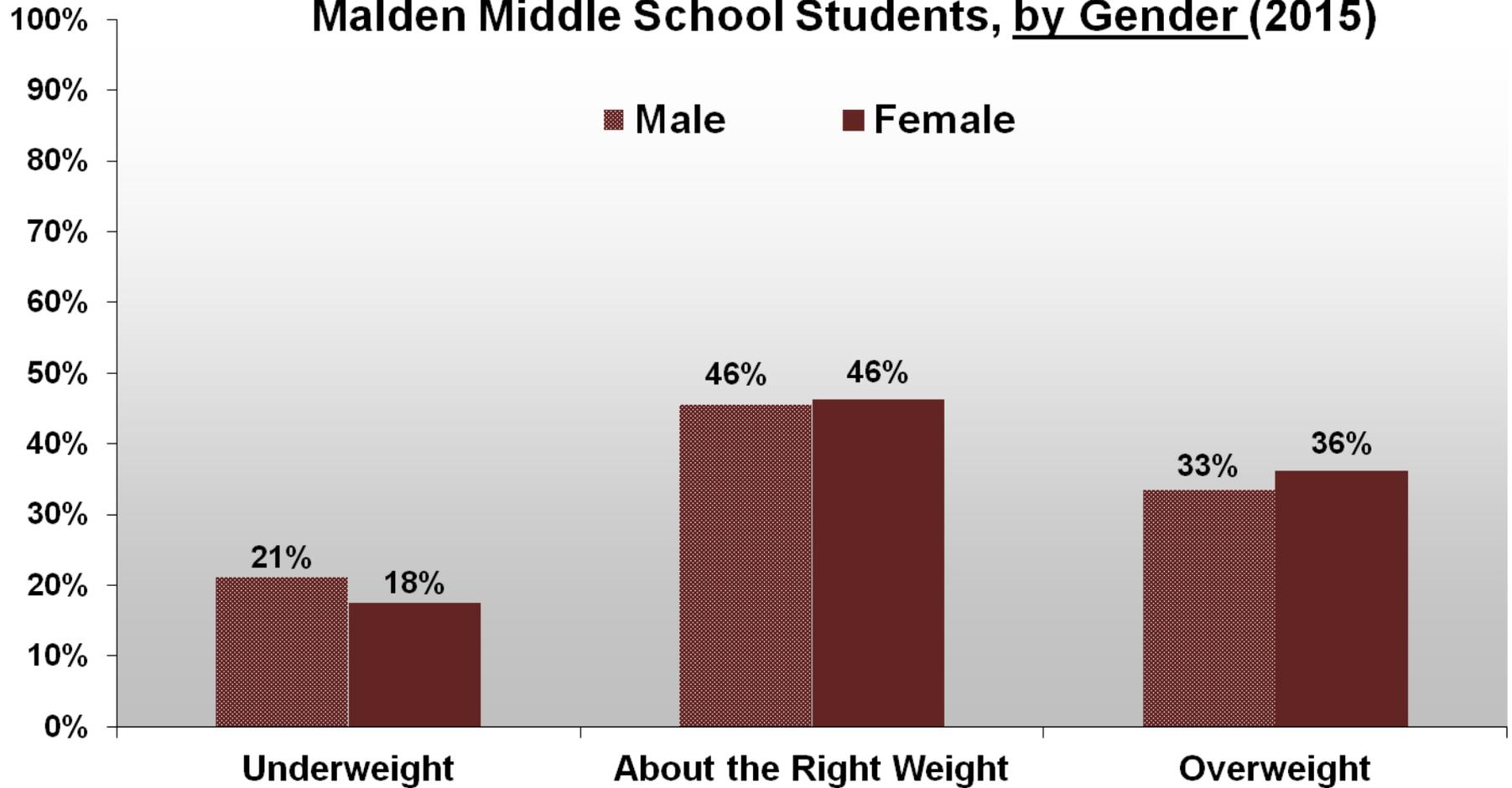
- Physical Activity
- Perceived Weight Status
- Breakfast Consumption
- Sleep
- Screen Time
- Extracurricular Activities

Percent of Malden Middle School Students Achieving 60+ Minutes of Physical Activity*, Trend

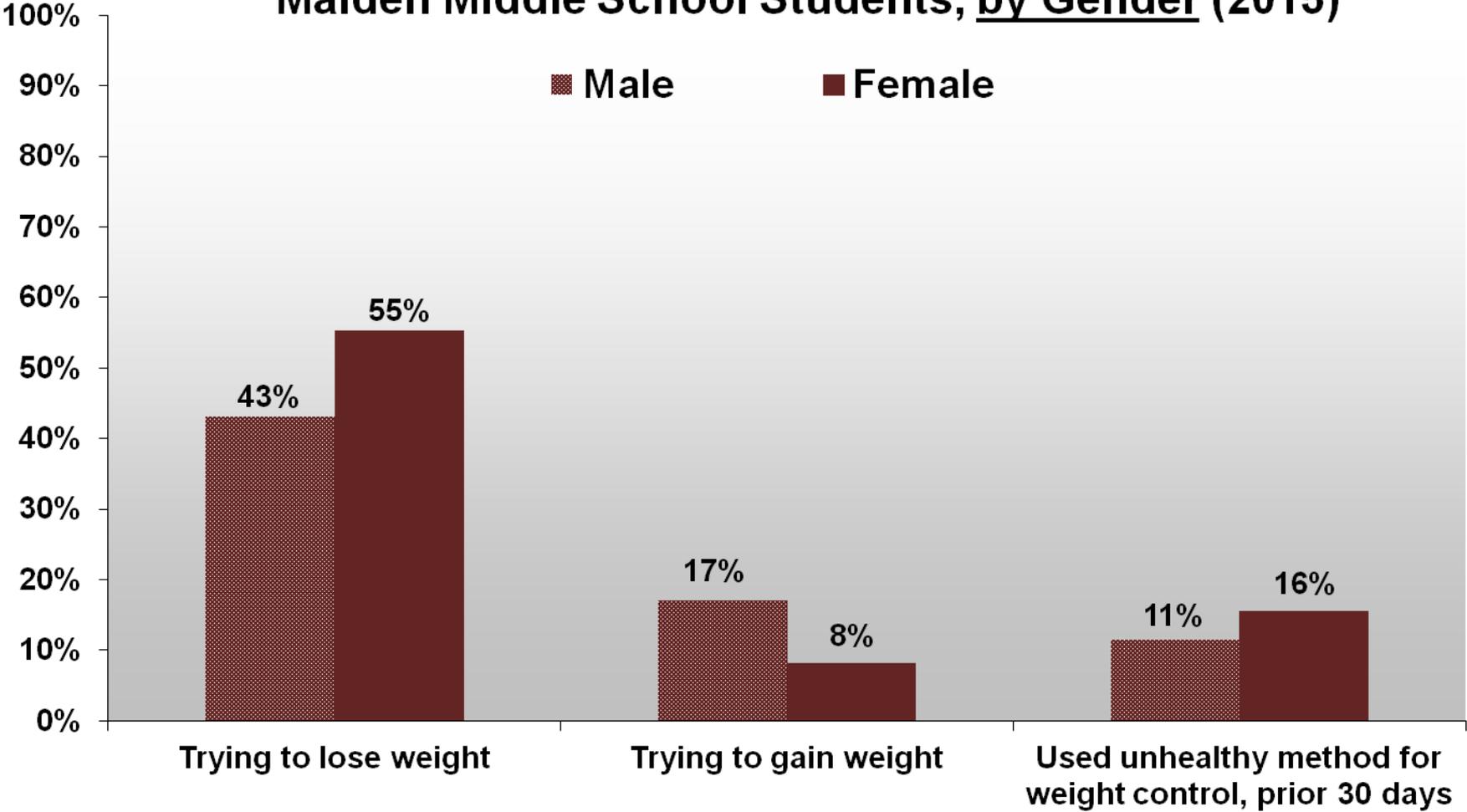


*Respondents were instructed to include "any kind of physical activity that increased your heart rate and made you breath hard some of the time"
The US Department of Health and Human Services recommends that "children and adolescents should do 60 minutes (1 hour) or more of physical activity daily

Self-Perception of Body Weight Among Malden Middle School Students, by Gender (2015)

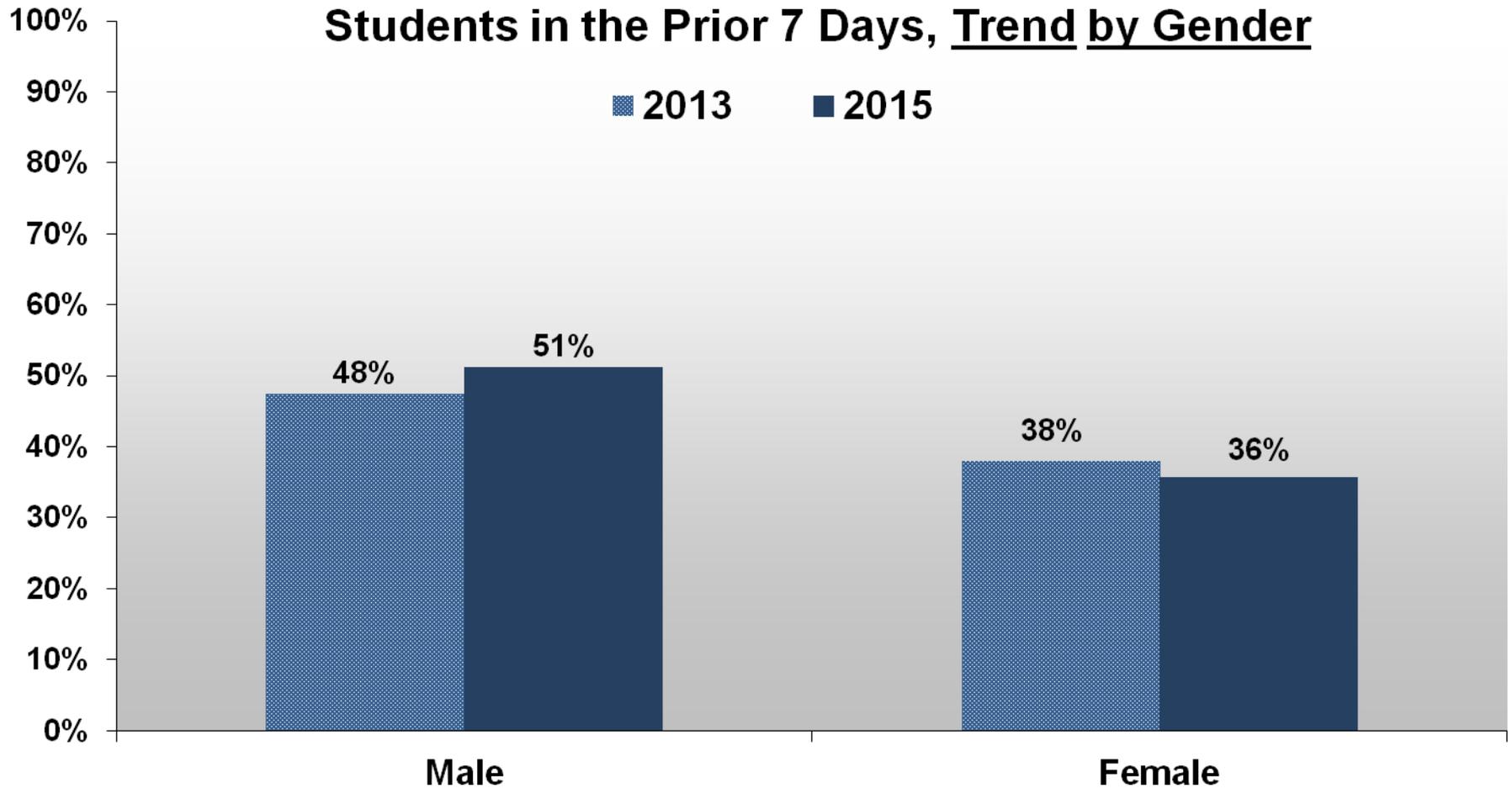


Current Weight Control Among Malden Middle School Students, by Gender (2015)

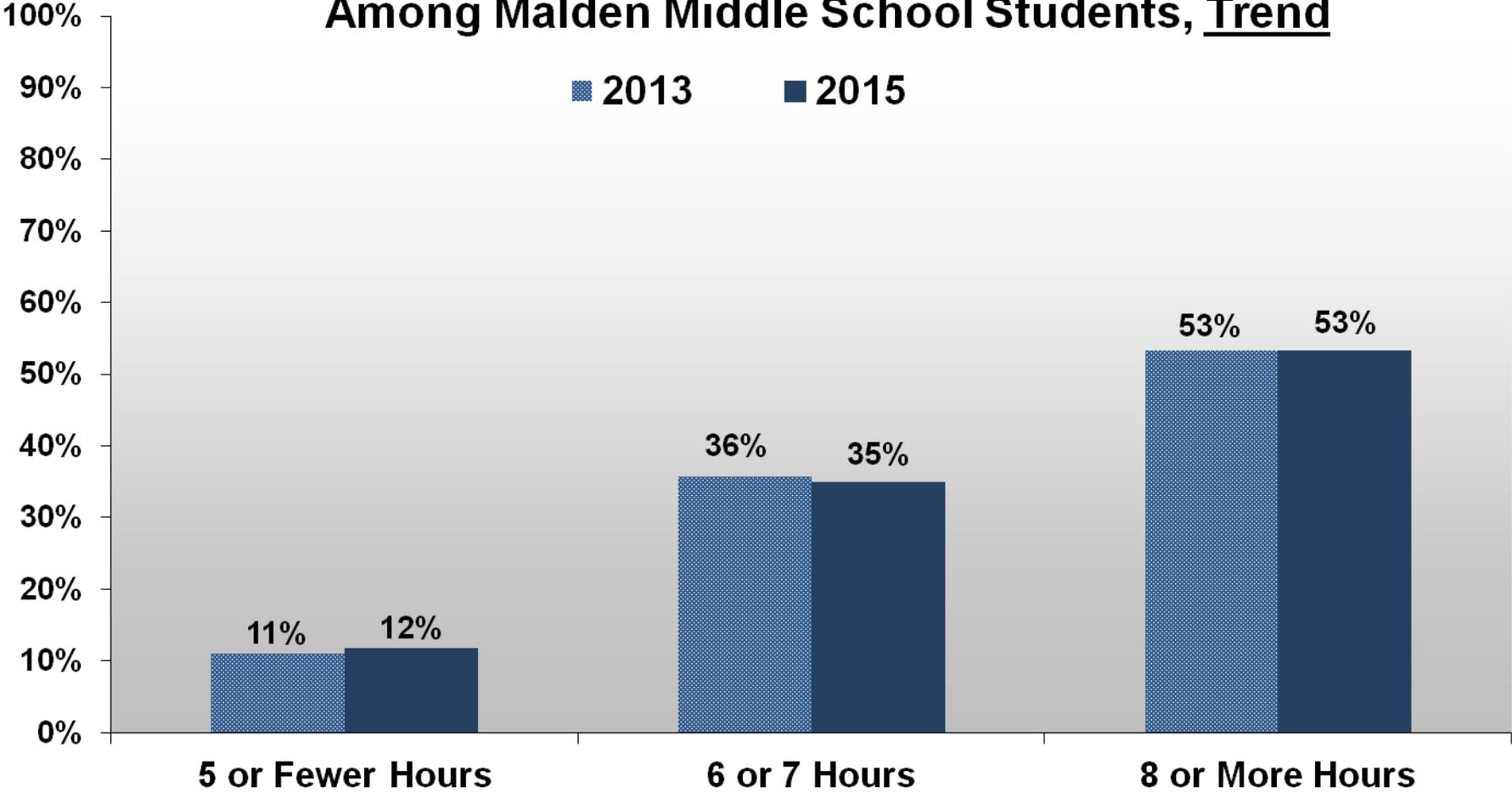


Unhealthy method includes fasting, using diet pills/powders/liquids without Doctor's advice, using laxatives or vomiting

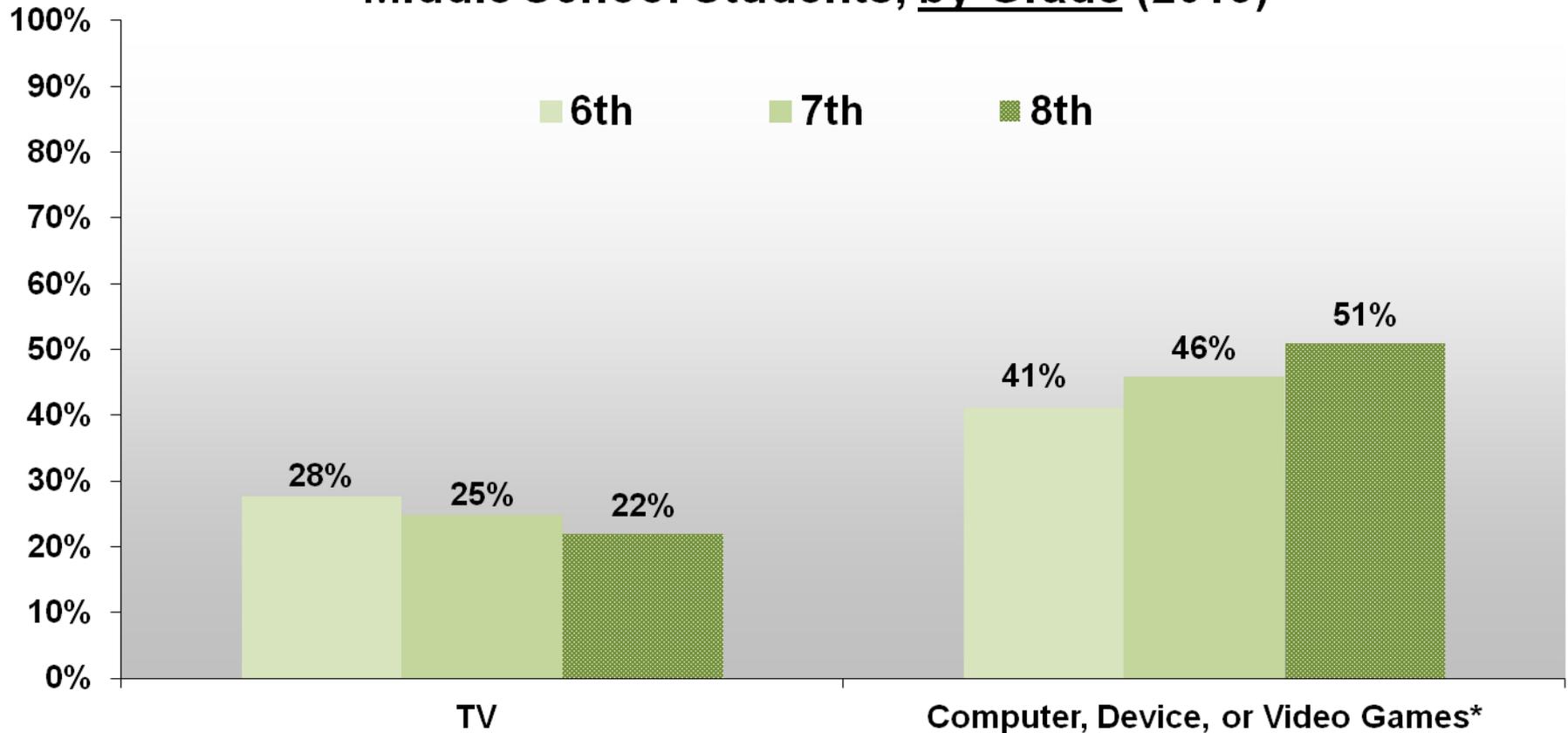
Daily Breakfast Among Malden Middle School Students in the Prior 7 Days, Trend by Gender



Sleep Duration on Average School Night Among Malden Middle School Students, Trend

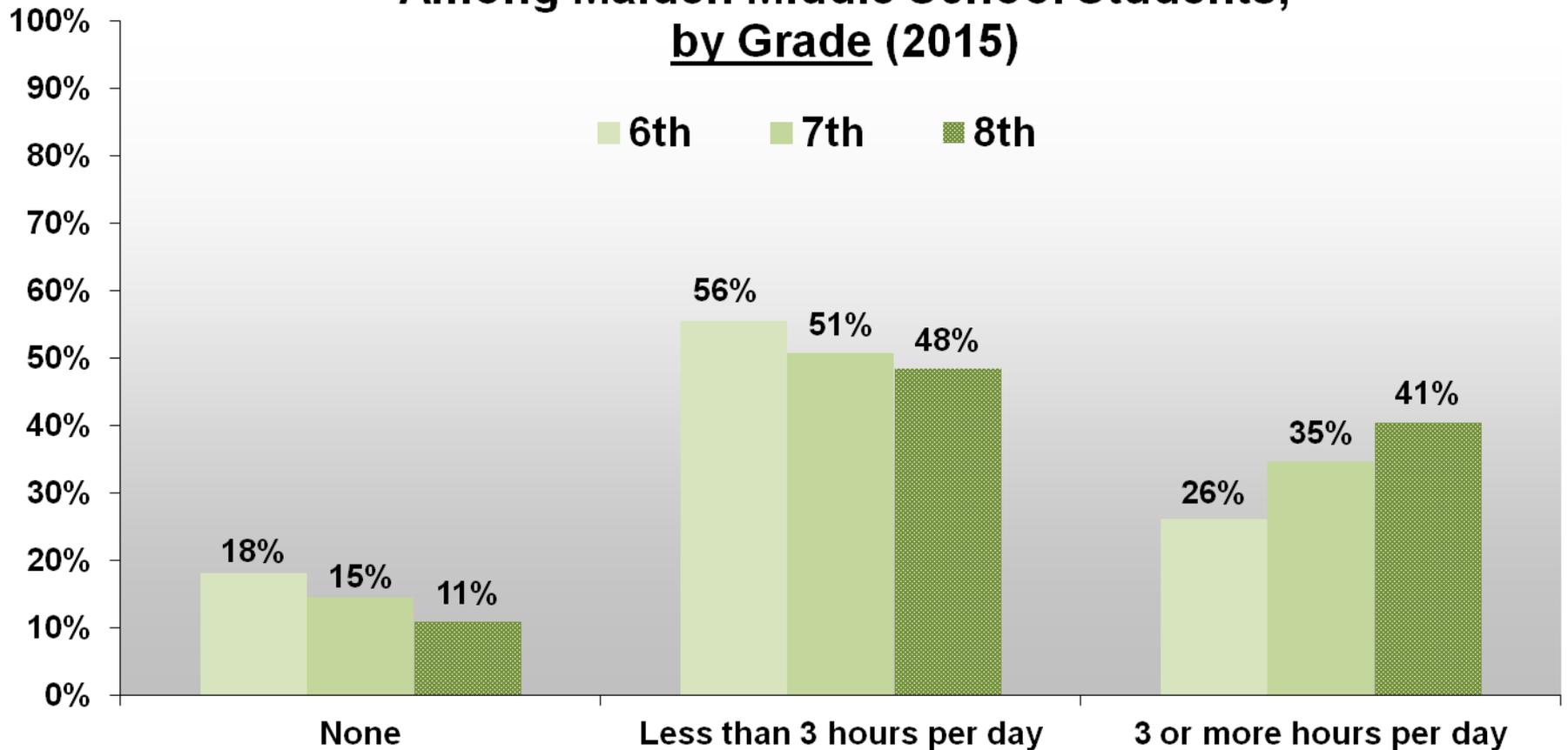


High Screen Time (3 or more Hours) Among Malden Middle School Students, by Grade (2015)



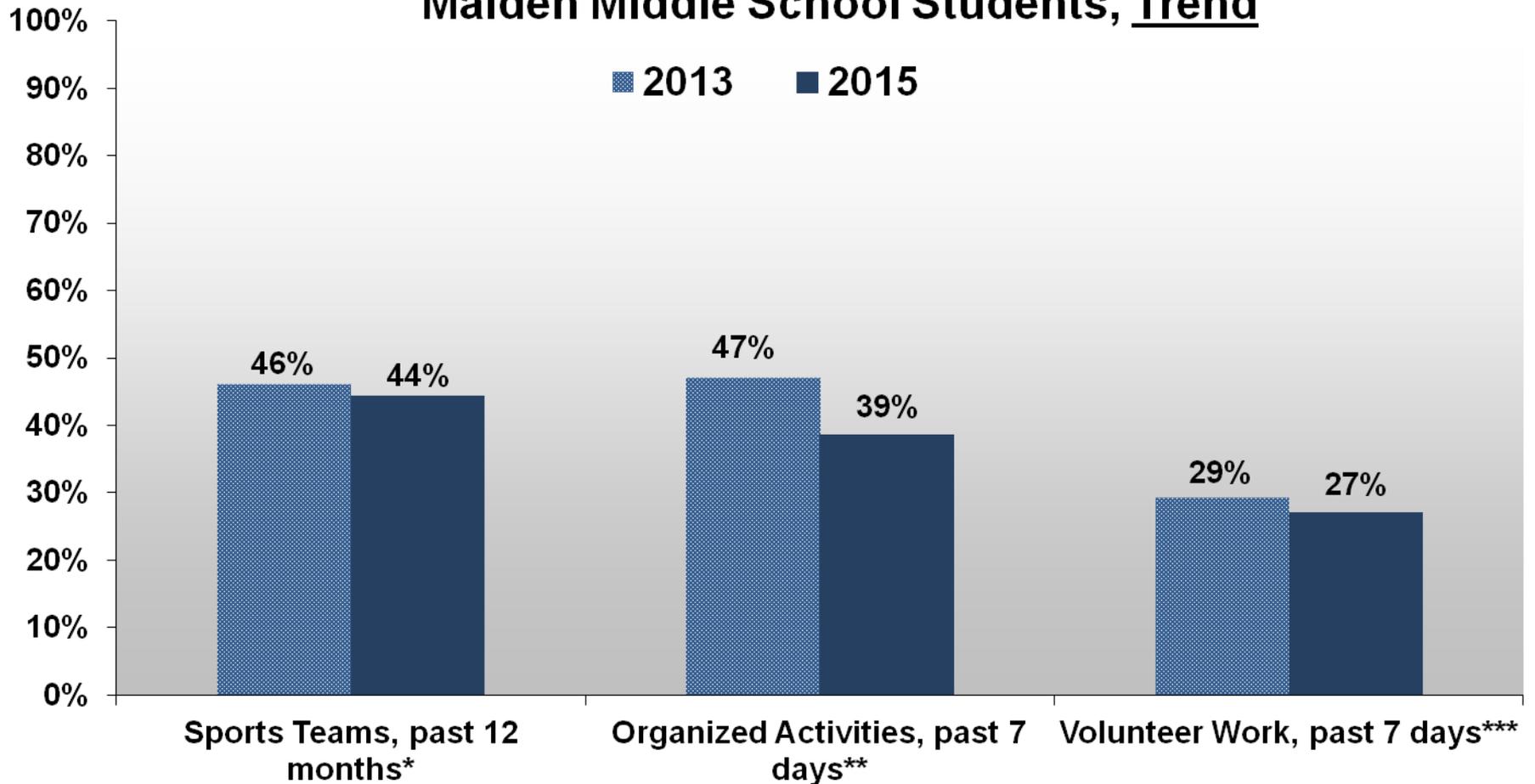
*In 2013 - play video or computer games or use a computer for something that is not school work (include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, or the internet) and in 2015 - play video or computer games or use a computer or device for something that is not school work? (count time spend on things such as Xbox, playstation, and ipod, and ipad, other tablets, and smartphones)

Time Spent "Social Networking" (Average School Day) Among Malden Middle School Students, by Grade (2015)



*To capture 'social networking' respondents were asked how many hours they "spend texting or using social networking apps or websites (count time spent texting or instant messaging and time using apps like Snapchat, Instagram, Tumblr, Facebook, Twitter, etc.)"

Extracurricular Participation Among Malden Middle School Students, Trend



*Sports teams including those run by school or community group

**Activities such as school clubs, community center groups, music/art/dance lessons, drama, church, or other supervised activities

***Volunteer work, community service, or helping people outside the home without getting paid

Key Findings

- Mental Health
 - Girls report higher stress than boys (60% vs. 43%) and worry much more about appearance issues than boys (51% vs. 30%)
 - However, school issues are the primary worry for both girls and boys
 - Only half of Middle School students indicate they have an adult at school to talk to about problems
 - Nearly one quarter of students are depressed (22%) and approximately 10% express some form of suicidal thoughts or actions
 - Girls appear particularly at risk for depression (28%), self-harm (13%) and suicidality (13% seriously considered) compared to boys

Key Findings

- Violence and Safety
 - 26% of students experience bullying (either physical or cyber)
 - Girls are more likely to experience bullying compared to boys (31% vs. 22%)
 - Bullying appears to be most common among 6th graders (34% either physical or cyber)
- Sexual Health
 - Decline in sexual intercourse continued; by 8th grade, 11% have had sexual intercourse
 - Condom use is not universal (about 66% of boys and 48% of girls used at last intercourse)

Key Findings

- Alcohol, Tobacco, Marijuana and Other Drugs
 - Rates declined between 2013 and 2015 for most substances, even for alcohol which had remained steady since 2006
 - However, e-cigarettes appear to be poised as the primary substance of choice (15% lifetime use and 5% current use)
 - Nearly one quarter of 8th graders have tried e-cigarettes and 9% have used in prior 3 months
 - Illicit drug use is very low, though lifetime misuse of prescription pain relievers was reported by 3.8% of students

Key Findings

- Physical Health
 - Proportion of students NOT meeting the physical activity goal of 60+ minutes per day remains low (only 22% achieved 7 out of 7 days)
 - Over half of girls are actively trying to lose weight (16% of girls are using unhealthy methods)
 - Approximately half of students are engaging in healthy behaviors such as eating breakfast every day and sleeping at least 8 hours each school night
 - By 8th grade, half of students are using a computer, device, or playing video games 3 or more hours per day
 - By 8th grade 41% of students are spending 3 or more hours 'social networking (higher for girls)



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