

2022

**Newton Public Schools
Student Health Survey**

Presentation

2023



Background

The Center for Disease Control and Prevention (CDC) Youth Risk Behavior Survey (YRBS) is a national school-based survey that monitors health risk behaviors that contribute to the leading causes of death and disability among youth and young adults. These include:

- Behaviors that contribute to unintentional injuries and violence;
- Sexual behaviors;
- Substance use;
- Unhealthy dietary behaviors; and,
- Inadequate physical activity.

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- Prevalence of obesity;
- Attitudes and perceptions related to substance use;
- Food and housing insecurity;
- Youth assets;
- Academic achievement; and,
- Sexual identity and sex of sexual contacts.

Newton Public Schools engaged with John Snow, Inc. (JSI), a public health consulting firm, to support this initiative. Newton Public Schools and JSI worked to develop, administer, and analyze the middle and high school surveys.

Sample

In February 2023, the Student Health Survey was administered to all high school and middle school students. The data were cleaned and surveys not included in the final analysis when a student started but did not complete any of the questions, completed less than 50% of the questions, or took less than 50% of the average time to complete the survey.

Overall, 71% of high school students (N=2790) and 89% of middle school students (N=2486) were included in the analyses.

KEY TERMS AND ACRONYMS

- **MA '21** – 2021 Massachusetts Youth Health Survey data
- **6** – 6th grade
- **7** – 7th grade
- **8** – 8th grade
- **9** – 9th grade
- **10** – 10th grade
- **11** – 11th grade
- **12** – 12th grade
- **M** – Male
- **F** – Female
- **TGD** – Transgender and Gender Diverse (transgender, non-binary, genderfluid, genderqueer, another gender, questioning)
- **LGBQ+** – Lesbian, gay, bisexual, another sexual orientation, questioning
- **H/L** – Hispanic/Latino
- **SpEd** – Receives special education services

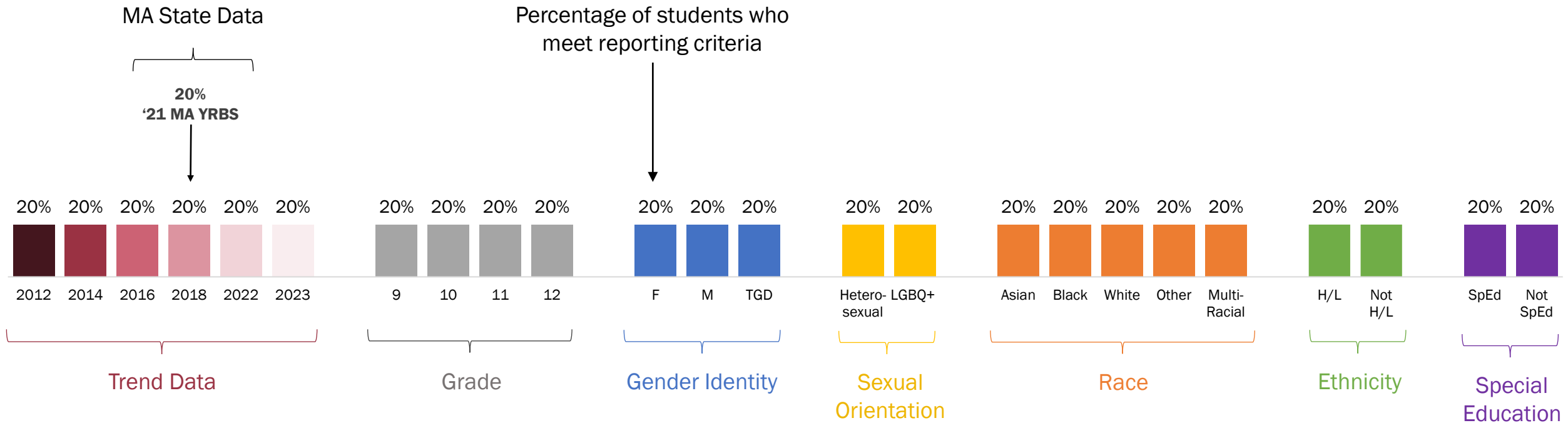
Sample

High School Student Characteristics		
Grade		
	9 th	783
	10 th	717
	11 th	691
	12 th	568
Gender Identity		
	Woman/Girl	1308
	Man/Boy	1261
	TGD	172
	Chose not to respond	25
Sexual Orientation		
	Heterosexual	1933
	LGBQ+	720
	Not sure/Chose not to respond	91
Race		
	Asian	560
	Black	118
	White	1564
	Another Race	335
	Multi-Racial	171
Ethnicity		
	Hispanic/Latino	288
	Not Hispanic/Latino	2470
Special Education		
	Yes	364
	No	2213

Middle School Student Characteristics		
Grade		
	6 th	817
	7 th	776
	8 th	873
Gender Identity		
	Woman/Girl	1156
	Man/Boy	1161
	TGD	139
	Chose not to respond	23
Sexual Orientation		
	Heterosexual	1766
	LGBQ+	473
	Not sure/Chose not to respond	142
Race		
	Asian	474
	Black	150
	White	1203
	Another Race	303
	Multi-Racial	297
Ethnicity		
	Hispanic/Latino	271
	Not Hispanic/Latino	2168
Special Education		
	Yes	296
	No	1860

Reporting on the YRBS

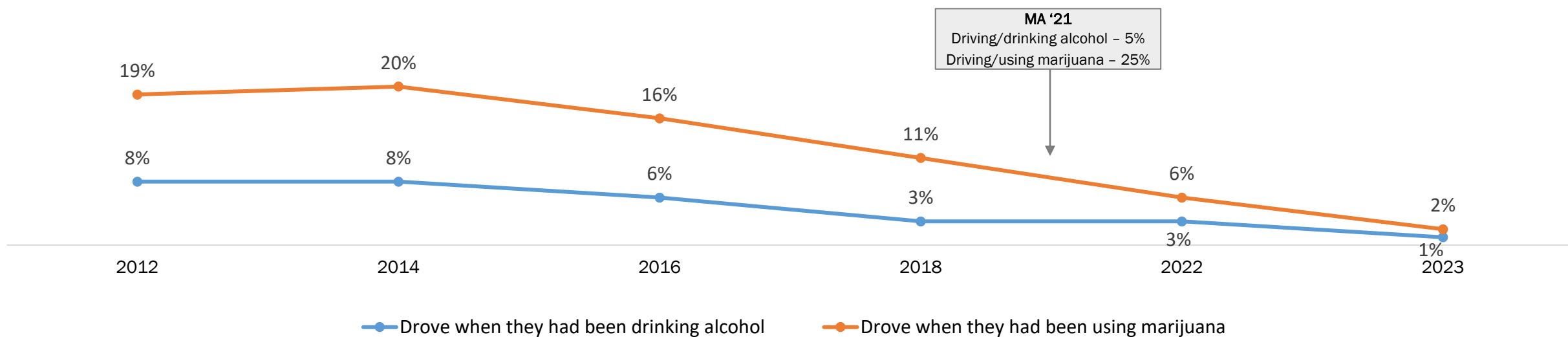
Throughout this report, we show differences by grade, gender identity, race, ethnicity, sexual orientation, and special education. Some students have a higher prevalence of many health-risk behaviors. These are noted throughout the report as being more or less likely to report the behavior than another group. In addition, changes over time and comparisons to 2021 Massachusetts data are noted.



Results

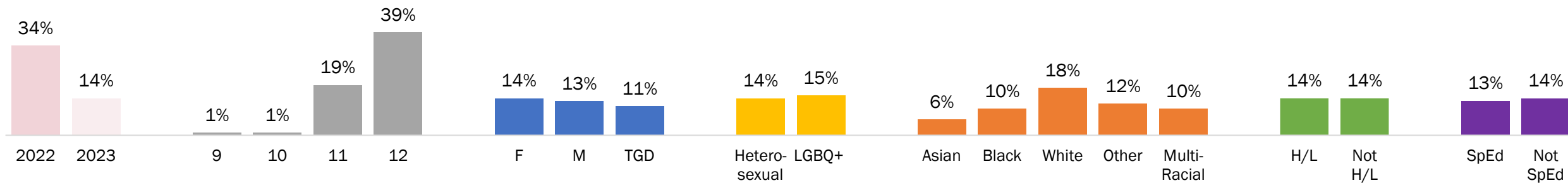
During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?
(1 or more times)

High School



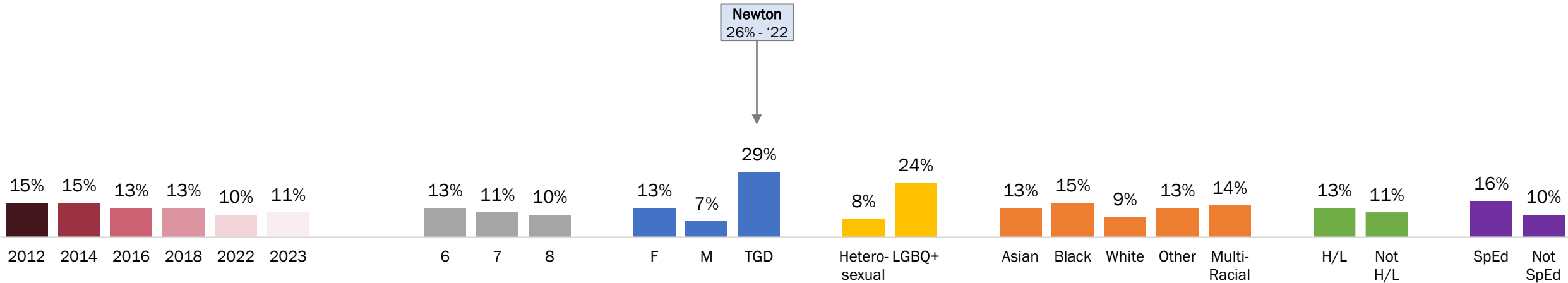
During the past 30 days, how many days did you check your cell phone, talk, text, or e-mail while driving a car or other vehicle?
(1 or more days)

High School

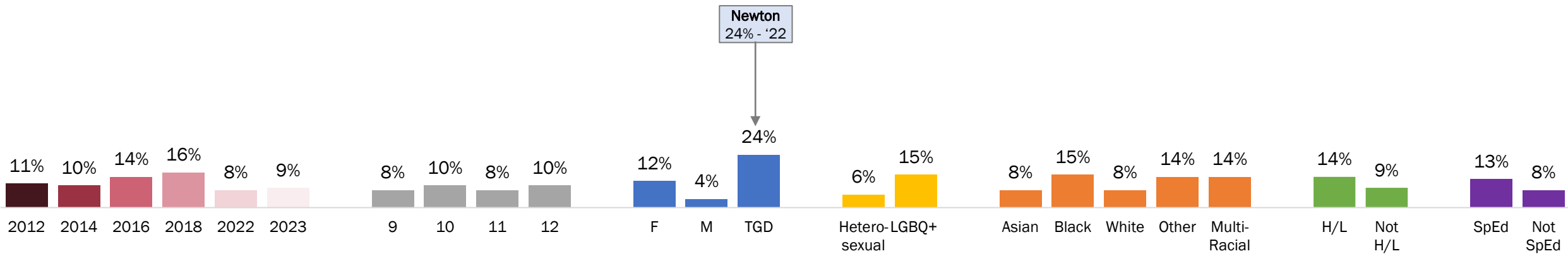


To what extent do you worry about your safety when you are not in school? (somewhat worried, very worried)

Middle School

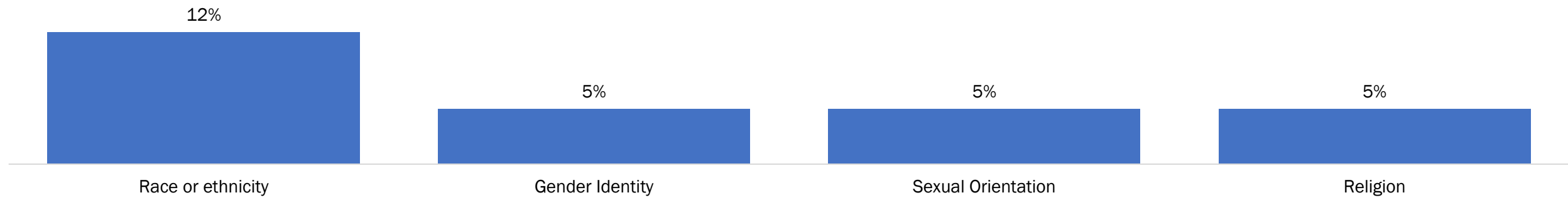


High School

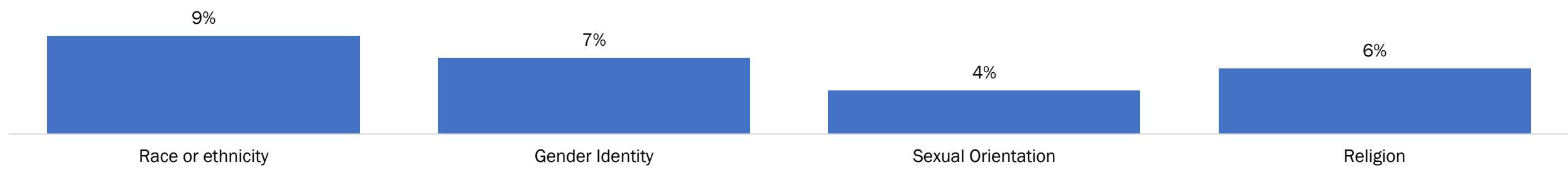


During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?
During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?
During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?
(sometimes, most of the time, always)

Middle School



High School



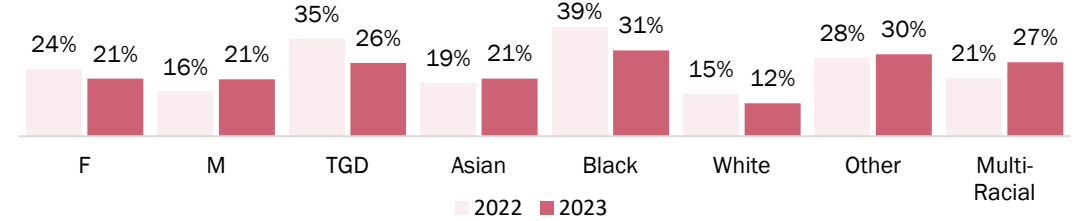
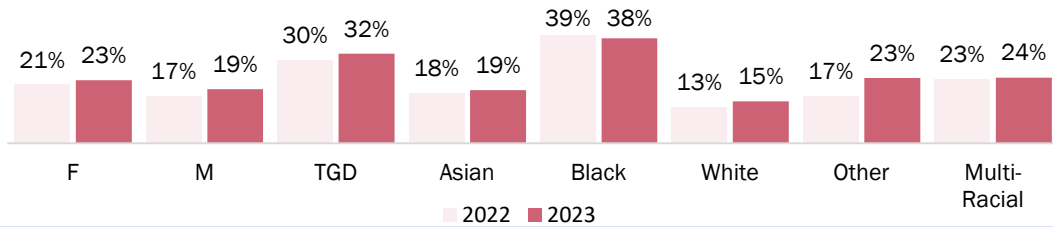
Experienced discrimination by gender identity and race

(sometimes, most of the time, always)

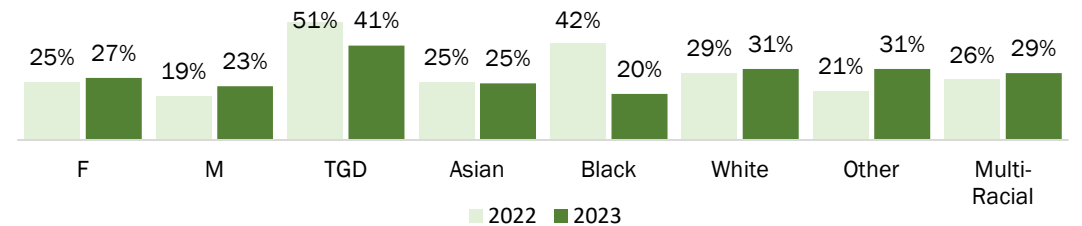
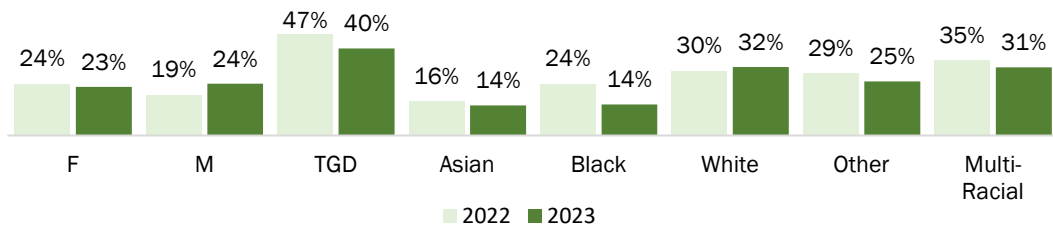
Middle School

High School

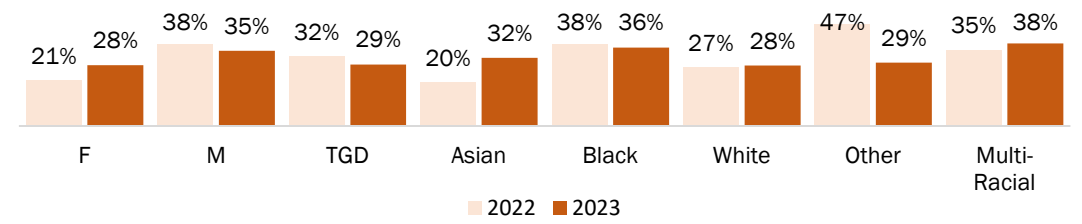
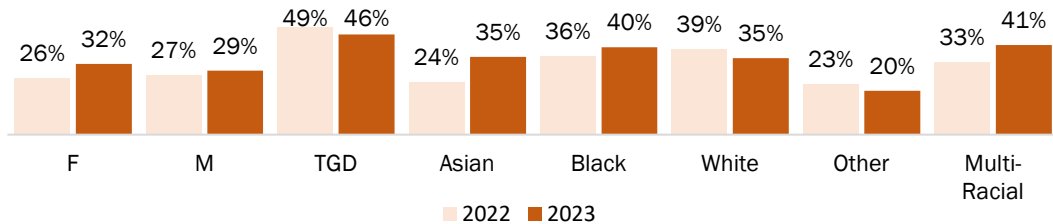
During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?



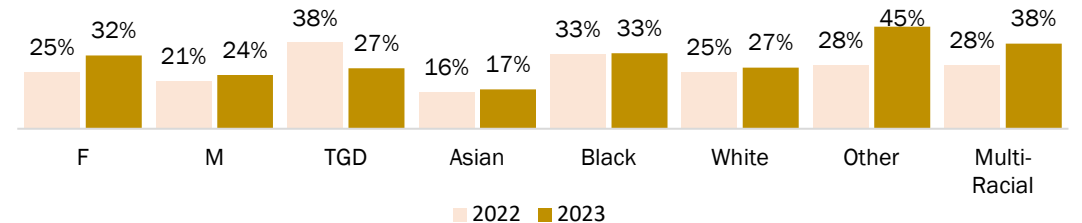
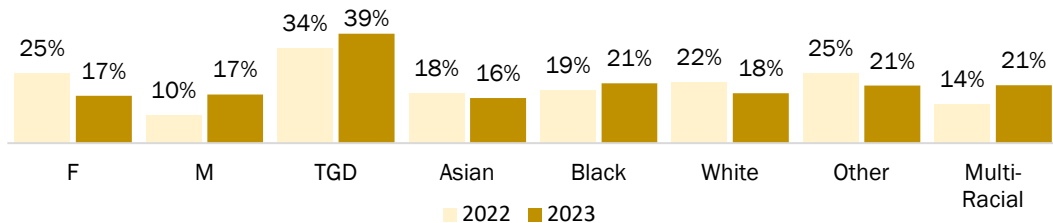
During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?



During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?

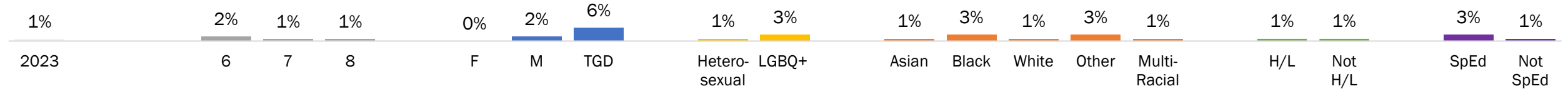


During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?

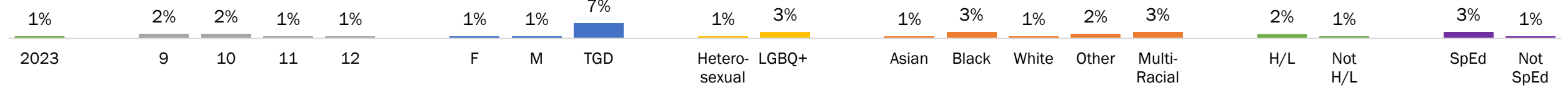


During this school year (since September), on how many days did you carry a weapon such as a gun or knife on school property?
(1 or more days)

Middle School

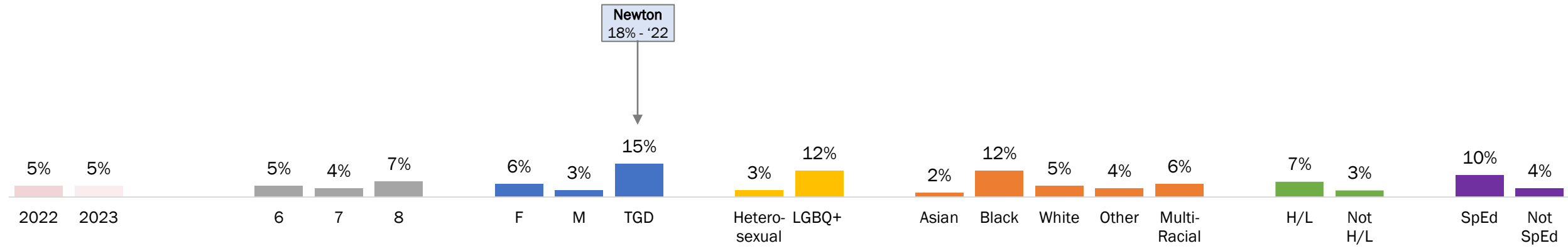


High School

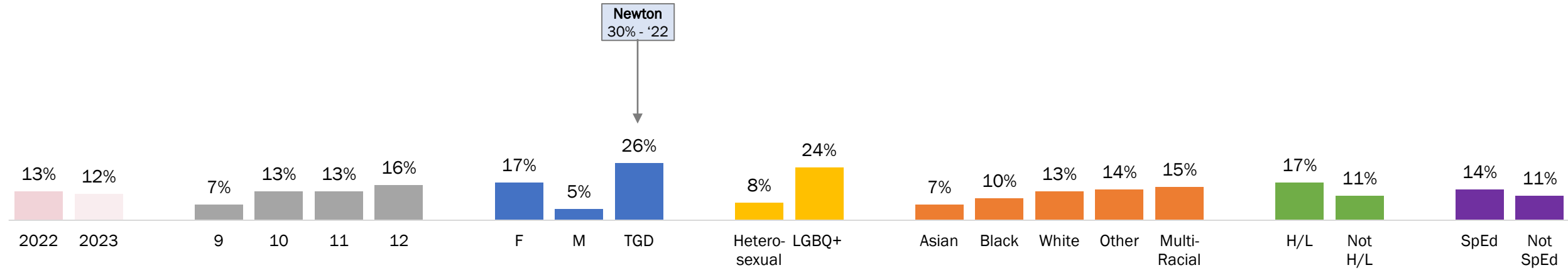


Has anyone ever done sexual things to you or forced you to do sexual things that you did not want? (yes)

Middle School

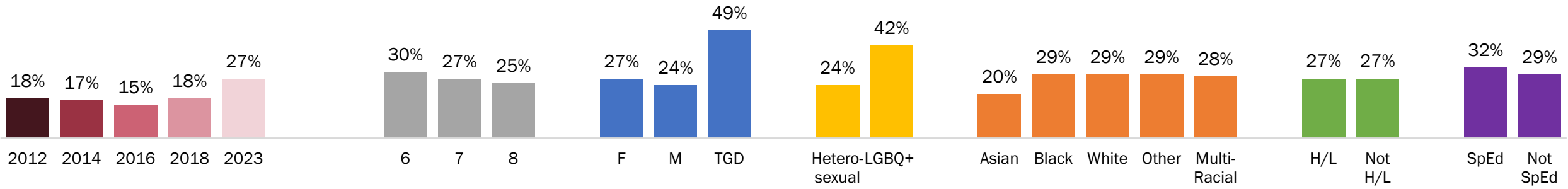


High School

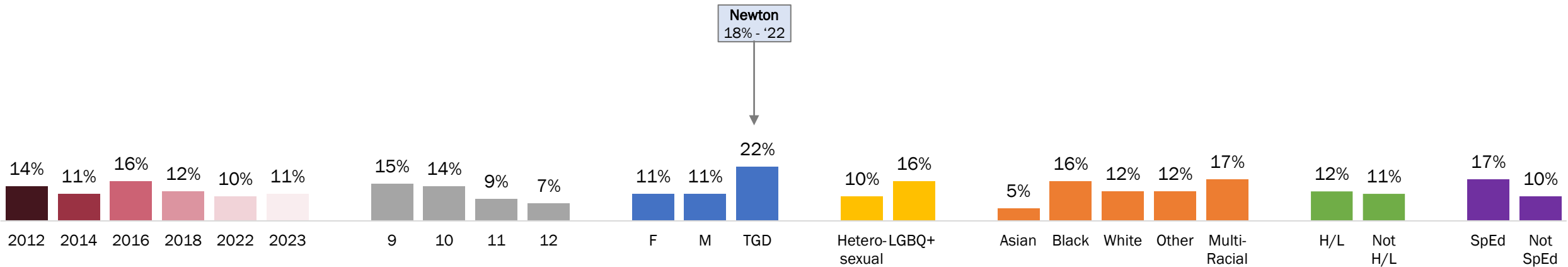


During the past 30 days, on how many times were you bullied in school? (1 or more times)

Middle School*



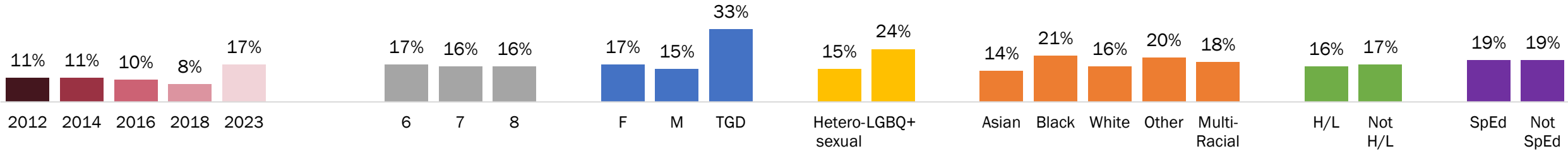
High School



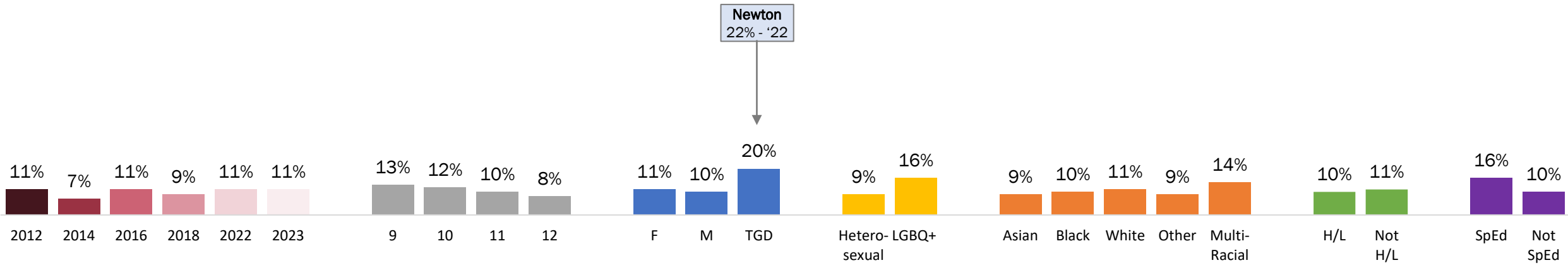
*This question was not asked on the 2022 Middle School survey.

During the past 30 days, on how many times were you bullied electronically? (1 or more times)

Middle School*



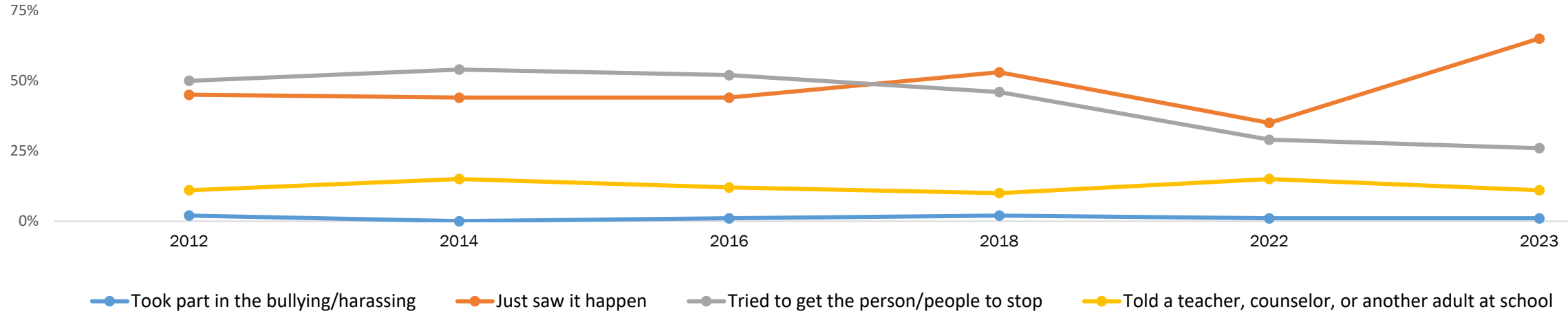
High School



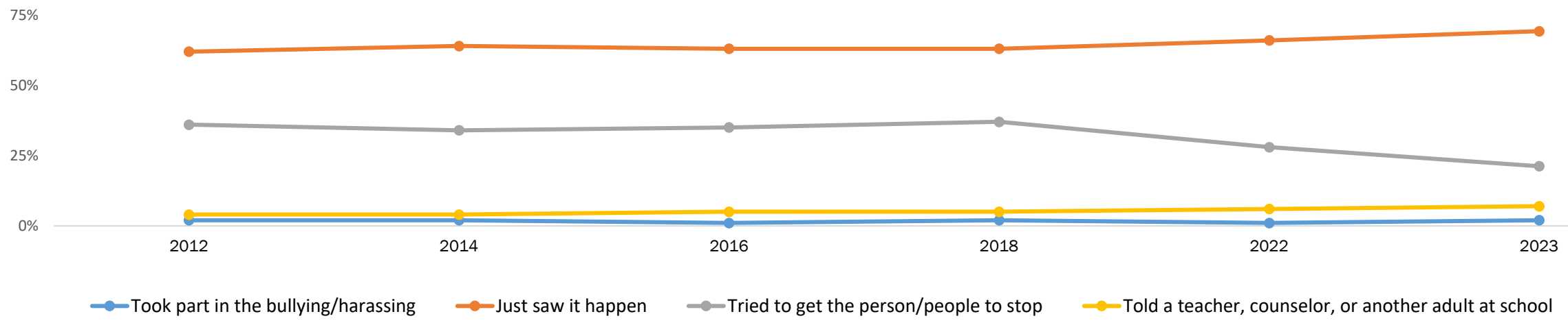
*This question was not asked on the 2022 Middle School survey.

What did you do the last time you saw someone else bullied in school?

Middle School

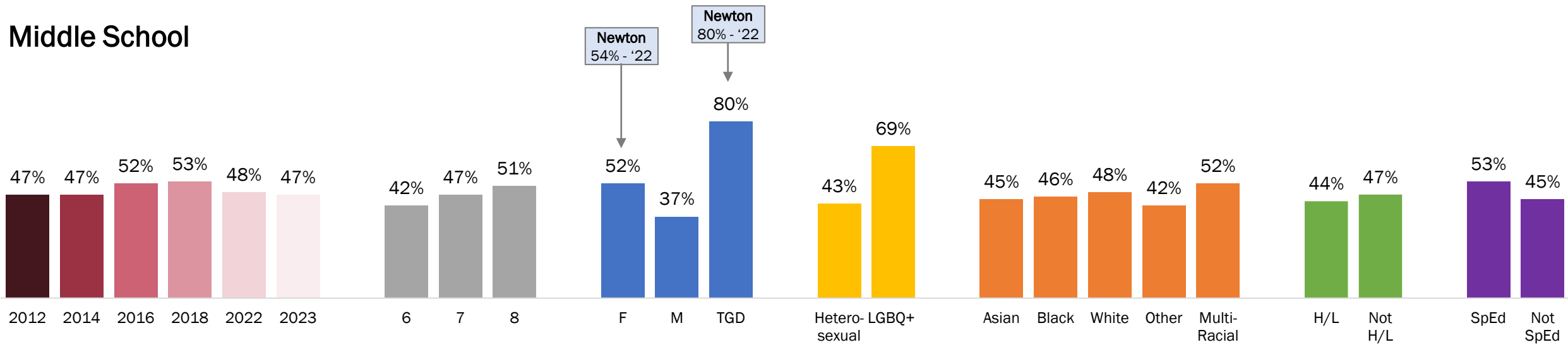


High School

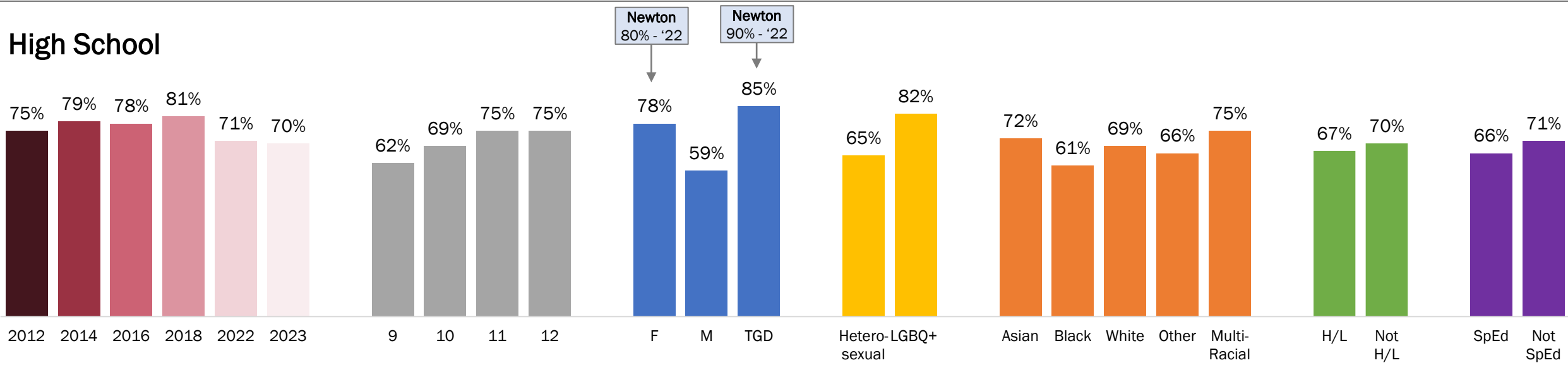


Overall, how stressful is your life? (somewhat stressful, very stressful)

Middle School



High School



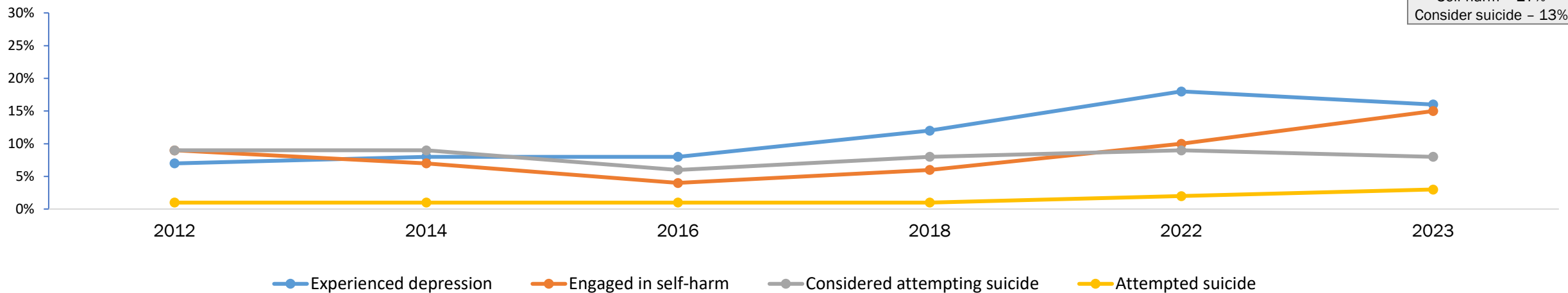
During the past 12 months, did you ever feel so sad or hopeless almost every day for two or more weeks in a row that you stopped doing some usual activities? (yes)

During the past 12 months, how many times did you hurt or injure yourself on purpose? (1 or more times)

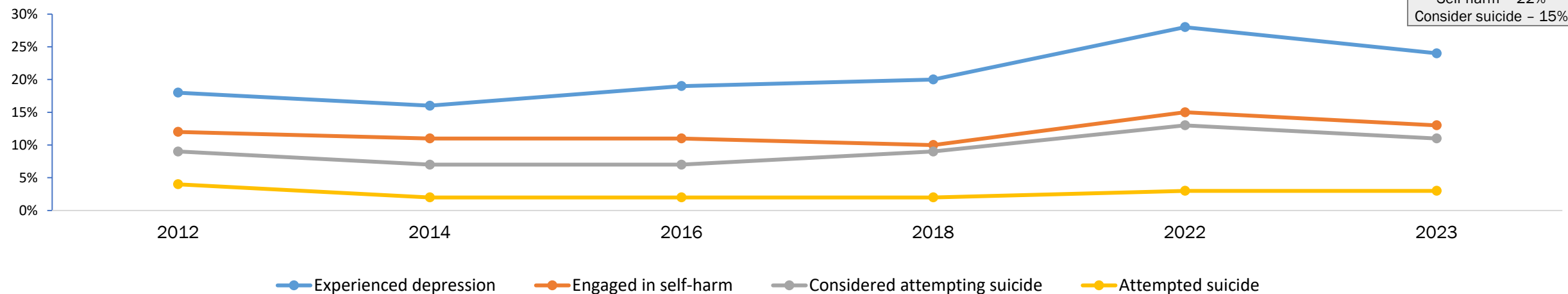
During the past 12 months, did you ever seriously consider attempting suicide? (yes)

During the past 12 months, how many times did you attempt suicide? (1 or more times)

Middle School

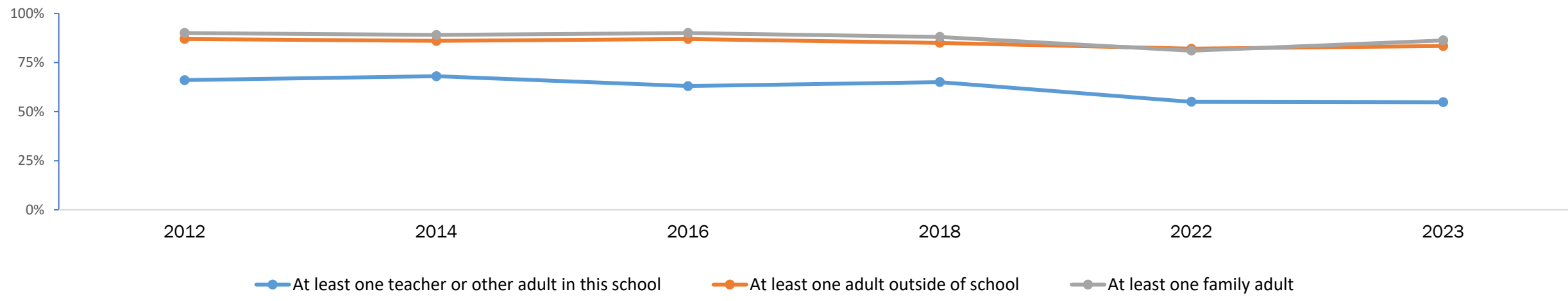


High School

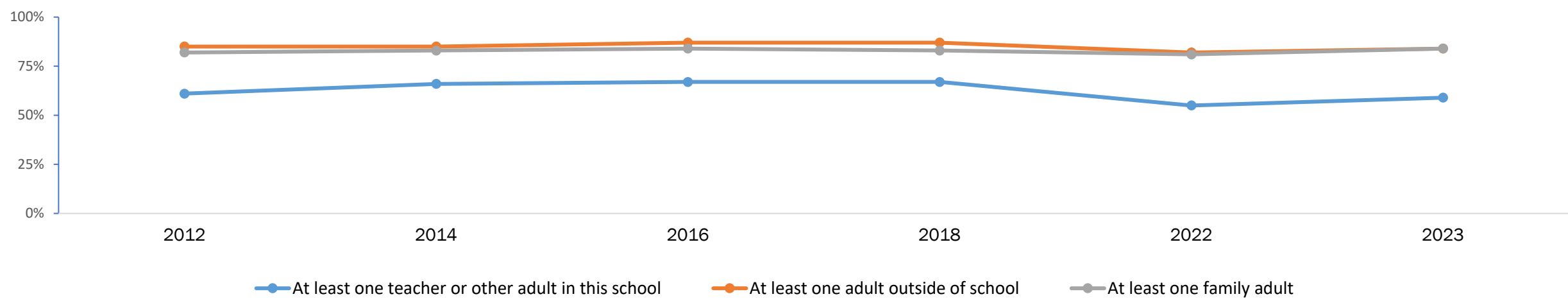


Is there at least one teacher or other adult in this school that you can talk to if you have a problem? (yes)
Is there at least one adult outside of school that you can talk to if you have a problem? (yes)
Is there at least one adult in your family that you can talk to if you have a problem? (yes)

Middle School



High School

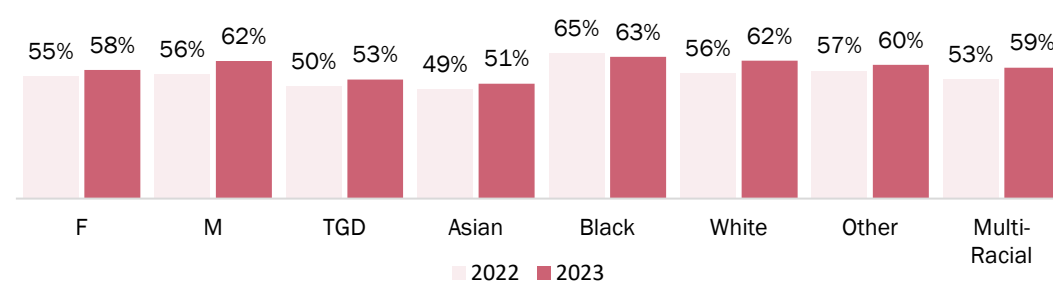
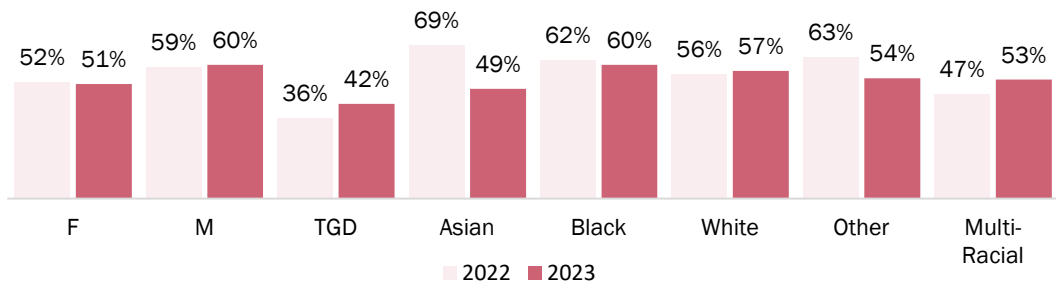


Adult supports by gender identity and race (yes)

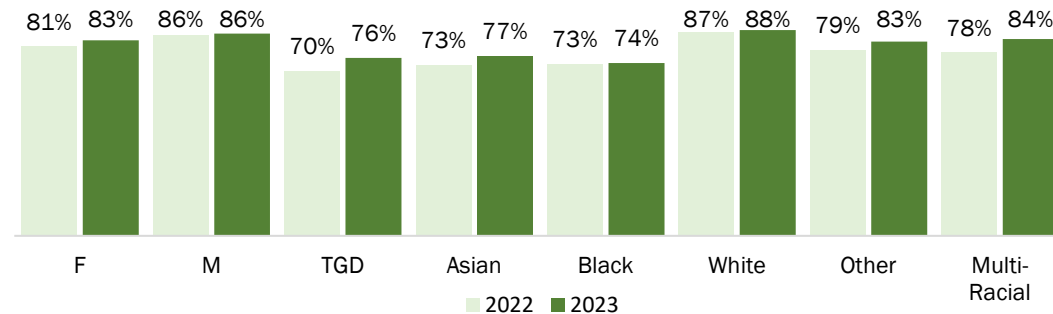
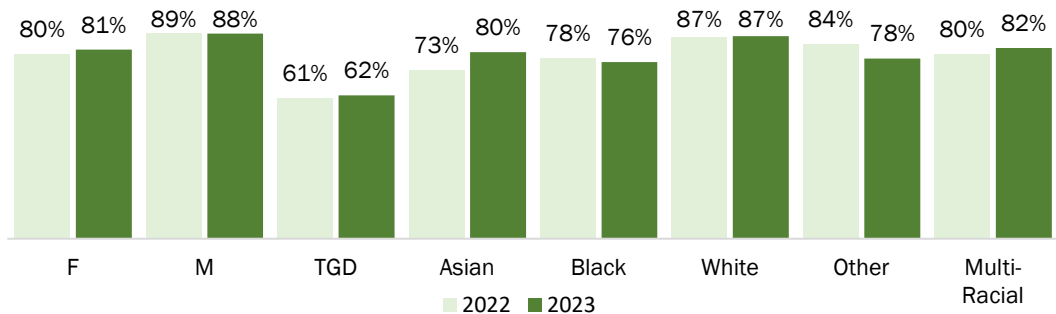
Middle School

High School

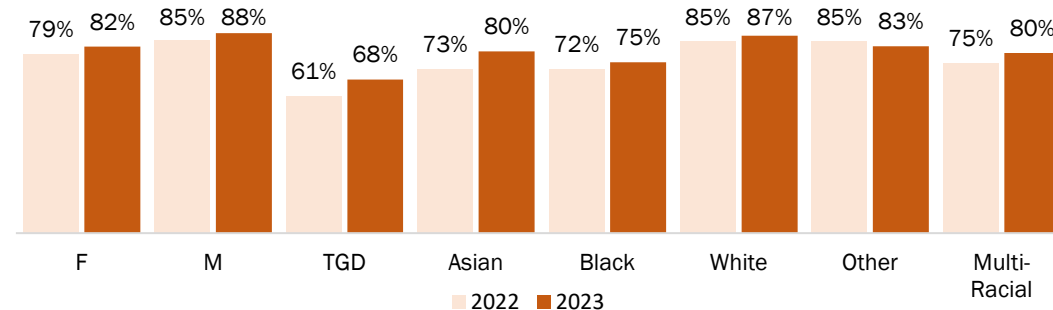
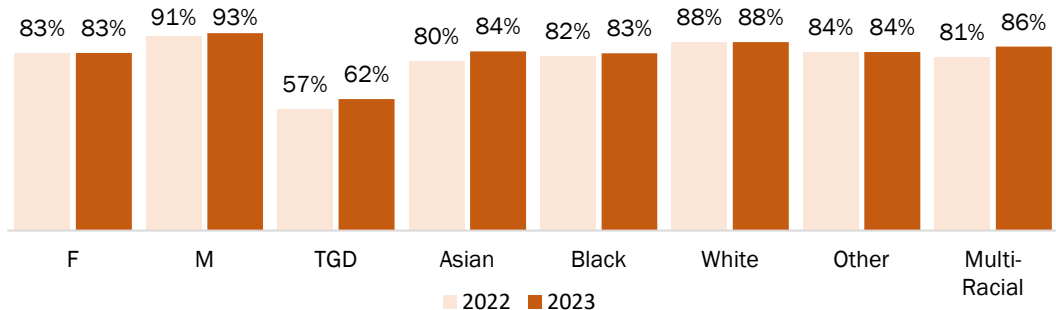
Is there at least one teacher or other adult in this school that you can talk to if you have a problem?



Is there at least one adult outside of school that you can talk to if you have a problem?

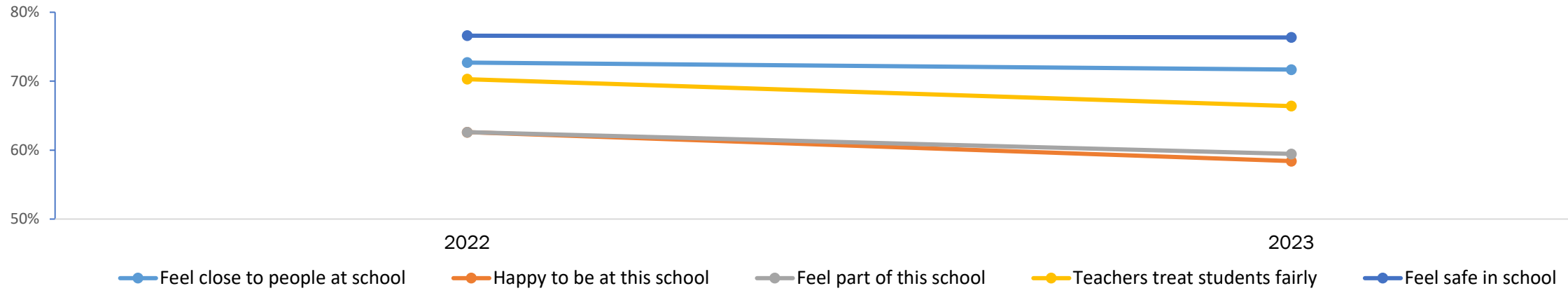


Is there at least one adult in your family that you can talk to if you have a problem?

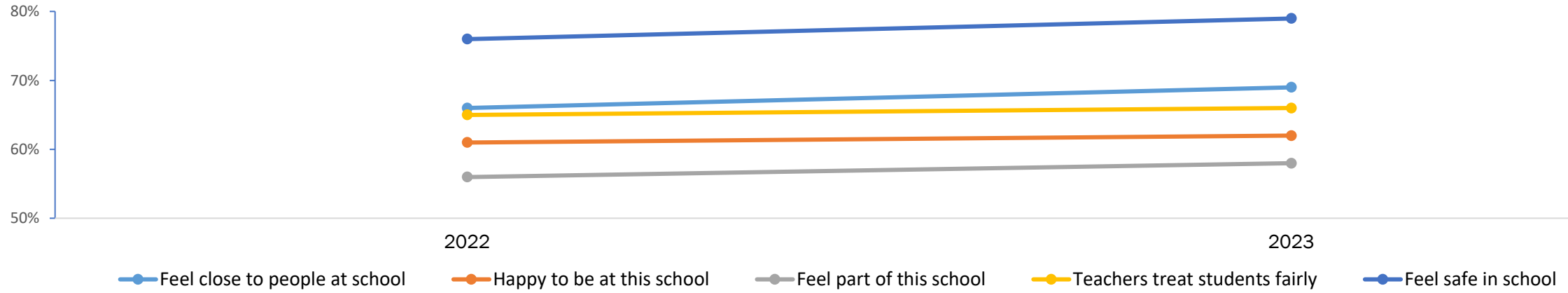


How much do you agree or disagree that you feel close to people at this school? (agree, strongly agree)
How much do you agree or disagree that you are happy to be at this school? (agree, strongly agree)
How much do you agree or disagree that you feel like I am part of this school? (agree, strongly agree)
How much do you agree or disagree that the teachers at this school treat students fairly? (agree, strongly agree)
How much do you agree or disagree that you feel safe in my school? (agree, strongly agree)

Middle School



High School

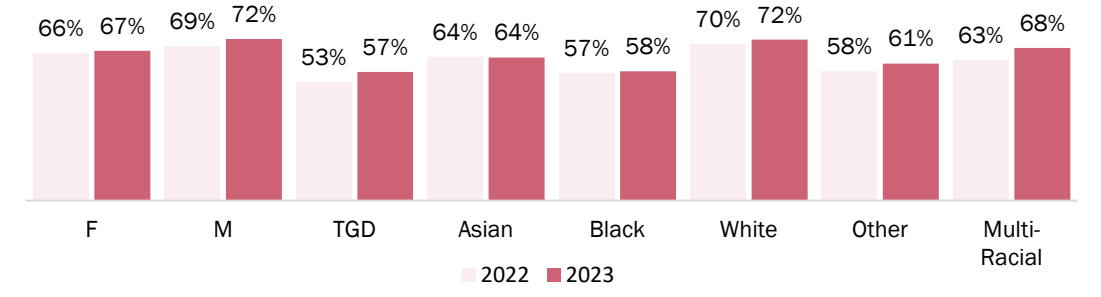
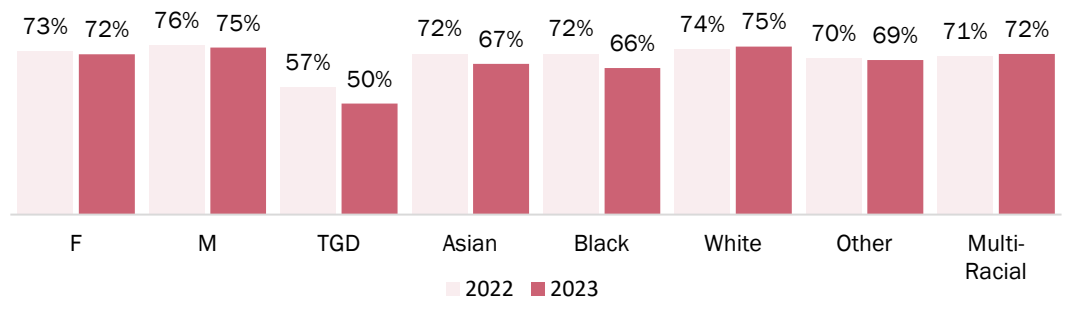


Sense of belonging by gender identity and race (agree, strongly agree)

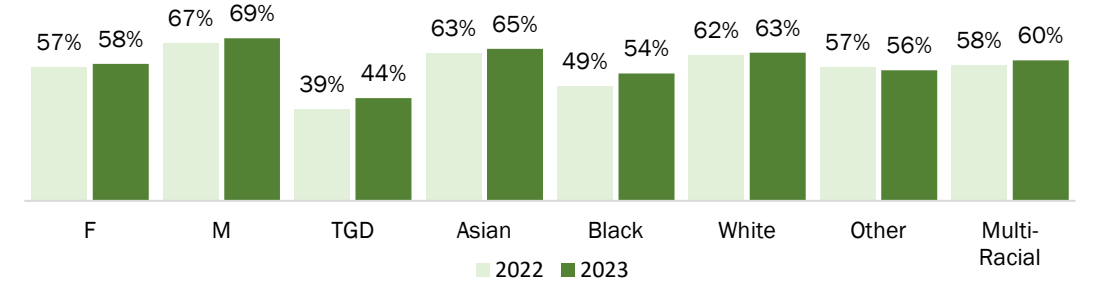
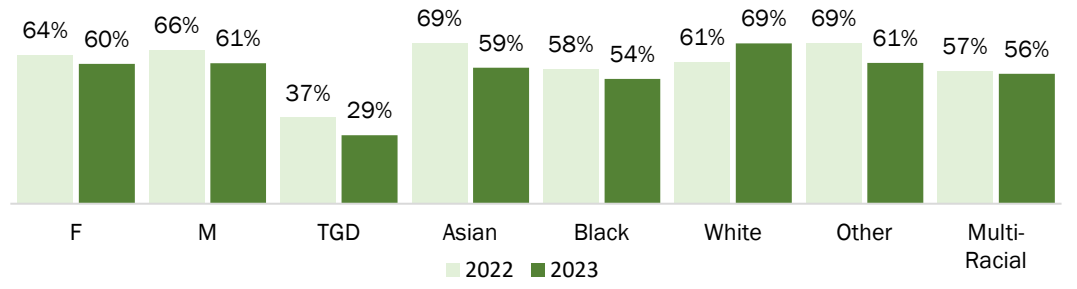
Middle School

High School

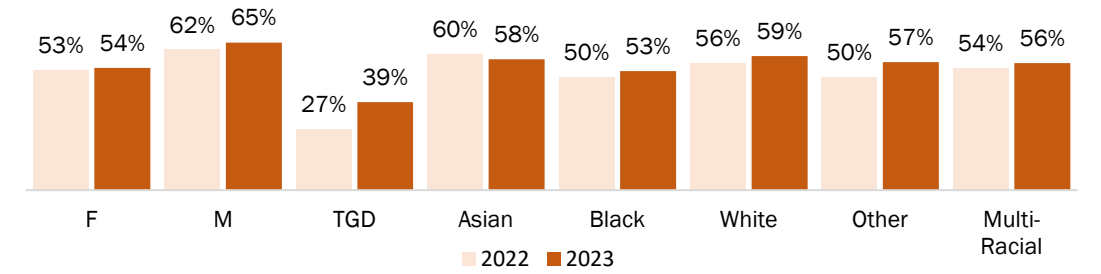
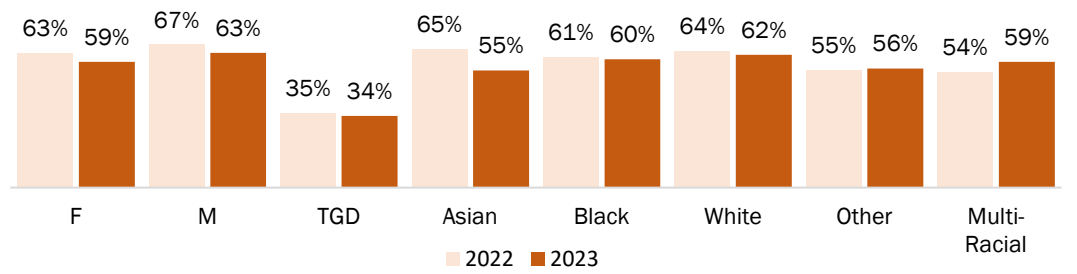
How much do you agree or disagree that you feel close to people at this school?



How much do you agree or disagree that you are happy to be at this school?

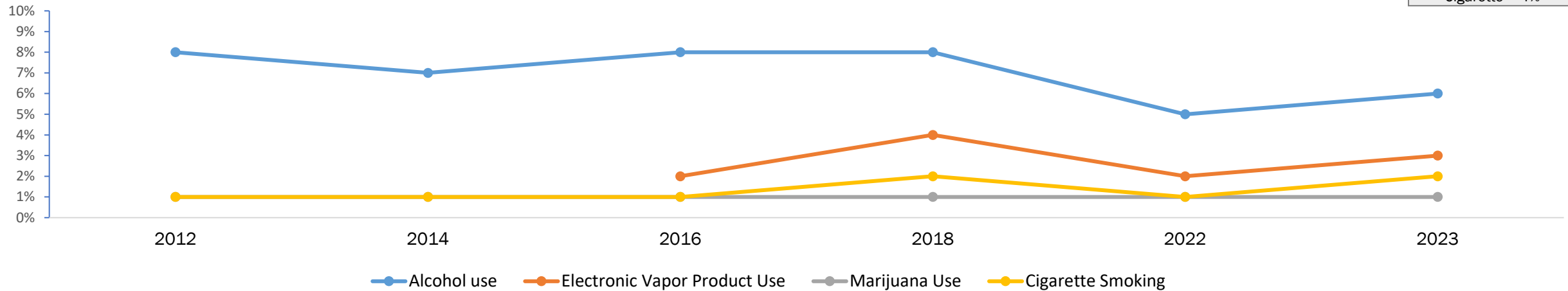


How much do you agree or disagree that you feel like I am part of this school?

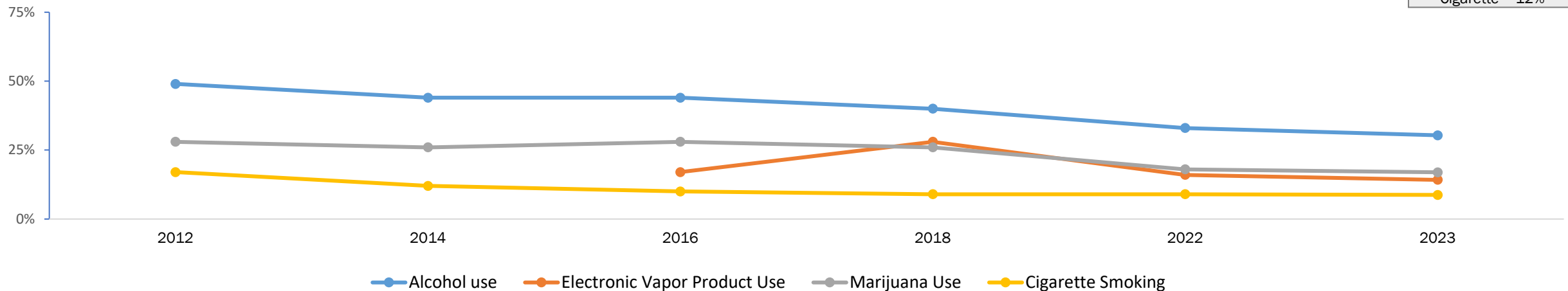


Have you ever had a drink of alcohol other than a few sips? (yes)
 Have you ever used an electronic vapor product? (yes)
 Have you ever tried marijuana? (yes)
 Have you ever tried cigarette smoking, even one or two puffs? (yes)

Middle School

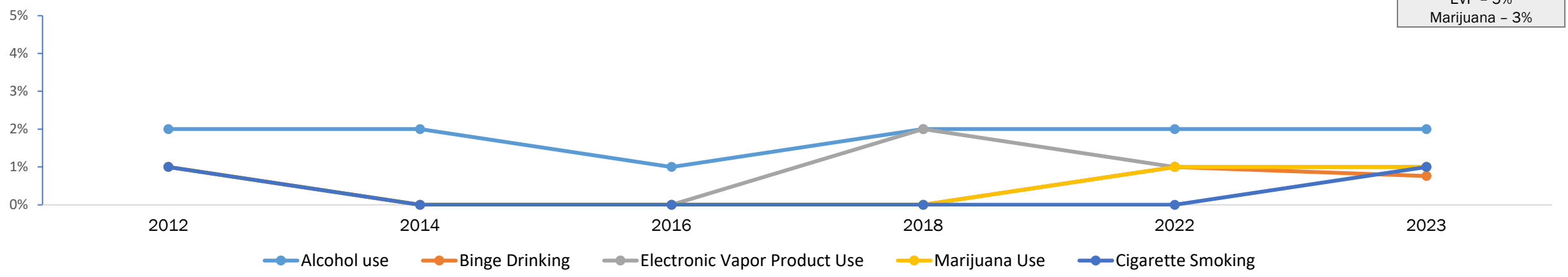


High School

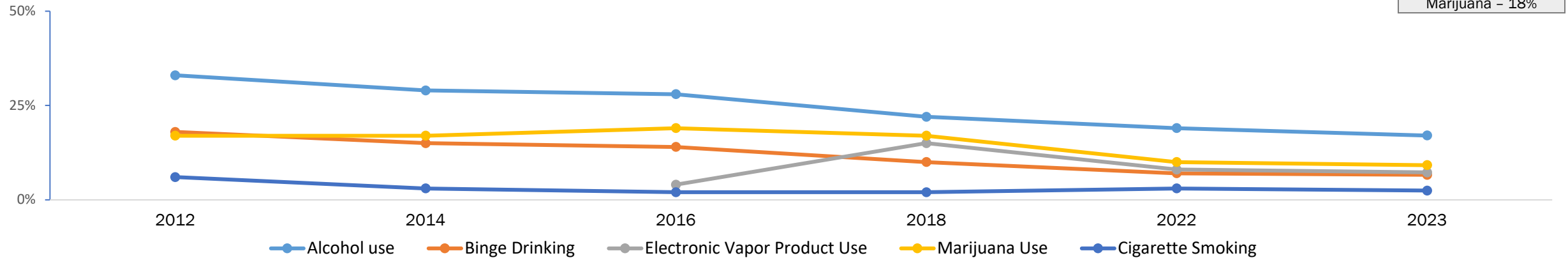


During the past 30 days, on how many days did you have at least one drink of alcohol? (1 or more days)
 During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row or within a couple of hours? (1 or more days)
 During the past 30 days, on how many days did you use an electronic vapor product? (1 or more days)
 During the past 30 days, how many times did you use marijuana? (1 or more days)
 During the past 30 days, on how many days did you smoke cigarettes? (1 or more days)

Middle School



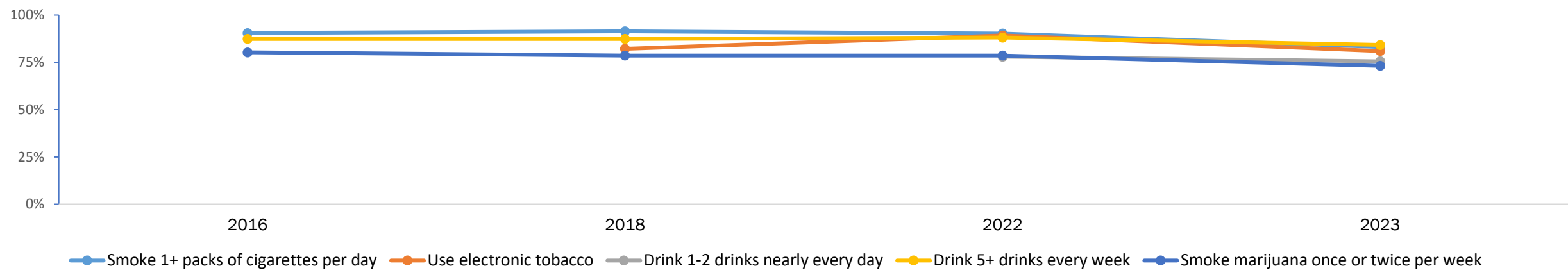
High School



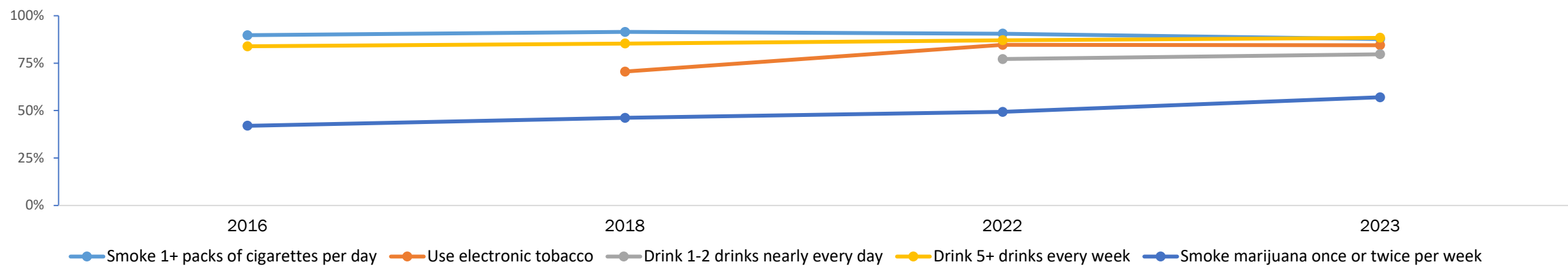
Middle School & High School
Substance Use

How much do you think people risk harming themselves if they smoke 1 or more packs of cigarettes per day? (moderate risk, great risk)
 How much do you think people risk harming themselves if they use electronic tobacco? (moderate risk, great risk)
 How much do you think people risk harming themselves if they drink 1 or 2 drinks of alcohol nearly every day? (moderate risk, great risk)
 How much do you think people risk harming themselves if they drink 5 or more drinks of alcohol twice a week? (moderate risk, great risk)
 How much do you think people risk harming themselves if they smoke marijuana once or twice a week? (moderate risk, great risk)

Middle School



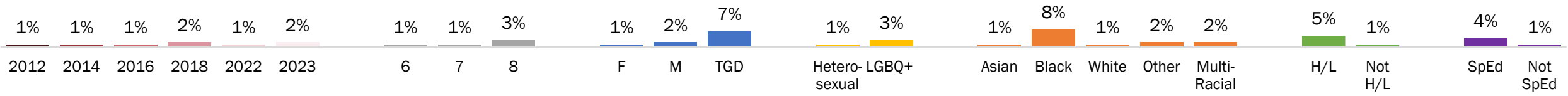
High School



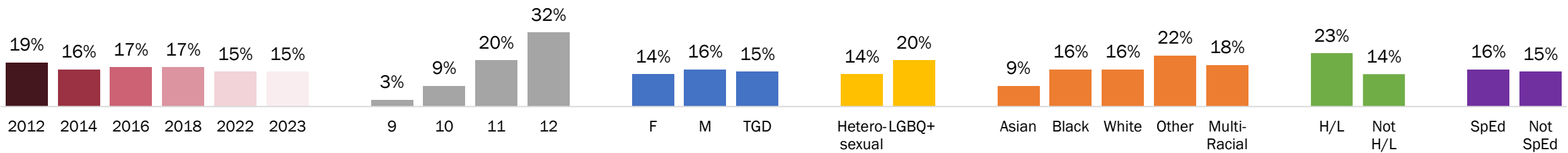
Have you ever had sexual intercourse?*

(yes)

Middle School



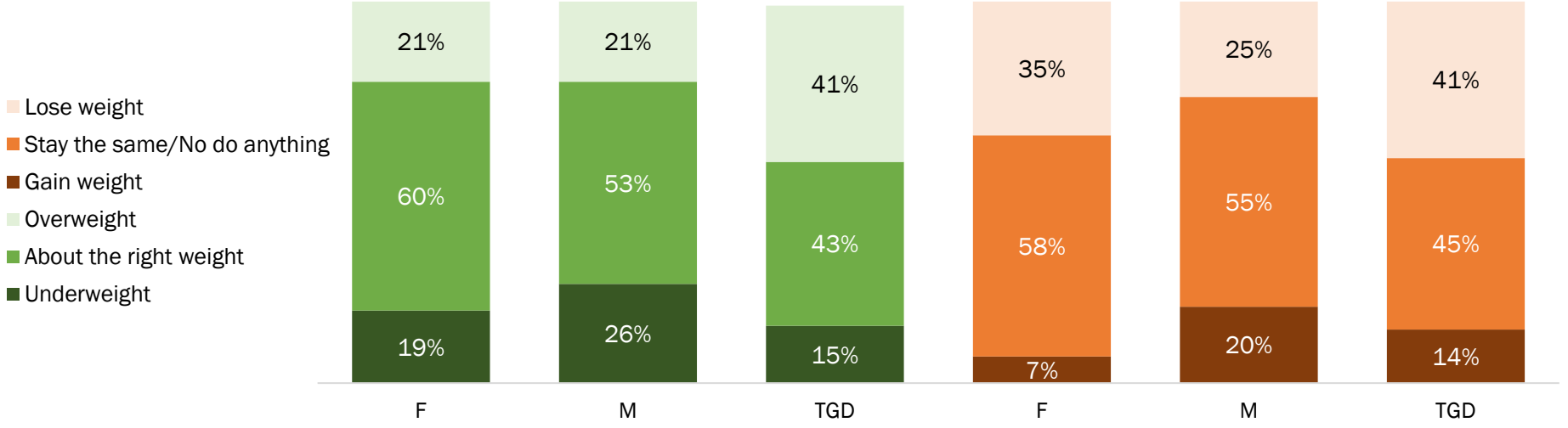
High School



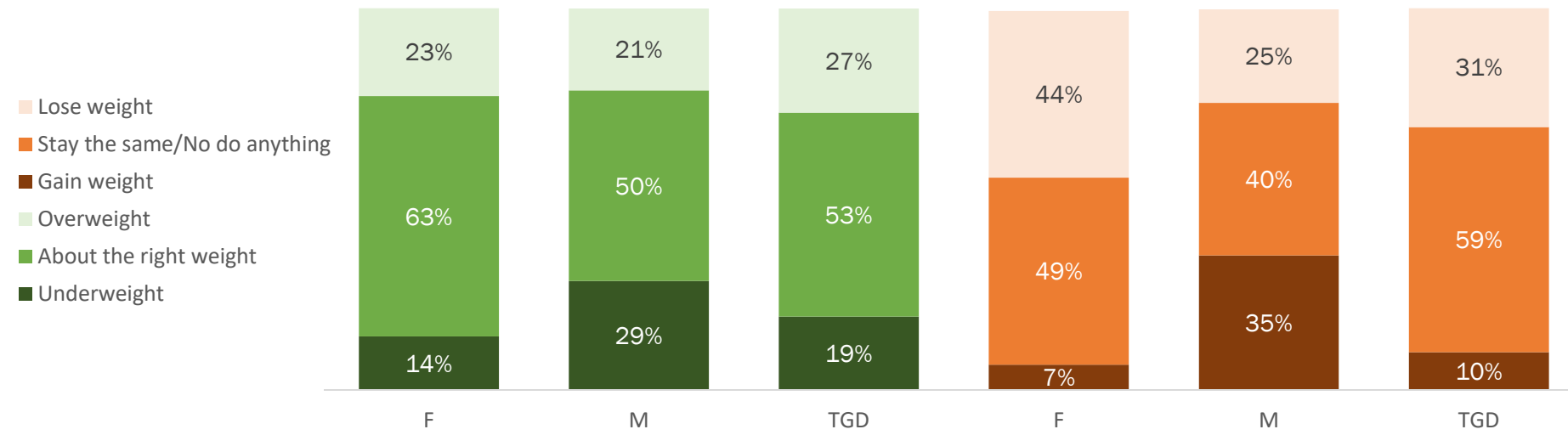
*In 2022 the word “consensual” was included in this question.

How would you describe your weight? (very underweight/underweight, about the right weight, overweight/very overweight)
Which of the following are you trying to do about your weight? (lose weight, gain weight, stay the same weight, not do anything)

Middle School

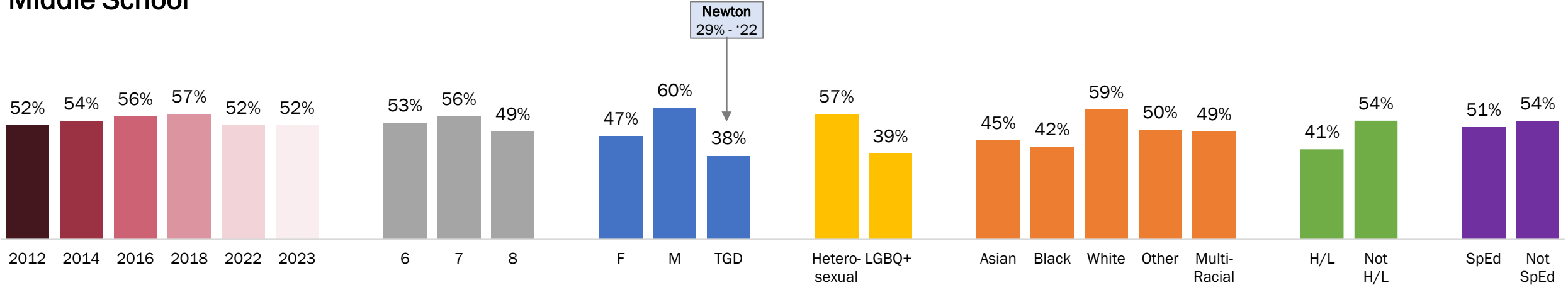


High School

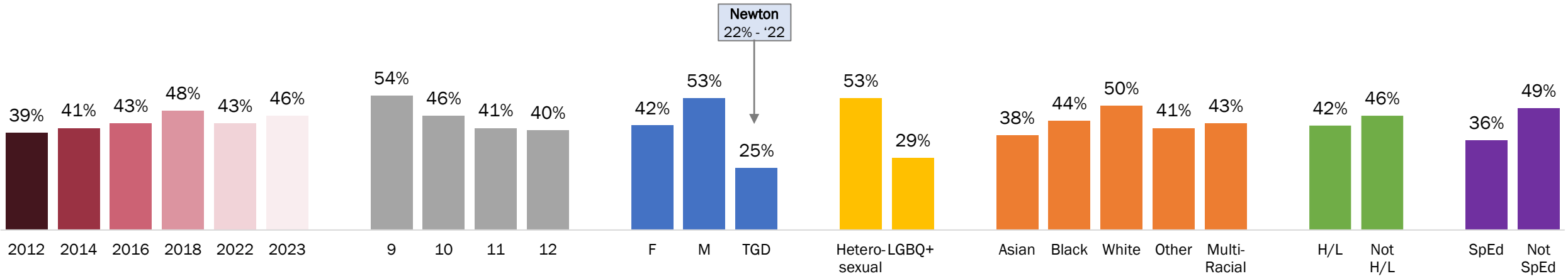


During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (5 or more days)

Middle School

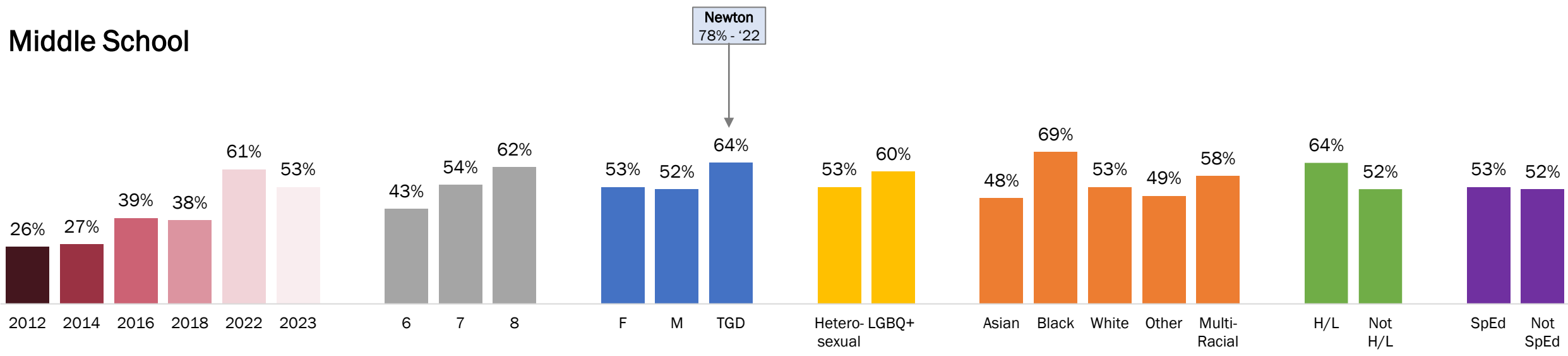


High School

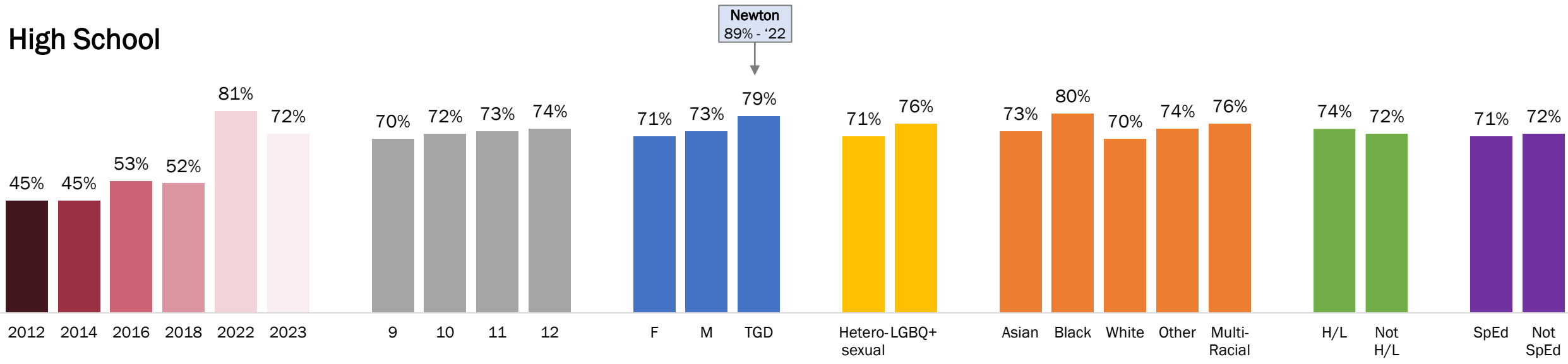


On an average school day, how many hours do you spend in front of a TV or on a computer, smartphone, or other electronic device doing things other than schoolwork? (3 or more hours)

Middle School

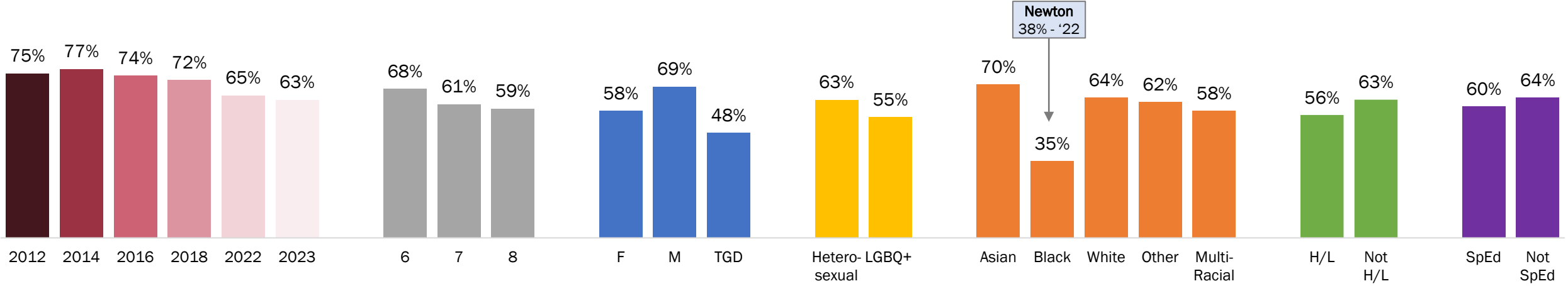


High School

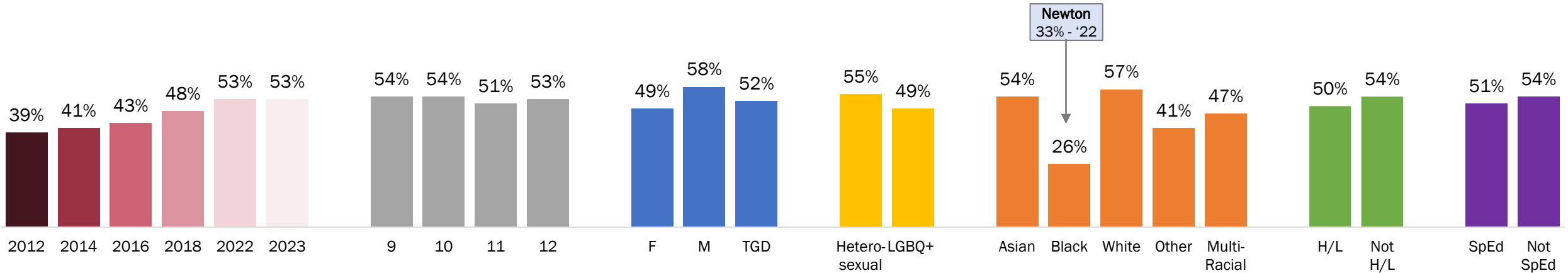


On how many of the past 7 days did you eat breakfast? (6 or 7 days)

Middle School

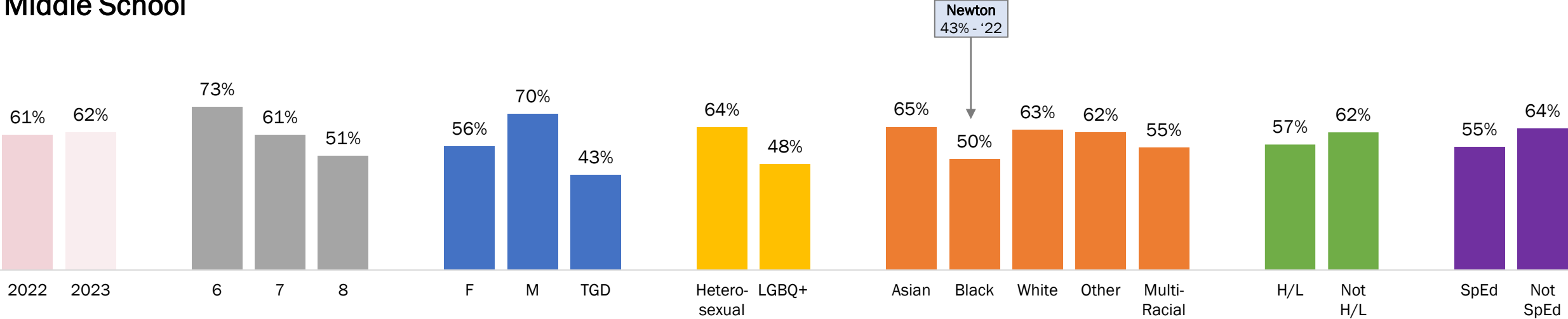


High School



On an average school night, how many hours of sleep do you get?
(8 or more hours)

Middle School



High School

