

**CRLS Council Meeting
February 26, 2019**

- ✓ 2018 Teen Health Survey (110 questions)
- ✓ Number of students: 1423
- ✓ Conducted in April 2018

Full survey can be found at

https://www.cpsd.us/departments/health_education/health_surveys

Research Highlights

26% of students ate 3 or more servings of fruit per day

60% of students ate 2 or more servings of vegetables per day

57% of students read for fun in the past week

89% of students had family responsibilities like chores or babysitting

57% of students participated in an academic group, tutoring, club or student government

Substance Use

50% of students report having ever used alcohol

39% of students reported ever trying marijuana

38% of students said their friends would think it was wrong for them to drink alcohol

37% of students reported ever smoking cigarettes or e-cigarettes

81% of students said that their parents opinion is important to them when deciding whether or not to try alcohol or other drugs.

Mental Health (indicated feeling this for two weeks)

34% of students report being anxious.

26% report feeling depressed

10.6% considered suicide

Top Worries

- Poor Grades
- Standardized tests
- Weight
- Arguing at home
- Physical health problems
- Immigration status

When students have someone to speak with (teacher, adult in community, adult in family) mental health issues are diminished.

Overall CRLS Trends 2012-2018

- Alcohol, binge alcohol, cigarettes, marijuana, prescription drug use, all on decline

- e-cigarette use is on the rise
- Use of substances is comparable to other communities in Massachusetts