

Highlights from the 2018 Malden High School and Middle School Health Surveys

The Institute for Community Health

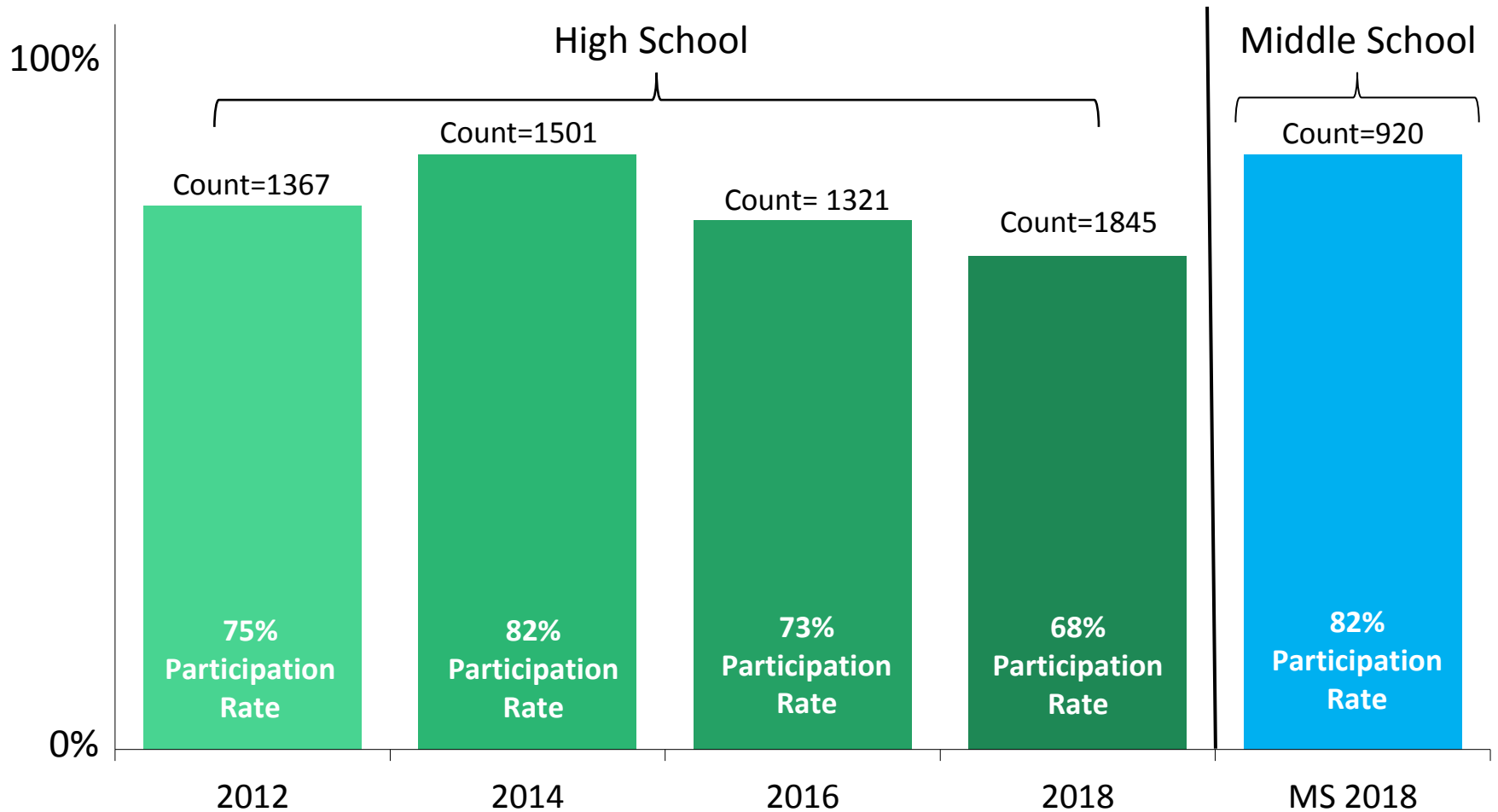
Megan Hatch, MPH
Karen Finnegan, PhD

Building **sustainable community health**, together

Survey Background

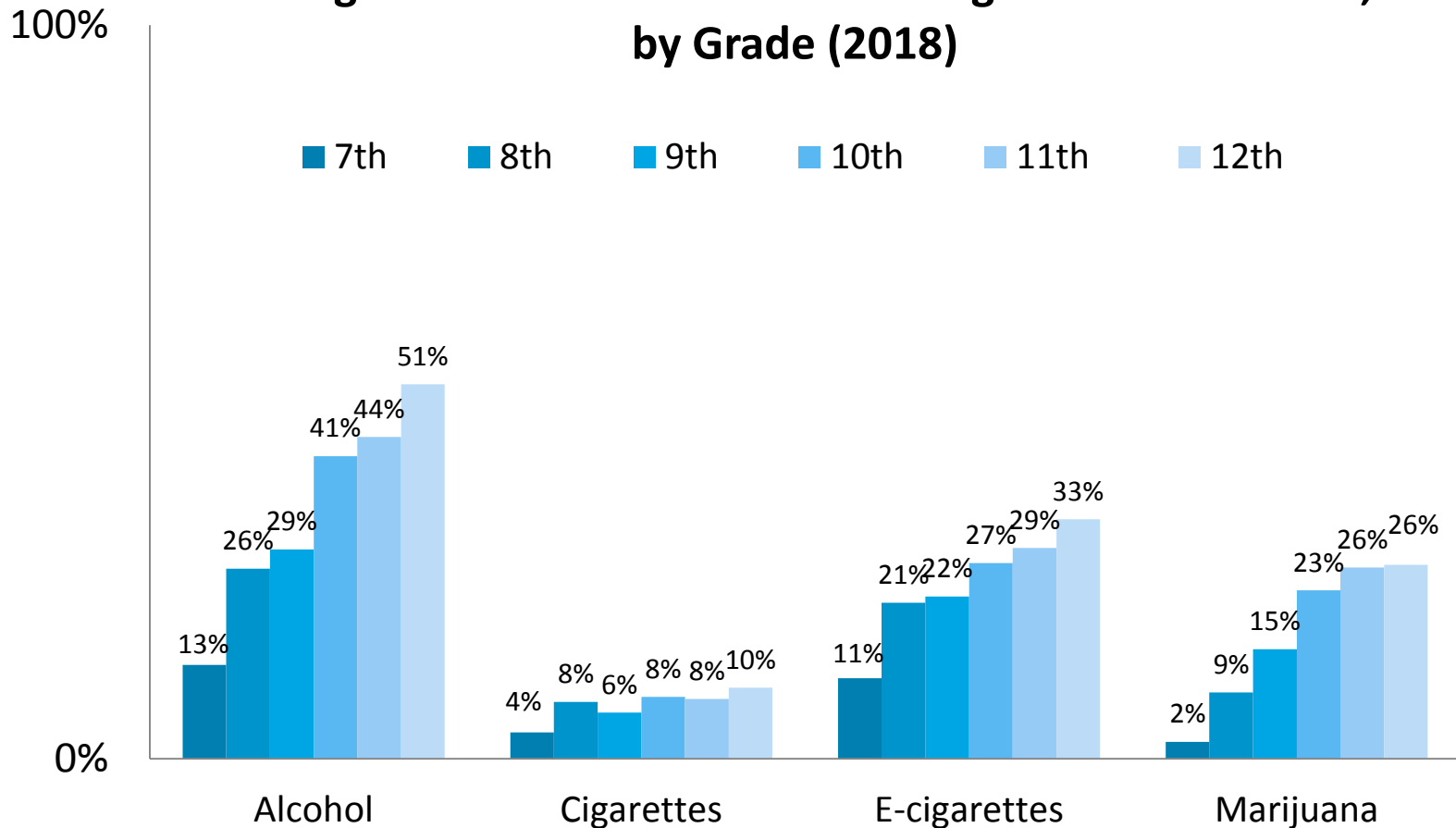
- The Malden Middle School Health Survey was administered in March 2018 to students in grades 7 and 8
- The Malden High School Health Survey was administered in March 2018 to students in grades 9 through 12
- The surveys included questions related to:
 - Demographics
 - Substance use
 - Violence and safety
 - Mental health
 - Sexual health
 - Physical health
 - Engagement
- Data cleaning and analyses were conducted by the Institute for Community Health, following the CDC's guidance and standards for Youth Risk Behavior Surveys

Participation in the Malden High School and Middle School Surveys



Substance Use

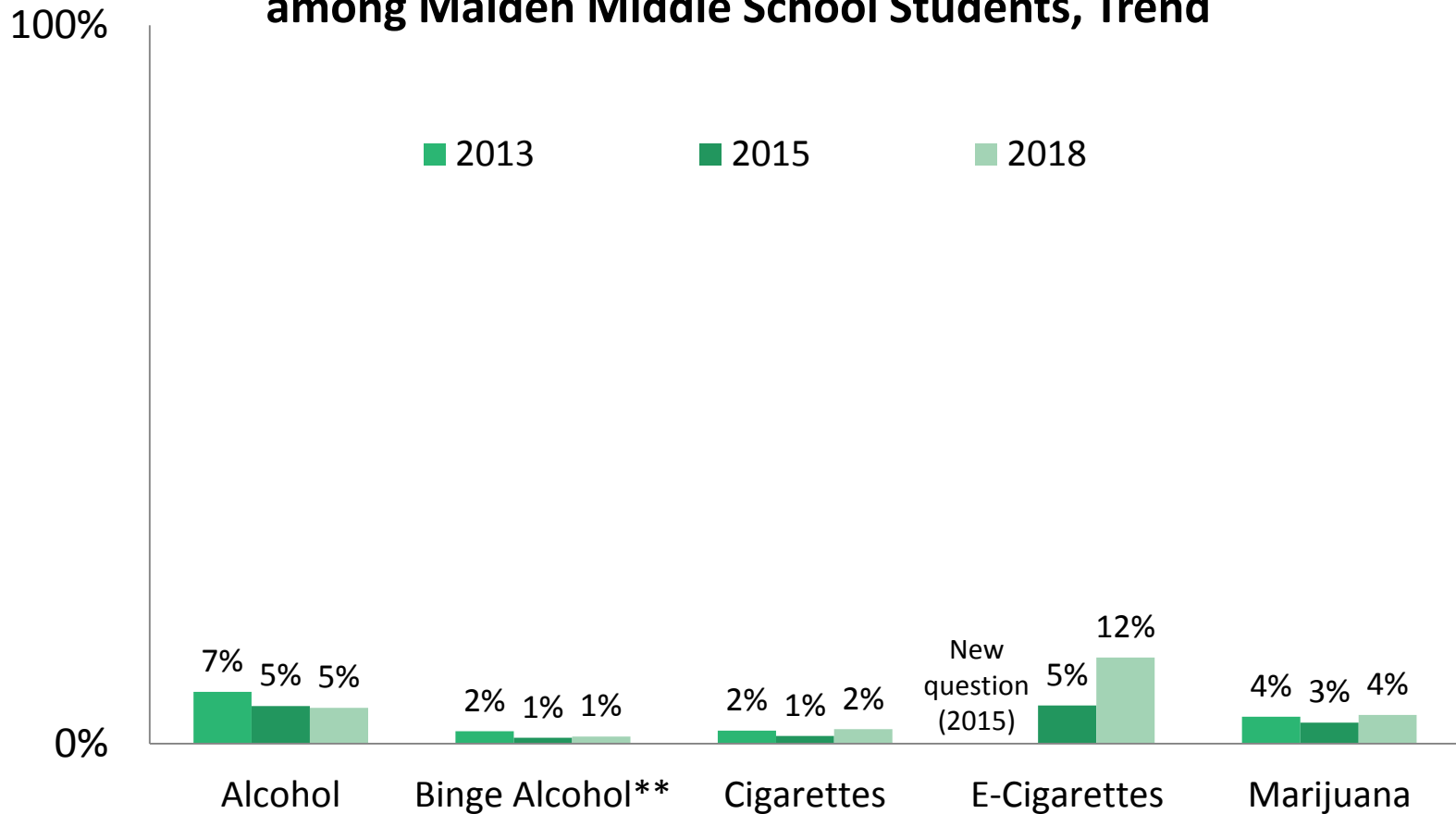
Lifetime Use* of Alcohol, Cigarettes, and Marijuana among Malden Middle School and High School Students, by Grade (2018)



*Lifetime use is any use in one's lifetime

- Alcohol and marijuana use increase across grades with 51% of 12th graders reporting use of alcohol
- One-fifth or more of students in grade 8-12 have ever used an e-cigarette
- More than 20% of 10th-12th graders have ever used marijuana

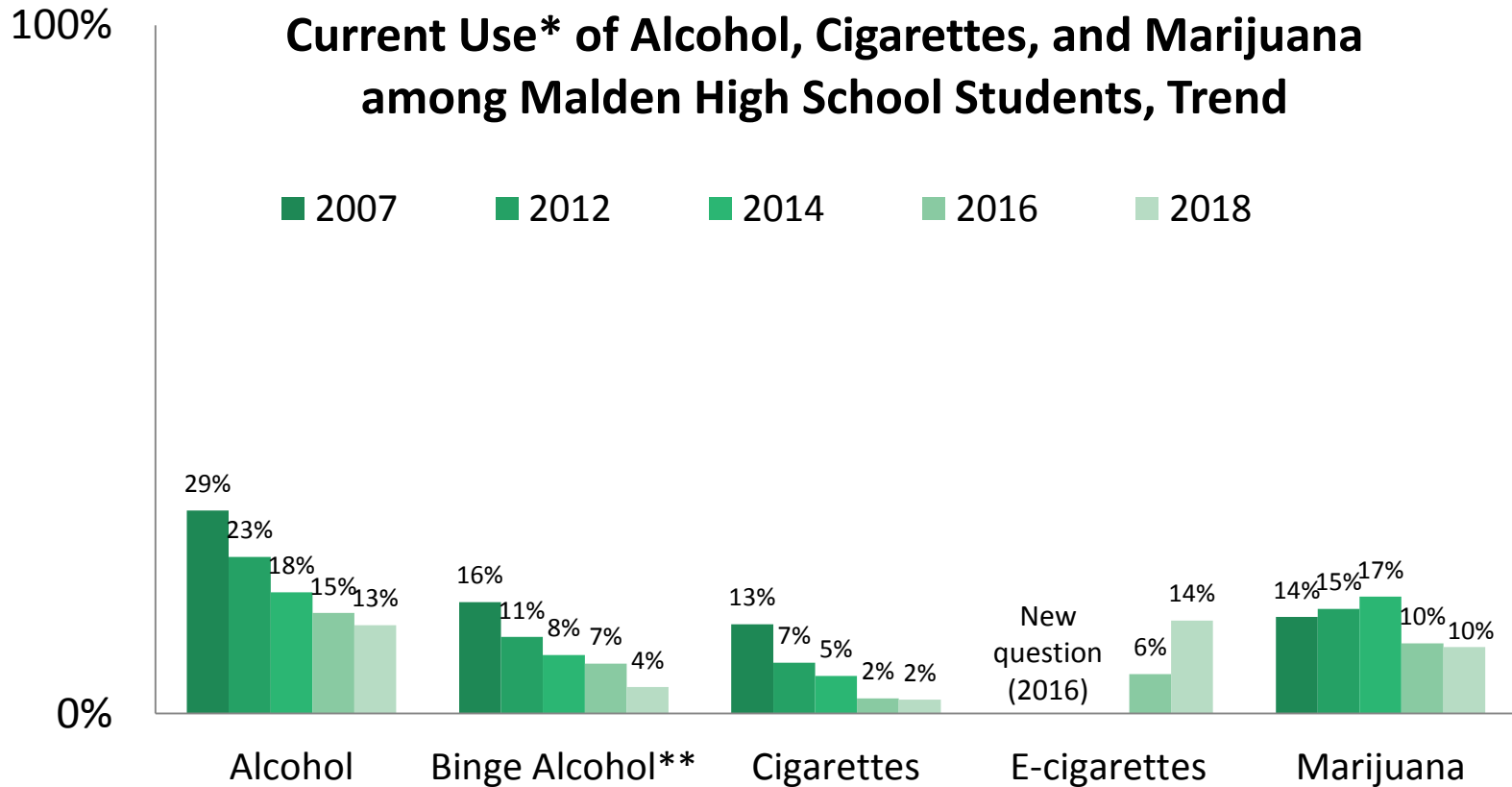
Current Use* of Alcohol, Cigarettes, and Marijuana among Malden Middle School Students, Trend



*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 e-cigarettes is trending upwards**
- **Alcohol and binge alcohol use show no change, with 5% and 1% of students reporting current use, respectively**



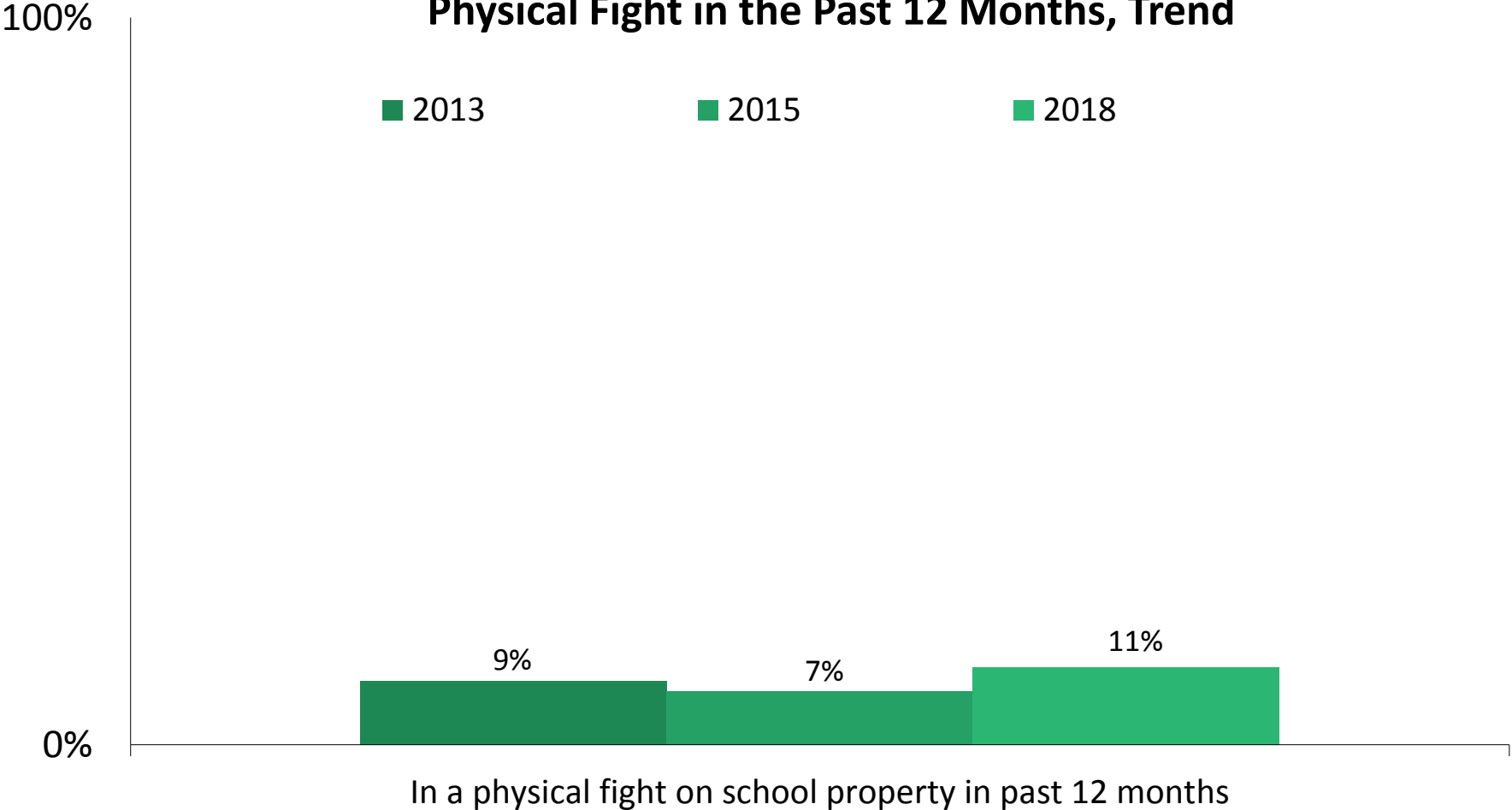
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**Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours"

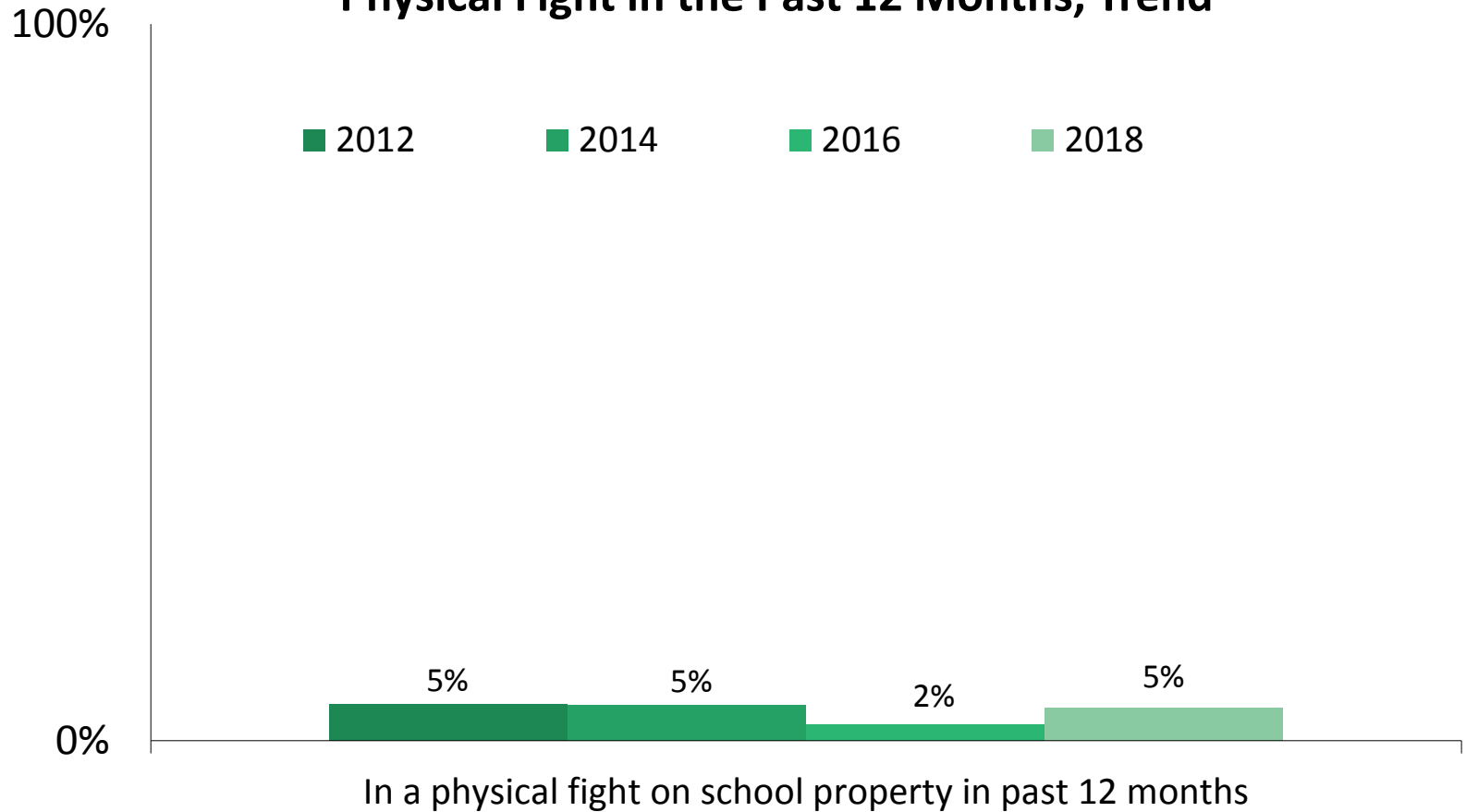
- Current use of alcohol, binge alcohol and cigarettes is trending downward over the years
- E-cigarette use is trending upward, more than doubling from 2016 to 2018
- Current marijuana use has been at 10% since 2016

Violence and Safety

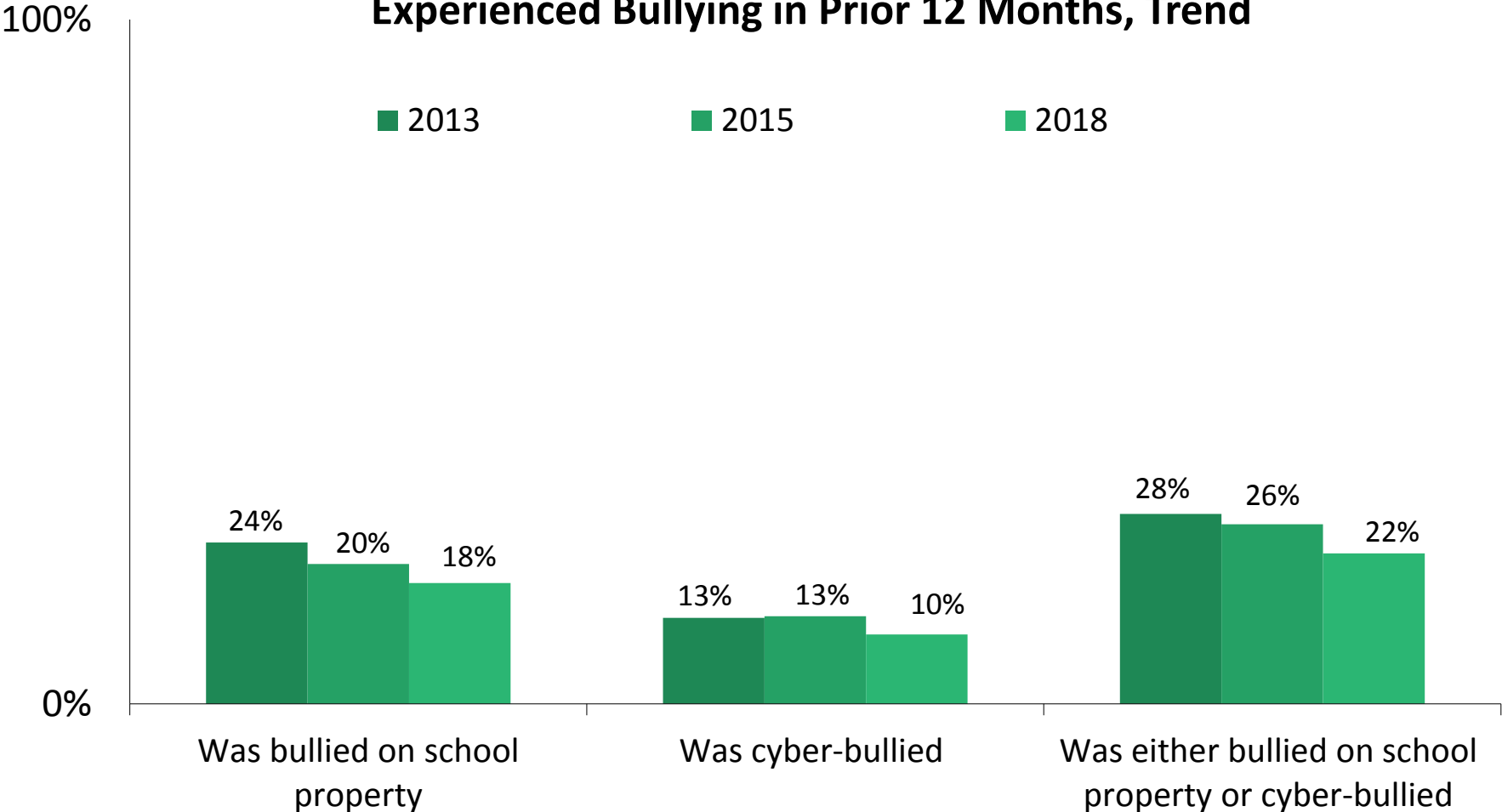
Percent of Malden Middle School Students Who Were in a Physical Fight in the Past 12 Months, Trend



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

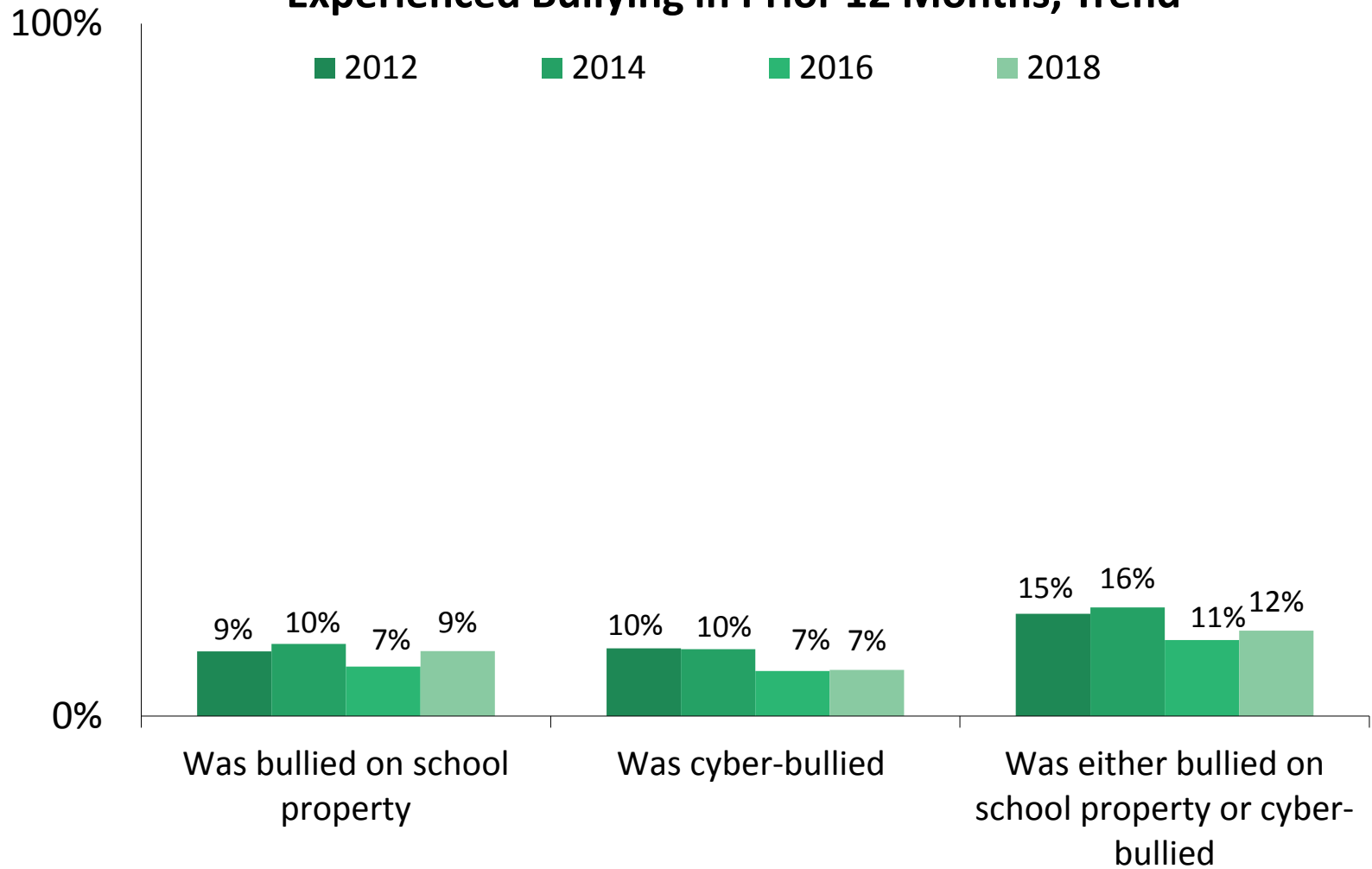


Percent of Malden Middle School Students Who Experienced Bullying in Prior 12 Months, Trend



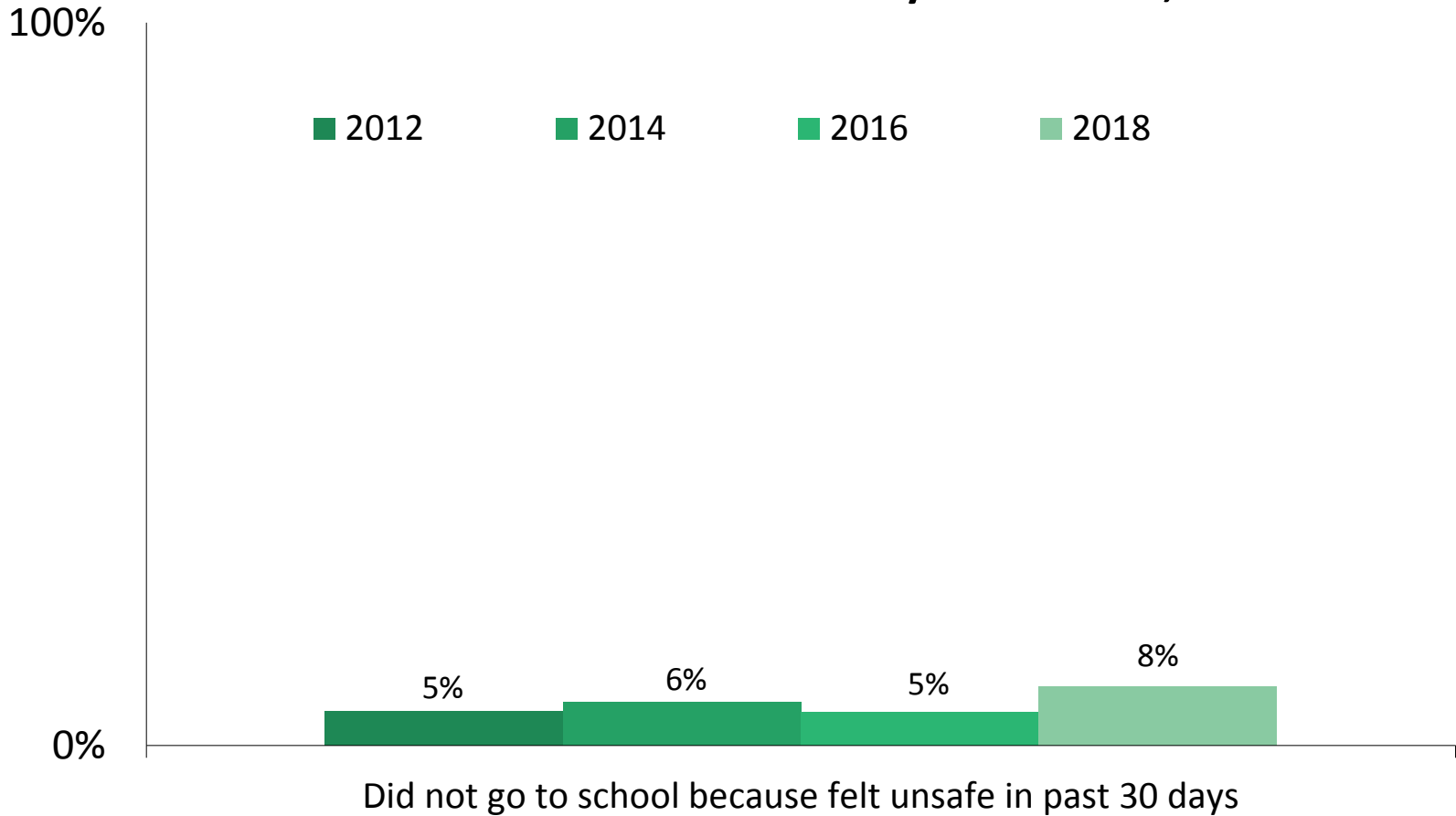
- **22% of middle school students report that they were bullied on school property or cyber-bullied**

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



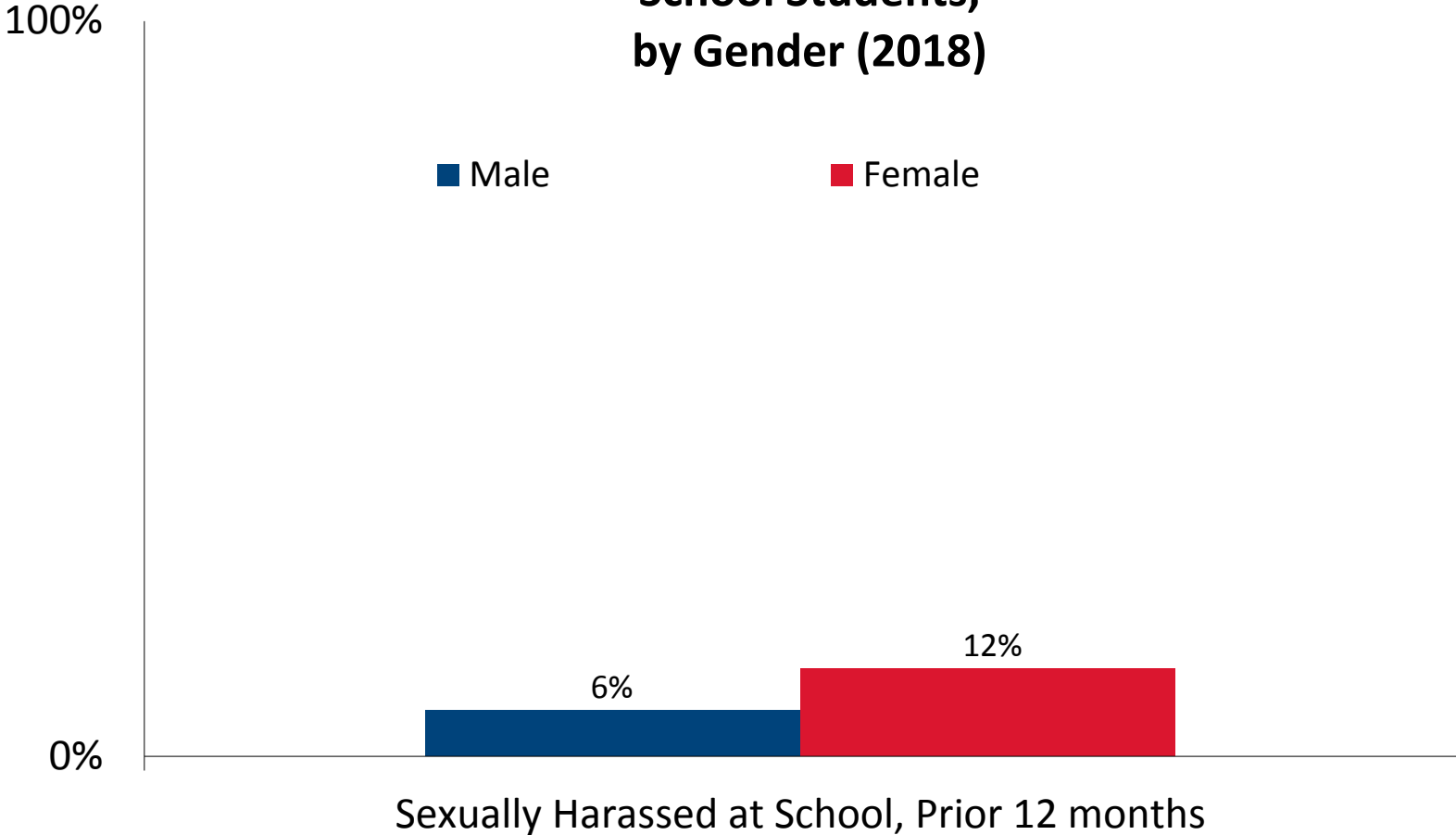
- Slightly more than 1 in 10 high school students report being bullied on school property or being cyber-bullied in the last 12 months

Percent of Malden High School Students Who Did Not Go To School Because They Felt Unsafe, Trend

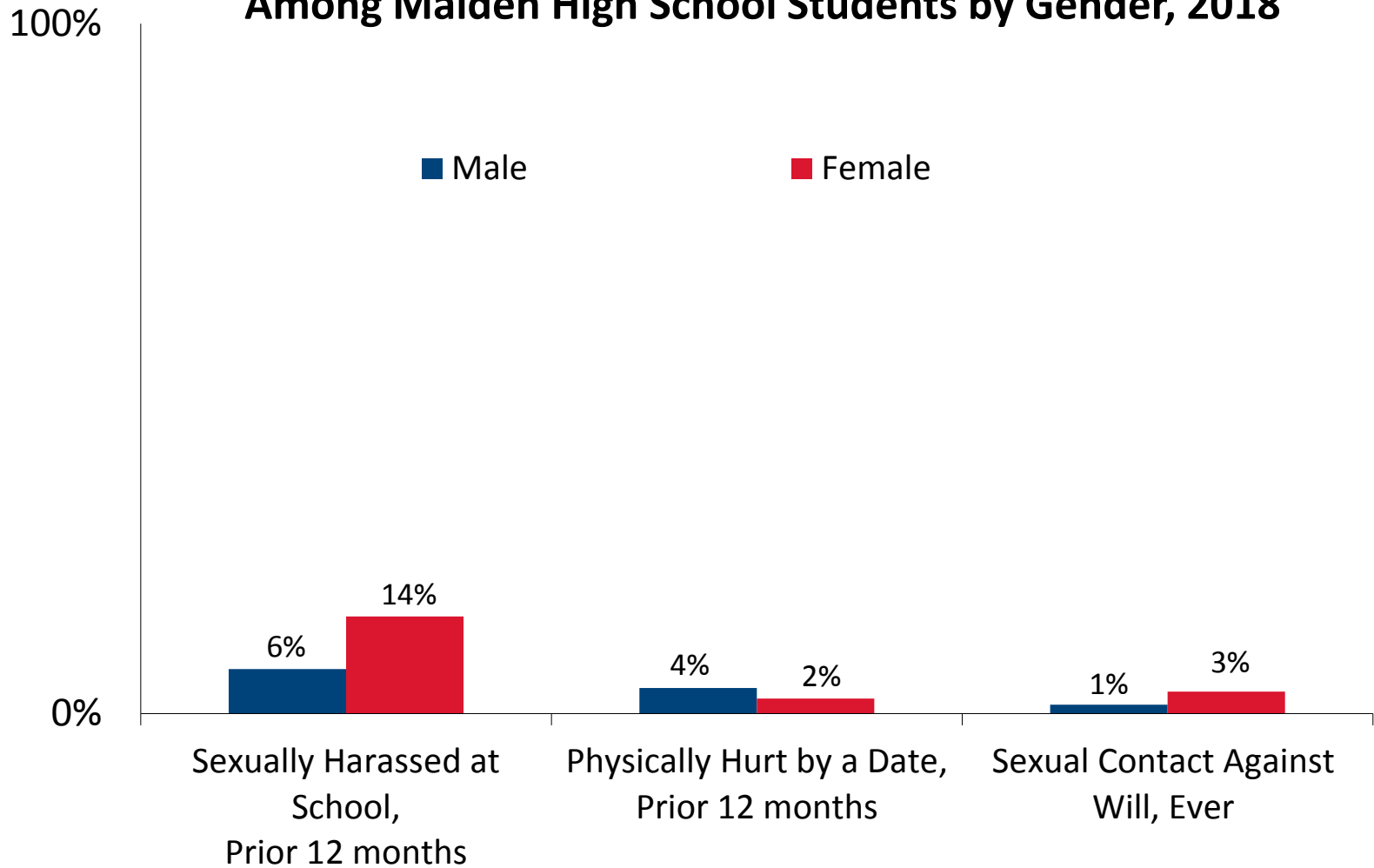


**Middle School Students not asked*

Indicators of Sexual Harassment Among Malden Middle School Students, by Gender (2018)



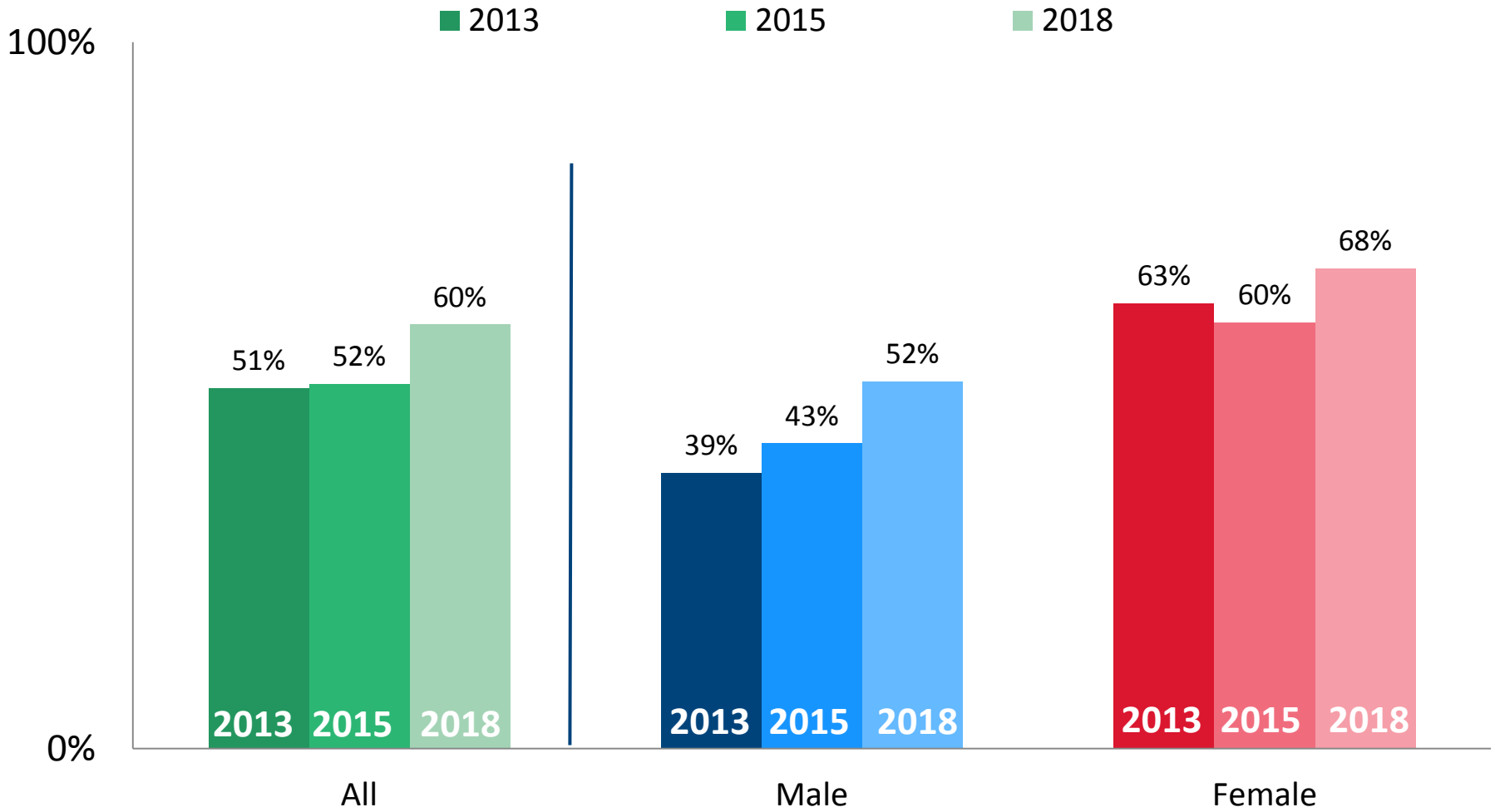
Indicators of Sexual Harassment or Dating Violence* Among Malden High School Students by Gender, 2018



**Among students who reported dating*

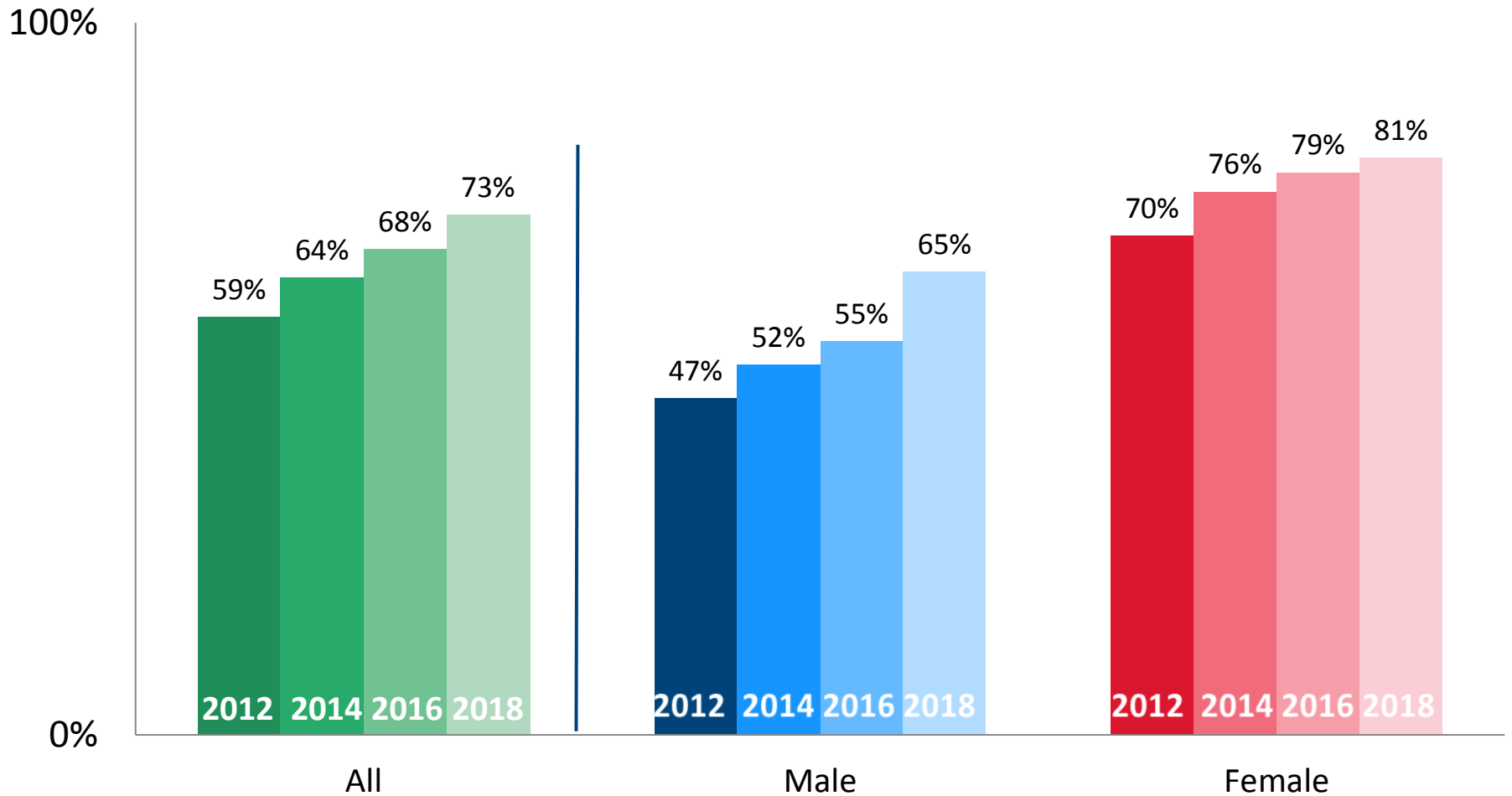
Mental Health

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



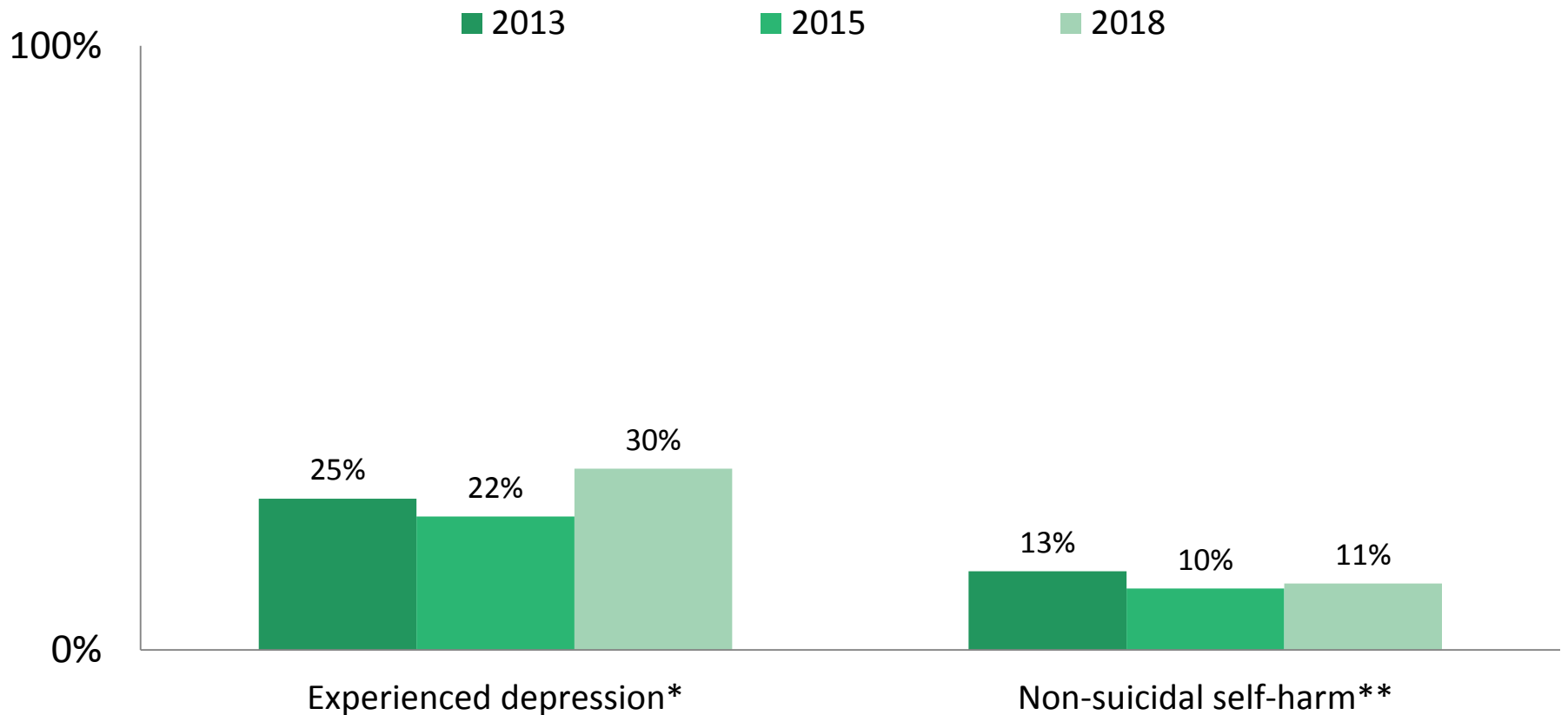
- The percentage of students who feel that life is somewhat or very stressful is trending upward, for both males and females

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



- **Nearly 75% of the student population feels life is somewhat or very stressful, increasing from previous years**

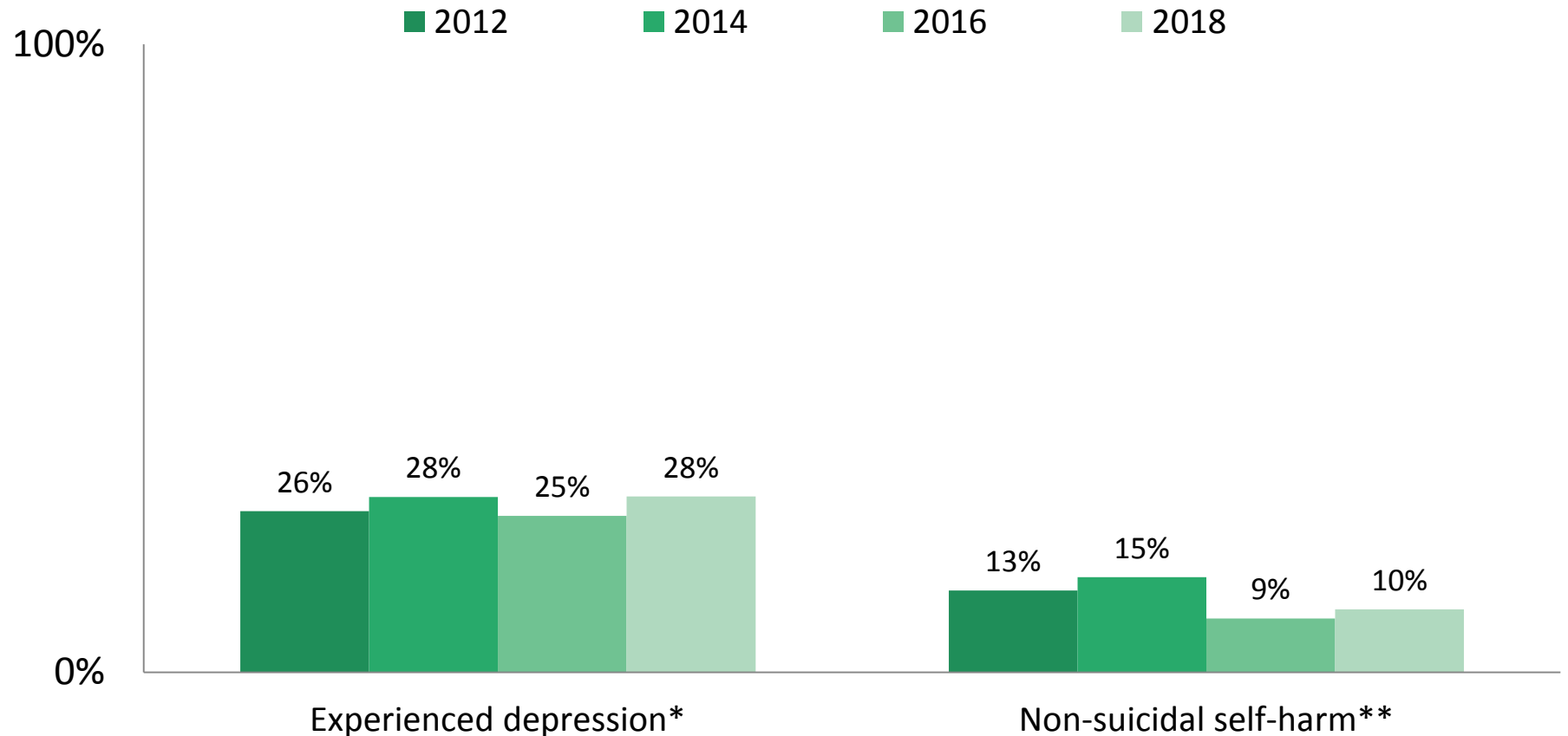
Percent of Malden Middle School Students Who Experienced Depression or Non-Suicidal Self-harm in the Past 12 Months, Trend



**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"*

***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"*

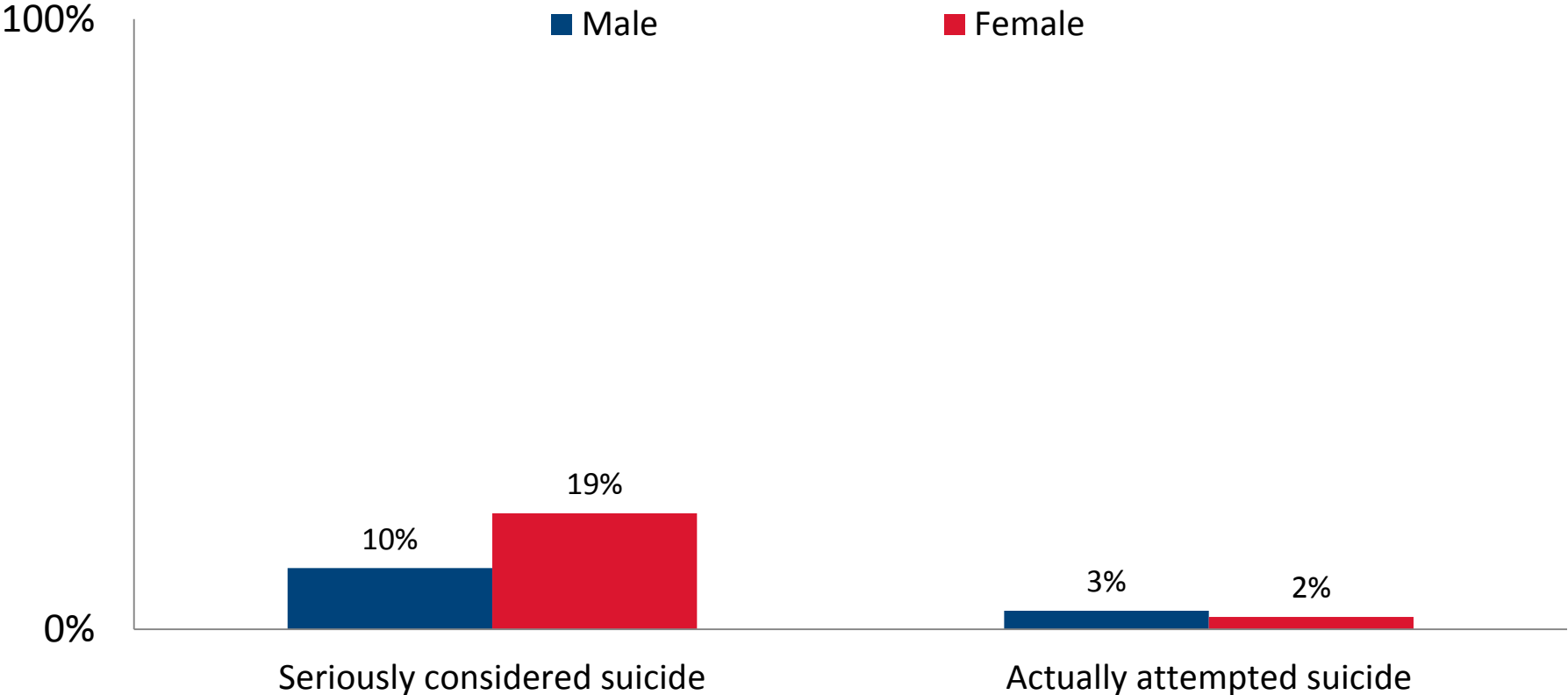
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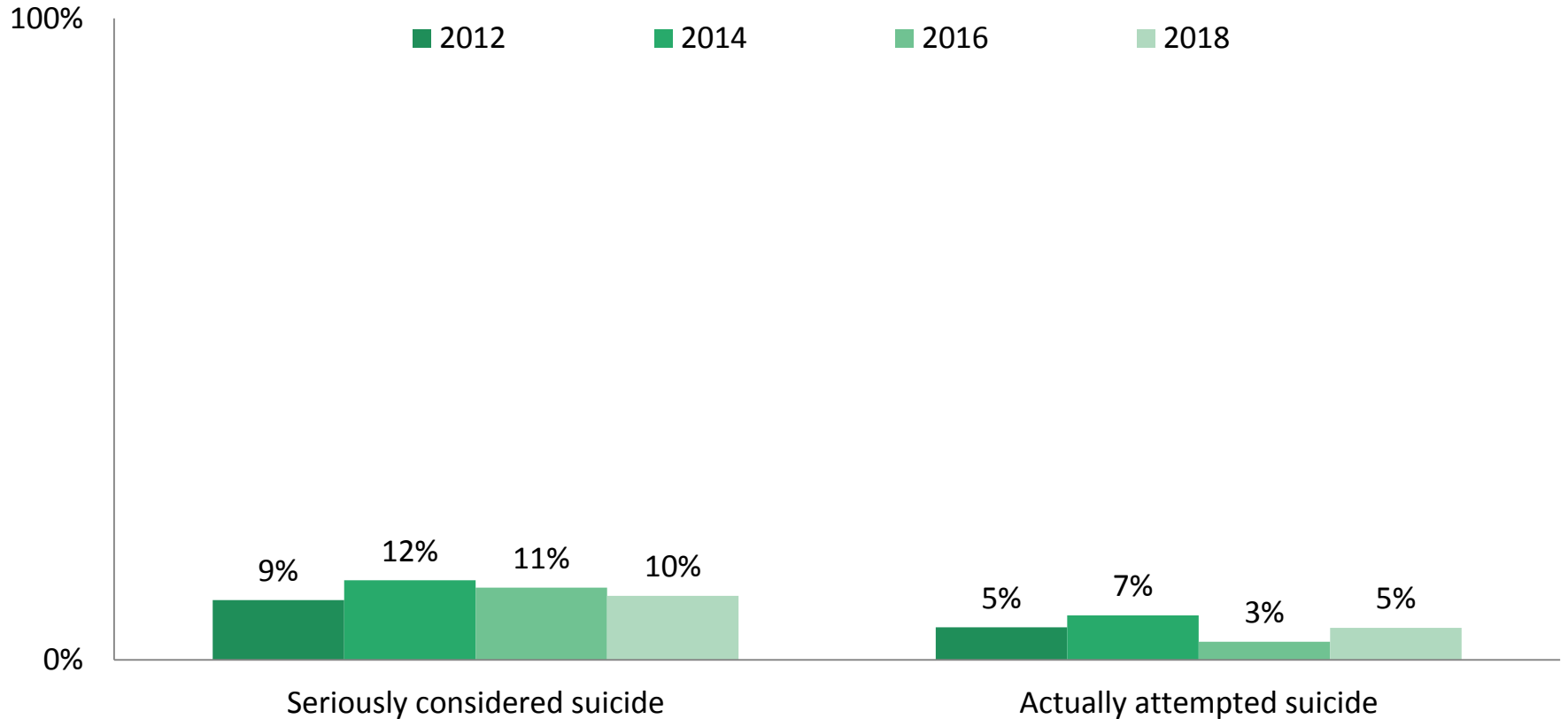
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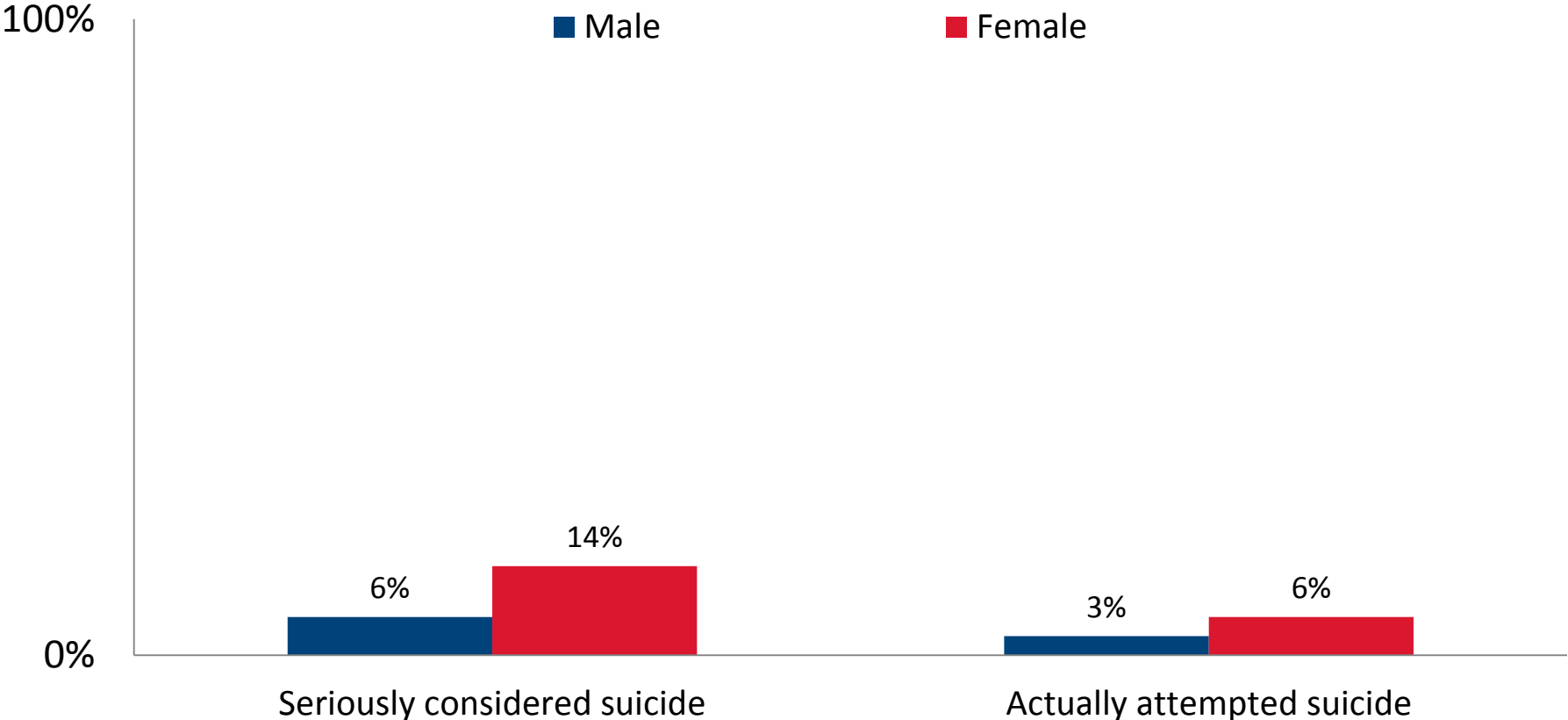
Percent of Malden Middle School Students Who Experienced Suicidality in the Past 12 Months, by Gender (2018)



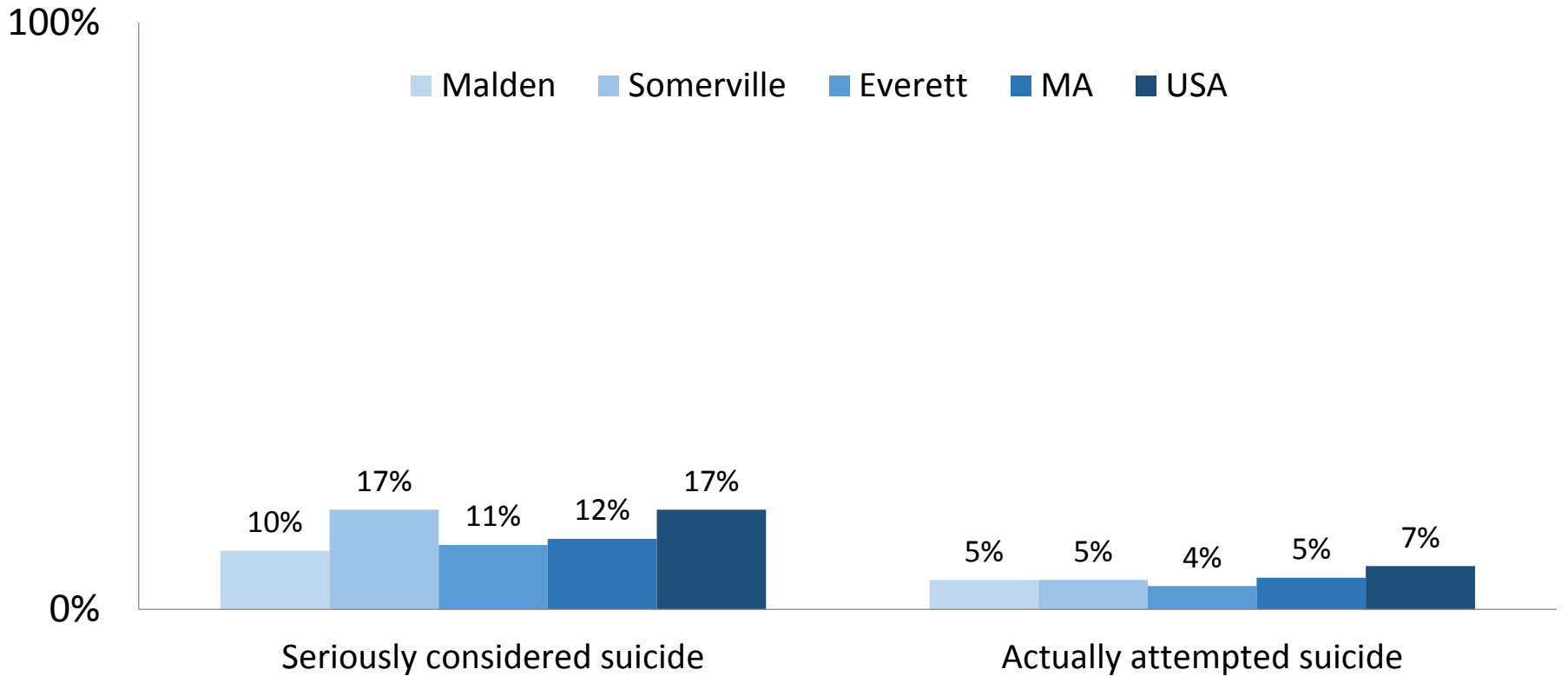
Percent of Malden High School Students Who Experienced Suicidality in the Past 12 Months, Trend



Percent of Malden High School Students Who Experienced Suicidality in the Past 12 Months, by Gender (2018)

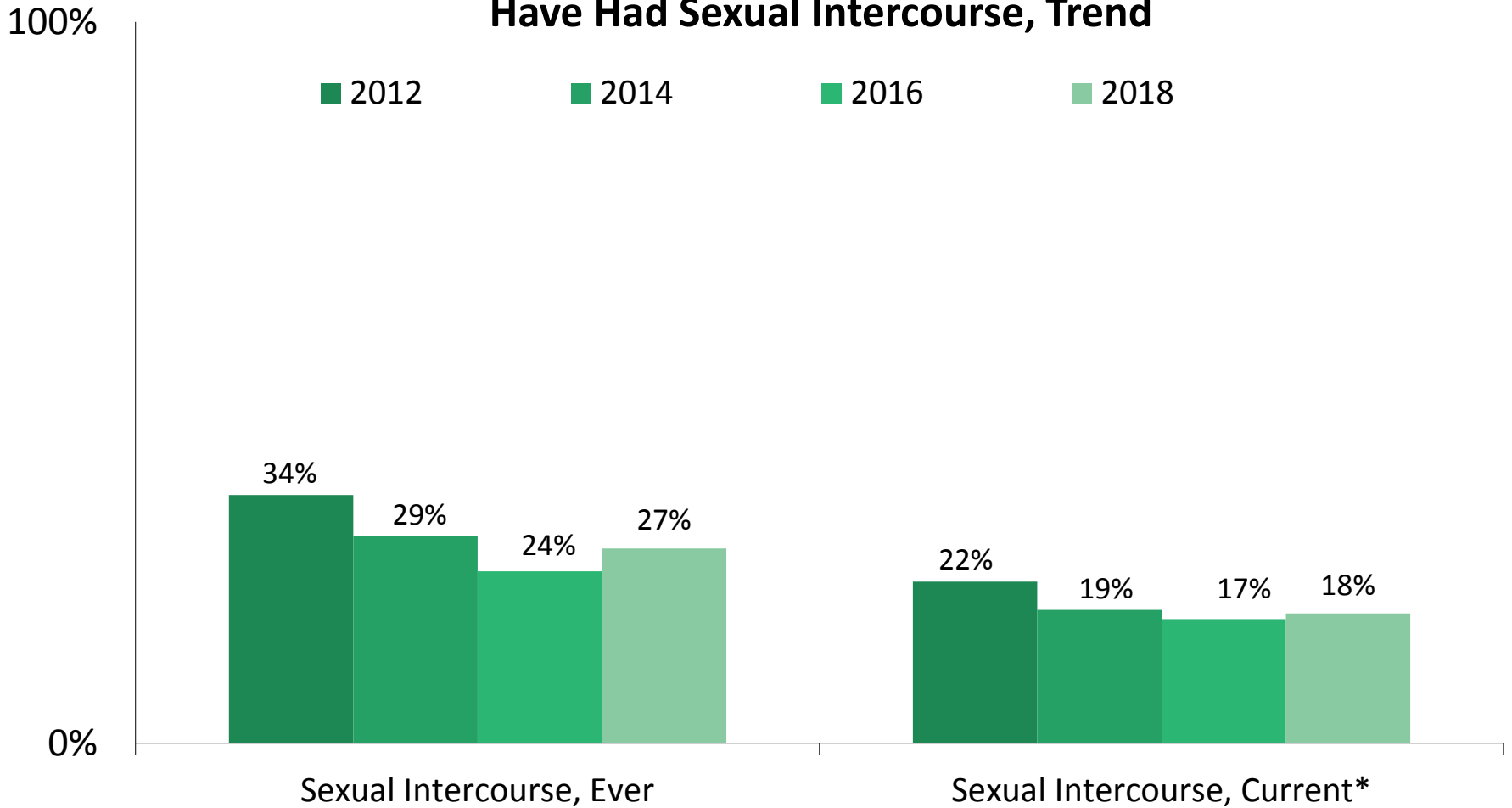


Percent of High School Students Who Experienced Suicidality in the Past 12 Months, Comparisons (2017)



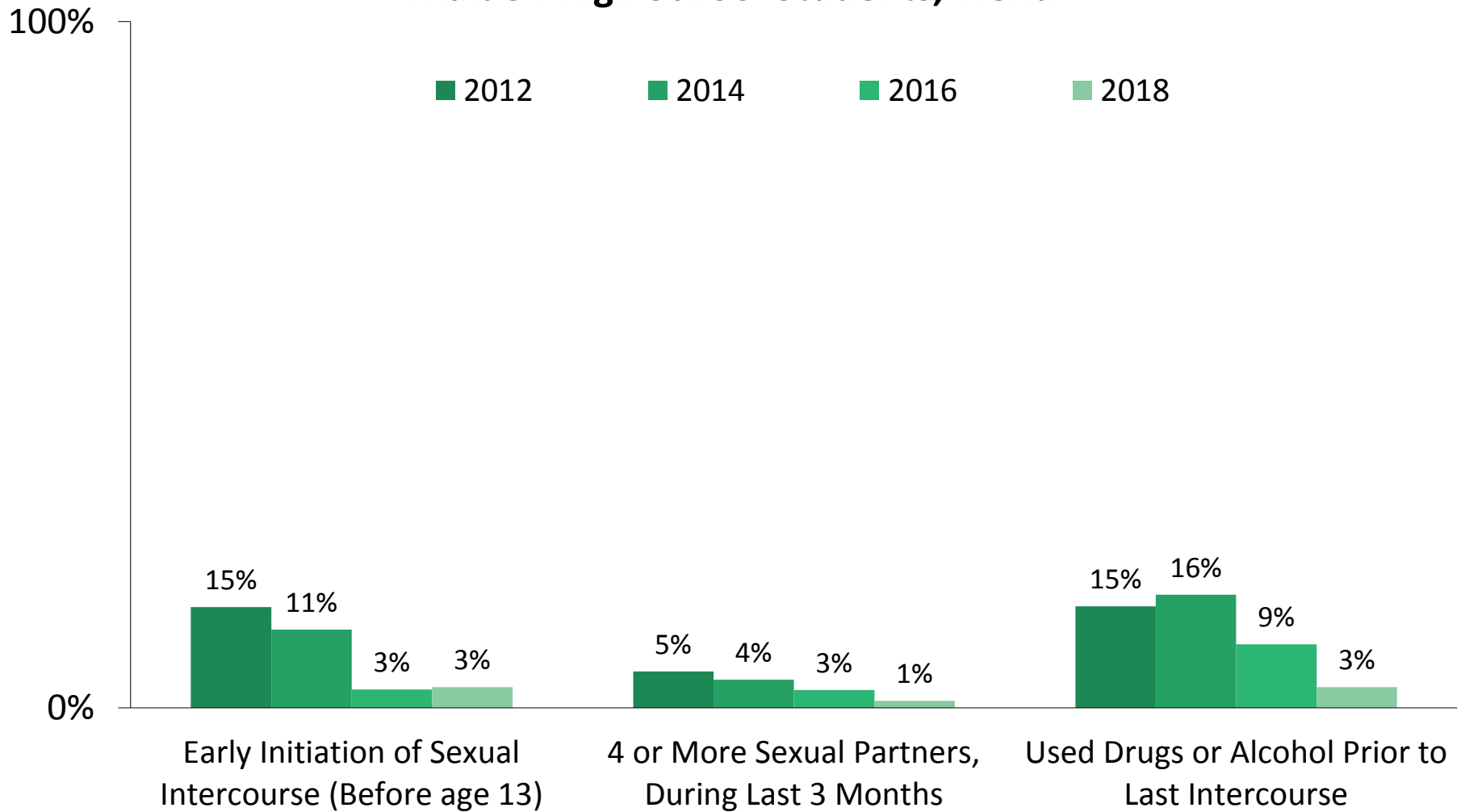
Sexual Health

Percent of Malden High School Students Who Have Had Sexual Intercourse, Trend



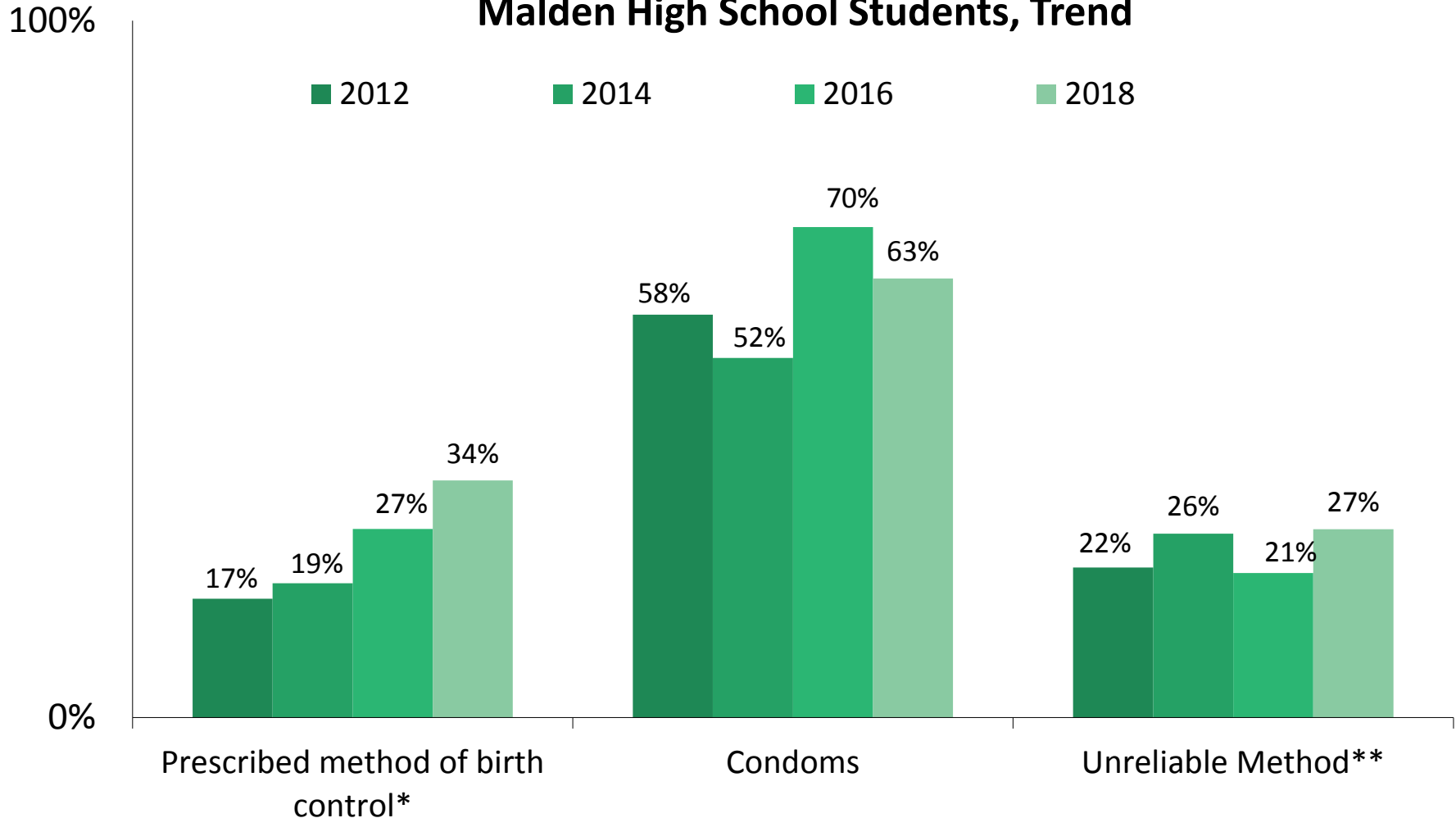
**Current defined as having had sexual intercourse in the prior 3 months*

Indicators of Sexual Risk Among Sexually Active Malden High School Students, Trend



- All types of risky sexual behavior have declined since 2012

Type of Birth Control Method Used* Among Sexually Active Malden High School Students, Trend

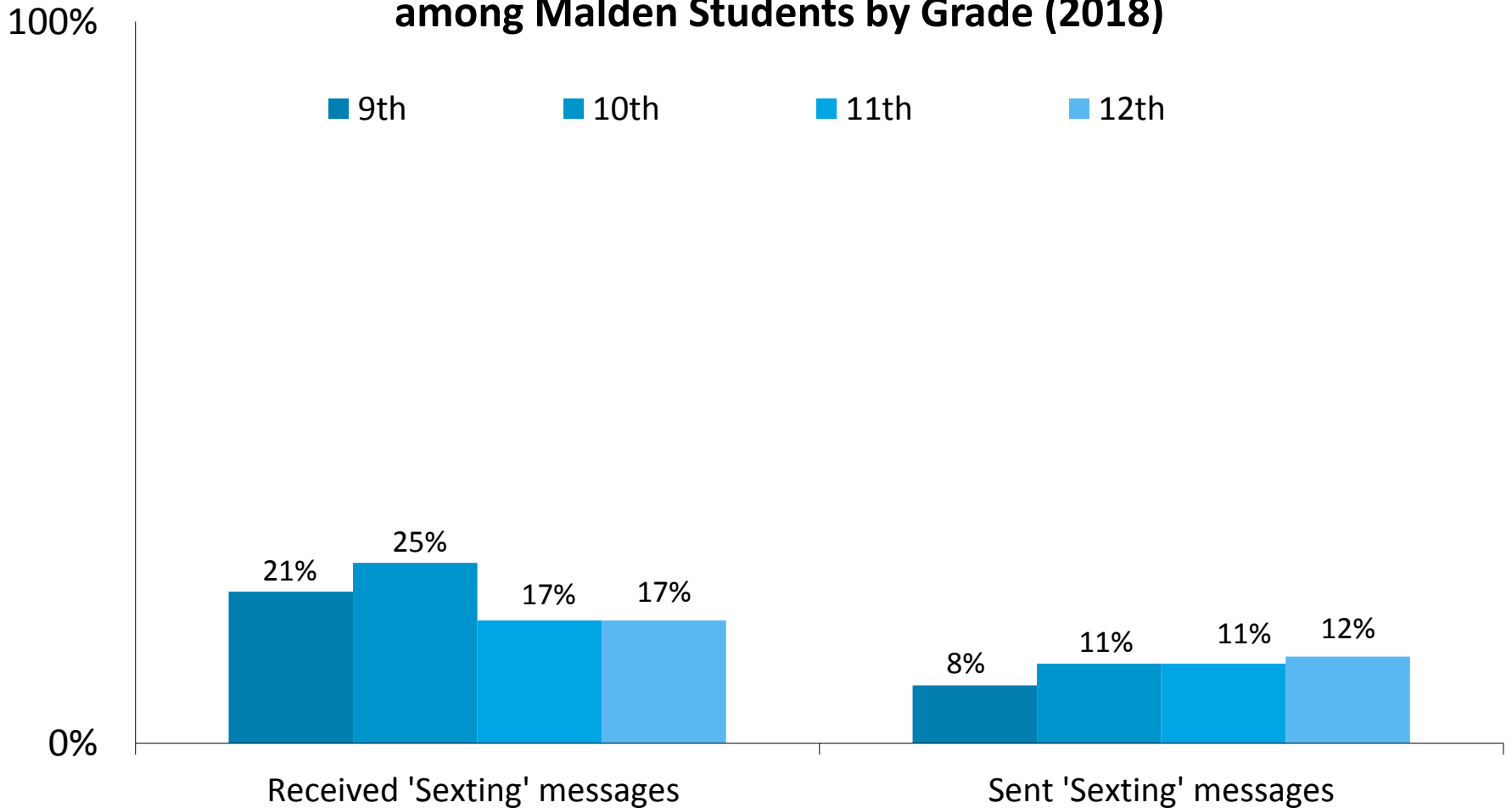


*In 2018, students were asked about using birth control pills, IUD or implant, a shot, patch or birth control ring.

**Unreliable method defined by response of 'Withdrawl', 'No method was used', or 'Not sure'

- **34% of high school students use prescription birth control, a 100% increase since 2012**
- **Use of unreliable methods has remained similar across the years**

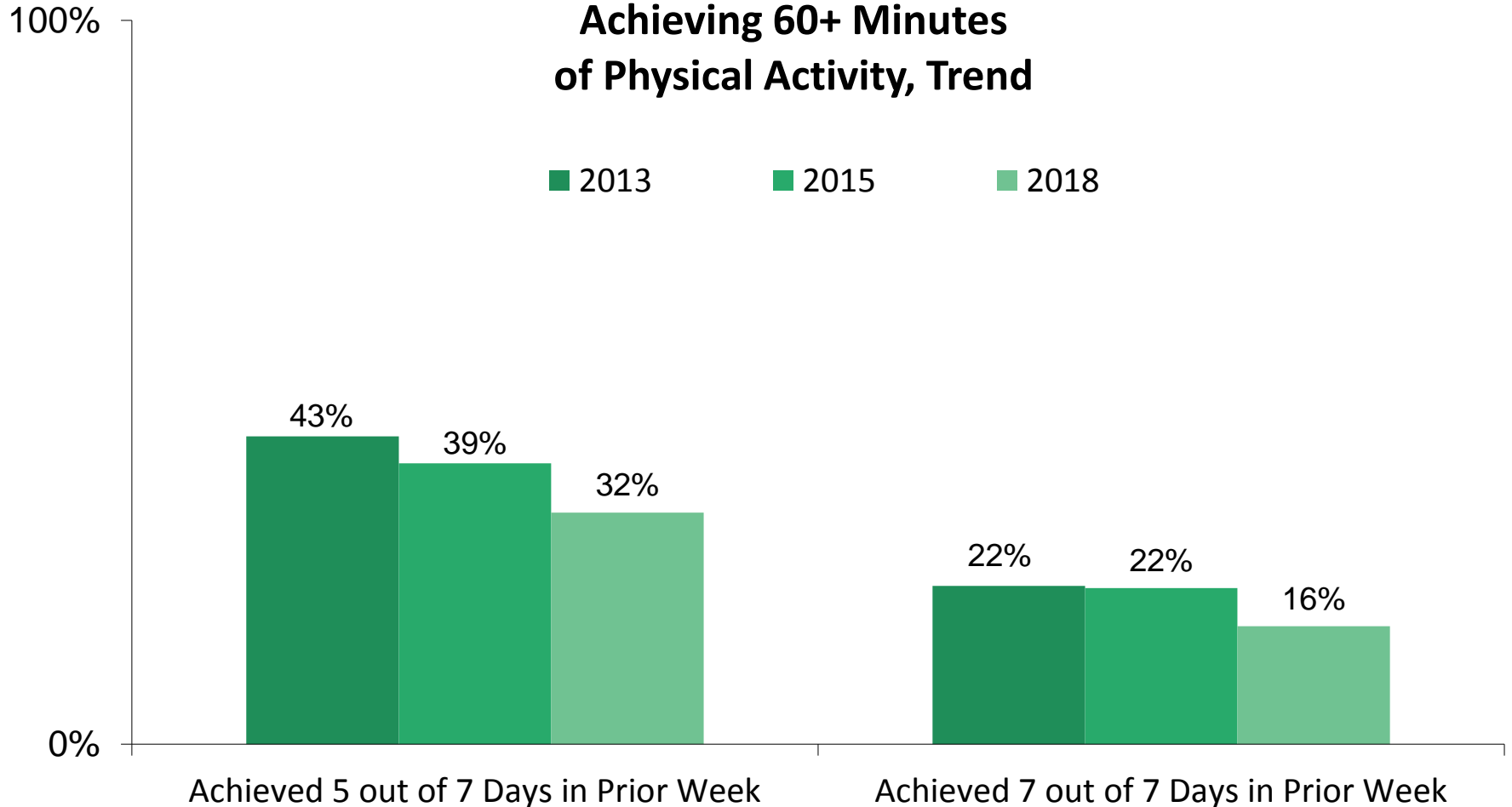
'Sexting'* Activity in the Past 12 Months among Malden Students by Grade (2018)



**Sexting is defined as sending or receiving "nude, sexually suggestive, or explicit photos or videos of yourself or someone you know using the internet, cell phones or other electronic communications"*

Physical Health

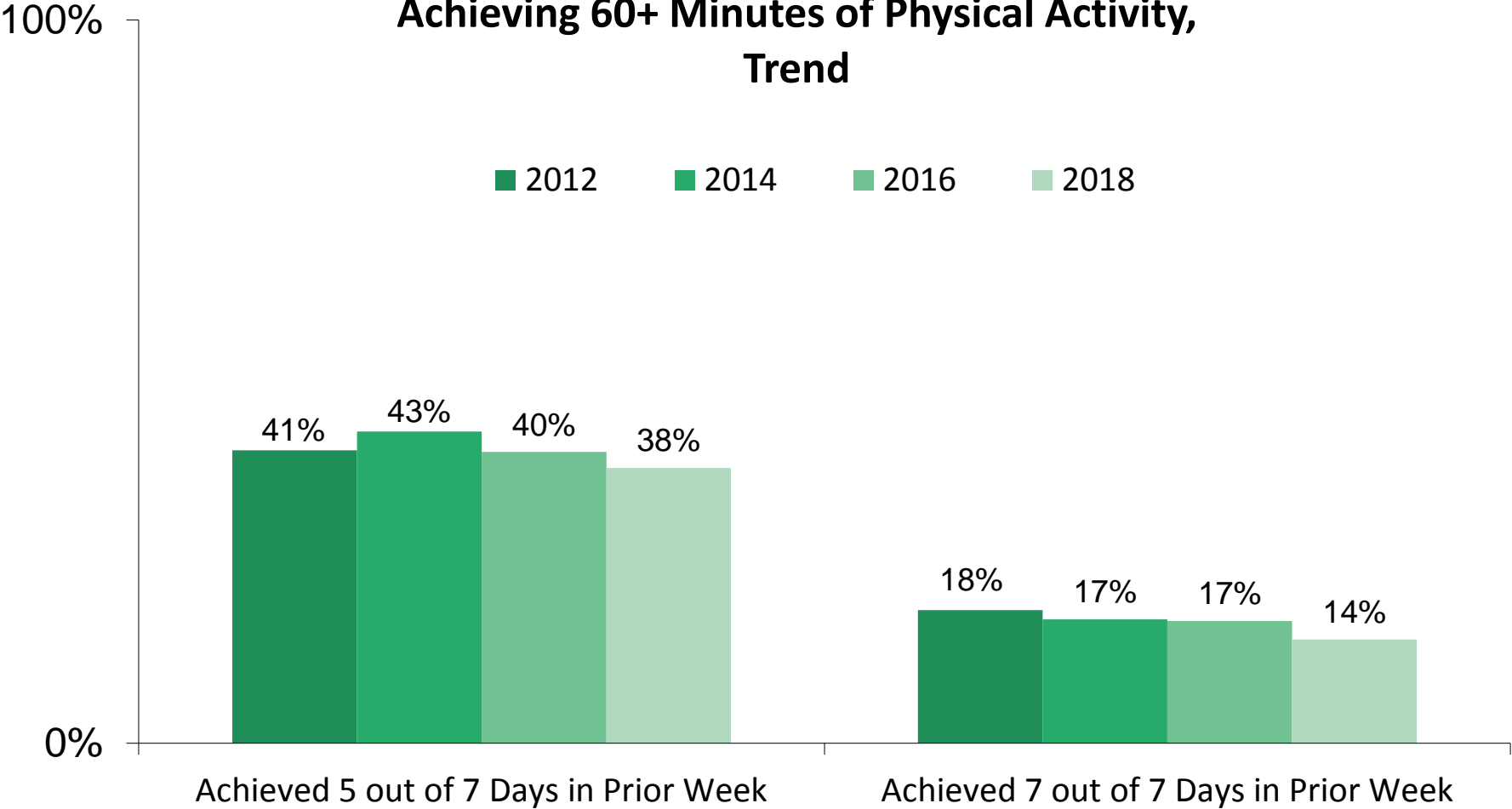
Percent of Malden Middle School Students Achieving 60+ Minutes of Physical Activity, Trend



- **32% of middle school students engaged in 60+ minutes of physical activity in the week prior to the survey, a 25% decrease since 2013**
- **16% of students met the activity goal for 7 days in the week prior to the survey**

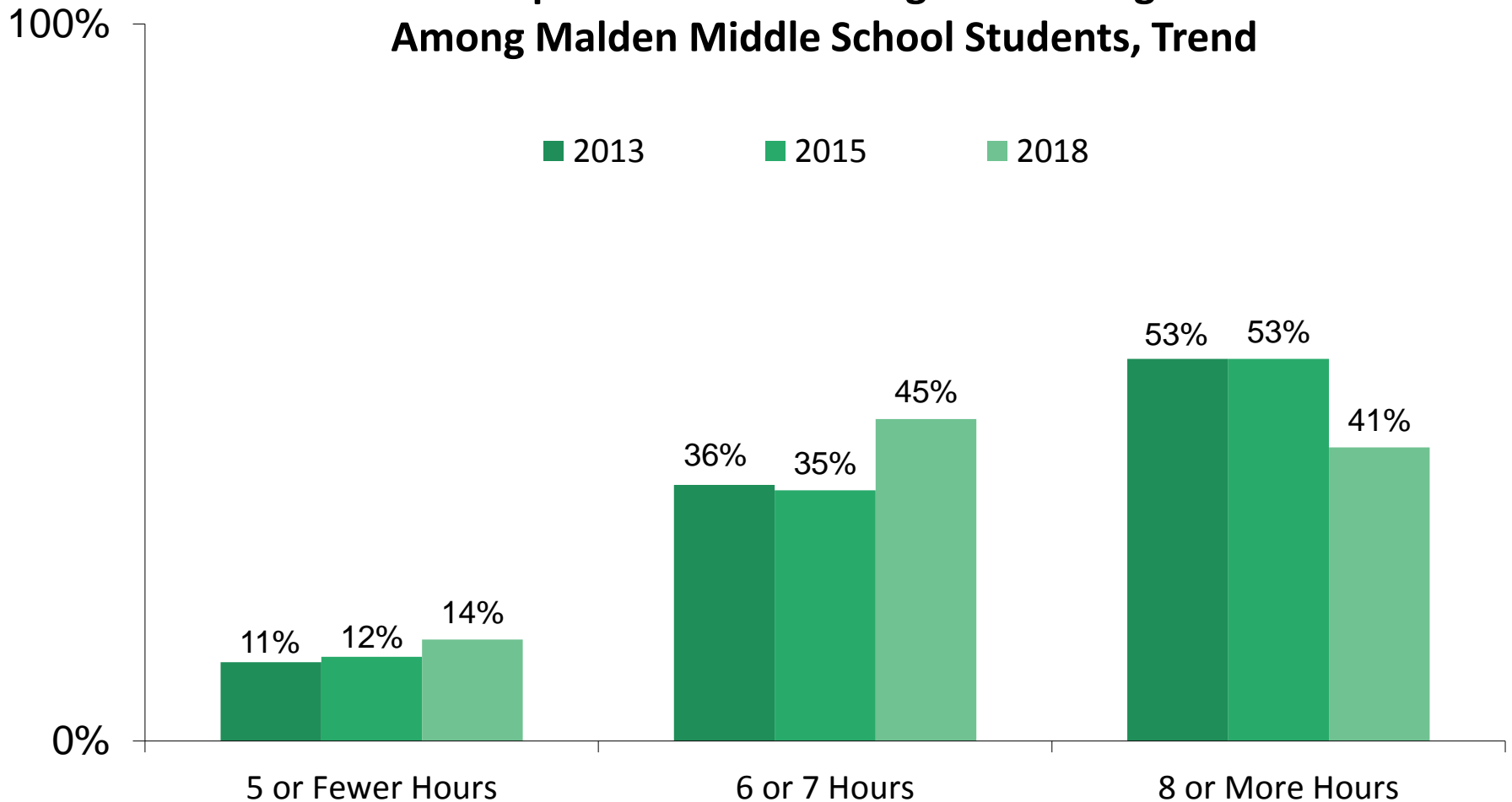
Percent of Malden High School Students Achieving 60+ Minutes of Physical Activity, Trend

■ 2012 ■ 2014 ■ 2016 ■ 2018



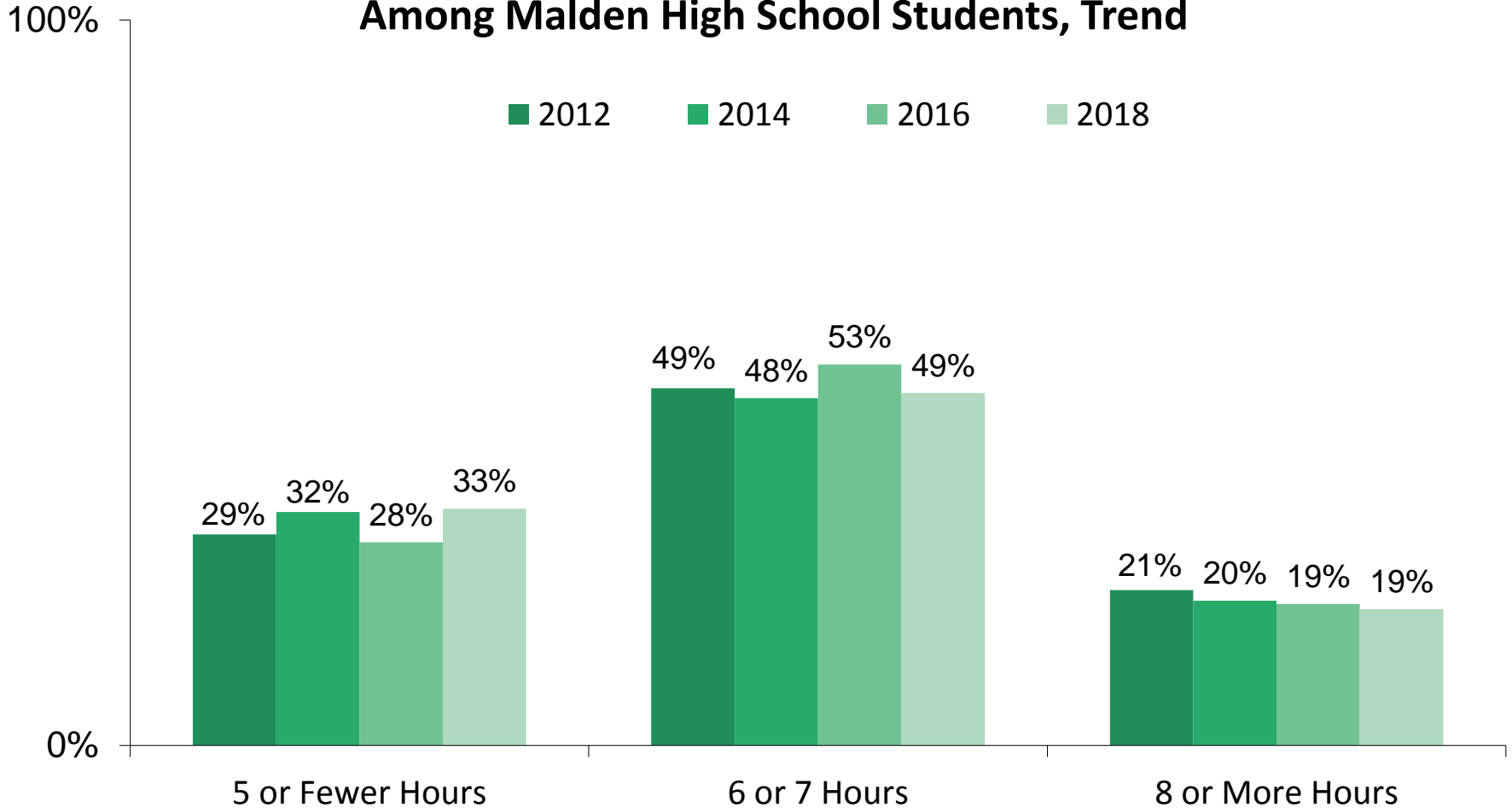
- 38% of high school students engaged in 60+ minutes of physical activity in the week prior to the survey, a slight decline from previous years
- 14% of high school students engaged in 60+ minutes of physical activity in the week prior to the survey

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



- The CDC recommends that youth aged 6 to 12 should get 9 hours of sleep each night
- At least 59% of middle school students did not meet this guideline

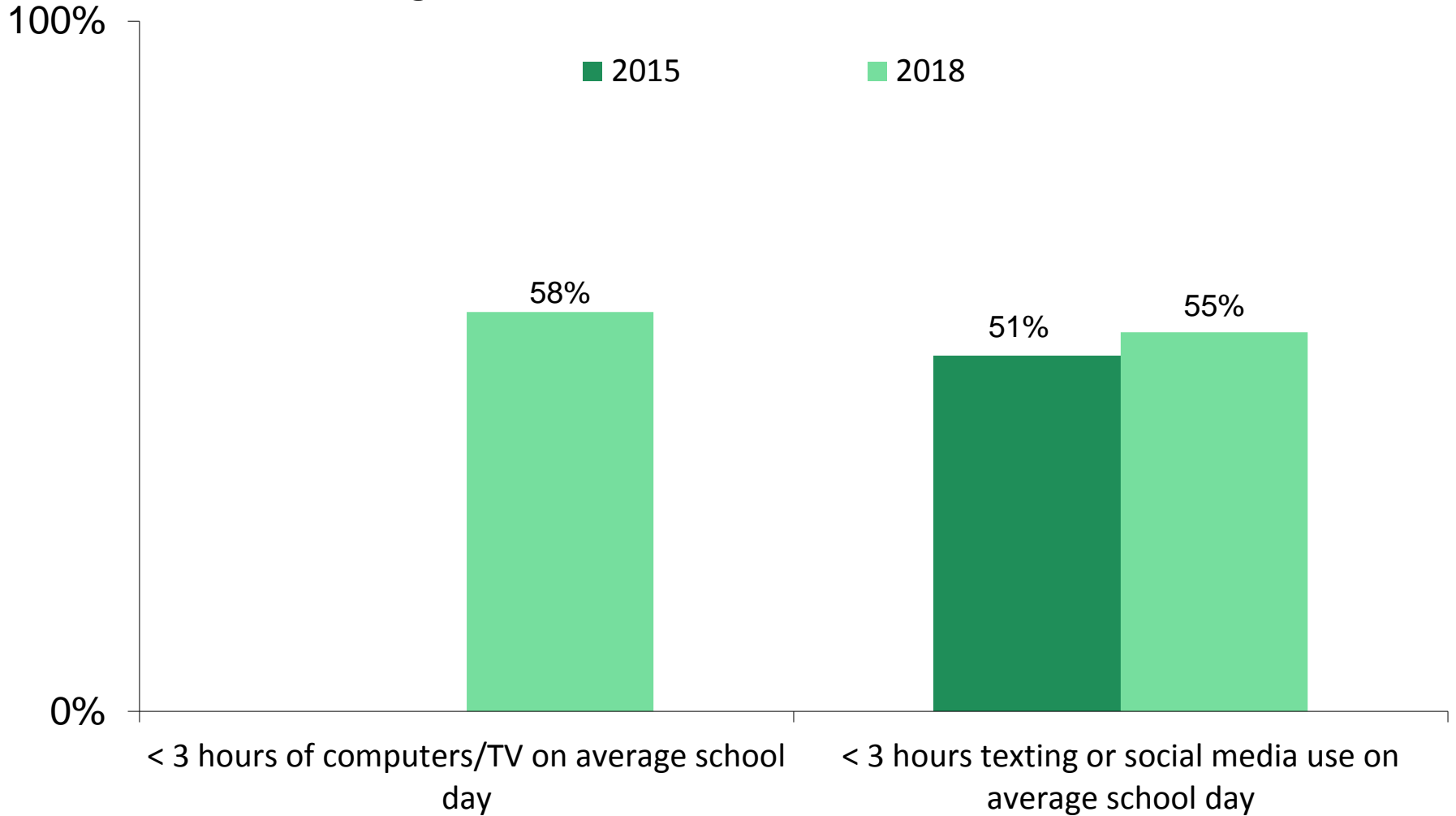
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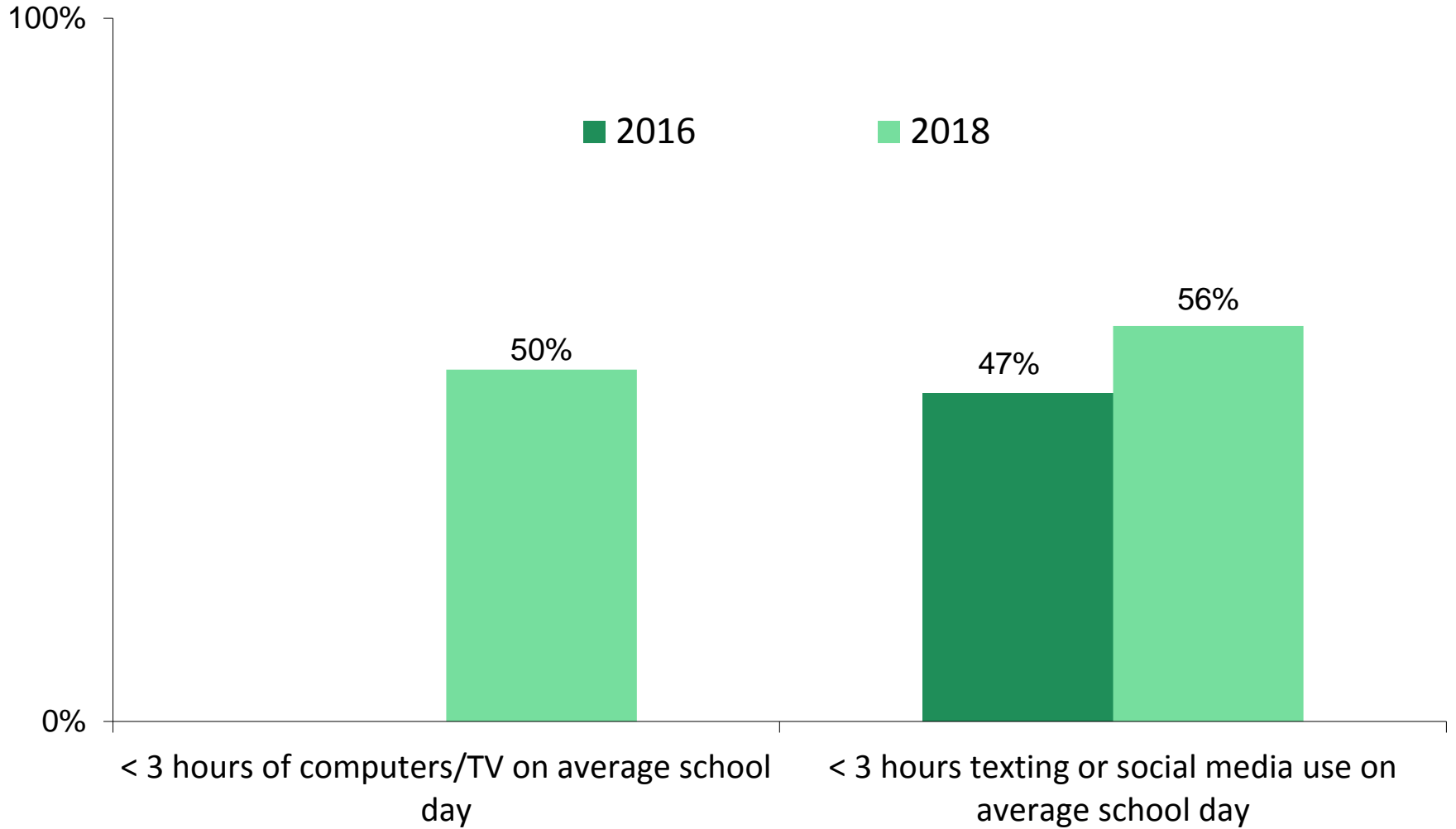
- 19% of high school students met CDC's recommendation of 8 or more hours of sleep each night

Engagement

Achievement of Ideal Screen Time Guidelines Among Malden Middle School Students, Trend



Achievement of Ideal Screen Time Guidelines Among Malden High School Students, Trend



Key Findings

Key Findings I

- Substance use
 - Lifetime use of drugs increases with grade, for all substances
 - Alcohol is most common currently used substance among high school students (13%), while middle school students most often use e-cigarettes (12%)

Key Findings II

- Violence and safety
 - Middle school students were more likely to be in a fight on school property than high school students (11% vs 5%)
 - 12% of high school students experienced bullying (either physical or cyber), compared to 22% of middle school students
 - 8% of HS students did not go to school at least one day in the last 30 due to feeling unsafe, an increase from 2016 (5%)
 - Girls were more likely to have experienced sexual harassment at school than boys in both high school and middle school

Key Findings III

- Mental health
 - Percentage of students feeling stressed has increased over time
 - Girls report higher overall stress than boys in both MS (68% vs 52%) and HS (81% vs 65%)
 - 30% of middle school students experienced depression in the past year, compared to 28% of high school students
 - Girls seriously considered suicide twice as often as boys did, for both middle school (19% vs 10%) and high school (14% vs 6%) students

Key Findings IV

■ Sexual health

- Percentage of Malden high school students who have *ever* had sexual intercourse increased slightly from 2016 (24%) to 2018 (27%)
- Indicators of sexual risk have either decreased or remained low
- Use of prescribed birth control increased
- Use of condoms decreased slightly, and use of unreliable contraception methods increased from 2016 to 2018
- Sending 'sexting' messages is most common in 12th grade, while receiving 'sexting' messages is most common in 10th grade

Key Findings V

■ Physical health

- Proportion of students NOT meeting the physical activity goal of 60+ minutes per day (for 5 days) remains high (only 32% reaching goal for MS, 38% for HS)
- 59% or more of middle school and high school students are not meeting the CDC's guidelines for sleep

■ Engagement

- More than 50% of students meet ideal screen time limits
- 55% of middle school students and 56% of high school students are spending less than 3 hours a day on 'social networking' sites

Questions?