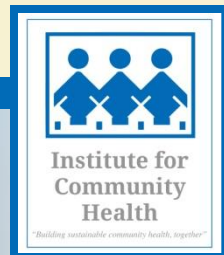




Data From the 2013 Malden Middle School Student Health Survey

(Grades 6-8)

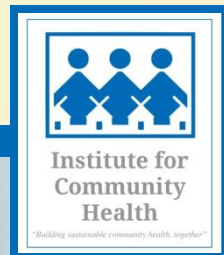
Presented by:
The Institute for Community Health
and Cambridge Health Alliance



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Survey Background

- **The Malden Student Health Survey was conducted at the five Malden Middle Schools in May 2013.**
 - Beebe, Ferryway, Forestdale, Linden, and Salemwood
- **1,127 students took the survey**
- **The survey asked about background characteristics including gender, age and grade level, as well as the following topics:**
 - Alcohol, Tobacco Marijuana and Other Drug Use
 - Violence and Safety
 - Mental Health
 - Sexual Health
 - Physical Health
 - Protective Factors
- **Data cleaning and analysis was conducted by the Institute for Community Health**



YRBS Validity

- **“Research indicates data of this nature may be gathered as credibly from adolescents as from adults.” - CDC**
 - Numerous methods studies have been published on the topic and found self-reported behaviors from adolescents to be both valid and reliable (Brener et al, J Adolesc Health 2003)
- **“To obtain truthful answers, students must perceive the survey as important and know procedures have been developed to protect their privacy and allow for anonymous participation.” - CDC**
 - Biggest threats to validity are students perceived lack of anonymity, social desirability bias, and attention seeking behavior
- **“Internal reliability checks help identify the small percentage of students who falsify their answers.” - CDC**
 - Standard CDC data cleaning procedures were followed for the 2013 Malden Middle School Survey
 - Removed surveys with too few responses
 - Removed surveys if patterns in response detected (all yes, only the extremes, a b c d a b c d, etc)
 - Removed responses if logic checks failed



Student Health Survey 2013

Characteristics of Participating Students

Total surveyed	1,127 Students
Male	51.1%
Female	48.9%
White, non-Hispanic	27.3%
Black, non-Hispanic	19.6%
Asian	20.5%
Hispanic	26.4%
Multi-racial or Other, non-Hispanic	6.1%
6 th Grade	31.1%
7 th Grade	34.9%
8 th Grade	34.1%

Enrollment
 32% White
 20% Black
 22% Asian
 22% Hispanic

Student Health Survey 2013

Survey Participation Rate by Grade

	Count	Rate
Total	1,127	77.9%
6 th Grade	349	70.9%
7 th Grade	391	78.2%
8 th Grade	382	84.0%

Survey Participation Rate by School

	Count	Rate
Total	1,127	77.9%
Beebe School	221	72.9%
Ferryway	245	83.1%
Forestdale	117	79.1%
Linden	218	76.5%
Salemwood	326	78.4%



Alcohol, Tobacco, Marijuana and Other Drugs



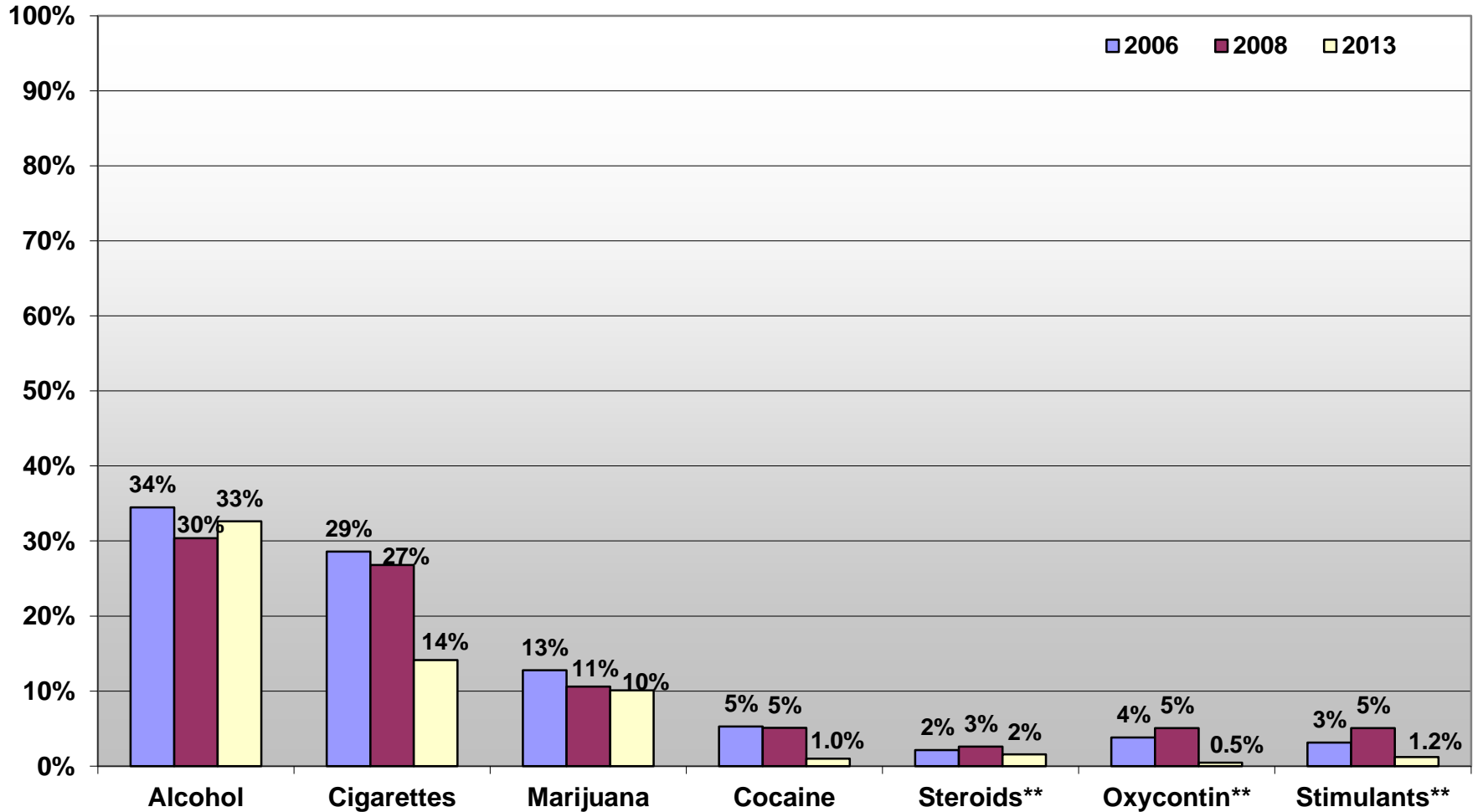
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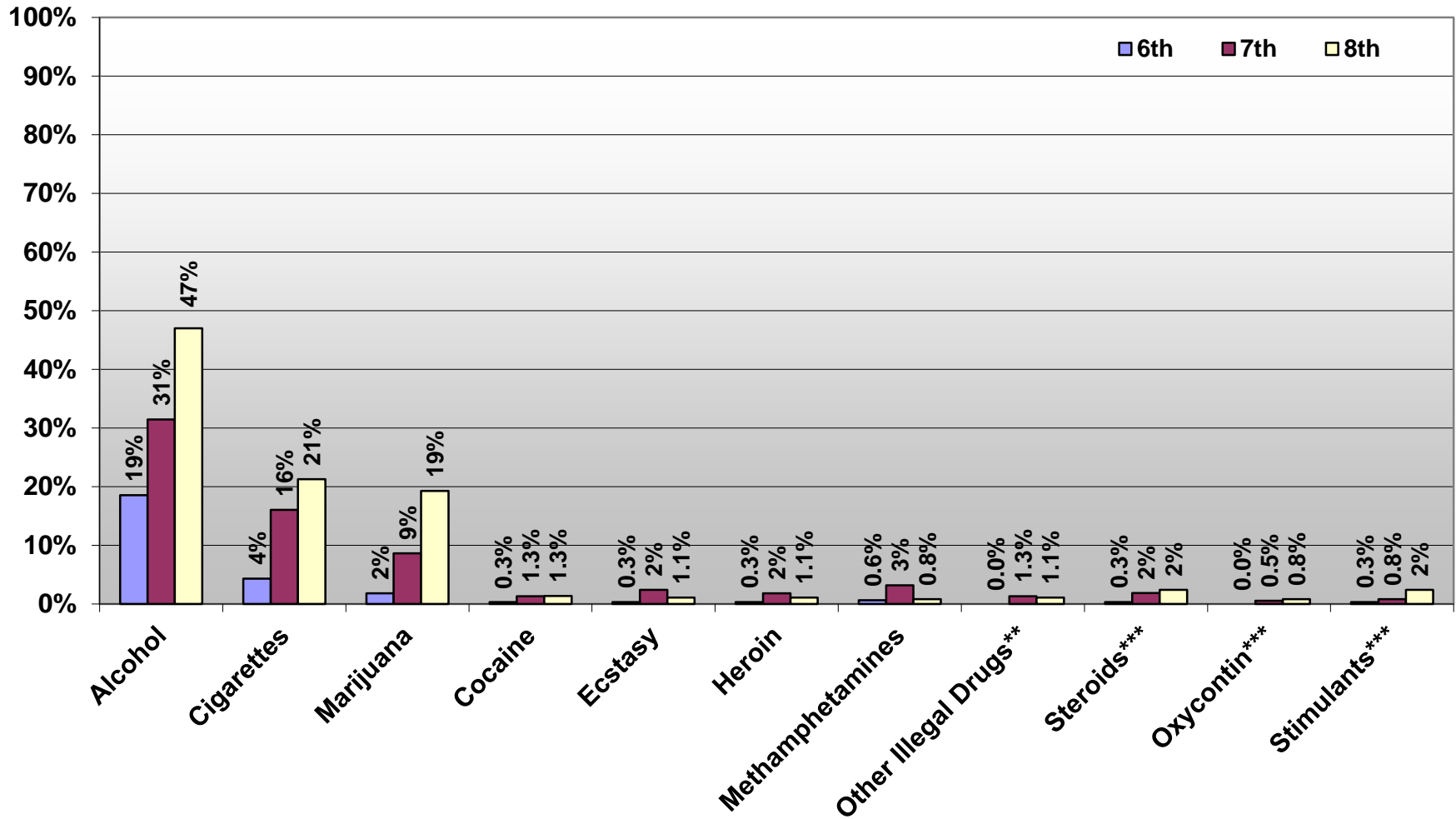
Trends in Lifetime* Substance Use for Malden Middle School Students (2006, 2008, 2013)



*Lifetime use is any use in one's lifetime

**Respondents were asked about use that was not "prescribed to you by a doctor"

Lifetime* Substance Use for Malden Middle School Students, by Grade (2013)

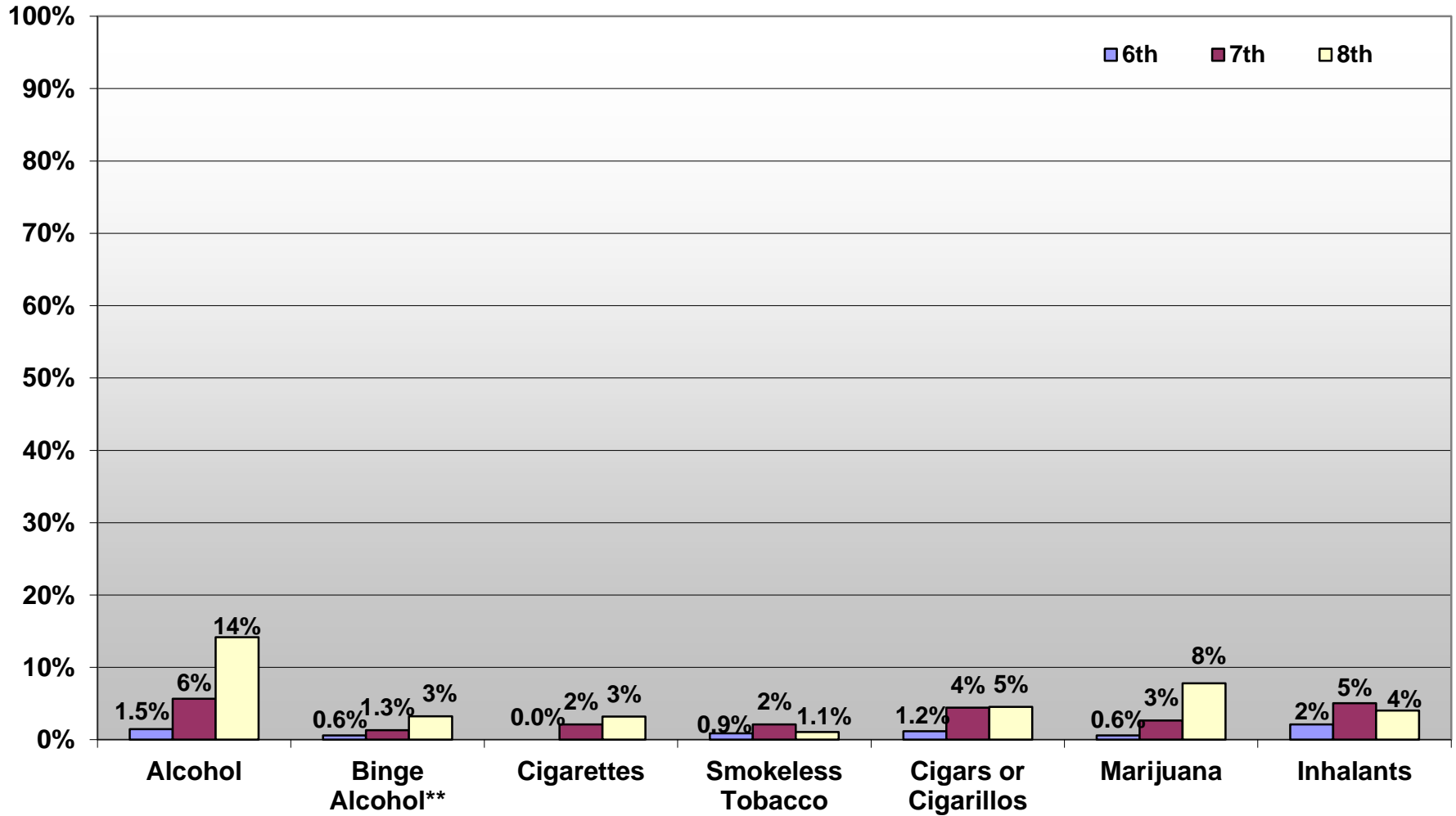


*Lifetime use is any use in one's lifetime

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

***Respondents were asked about use that was not "prescribed to you by a doctor"

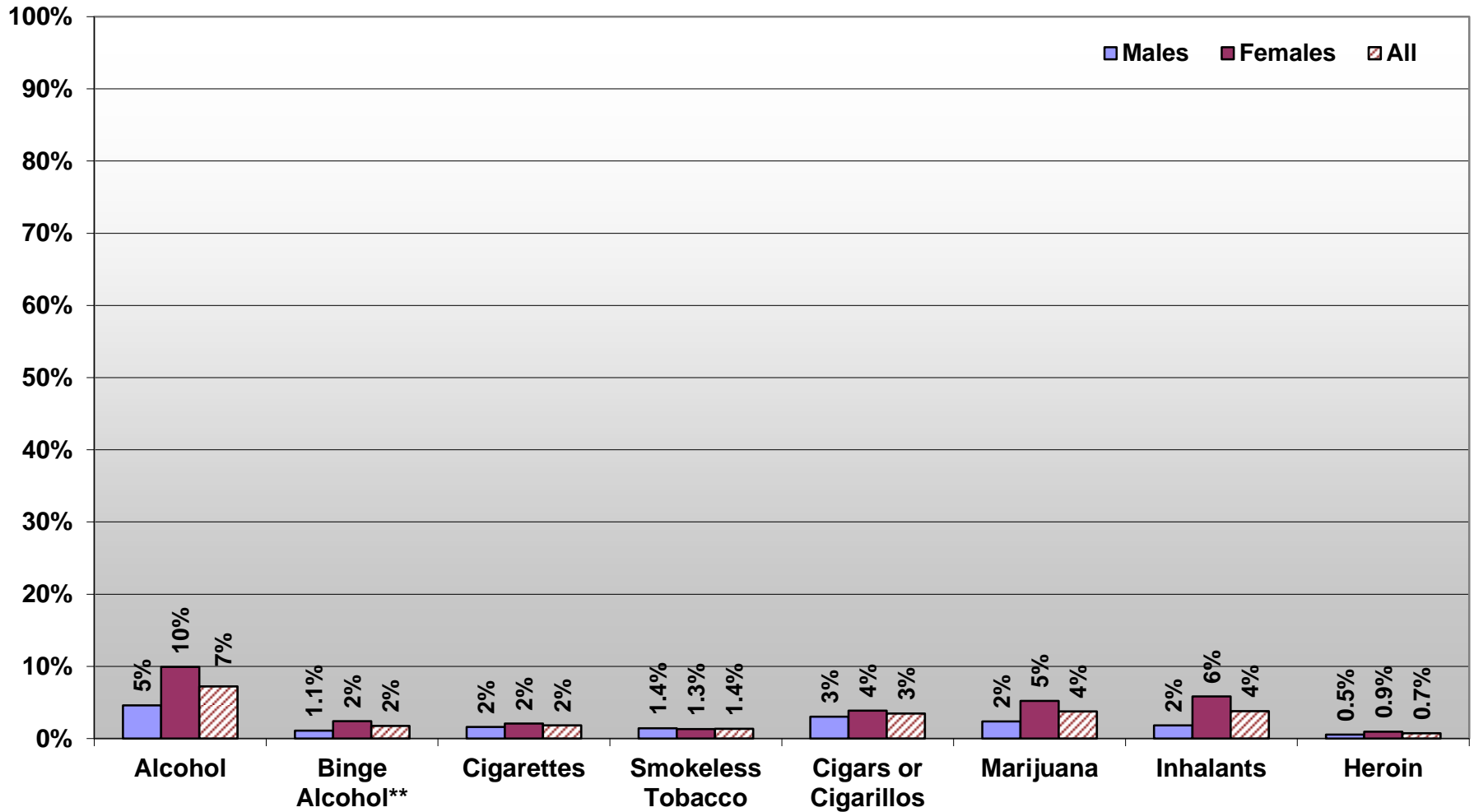
Current* Substance Use for Malden Middle School Students, by Grade (2013)



*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"

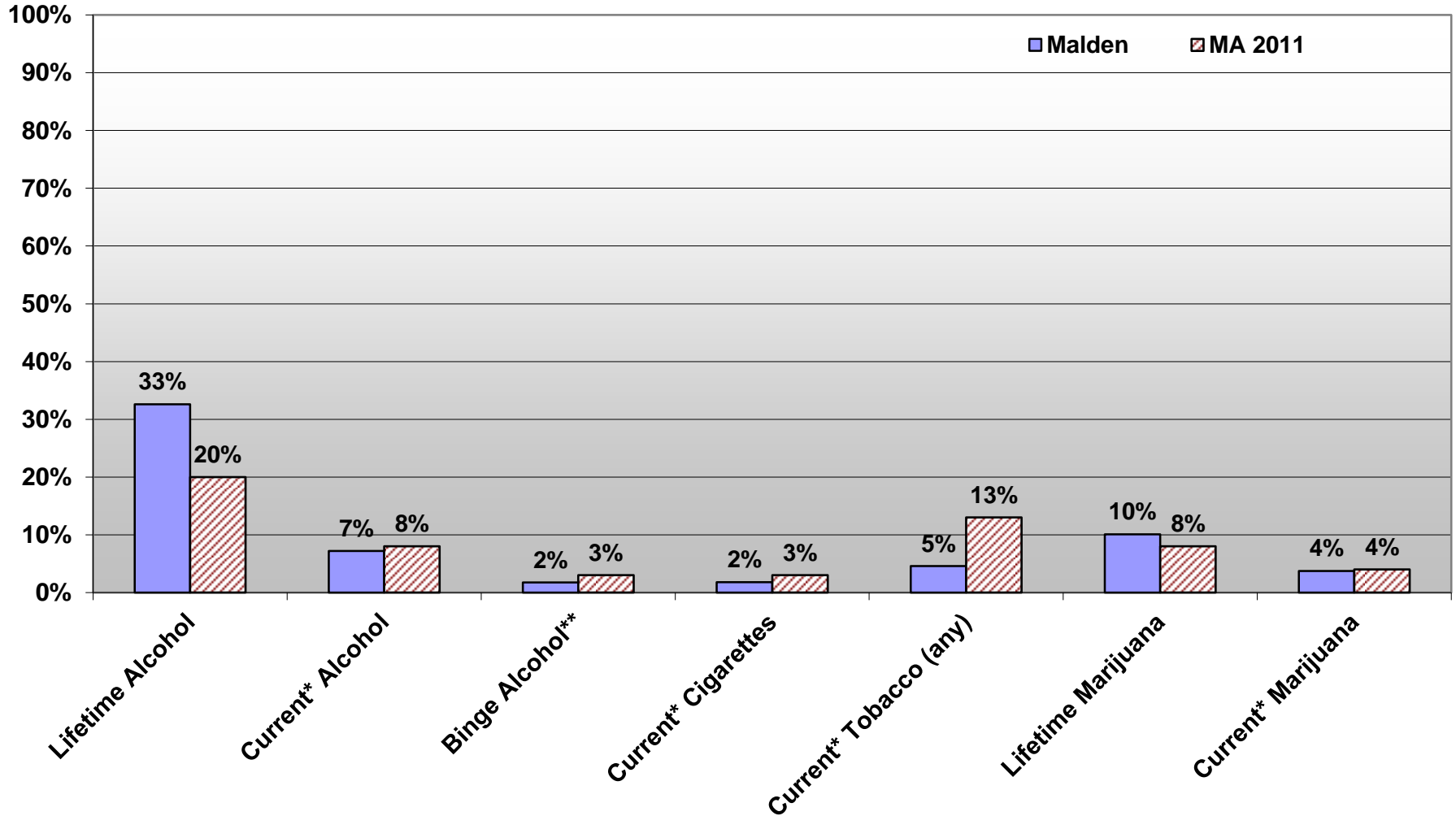
Current* Substance Use for Malden Middle School Students, by Gender (2013)



*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"

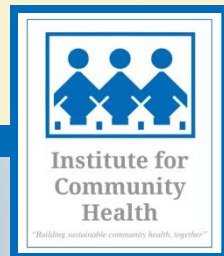
Alcohol, Tobacco, and Marijuana Use for Malden Middle School Students (2013)



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

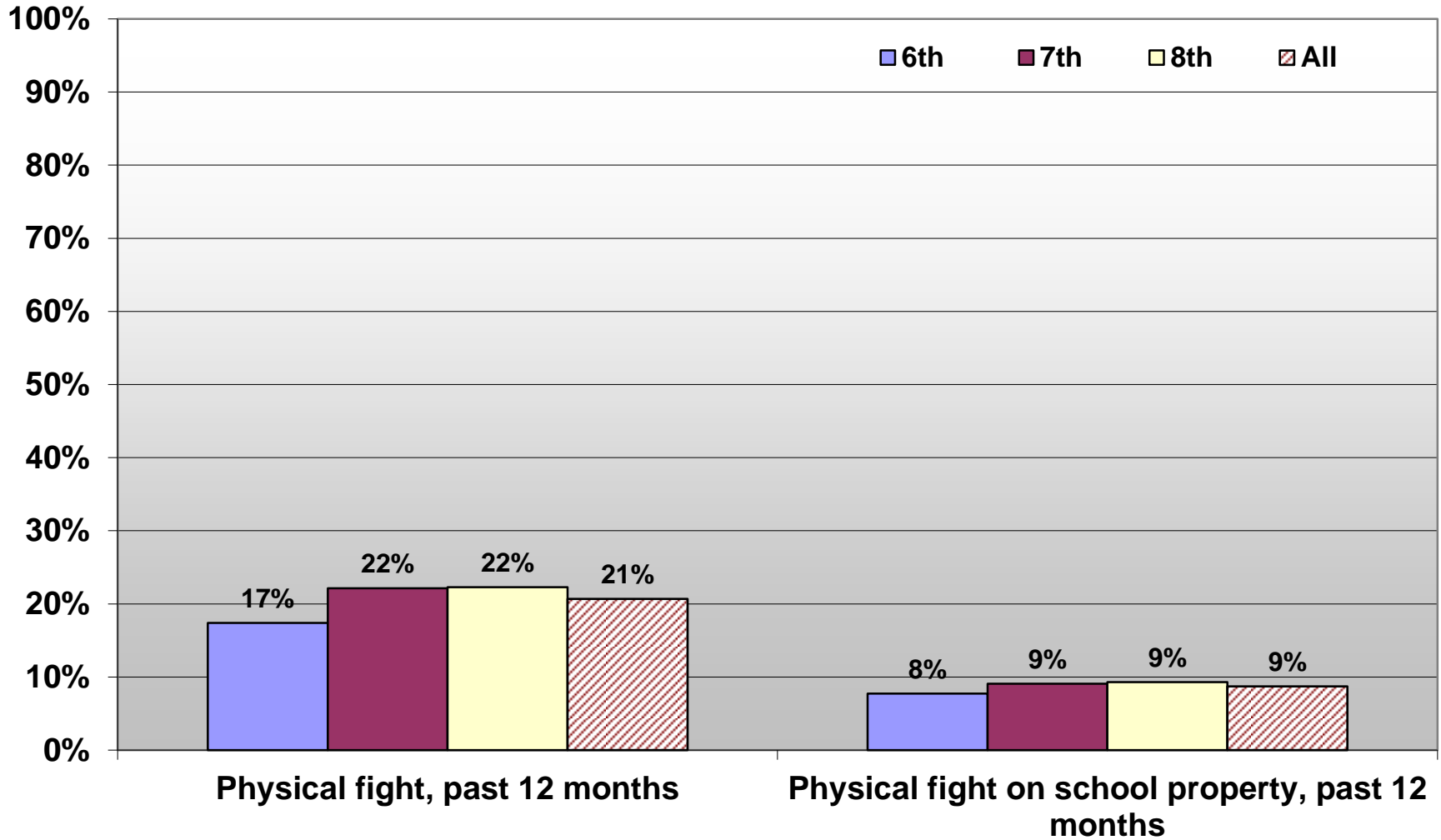
**Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours"

Violence and Safety

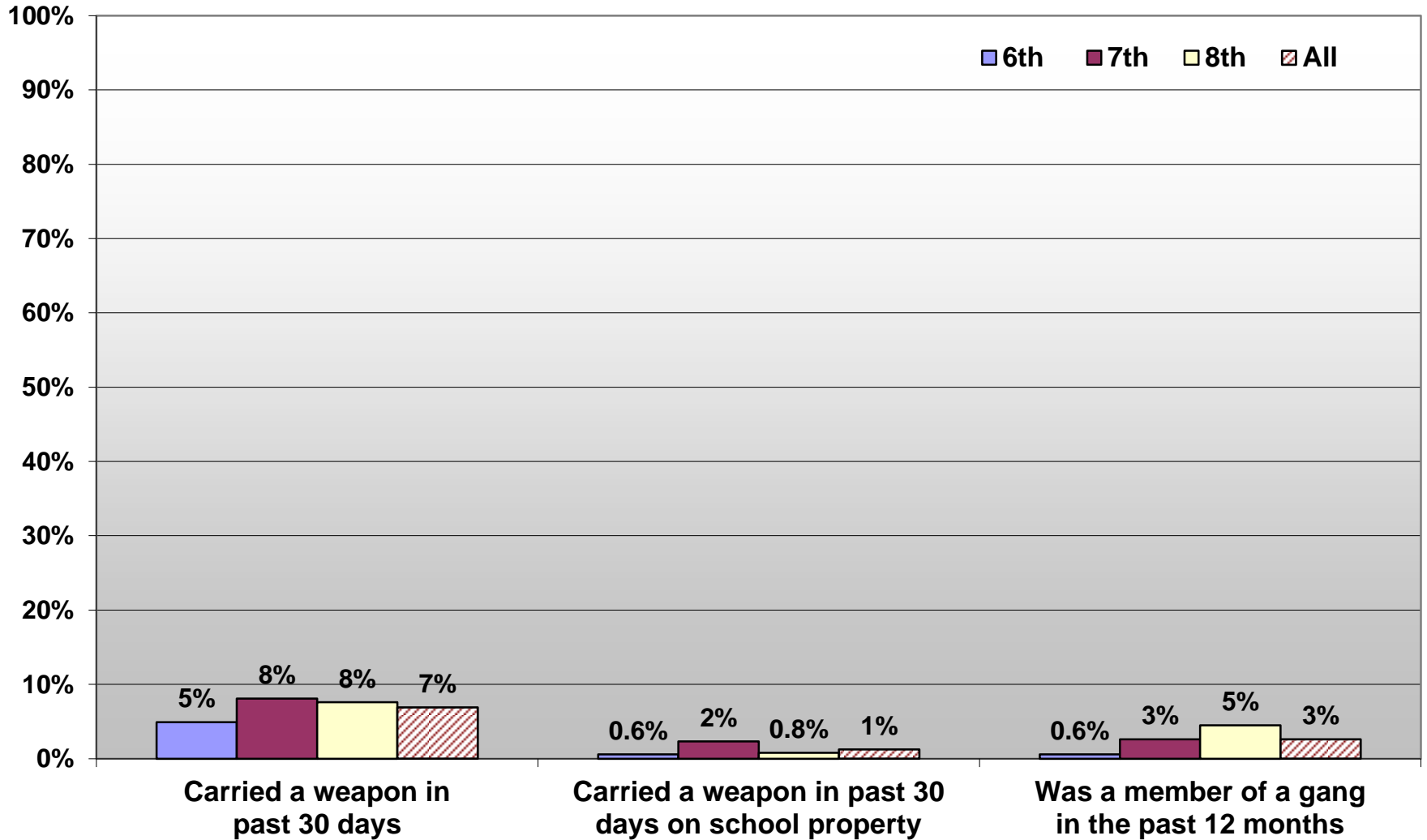


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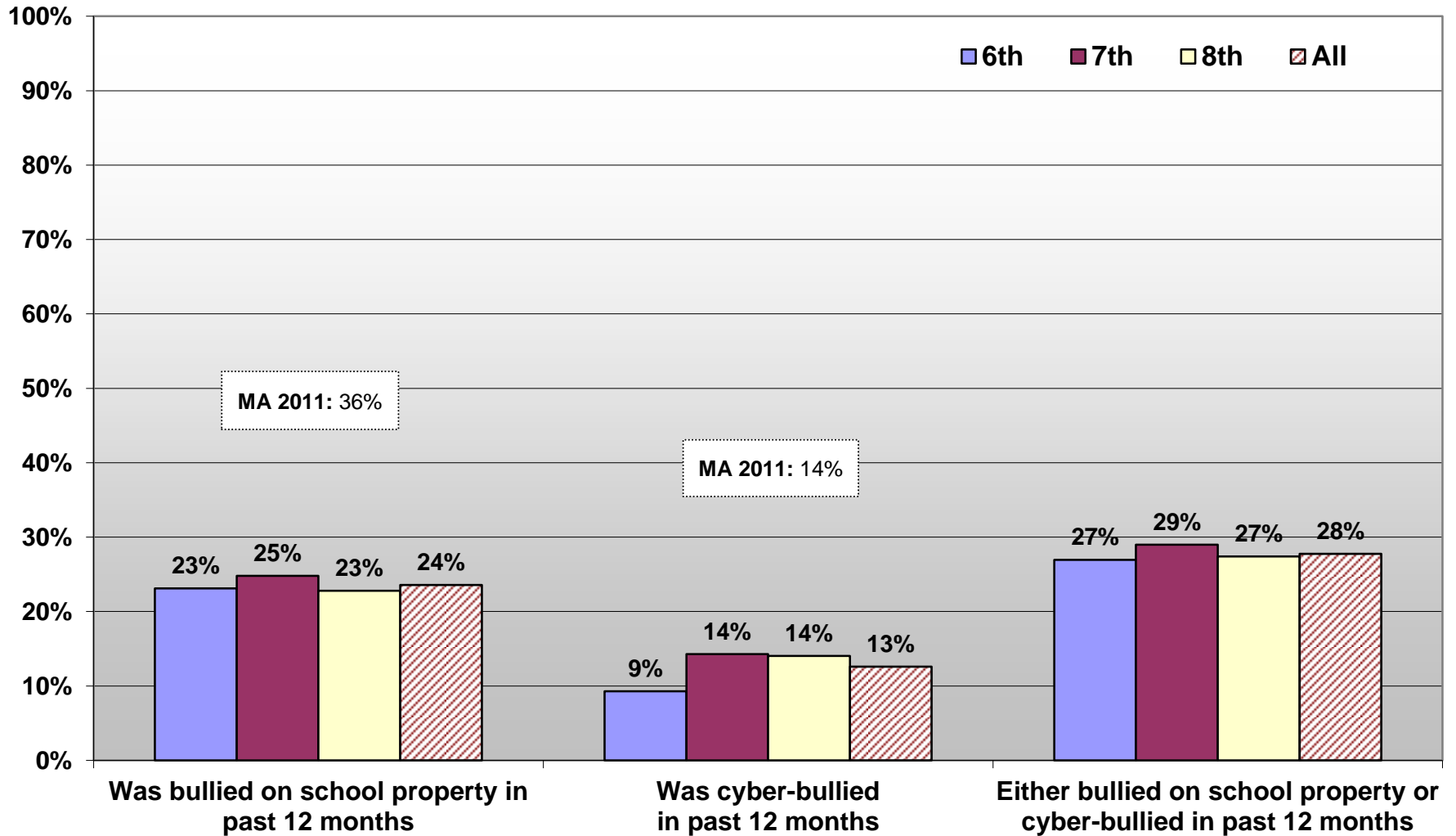
Percent of Malden Middle School Students Who Were in a Physical Fight in the Past 12 Months, by Grade (2013)



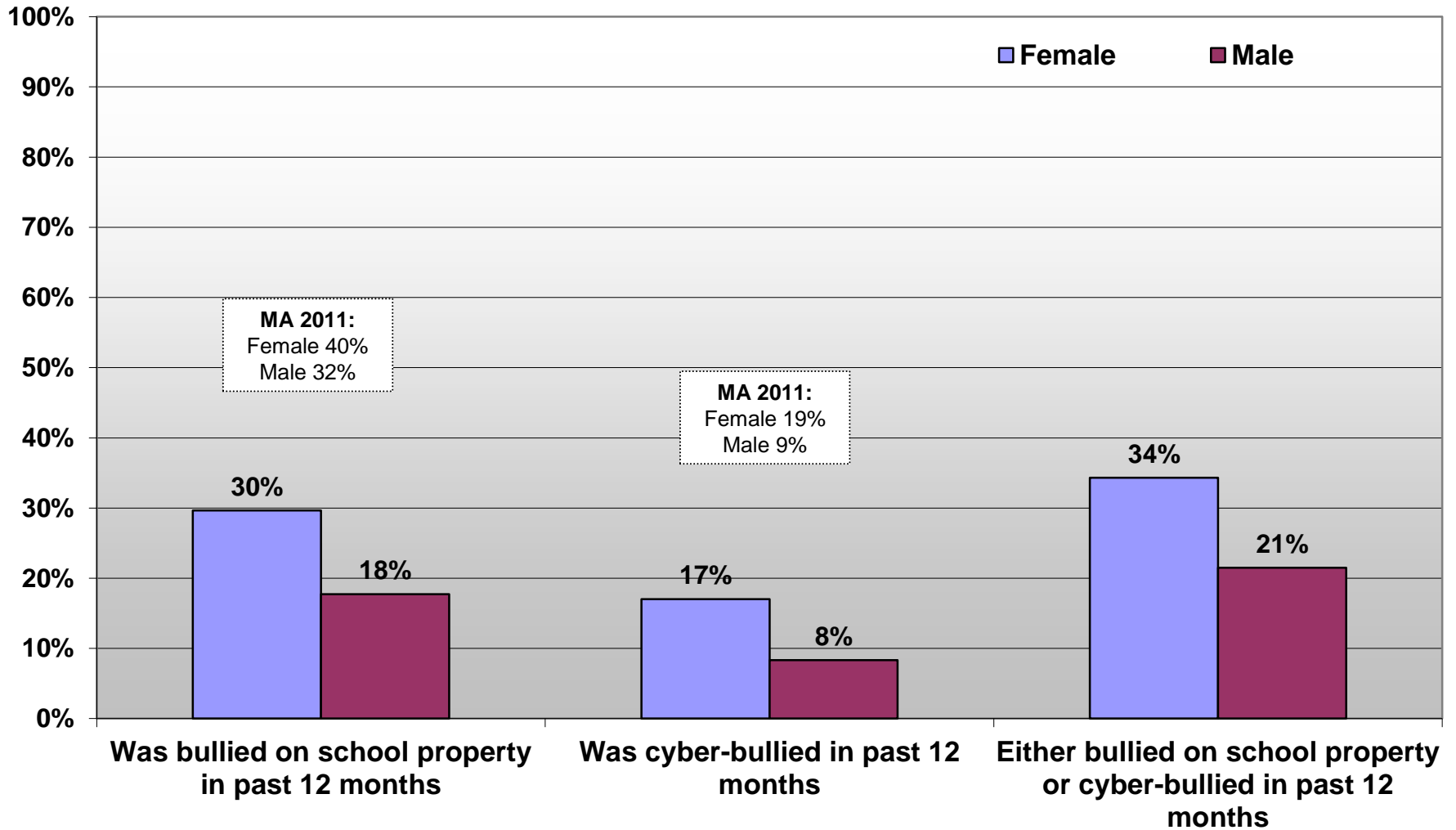
Percent of Malden Middle School Students Who Carried Weapons or Were in a Gang, by Grade (2013)



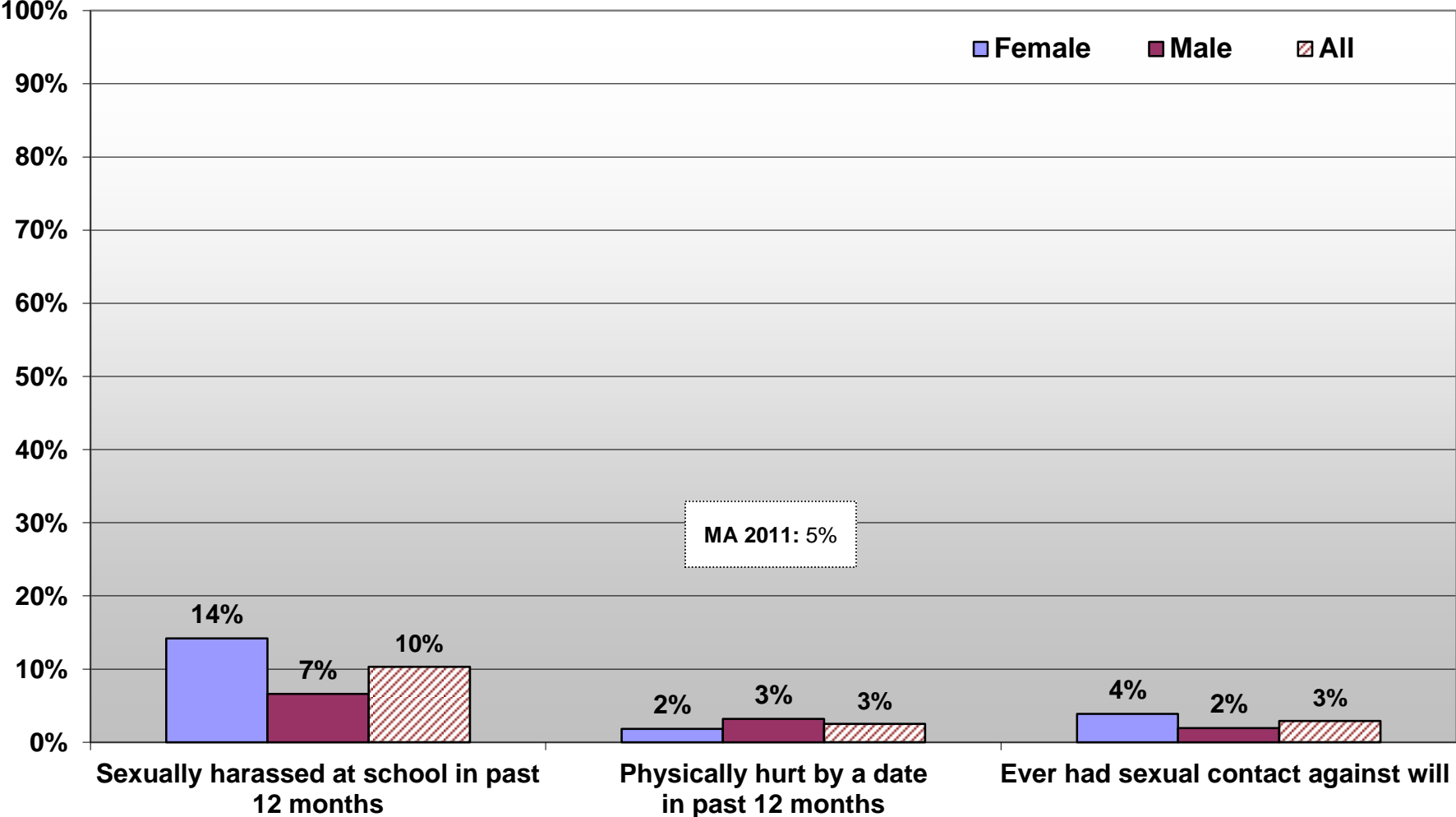
Percent of Malden Middle School Students Who Experienced Bullying, by Grade (2013)



Percent of Malden Middle School Students Who Experienced Bullying, by Gender (2013)



Percent of Malden Middle School Students Who Experienced Sexual Harassment or Dating Violence, by Gender (2013)

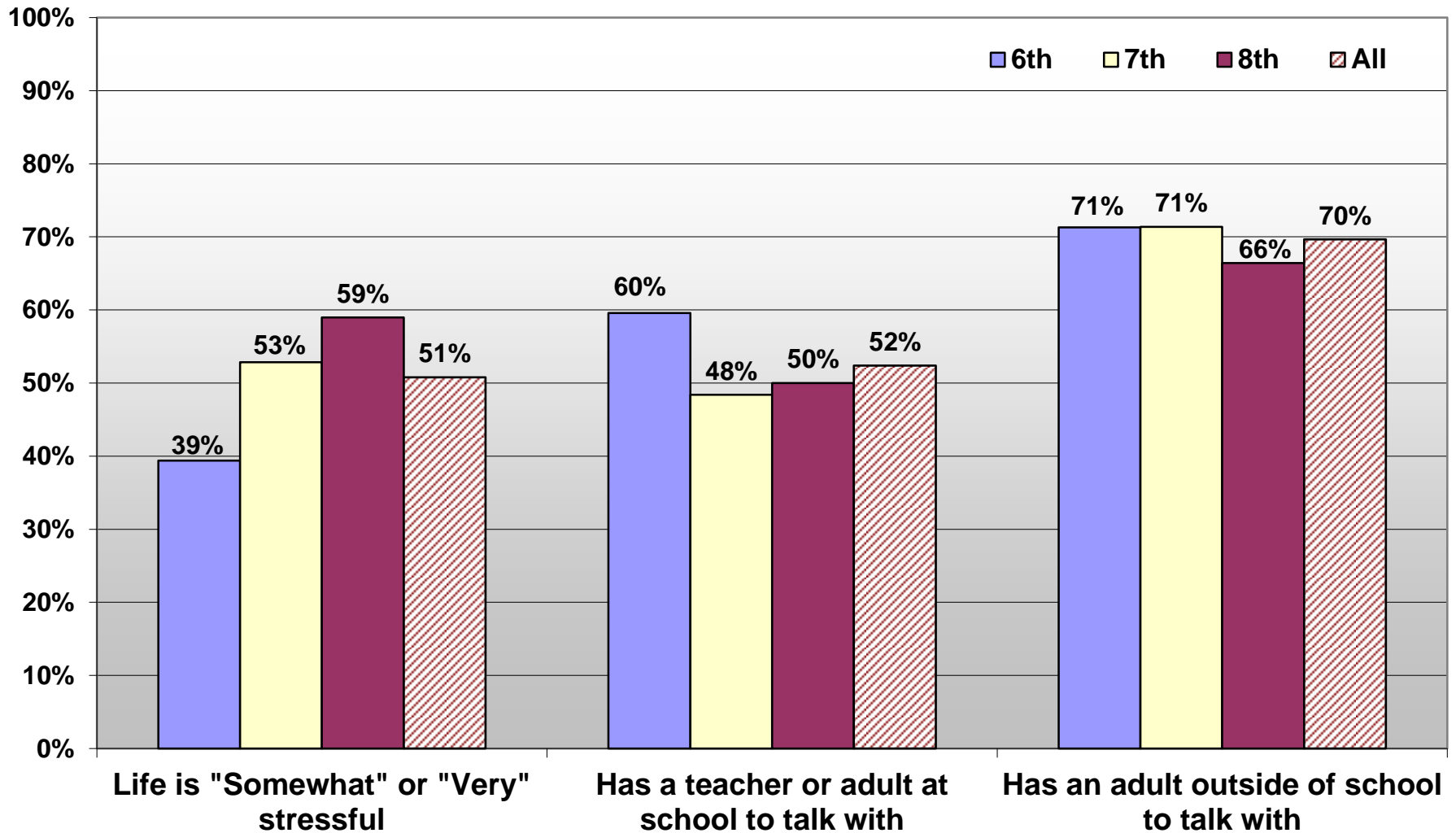


Mental Health

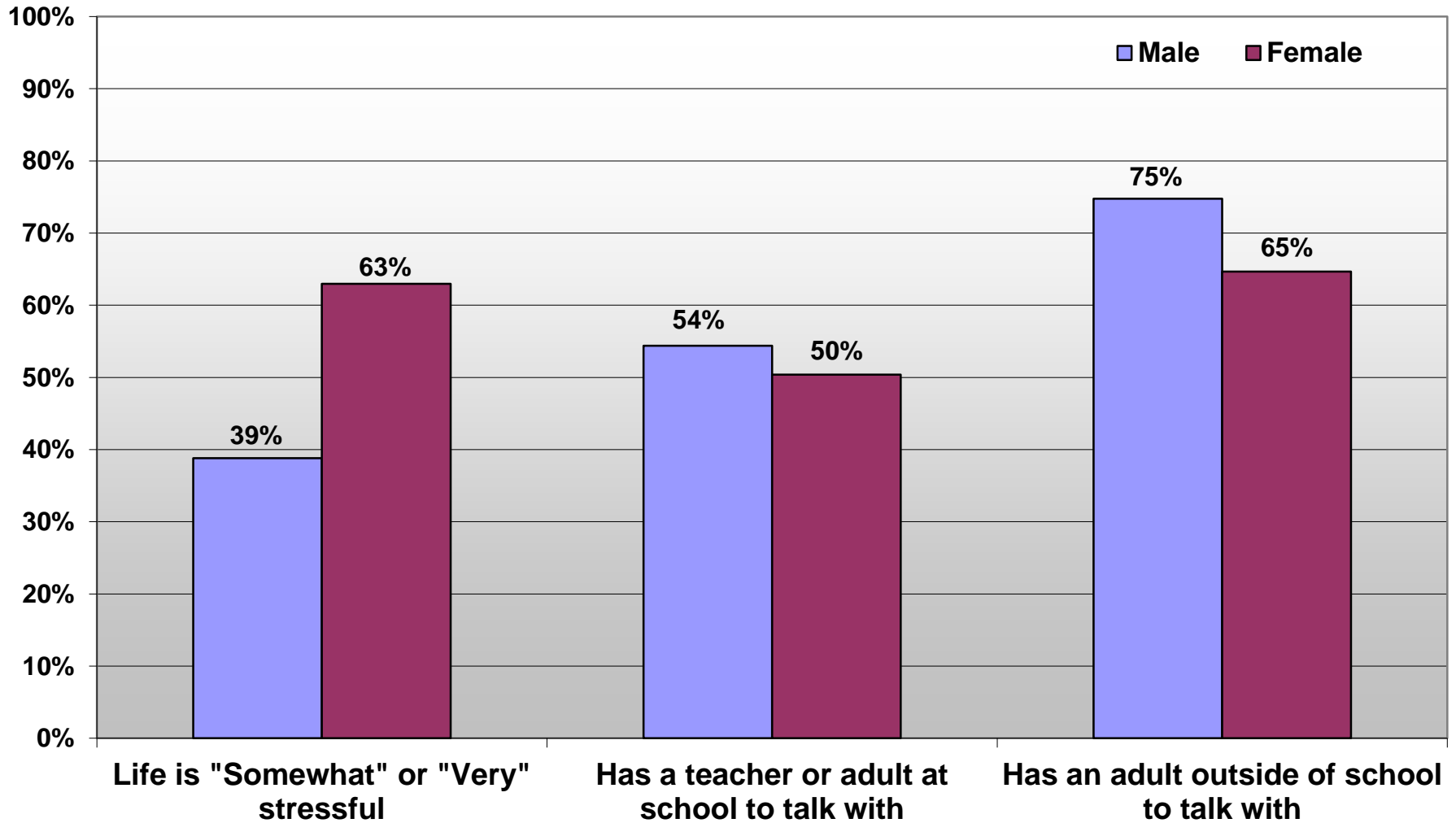


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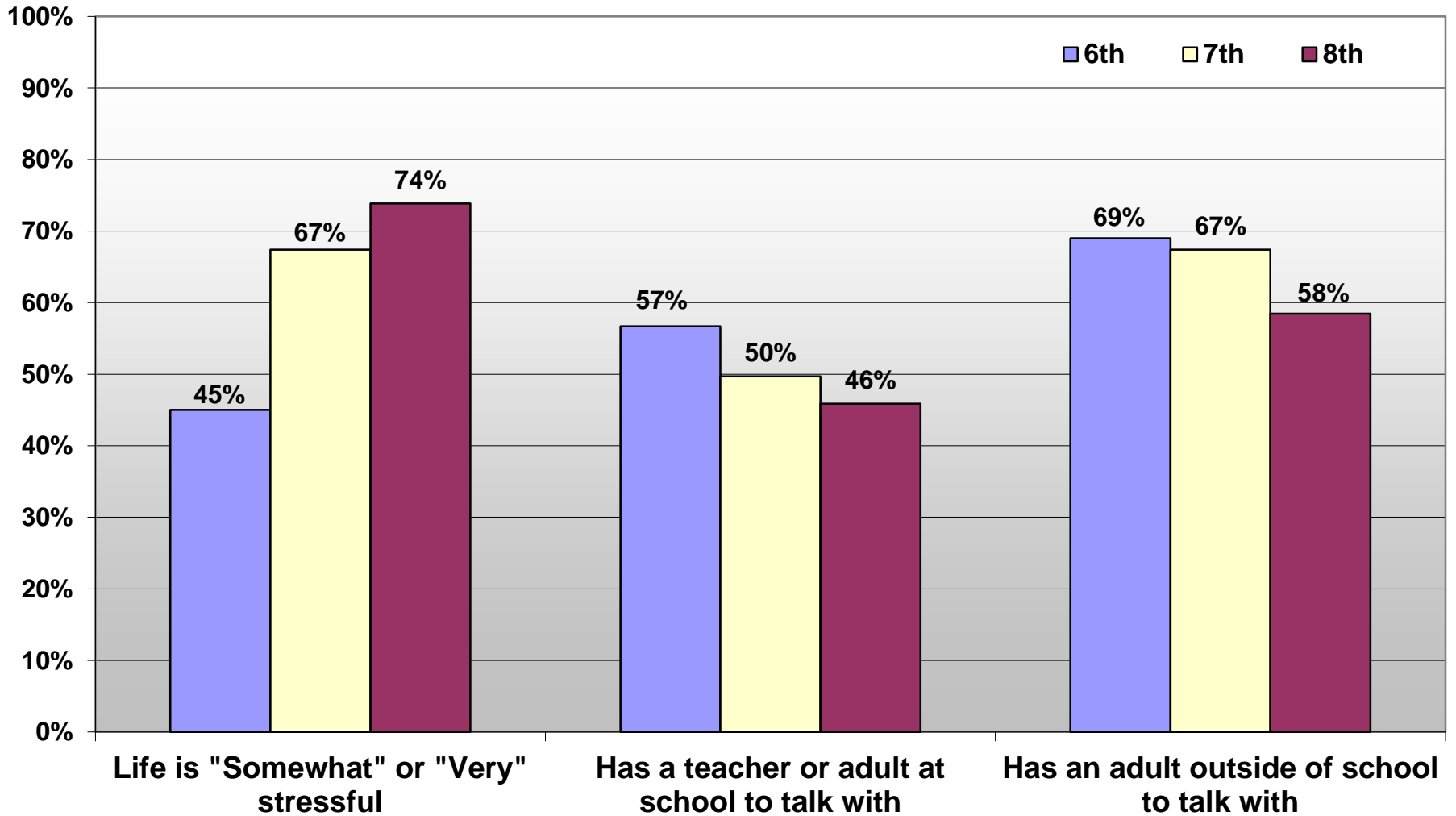
Life Stress and Adult Support Among Malden Middle School Students, by Grade (2013)



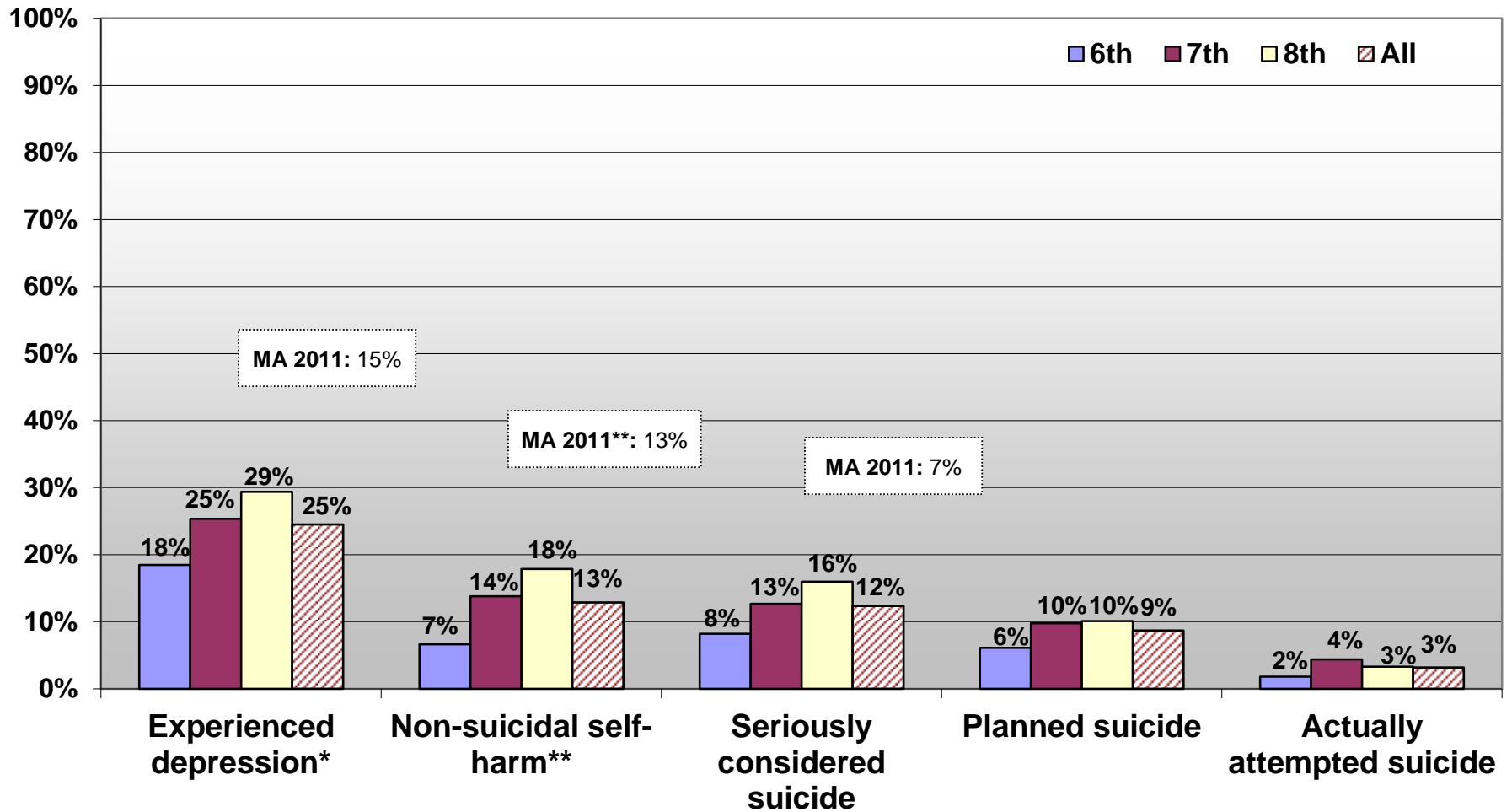
Life Stress and Adult Support Among Malden Middle School Students, by Gender (2013)



Life Stress and Adult Support Among Malden Middle School Girls, by Grade (2013)



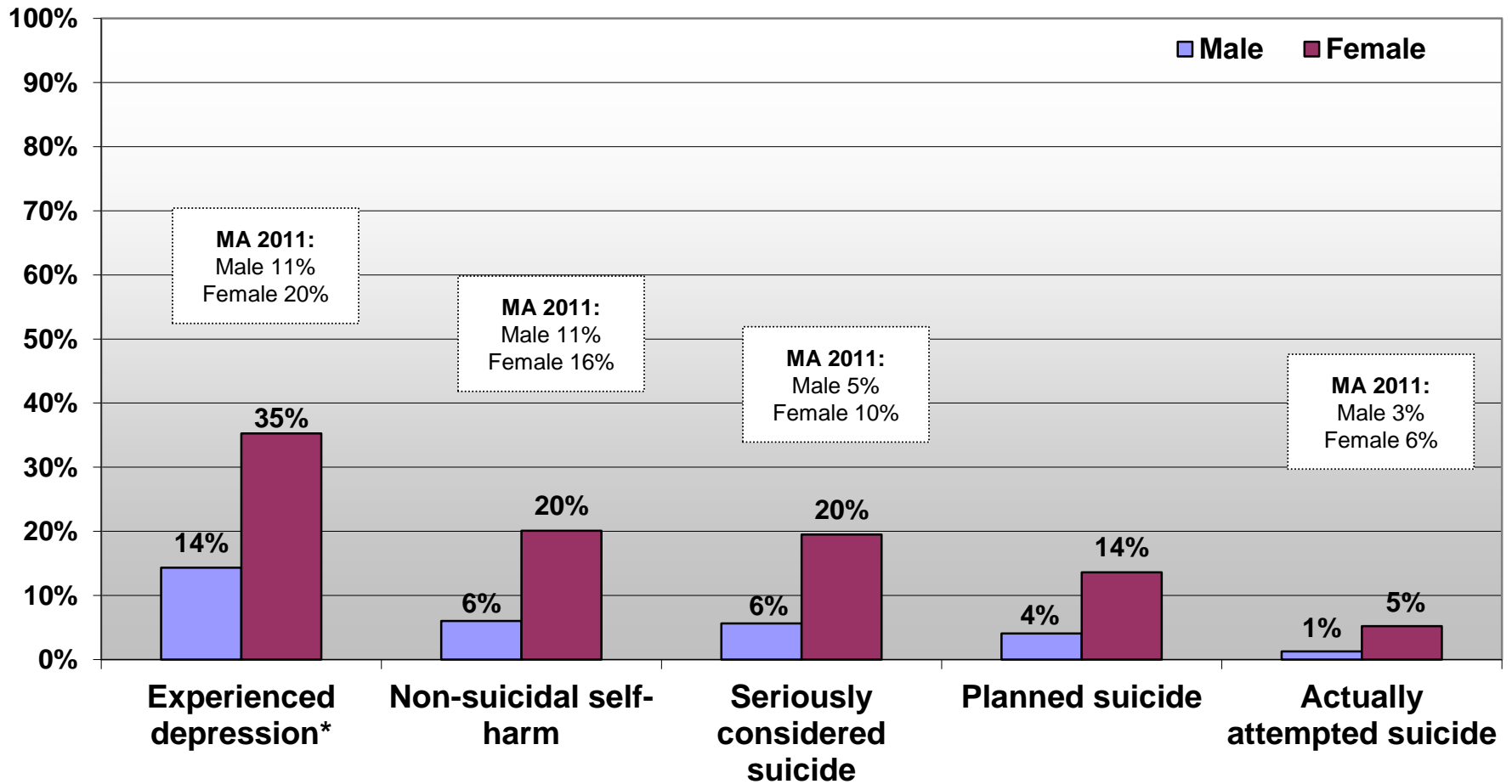
Percent of Malden Middle School Students Who Experienced Depression*, Self-Harm or Suicidality in the Past 12 Months, by Grade (2013)



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

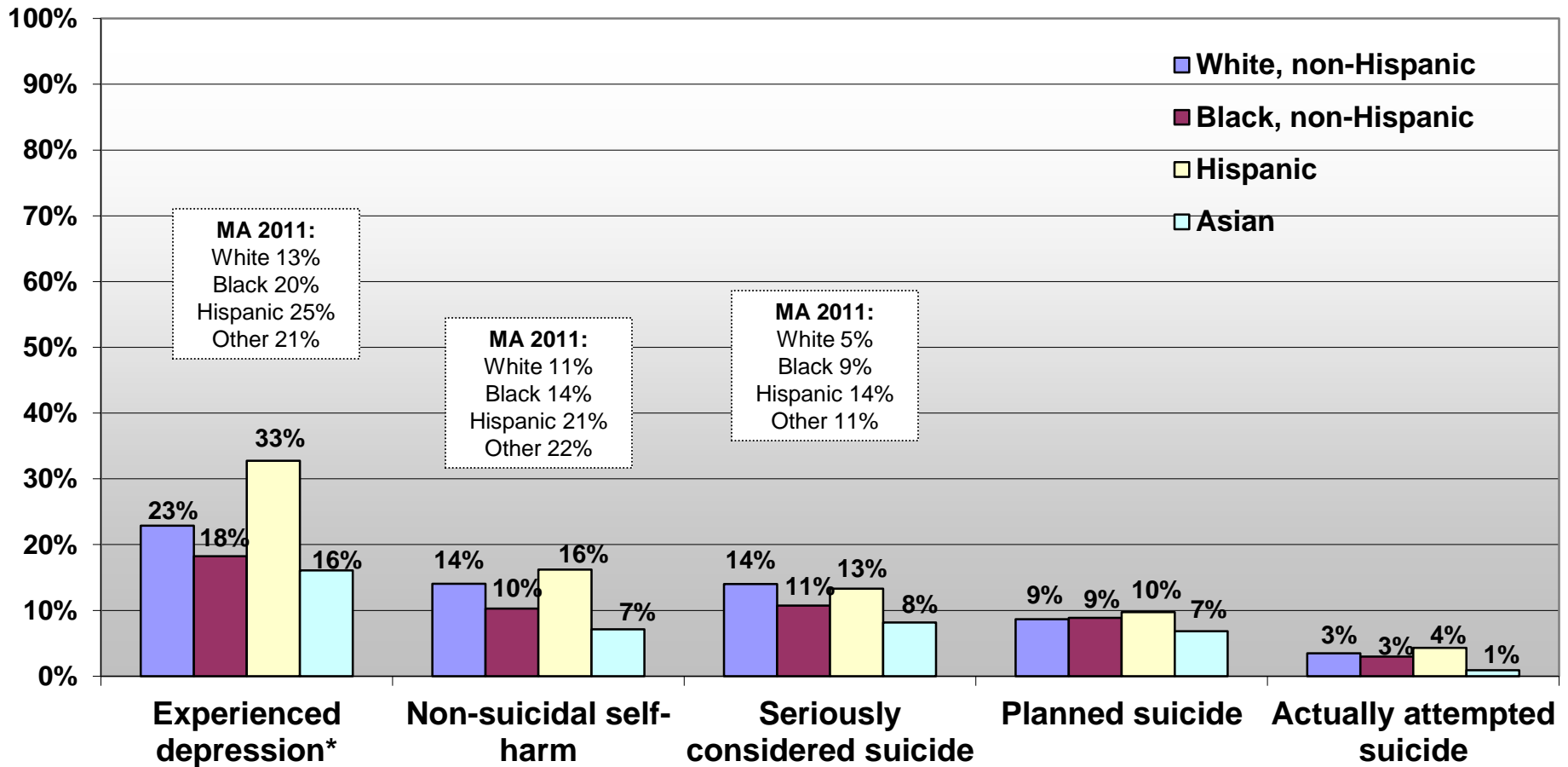
**Malden middle school survey asked non-suicidal self-harm as a yes or no question; the state survey asked how many times during the past 12 months did you self-harm

Percent of Malden Middle School Students Who Experienced Depression*, Self-harm, or Suicidality in the Past 12 Months, by Gender (2013)



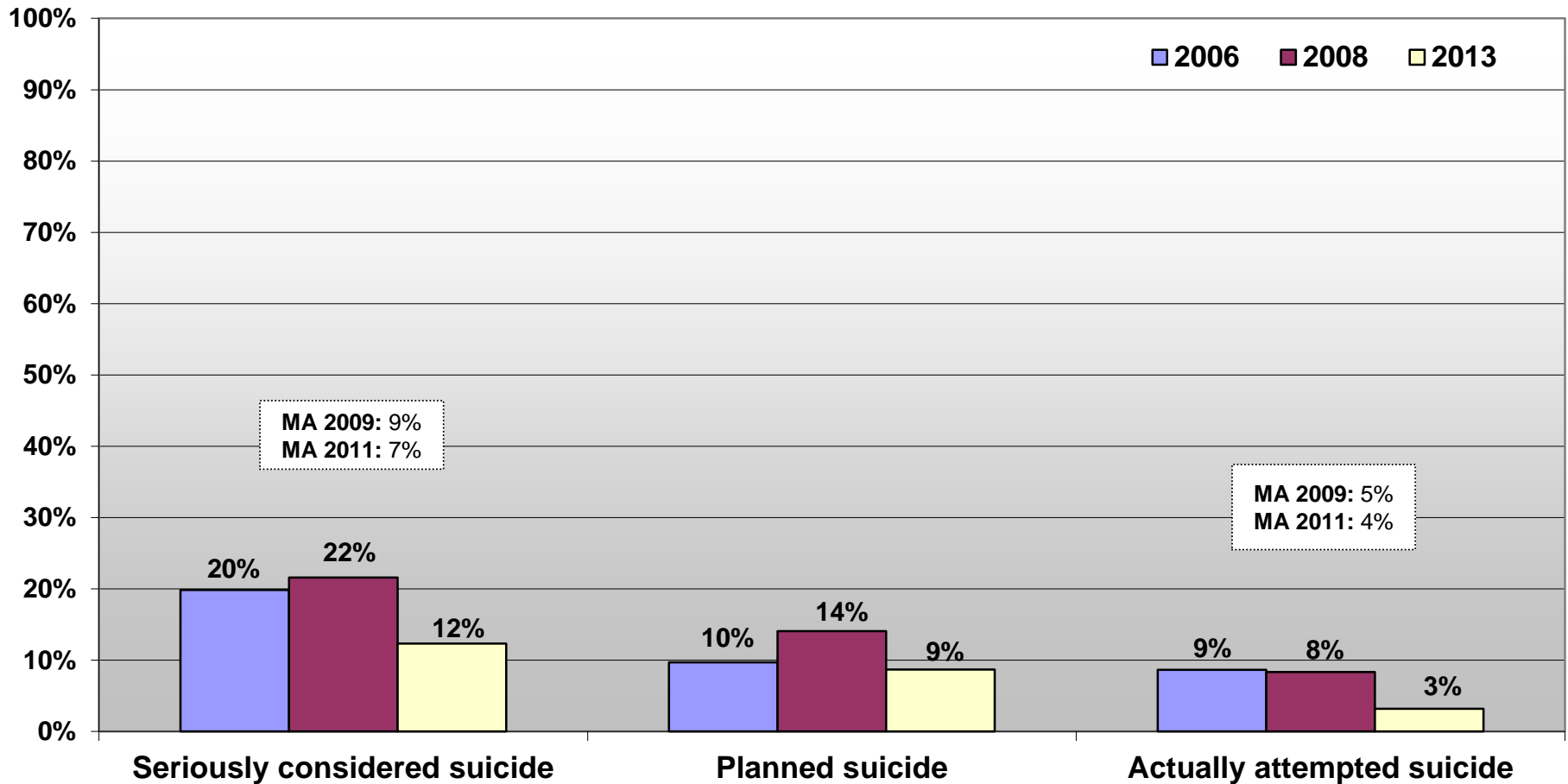
*Depression is defined in the survey as feeling "so sad or hopeless almost everyday for two weeks or more in a row that you stopped doing some usual activities"

Percent of Malden Middle School Students Who Experienced Depression*, Self-harm, or Suicidality in the Past 12 Months, by Race/Ethnicity (2013)



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

Trend in Percent of Malden Middle School Students Who Experienced Suicidality* (2006, 2008, 2013)



***Note:** Wording differences by year 1) 2006 & 2008 asked 'Have you ever seriously thought about killing yourself?' while 2013 asked "During the past 12 months did you ever seriously consider suicide?"; 2) 2006 & 2008 asked 'Have you ever made a plan about how you would kill yourself?' while 2013 asked "During the past 12 months did you make a plan about how you would attempt suicide?"; 3) 2006 & 2008 asked "Have you ever tried to kill yourself?" while 2013 asked "During the past 12 months did you actually attempt suicide?". The 2013 wording matching that used and reported at the state level.

Sexual Health



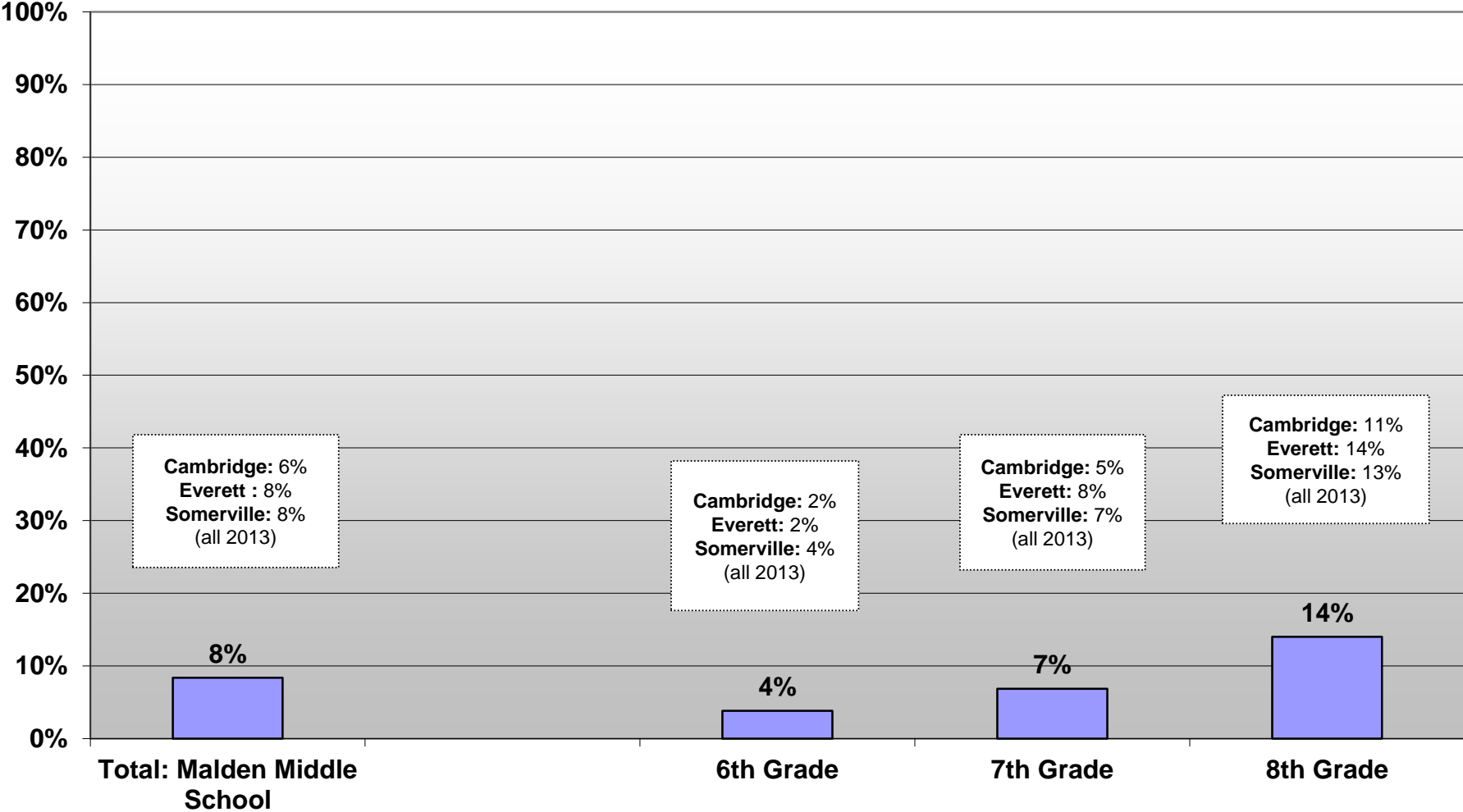
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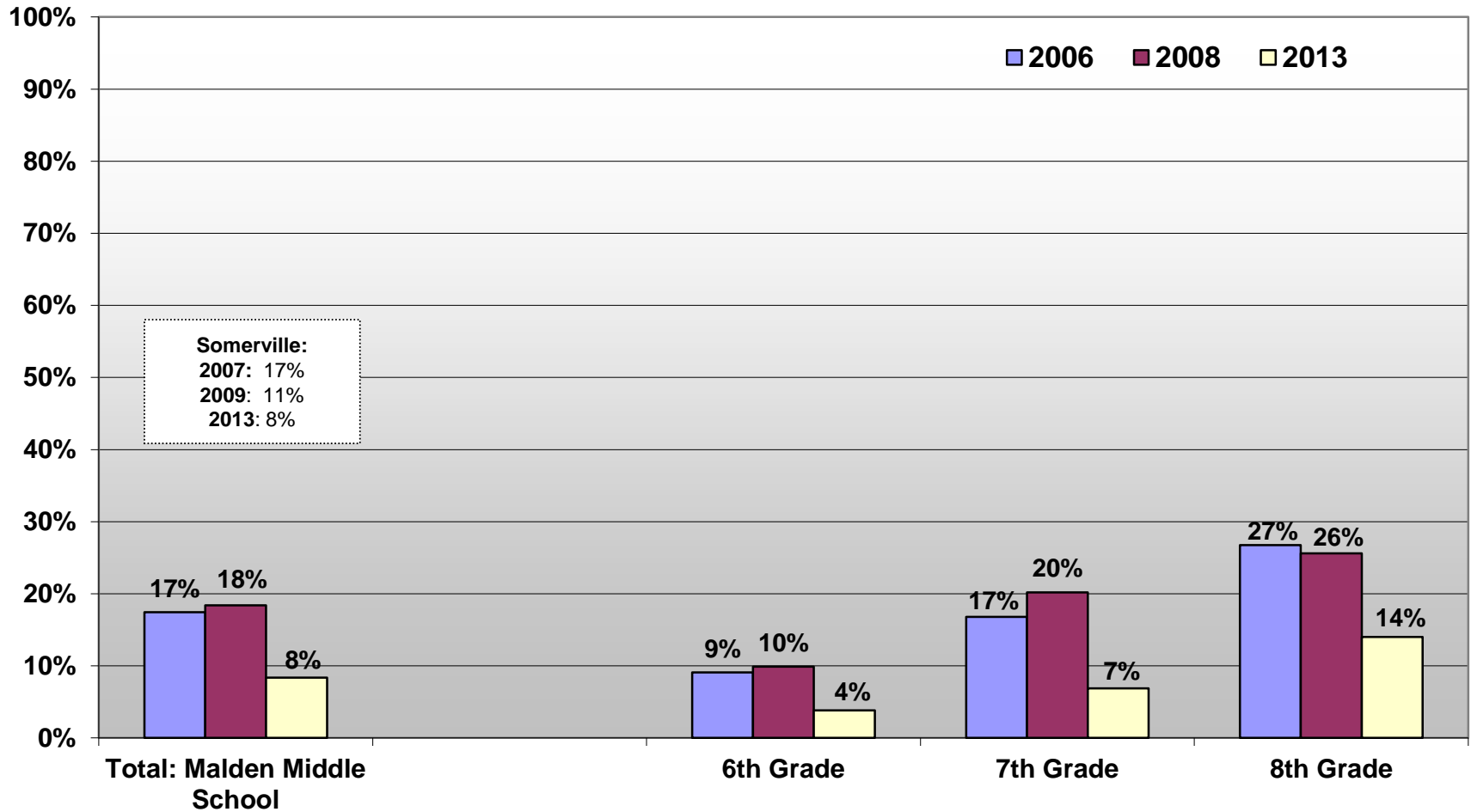
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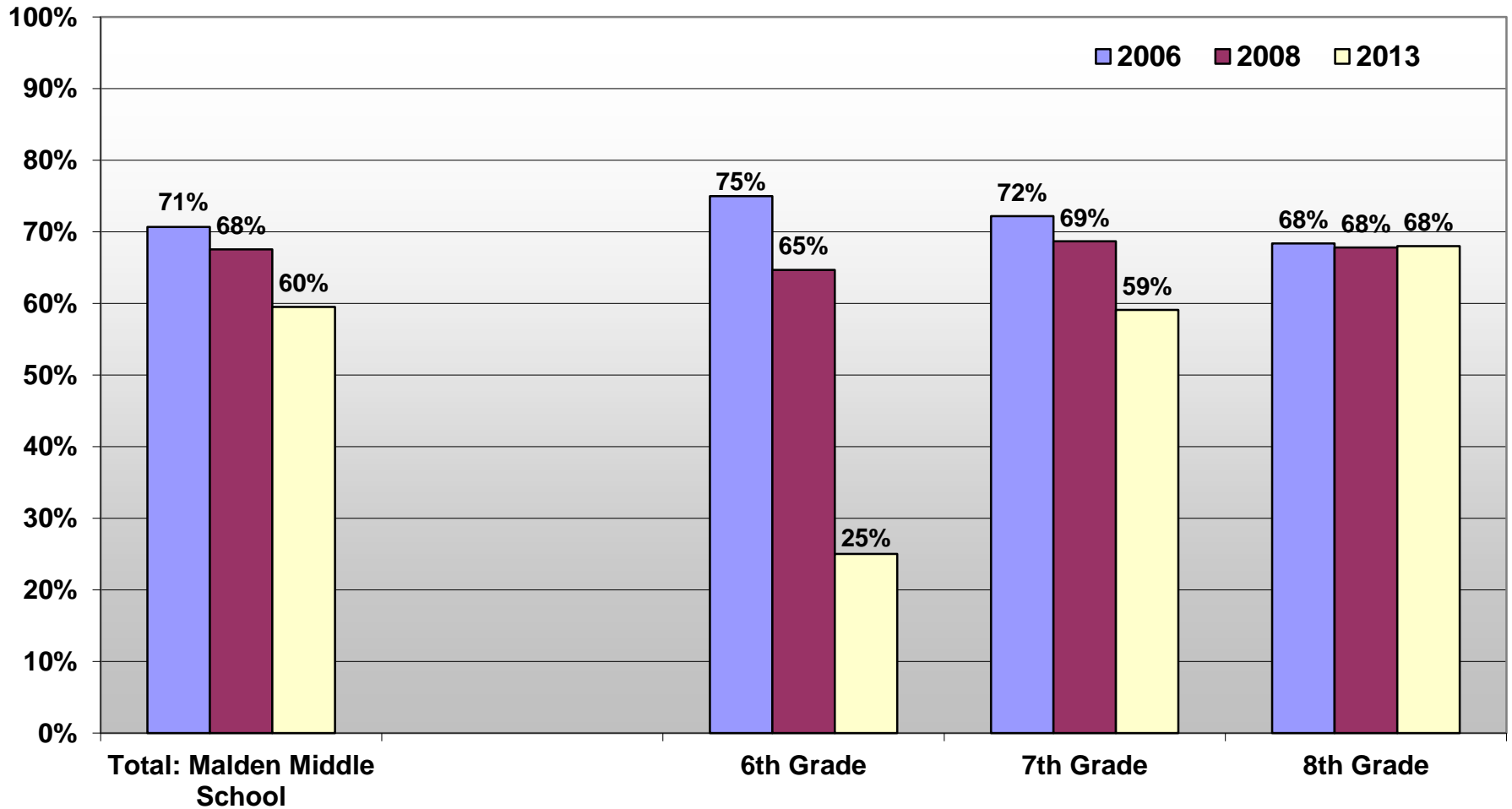
Percent of Malden Middle School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2013)



Trend in Percent of Malden Middle School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2006, 2008, 2013)



Trend in Percent of Sexually Active Malden Middle School Students Who Used a Condom at Last Intercourse, Total and by Grade (2006, 2008, 2013)



Physical Health



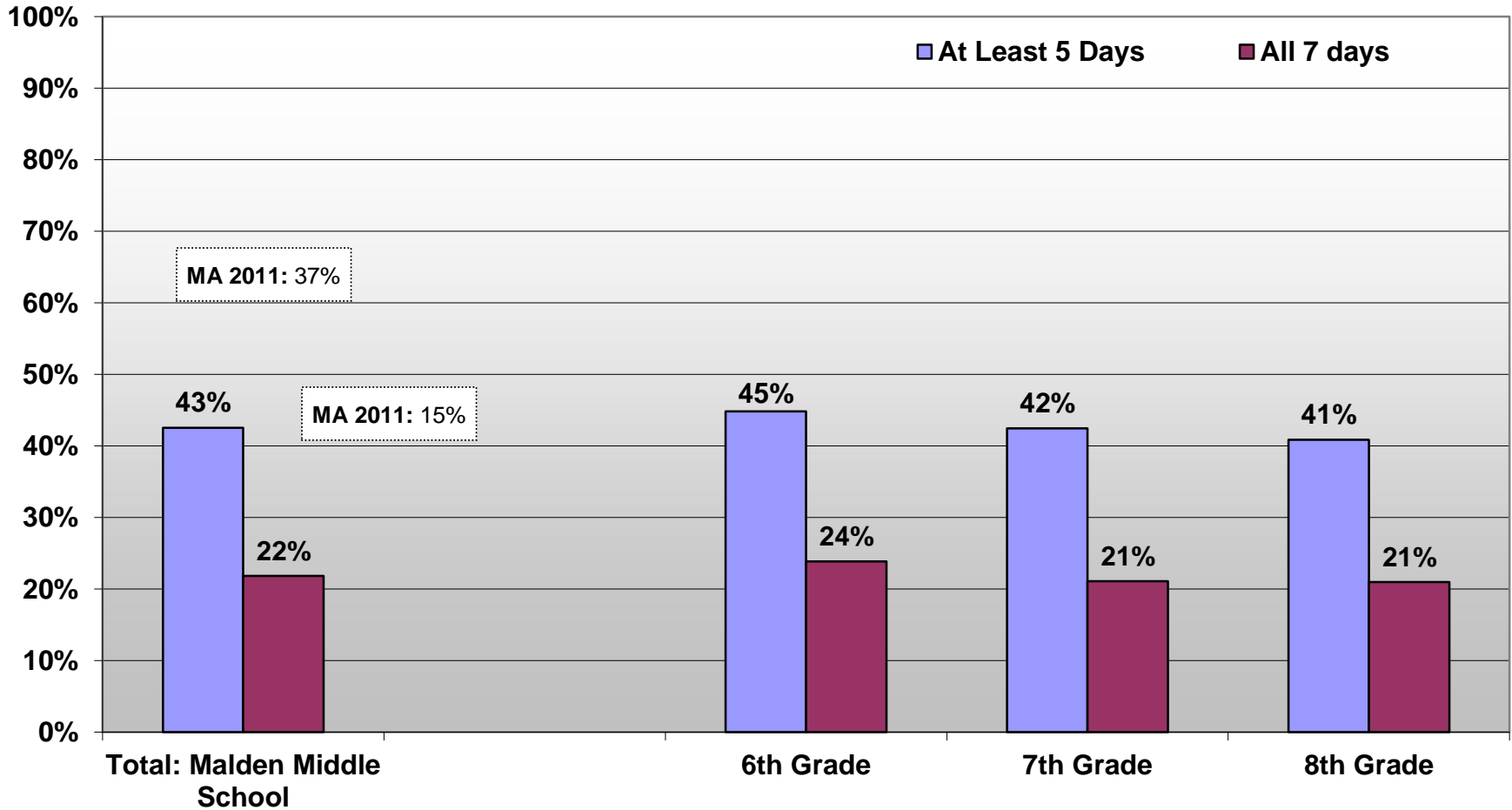
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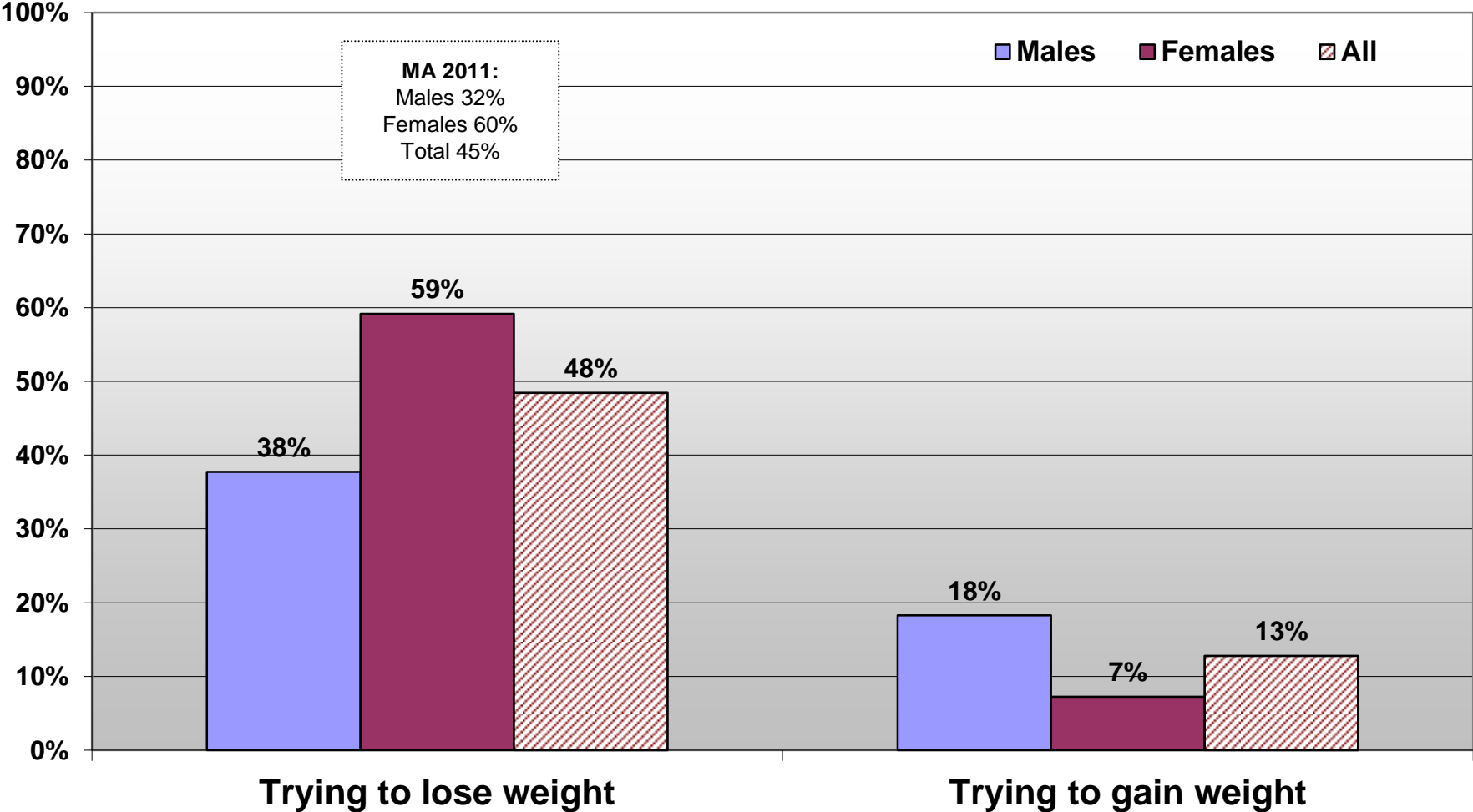
Percent of Malden Middle School Students who Reported Physical Activity* for 60+ Minutes Per Day in Past Week** (2013)



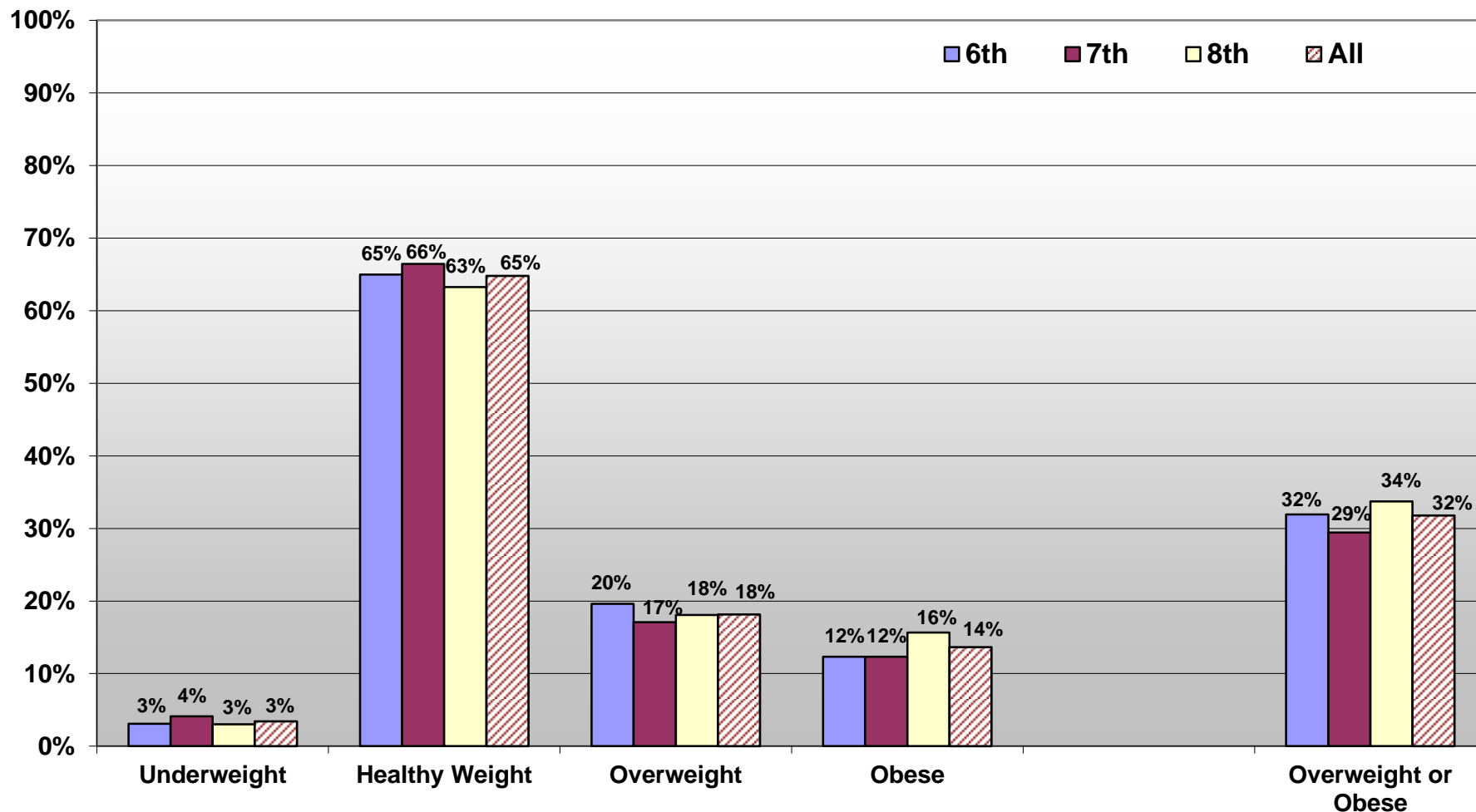
*Respondents were instructed to include "any kind of physical activity that increased your heart rate and made you breath hard some of the time"

**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"

Current Weight Control Goal Among Malden Middle School Students, Total and by Gender (2013)



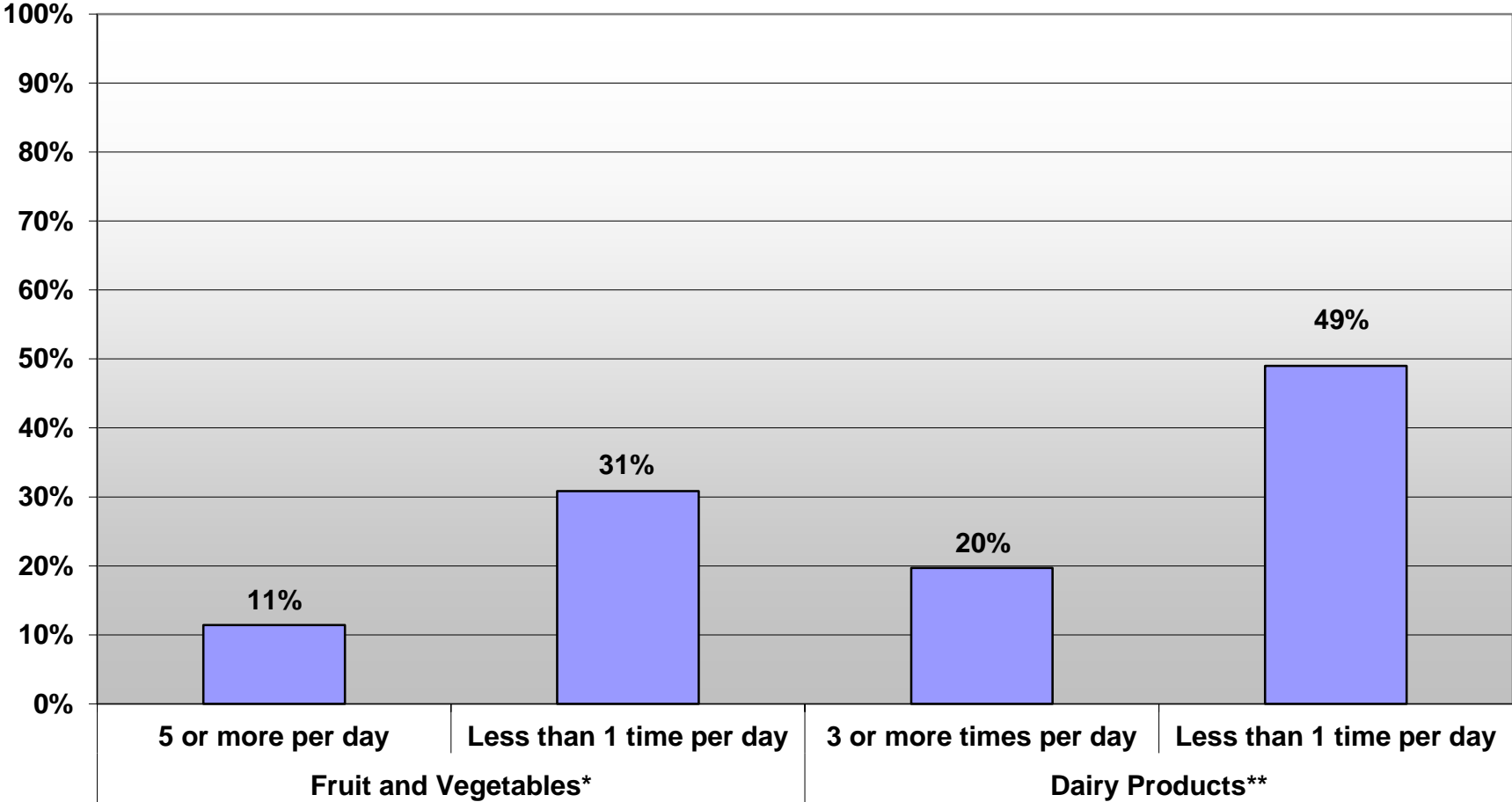
Weight Status (BMI Percentile* Category) for Malden Middle School Students, by Grade (2013)



*BMI percentile was calculated based upon student's **self-reported** height, weight, and age

Underweight = less than 5th percentile, Healthy weight = 5th to less than 85th percentile, Overweight = 85th to less than 95th percentile, Obese = 95th percentile or greater

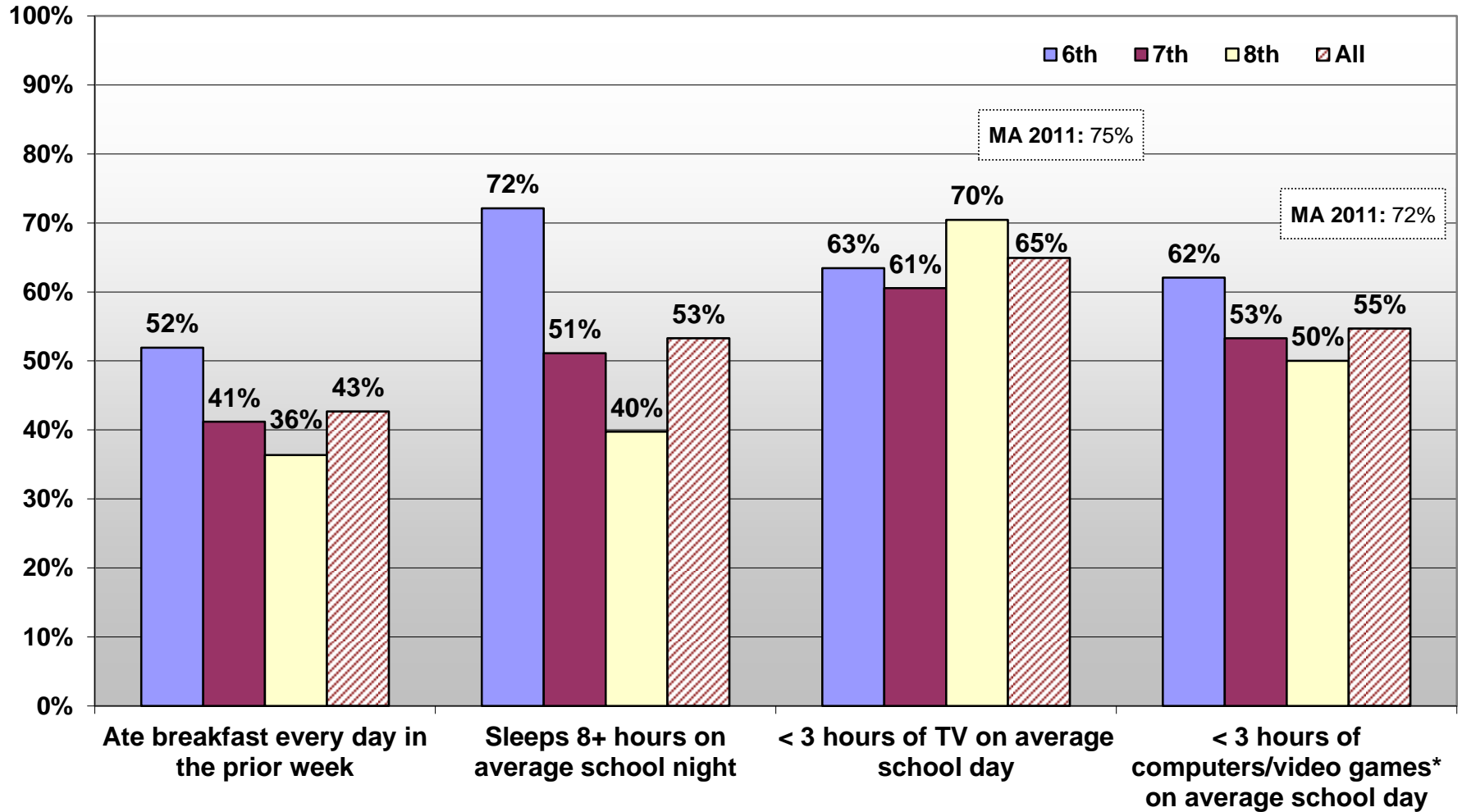
Frequency of Fruit, Vegetable, and Dairy Product Consumption of Malden Middle School Students in the Past 7 Days (2013)



* "Fruit or drink 100% fruit juice (such as orange, apple, grape)" and/or "green salad, raw vegetables or cooked vegetables (do NOT count potatoes, French fries or chips)"

**"Drink or eat dairy products (milk, cheese, yogurt)"

Prevalence of Healthy Habits Among Malden Middle School Students, by Grade (2013)



*Respondents were asked how many hours they "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)"

Engagement



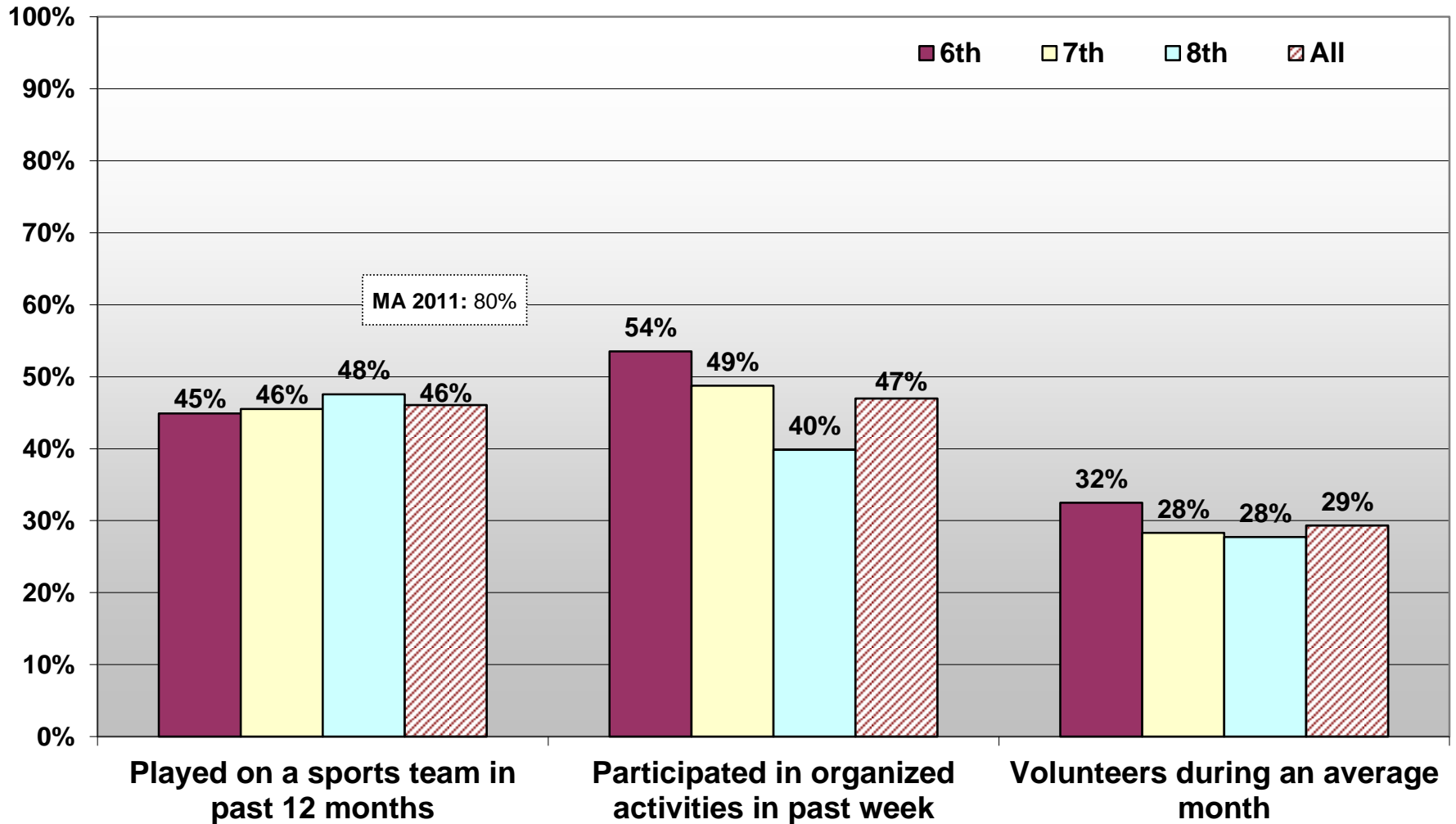
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Percent of Malden Middle School Students Who Engage in Extracurricular Activities, by Grade (2013)



Highlighted Areas of Concern



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- **Alcohol, Tobacco, Marijuana and Other Drugs**
 - Despite downward trends for most substances, rates of lifetime and current use for alcohol has remained steady since 2006
 - Nearly half (47%) of 8th graders have tried alcohol and 14% have consumed in prior 3 months
 - Girls are twice as likely to report current alcohol use, marijuana use, and inhalant use compared to boys
- **Violence and Safety**
 - 28% of students experience bullying (either physical or cyber)
 - Girls are more likely to experience bullying compared to boys (34% vs. 21%)
- **Sexual Health**
 - Sharp downward trend in sexual intercourse since 2008 for all grades; by 8th grade, nearly 14% have had sexual intercourse
 - Condom use is not universal (about 40% did not use at last intercourse); 6th and 7th graders in particular



- **Mental Health**

- Only half of 7th and 8th graders indicate they have an adult at school to talk to about problems
- Girls report higher stress than boys (63% vs. 39%) and worry more about appearance issues (57% vs. 28%)
- One quarter of students are depressed and approximately 12% express some form of suicidal thoughts or actions
- Girls appear particularly at risk for depression (35%), self-harm (20%) and suicidality (20% seriously considered) compared to boys

- **Physical Health**

- Less than one quarter of students are meeting the physical activity goal of 60+ minutes per day (less than half participate in sports teams)
- Nearly 60% of girls are actively trying to lose weight (20% of girls are using unhealthy methods)
- Approximately half of students (fewer among 8th graders) are engaging in healthy behaviors such as eating breakfast every day and sleeping at least 8 hours each school night

