

MetroWest Adolescent Health Survey

Key Indicator Report

Informing data-driven school and community health policies and practices

2023

Westborough Public Schools

GRADES 7-12

**METROWEST
HEALTH
FOUNDATION**



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Key Indicators from the 2023 MetroWest Adolescent Health Survey

Westborough Public Schools

Background and Summary of Methodology

Since 2006, the MetroWest Health Foundation (MHF) has supported local communities in addressing the most pressing issues in adolescent mental and physical health through biennial administration of the MetroWest Adolescent Health Survey (MWAHS). The MWAHS plays a critical role in the development and implementation of data-driven strategies, programs, and policies across the region. Having timely, local data not only helps schools and communities uncover trends in adolescent health and risk behaviors, but also increases their understanding of health disparities so that efforts can be made to support those youth in greatest need and promote equity across the region.

The 2023 MWAHS represents the 9th administration of this survey, administered biennially, except for a one-year delay during the COVID-19 pandemic. In total, 38,074 middle and high students in all 25 communities in the MetroWest region participated in the survey.

In Westborough, the 2023 MWAHS was administered to middle school students in grades 7 and 8 and high school students in grades 9 through 12. As in previous survey waves, local procedures were followed to inform parents of the survey and give them the choice to opt out their child(ren). Students were also informed that their participation was voluntary and that no names or other identifying information were being gathered. Data collection at each school was guided by a protocol that protected the privacy of students' responses. In Westborough, student surveys were obtained from 569 students in grades 7 and 8 (94.4% middle school participation rate) and 1,067 students in grades 9 through 12 (89.5% high school participation rate).

Inside the Key Indicator Report

This brief report provides 2023 data on key behavioral indicators including: substance use, violence, bullying, mental health, sexual behavior (at the high school level only), and physical activity. The tables in this *Key Indicator* report summarize the data as follows:

- » **Trends from 2006 to 2023.** These tables provide district-level data for each survey wave in which your district has participated since 2006 to examine changes in adolescent behaviors over time.
- » **2023 Behavioral Indicators by Sex.** These tables display data for females and males separately to examine behavioral patterns related to biological sex.
- » **2023 Behavioral Indicators by Grade.** These tables display data for each grade separately to provide information on age-related patterns and the initiation of risk behaviors.

This *Key Indicator* report provides initial data to support schools and communities as they review priorities and develop action plans to improve adolescent health and wellness. As in past survey waves, a customized and comprehensive report will be provided later in the spring of 2023 to further inform local efforts.

Middle School Key Indicators

2006–2023 Trends
2023 Patterns by Sex
2023 Patterns by Grade

Gibbons Middle School, Westborough (Grades 7-8)

2006-2023 Trends in Key Indicators

MetroWest Adolescent Health Survey

	Year of Survey (%)								
	2006	2008	2010	2012	2014	2016	2018	2021	2023
	—	(526)	(516)	(488)	(526)	(599)	(560)	(555)	(569)
SUBSTANCE USE									
Lifetime cigarette smoking	—	4.2	2.7	2.5	2.3	1.9	0.5	1.8	1.2
Current cigarette smoking (past 30 days)	—	1.5	1.0	0.4	0.2	0.8	0.4	0.5	0.7
Lifetime electronic vapor product use*	—	—	—	—	2.7	3.9	4.4	3.8	2.8
Current electronic vapor product use (past 30 days)*	—	—	—	—	1.7	1.7	3.2	1.6	1.2
Lifetime alcohol use	—	13.7	10.7	5.4	6.5	6.0	5.2	9.7	6.3
Current alcohol use (past 30 days)	—	6.7	2.9	1.7	1.5	2.0	1.1	2.7	0.9
Binge drinking (past 30 days) [†]	—	1.3	1.6	0.4	0.6	0.5	0.4	0.4	0.2
Lifetime marijuana use	—	1.9	1.9	0.6	0.6	1.0	2.2	0.7	1.9
Current marijuana use (past 30 days)	—	0.6	0.6	0.6	0.2	0.3	0.4	0.5	0.2
Lifetime inhalant use	—	5.7	2.9	2.3	1.4	1.5	2.9	4.7	3.2
VIOLENCE									
Physical fighting (lifetime)	—	44.9	32.3	32.5	29.4	30.9	29.3	32.2	32.2
Physical fighting on school property (lifetime)	—	16.0	9.2	9.1	7.3	6.0	8.1	9.1	9.0
Carried a weapon (lifetime)	—	15.1	11.4	10.7	11.6	13.4	11.2	11.3	13.0
Carried a weapon on school property (lifetime)	—	0.6	0.4	0.6	0.4	0.3	0.2	0.7	0.4
BULLYING VICTIMIZATION									
Bullying victim (past 12 months)	—	45.5	30.7	28.2	24.6	22.8	25.0	29.8	31.7
Bullying victim on school property (past 12 months)	—	38.6	25.1	23.9	17.7	19.0	19.8	21.6	25.7
Cyberbullying victim (past 12 months)	—	16.3	14.5	15.6	14.8	17.6	13.0	20.8	16.4
MENTAL HEALTH									
Life "very" stressful (past 30 days)	—	14.6	13.8	8.8	10.5	14.3	13.7	18.4	9.7
Depressive symptoms (past 12 months)	—	12.2	12.5	9.8	11.1	10.4	10.4	19.2	13.8
Self-injury (past 12 months)	—	9.5	5.4	5.7	5.9	7.0	8.4	14.9	9.4
Considered suicide (lifetime)	—	11.3	10.5	6.4	9.4	9.3	14.3	17.6	14.0
Attempted suicide (lifetime)	—	2.9	1.4	1.9	1.5	1.4	1.8	3.7	3.7
PHYSICAL ACTIVITY AND BODY WEIGHT									
Exercised for ≥20 minutes on 3 or more days/week	—	79.5	77.1	81.4	80.5	82.9	80.2	76.6	74.0
Overweight or obese [‡]	—	16.3	18.2	16.0	14.3	17.6	15.9	18.7	20.1

* Includes vaping nicotine using electronic cigarettes (e-cigarettes) and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods; in 2021, disposable products were added to the definition.

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

Gibbons Middle School, Westborough (Grades 7-8)

2023 Key Indicator Patterns by Sex

MetroWest Adolescent Health Survey

	Sex (%)		Total (%)
	Female (287)	Male (282)	
SUBSTANCE USE			
Lifetime cigarette smoking	1.4	1.1	1.2
Current cigarette smoking (past 30 days)	0.3	1.1	0.7
Lifetime electronic vapor product use*	4.5	1.1	2.8
Current electronic vapor product use (past 30 days)*	1.7	0.7	1.2
Lifetime alcohol use	6.6	6.0	6.3
Current alcohol use (past 30 days)	1.0	0.7	0.9
Binge drinking (past 30 days) [†]	0.3	0.0	0.2
Lifetime marijuana use	2.5	1.4	1.9
Current marijuana use (past 30 days)	0.0	0.4	0.2
Lifetime inhalant use	3.2	3.2	3.2
VIOLENCE			
Physical fighting (lifetime)	19.6	44.8	32.2
Physical fighting on school property (lifetime)	4.9	13.2	9.0
Carried a weapon (lifetime)	8.4	17.7	13.0
Carried a weapon on school property (lifetime)	0.0	0.7	0.4
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	35.3	28.0	31.7
Bullying victim on school property (past 12 months)	29.0	22.3	25.7
Cyberbullying victim (past 12 months)	19.2	13.5	16.4
MENTAL HEALTH			
Life "very" stressful (past 30 days)	15.0	4.3	9.7
Depressive symptoms (past 12 months)	19.6	7.8	13.8
Self-injury (past 12 months)	12.7	6.0	9.4
Considered suicide (lifetime)	16.5	11.3	14.0
Attempted suicide (lifetime)	4.6	2.8	3.7
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	70.7	77.3	74.0
Overweight or obese [‡]	21.9	18.5	20.1

* Includes vaping nicotine using electronic cigarettes (e-cigarettes) and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods; in 2021, disposable products were added to the definition.

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

Gibbons Middle School, Westborough (Grades 7-8)

2023 Key Indicator Patterns by Grade

MetroWest Adolescent Health Survey

	Year of Survey (%)		Total (%)
	7 th (278)	8 th (291)	
SUBSTANCE USE			
Lifetime cigarette smoking	0.7	1.7	1.2
Current cigarette smoking (past 30 days)	1.1	0.3	0.7
Lifetime electronic vapor product use*	1.1	4.5	2.8
Current electronic vapor product use (past 30 days)*	0.7	1.7	1.2
Lifetime alcohol use	5.8	6.9	6.3
Current alcohol use (past 30 days)	0.7	1.0	0.9
Binge drinking (past 30 days) [†]	0.0	0.3	0.2
Lifetime marijuana use	1.1	2.8	1.9
Current marijuana use (past 30 days)	0.0	0.3	0.2
Lifetime inhalant use	3.6	2.8	3.2
VIOLENCE			
Physical fighting (lifetime)	30.1	34.1	32.2
Physical fighting on school property (lifetime)	10.5	7.6	9.0
Carried a weapon (lifetime)	10.4	15.5	13.0
Carried a weapon on school property (lifetime)	0.4	0.3	0.4
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	32.7	30.7	31.7
Bullying victim on school property (past 12 months)	25.2	26.2	25.7
Cyberbullying victim (past 12 months)	17.3	15.5	16.4
MENTAL HEALTH			
Life "very" stressful (past 30 days)	11.5	8.0	9.7
Depressive symptoms (past 12 months)	13.4	14.1	13.8
Self-injury (past 12 months)	8.3	10.3	9.4
Considered suicide (lifetime)	13.7	14.2	14.0
Attempted suicide (lifetime)	4.0	3.5	3.7
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥20 minutes on 3 or more days/week	73.2	74.8	74.0
Overweight or obese [‡]	20.1	20.2	20.1

* Includes vaping nicotine using electronic cigarettes (e-cigarettes) and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods; in 2021, disposable products were added to the definition.

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

High School Key Indicators

2006–2023 Trends
2023 Patterns by Sex
2023 Patterns by Grade

Westborough High School (Grades 9-12)

2006-2023 Trends in Key Indicators

MetroWest Adolescent Health Survey

	Year of Survey (%)								
	2006 (987)	2008 (1,023)	2010 (979)	2012 (1,015)	2014 (993)	2016 (976)	2018 (1,067)	2021 (1,044)	2023 (1,067)
SUBSTANCE USE									
Lifetime cigarette smoking	27.0	27.2	20.9	19.9	12.8	11.5	11.6	7.8	9.6
Current cigarette smoking (past 30 days)	9.4	7.9	10.6	7.8	3.9	4.9	3.2	2.1	2.5
Lifetime electronic vapor product use*	–	–	–	–	20.5	14.5	32.1	16.8	14.1
Current electronic vapor product use (past 30 days)*	–	–	–	–	9.6	4.9	23.6	10.2	9.8
Lifetime alcohol use	60.4	62.3	56.2	49.8	50.7	42.6	42.1	36.1	35.9
Current alcohol use (past 30 days)	40.1	38.8	33.6	33.4	29.8	25.2	24.0	18.0	19.4
Binge drinking (past 30 days) [†]	24.3	23.6	21.2	20.7	17.1	13.9	14.3	9.5	11.0
Rode with driver who had been drinking (past 30 days)	23.4	22.8	19.2	21.2	15.0	12.7	13.9	11.1	9.7
Lifetime marijuana use	26.1	29.2	30.4	30.8	26.4	21.3	25.4	15.5	14.8
Current marijuana use (past 30 days)	13.7	19.8	21.2	22.3	16.8	14.4	17.7	8.3	8.6
Lifetime prescription drug misuse [‡]	8.4	8.0	11.7	10.7	5.2	4.6	4.3	3.6	6.1
VIOLENCE									
Physical fighting (past 12 months)	21.8	23.3	19.5	13.8	11.0	9.7	11.1	10.6	11.4
Physical fighting on school property (past 12 months)	4.7	5.1	4.6	4.6	2.5	2.9	2.5	1.9	4.0
Carried a weapon (past 30 days)	5.8	5.2	6.9	6.1	4.1	5.5	4.3	3.5	2.3
Carried a weapon on school property (past 30 days)	2.1	2.5	2.5	2.9	1.4	1.2	1.2	0.7	0.8
BULLYING VICTIMIZATION									
Bullying victim (past 12 months)	25.6	29.8	32.7	21.5	22.4	20.8	23.5	21.2	24.1
Bullying victim on school property (past 12 months)	22.3	26.6	28.8	18.6	18.3	17.4	19.3	15.7	21.6
Cyberbullying victim (past 12 months)	10.5	15.2	19.8	18.9	19.6	17.3	19.0	21.7	20.8
MENTAL HEALTH									
Life "very" stressful (past 30 days)	24.7	33.4	34.1	34.5	37.4	41.2	33.8	29.8	26.0
Depressive symptoms (past 12 months)	15.7	19.4	18.5	19.1	19.9	17.1	19.9	25.1	19.3
Self-injury (past 12 months)	10.3	10.7	14.7	14.7	12.4	11.1	17.2	17.3	15.8
Considered suicide (past 12 months)	9.1	10.8	13.4	12.3	11.4	11.6	15.5	13.7	9.4
Attempted suicide (past 12 months)	3.0	2.3	2.9	4.4	3.4	3.9	3.8	4.6	3.3
SEXUAL BEHAVIOR									
Lifetime sexual intercourse	22.2	23.3	24.0	24.8	19.9	17.1	16.7	14.2	12.0
Currently sexually active (past 3 months)	17.5	18.5	18.6	19.8	14.9	14.0	14.5	11.5	8.0
Condom use at last intercourse [§]	73.4	64.7	63.3	65.6	56.9	73.1	54.1	56.4	64.7
PHYSICAL ACTIVITY AND BODY WEIGHT									
Exercised for ≥60 minutes on 5 or more days/week	43.6	39.4	53.6	55.6	51.8	61.0	47.0	50.7	50.8
Overweight or obese ^{**}	15.6	16.9	17.5	15.7	16.5	18.2	16.8	18.2	18.1

* Includes vaping nicotine using electronic cigarettes (e-cigarettes) and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods; in 2021, disposable products were added to the definition.

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Without a doctor's prescription; in 2021, added "or differently than how a doctor told you to use it"

§ Among currently sexually active youth

**Students who were ≥85th percentile for body mass index by age and gender, based on reference data

Westborough High School (Grades 9-12)

2023 Key Indicator Patterns by Sex

MetroWest Adolescent Health Survey

	Sex (%)		Total (%)
	Female (569)	Male (490)	(1,067)
SUBSTANCE USE			
Lifetime cigarette smoking	9.7	9.4	9.6
Current cigarette smoking (past 30 days)	1.6	3.5	2.5
Lifetime electronic vapor product use*	15.3	12.6	14.1
Current electronic vapor product use (past 30 days)*	10.2	9.4	9.8
Lifetime alcohol use	37.6	33.7	35.9
Current alcohol use (past 30 days)	21.3	17.1	19.4
Binge drinking (past 30 days) [†]	10.6	11.4	11.0
Rode with driver who had been drinking (past 30 days)	8.7	10.8	9.7
Lifetime marijuana use	15.1	14.4	14.8
Current marijuana use (past 30 days)	7.2	10.3	8.6
Lifetime prescription drug misuse [‡]	4.7	7.9	6.1
VIOLENCE			
Physical fighting (past 12 months)	6.8	16.9	11.4
Physical fighting on school property (past 12 months)	2.2	6.2	4.0
Carried a weapon (past 30 days)	1.3	3.2	2.3
Carried a weapon on school property (past 30 days)	0.5	1.1	0.8
BULLYING VICTIMIZATION			
Bullying victim (past 12 months)	26.6	21.2	24.1
Bullying victim on school property (past 12 months)	22.9	20.1	21.6
Cyberbullying victim (past 12 months)	23.0	18.0	20.8
MENTAL HEALTH			
Life "very" stressful (past 30 days)	33.6	16.2	26.0
Depressive symptoms (past 12 months)	24.3	13.0	19.3
Self-injury (past 12 months)	19.4	11.2	15.8
Considered suicide (past 12 months)	10.9	7.5	9.4
Attempted suicide (past 12 months)	3.3	3.3	3.3
SEXUAL BEHAVIOR			
Lifetime sexual intercourse	11.2	13.1	12.0
Currently sexually active (past 3 months)	6.8	9.4	8.0
Condom use at last intercourse [§]	60.0	69.2	64.7
PHYSICAL ACTIVITY AND BODY WEIGHT			
Exercised for ≥60 minutes on 5 or more days/week	44.9	58.9	50.8
Overweight or obese ^{**}	16.7	20.0	18.1

* Includes vaping nicotine using electronic cigarettes (e-cigarettes) and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods; in 2021, disposable products were added to the definition.

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Without a doctor's prescription or differently than how a doctor told you to use it

§ Among currently sexually active youth

**Students who were ≥85th percentile for body mass index by age and gender, based on reference data

Westborough High School (Grades 9-12)

2023 Key Indicator Patterns by Grade

MetroWest Adolescent Health Survey

	Grade (%)				Total (%) (1,067)
	9 th (259)	10 th (271)	11 th (280)	12 th (250)	
SUBSTANCE USE					
Lifetime cigarette smoking	5.1	6.2	11.0	16.0	9.6
Current cigarette smoking (past 30 days)	1.3	2.5	2.1	4.0	2.5
Lifetime electronic vapor product use*	8.6	6.6	15.1	26.2	14.1
Current electronic vapor product use (past 30 days)*	4.7	5.4	9.9	20.0	9.8
Lifetime alcohol use	23.7	25.3	43.4	51.6	35.9
Current alcohol use (past 30 days)	9.8	12.7	20.1	35.6	19.4
Binge drinking (past 30 days) [†]	4.4	4.4	12.8	22.8	11.0
Rode with driver who had been drinking (past 30 days)	9.4	7.5	8.4	13.0	9.7
Lifetime marijuana use	6.3	5.4	14.4	33.2	14.8
Current marijuana use (past 30 days)	4.1	4.1	7.4	19.0	8.6
Lifetime prescription drug misuse [‡]	7.4	2.4	5.8	8.9	6.1
VIOLENCE					
Physical fighting (past 12 months)	13.5	10.6	12.0	8.8	11.4
Physical fighting on school property (past 12 months)	5.6	4.6	3.4	1.7	4.0
Carried a weapon (past 30 days)	2.4	3.1	1.9	1.3	2.3
Carried a weapon on school property (past 30 days)	1.2	0.4	0.8	0.8	0.8
BULLYING VICTIMIZATION					
Bullying victim (past 12 months)	27.6	28.0	20.2	20.5	24.1
Bullying victim on school property (past 12 months)	26.0	25.2	17.1	17.9	21.6
Cyberbullying victim (past 12 months)	23.7	20.0	20.2	18.4	20.8
MENTAL HEALTH					
Life "very" stressful (past 30 days)	17.7	21.2	31.3	34.2	26.0
Depressive symptoms (past 12 months)	18.6	16.7	22.7	19.1	19.3
Self-injury (past 12 months)	17.6	14.3	17.7	13.9	15.8
Considered suicide (past 12 months)	6.5	10.3	10.3	10.4	9.4
Attempted suicide (past 12 months)	3.2	2.0	4.6	3.6	3.3
SEXUAL BEHAVIOR					
Lifetime sexual intercourse	2.2	4.9	12.1	26.7	12.0
Currently sexually active (past 3 months)	2.2	2.2	8.4	17.8	8.0
Condom use at last intercourse [§]	66.7	100.0	61.5	61.3	64.7
PHYSICAL ACTIVITY AND BODY WEIGHT					
Exercised for ≥60 minutes on 5 or more days/week	66.7	52.6	45.4	45.0	50.8
Overweight or obese**	11.9	19.7	23.7	15.4	18.1

* Includes vaping nicotine using electronic cigarettes (e-cigarettes) and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods; in 2021, disposable products were added to the definition.

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Without a doctor's prescription or differently than how a doctor told you to use it

§ Among currently sexually active youth

**Students who were ≥85th percentile for body mass index by age and gender, based on reference data

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