

2019 YOUTH RISK BEHAVIOR ASSESSMENT (YRBS)



Middlesex League

Regional Report

Acknowledgements

The 2019 Middlesex League Youth Risk Behavior Assessment (YRBS) was prepared by **John Snow, Inc. (JSI)**. JSI is a public health management consulting and research organization dedicated to improving the health of individuals and communities. JSI provided technical assistance to administer the survey, collect and compile data from participating school districts, analyze the surveys, and develop the reports. None of this would have been made possible without the time, guidance, and efforts of the superintendents and health coordinators from participating school districts.

These districts include:

- | | |
|-------------------|-------------------|
| Arlington | Wakefield |
| Belmont | Watertown |
| Burlington | Wilmington |
| Melrose | Winchester |
| Reading | Woburn |
| Stoneham | |

Their commitment to the health and safety of students will support their academic success and help students establish lifelong healthy behaviors. A final and very special thanks goes to **Lahey Health**. Lahey Health's important and generous financial contributions funded a series of district-level reports for each participating school district, as well as the regional report for the entire Middlesex League.



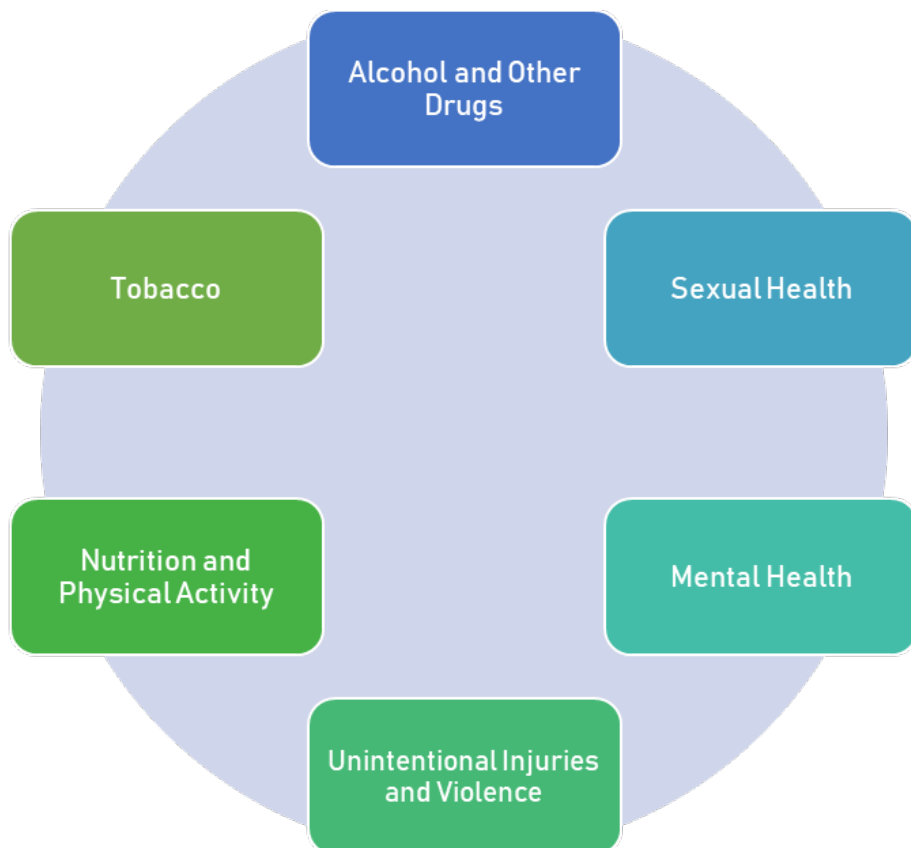
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Introduction

What is the YRBS?

The Youth Risk Behavior Surveillance System (YRBSS) was developed in 1990 and continues today to monitor certain risky health behaviors and other priority areas among school-aged youth and young adults. Data collected through the anonymous, biennial, and voluntary Youth Risk Behavior Survey (YRBS) allows for the YRBSS to determine the prevalence of risky health behaviors; assess general trends health behaviors over time, examine the co-occurrence of health behaviors; provide comparison data for geographies and subpopulations; and monitor progress toward achieving Healthy People objectives and program indicators. These health behaviors include the following areas:



Introduction

Middlesex League YRBS

Nearly every state in the nation administers the YRBS through a cooperative agreement with the Division of Adolescent and School Health at the Centers for Disease Control and Prevention (CDC). As part of this agreement, the MA Department of Public Health draws data from a representative sample of cities and towns in the Commonwealth to develop a report of the health risks facing the Commonwealth's youth.

Although this effort is extremely valuable, individual cities and towns are not required to conduct their own assessments and the Commonwealth's YRBS is not designed to provide information on the variation that exists across the state.

Beginning in 2017, the Middlesex League, which includes the school districts of Arlington, Burlington, Belmont, Lexington, Melrose, Stoneham, Reading, Wakefield, Watertown, Wilmington, Winchester, and Woburn, decided to collaborate on the YRBS to provide comparative data specific to their region. Local superintendents and health coordinators agreed to develop a common YRBS instrument to be administered every two years based on the core YRBS developed by the CDC and used by the Massachusetts Department of Public Health. The initial 2017 YRBS included the districts of: Arlington, Burlington, Melrose, Stoneham, Wakefield, Winchester, and Woburn.

This would allow these individual school districts and the region overall to better understand and respond to the health risks facing youth in their communities, as well as to promote information sharing and coordination across the school districts, health officials, and other community-based service providers.

The Middlesex League seeks to continue to leverage the power of the coalition and maintain a regional benchmark to compare and track themselves against throughout time. This 2019 YRBS builds upon their initial 2017 assessment, and has added the districts of Wilmington, Belmont, Watertown, and Reading.

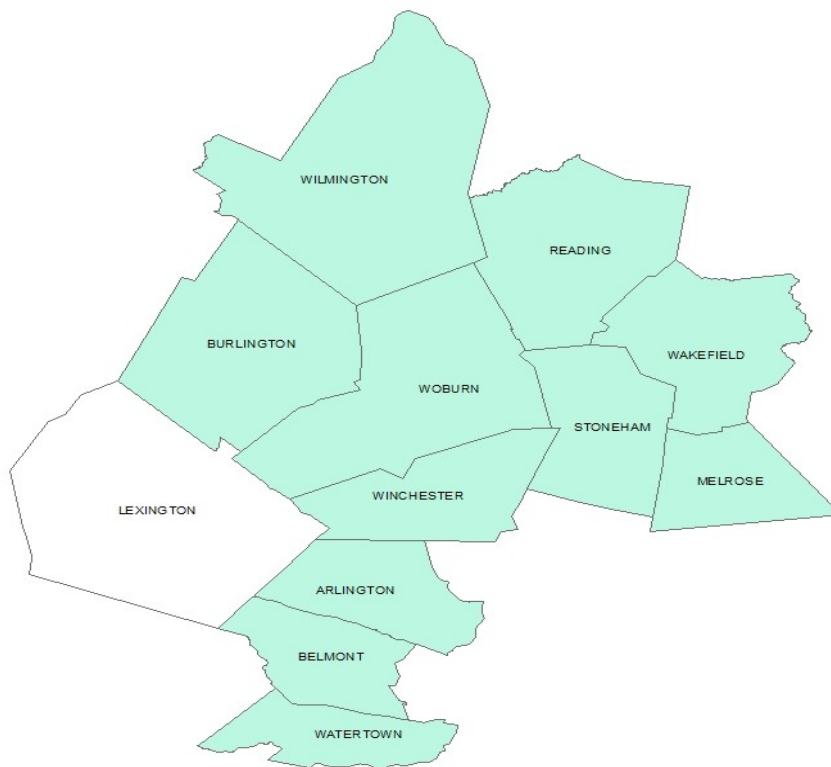
Methods & Approach

District Involvement

The Middlesex League Youth Risk and Behaviors Survey is a cross-sectional biennial survey of middle and high school students (grades 6-12) from the 12 school districts comprising the Middlesex League. All schools in the district were eligible to participate.

Superintendents from the 12 school districts of the Middlesex League participated in introductory calls with John Snow, Inc. (JSI) to determine their participation in the collaborative survey effort this year. For the 2019 survey year, JSI worked with 11 school districts (Arlington, Belmont, Burlington, Melrose, Reading Stoneham, Wakefield, Watertown, Wilmington, Winchester, and Woburn) to administer the survey, collect and analyze data, and write reports of the findings. One school district was unable to participate.

Figure 1. Middlesex League School Districts



Methods & Approach

Survey Development

Survey development was done in an iterative process in which participating school districts provided JSI with examples of the surveys used in previous years of administrations. These surveys were compared to surveys of other districts and to the CDC version of the YRBS.

From these sources, JSI developed a “master survey” that included all questions from the CDC version, as well as a small selection of additional questions drawn from district surveys. JSI proposed this survey to participating schools, leaving the option open for schools to either remove or add selected questions critical for the district to collect.

Schools that were recipients of the Drug Free Communities (DFC) grant or the STOP Act grant were required to ask a series of questions about drug and alcohol use as well as perceptions. To simplify versions of the survey, all schools agreed to ask the DFC and STOP Act questions. All participating schools decided to adopt the JSI version of the survey and additions to or deletions from that content remained minor.

Survey Administration & Consent Process

JSI designed a self-administered online survey in SurveyGizmo with appropriate customization of the instrument for each district. Once the survey was finalized, JSI worked with each school district to develop a plan and schedule to administer the survey, and supported districts with confidentiality practices, the student opt-out process, and privacy assurances.

Schools obtained passive parental permission i.e. parents were mailed a form explaining the purpose of the survey and given the opportunity to opt their child out of taking the survey. Participation was voluntary and had the opportunity to opt out the survey. Schools were given a period of 2 months to administer surveys (between March and April 2019). Survey administration occurred over 1-2 days during regular class periods and supervised by school staff including superintendents, principals and health teachers.

Data Cleaning & Analysis

Online administration of the survey allowed for results to be immediately transferred to JSI's secure computer servers, where the data were aggregated and analyzed using SAS 9.4 (SAS Institute Inc., Cary, NC). Overall rate of completion was checked for each survey. Records with fewer than 30 valid responses for high schools and fewer than 25 responses for middle schools (shorter overall survey length) were removed. Logical edits on each questionnaire were performed and responses that conflicted in logical terms were both set to missing. A descriptive analysis of survey responses was conducted and summary reports were developed for each district, highlighting key findings in comparison to the Middlesex League region, Commonwealth, and national averages, whenever possible .

Key Findings

The Middlesex YRBS asks youth to report risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults. Six major health behaviors that are related to the leading causes of illness and death among youth in the United States (e.g., motor vehicle crashes, unintentional injuries, homicide, suicide, sexually transmitted disease), as well as the chronic diseases and associated risk factors that impact adults (e.g., hypertension, diabetes, cardiovascular disease, cancer) have been identified and categorized as the following:

Behaviors that contribute to unintentional injuries and violence

Behaviors related to mental health

Smoking and Tobacco use

Alcohol and other drug use

Sexual behaviors related to unintended pregnancy and sexually transmitted infections (STIs), including HIV infection

Unhealthy dietary behaviors and physical inactivity

Key Findings

These behaviors are frequently interrelated and, while their ultimate outcomes are often not presented until adulthood, the behaviors are established very early during childhood and adolescence.

The Middlesex league YRBS was conducted during the spring of 2019 to assess these behaviors among middle and high school students. The following is a brief review of key findings from the Middlesex League YRBS. The findings are organized into six sections that correspond with the priority health behaviors that have been previously identified. In addition to the key findings from the survey, the relevance and implications of each priority health behavior are described.

Before discussing the key findings, it is important to acknowledge the distribution of respondents included in this analysis. A total of 7,631 middle school (MS) and 9,114 high school (HS) students were included in the Middlesex league Regional analysis survey and *Table 1 and 2* show the distribution of survey respondents by sex, race and grade.

More than three quarters of the participants were white and about one tenth were Asian and less than 5% were Black/African American. About 7% were multiracial i.e. Indicate more than one racial category during the survey.

Table 1. Distribution of high school respondents

	Male N (%)	Female N (%)
Total	4288 (47.1)	4826 (52.9)
Level		
Grade 9	1175(26.9)	1302(26.5)
Grade 10	1127(25.8)	1287(26.2)
Grade 11	1092 (25.0)	1216(25.0)
Grade 12	975 (22.3)	1095(22.3)
Race/Ethnicity		
AI/AN/NH/PI*	78(1.8)	44(0.9%)
Asian	421(9.8)	485(10.1)
Black or African American	210(4.9)	201(4.2)
White	3302(77.0)	3825(79.3)
Multi-Racial	277(6.5)	271(5.6)

*American Indian/Alaska Native/Native Hawaiian/Pacific Islander

Table 2. Distribution of Middle school respondents

	Male N (%)	Female N (%)
Total	3789(49.6)	3842(50.4)
Level		
Grade 6	988(26.2)	941(24.6)
Grade 7	1396(37.0)	1457(38.0)
Grade 8	1383(36.7)	1431(37.3)
Race/Ethnicity		
AI/AN/NH/PI*	94(2.6)	61(1.7)
Asian	332(9.0)	323(8.7)
Black or African American	204 (5.6)	163(4.4)
White	2801(76.2)	2912(78.2)
Multi-Racial	245(6.7)	265(7.1)

*American Indian/Alaska Native/Native Hawaiian/Pacific Islander

Note:

It is important to note that the 2019 Middlesex League YRBS regional and district-level reports is structured to present information around the landscape of major health behaviors related to the leading causes of illness and death among youth in the United States , report a general summary of key findings regarding the prevalence of these health-related behaviors within the Middlesex League, and provide the relevant data tables in the appendices. The aim of these reports is to promote a better understanding of the health risks facing youth in these communities, and in order to develop a comprehensive grasp of the information collected through the YRBS, it is strongly encouraged to refer to the data tables while reading the entirety of the report.

It is also important to note that due to their participation in the initial 2017 YRBS, the districts of Arlington, Burlington, Melrose, Stoneham, Wakefield, Winchester, and Woburn may have comparable 2017 district-specific data to observe trends, but the districts of Wilmington, Belmont, Watertown, and Reading will not.

We will use the term HS to refer to high school students and MS to refer to middle school students throughout this report.

Unintentional Injury & Violence

Unintentional Injury

Unintentional injuries are defined as accidental injuries where the harmful outcome was not sought, occurred in a short period of time, or normal body functions were blocked by external means, e.g. drowning. Some of the most common unintentional injuries result from motor vehicle crashes, falls, fires and burns, drowning, poisonings, and suffocation. According to the CDC in 2017, the United States saw that 40.6% of deaths among persons aged 10–24 years were due to unintentional injuries, making this

the leading cause of death for this age group.¹

Interventions that promote better home and traffic safety may help to reduce unintentional injuries among youth. The 2019 Middlesex league YRBS asked questions on behavioral factors associated with traffic safety and unintentional injuries such as sharing a ride with a drunk driver, driving under the influence and distracted driving among others. In addition the survey assessed safe practices such as wearing seat belts while riding in a vehicle and use of helmets. When skateboarding or riding a bike.

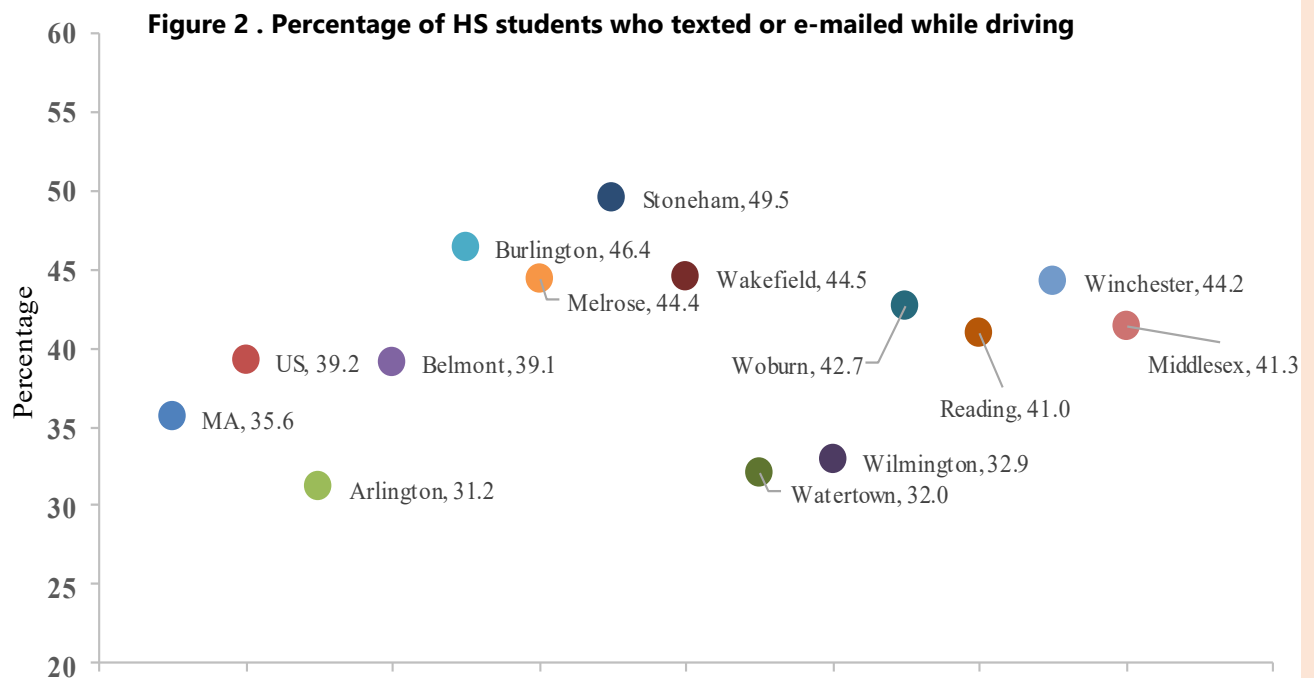
Regional Summary

Overall, HS students in the Middlesex league fared considerably better than those in the Commonwealth of Massachusetts and the US on injury related risk factors such as sharing a ride with a drunk driver, failure to use seat belts when riding with someone else or driving after drinking alcohol. However, Middlesex League students were more likely to engage in distracted driving compared to students in the Commonwealth. For example, among Middlesex league students who had reported driving or operating a vehicle in that past 30 days, 41.3% reported texting or emailing while driving compared to 35.6% in MA or 39.2% in the US. Similarly, compared to HS students in the US, Middlesex league students, were slightly more likely to drive after using Marijuana.

¹ Heroin, M. (2019). Deaths: Leading causes for 2017. National Vital Statistics Reports. National Center for Health Statistics, 68 (6).

Unintentional Injury

- Among the Middlesex league school districts, HS students in **Wilmington** (19%) were more likely to report driving after using Marijuana , while those in **Reading** (7.1%) were more likely to report driving after drinking alcohol.
- HS students in **Woburn** (7.1%) and **Stoneham** (6.7%) were more likely to report that they never or rarely used a seat belt when riding in a vehicle driven by someone else. The regional average was 4.4%.
- With respect to distracted driving, among HS students in the Middlesex school league, students in **Stoneham** school district reported the highest rates of talking on the cell phone while driving (48.8%) and texting or emailing while driving (49.5%). Similarly in Stoneham 16.4% of MS students reported riding in a car driven by someone who had been drinking alcohol. This figure was also the highest among the participating districts and notably higher than the Middlesex League average of 12.5% of students.



Unintentional injury

Helmet use among middle school students

- With respect to helmet use while riding a bicycle or when rollerblading or skateboarding, 28.7% of MS students in the Middlesex league region reported never or rarely wearing a helmet while riding their bicycle and 44.7% reported never or rarely wearing their helmet while rollerblading or skateboarding. The district with the highest rate in the area of never or rarely wearing a helmet while riding a bicycle was **Melrose** (63.9%), while the district with the highest rate in the area of never or rarely wearing a helmet when rollerblading or skateboarding was **Stoneham** (45.0%).

Violence

Youth violence is defined as violence either against or committed by a child or adolescent. Issues most associated with youth violence include physical fighting, bullying, cyber- violence, dating violence, and child abuse and neglect.

According to the CDC in 2017, among people ages 10 to 24, 19.2% of deaths were due to suicide, while 14.4% of deaths were due to homicide.¹

Additionally, one in five high school students reported being bullied in 2018, with 15% of high schools and 22% of middle schools reporting

frequent bullying.² A combination of risk factors, which comprise of individual, relationship, community, and societal factors, contribute to the overall perpetration of youth violence.

The 2019 Middlesex league YRBS asked questions related to physical bullying emotional abuse, sexual violence, and other questions regarding threats to safety.

Overall, high school students in the Middlesex league fared better than students in the Commonwealth with respect to violence related behavior and experiences.

Threats to Safety

On average HS students in the Middlesex league were less likely to report carrying a weapon than HS students in the Commonwealth 6.0% vs 11.1%. They were also less likely to report carrying a weapon on school property (1.3% vs 2.7%) , less likely to report being threatened or injured with a weapon on school property (3.9% vs 4.8%) and less likely to engage in physical fights (14.3% vs 17.8%).

- Among the Middlesex league school districts, HS students in **Woburn** (8.5%) were more likely to report carrying a weapon on at least one day during the past 30 days prior to the survey and engage in physical fights(18.5%) while those in **Wilmington** (2.9%) were more likely to report carrying a weapon on school property and that they did not go to school because they felt unsafe (6.4%).
- Middle school students in **Belmont** were more likely to carry a weapon, with 17.8% of MS students reporting that they had carried a weapon in the past 12 months. The average among MS students in the Middlesex League region was 13.9%.

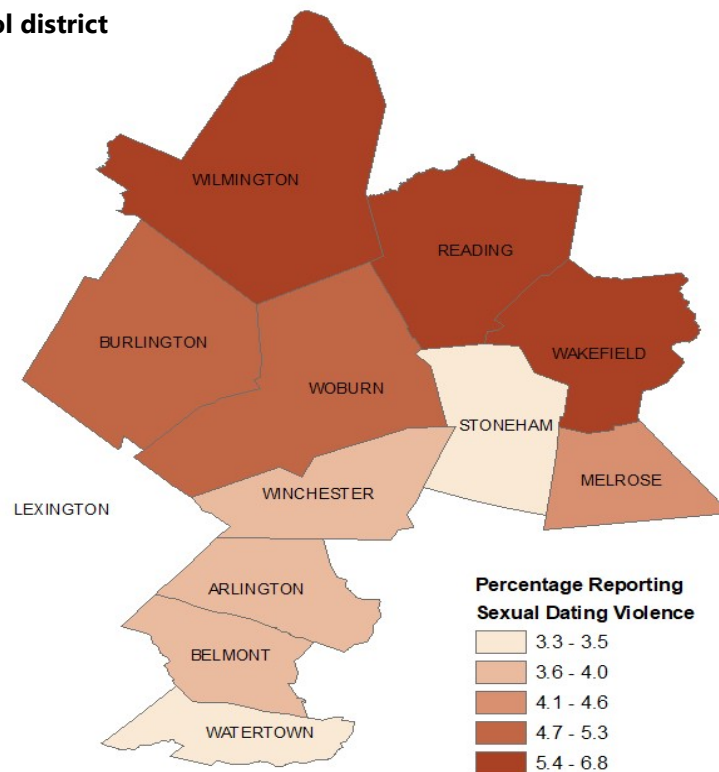
²Centers for Disease Control and Prevention. (2017). Youth risk behavior surveillance—United States. Morbidity and Mortality Weekly Report-- Surveillance Summaries 2018, 67.

Violence

Sexual violence

- One in thirteen (7.5%) HS students in the Middlesex league reported experiencing sexual violence in the past 12 months. This was relatively lower than what was reported in the Commonwealth where one in ten (10.4%) students reported experiencing sexual violence. Among the school districts, **Wakefield** (9.6%) and **Wilmington** (9.1%), reported the highest rates of sexual violence in the past 12 months. Among HS students in the Middlesex league who dated or went out with someone in the past 12 months, 4.8% reported sexual dating violence compared with 5.8% in the Commonwealth.

Figure 3. Showing percent distribution of HS students experiencing dating violence by school district



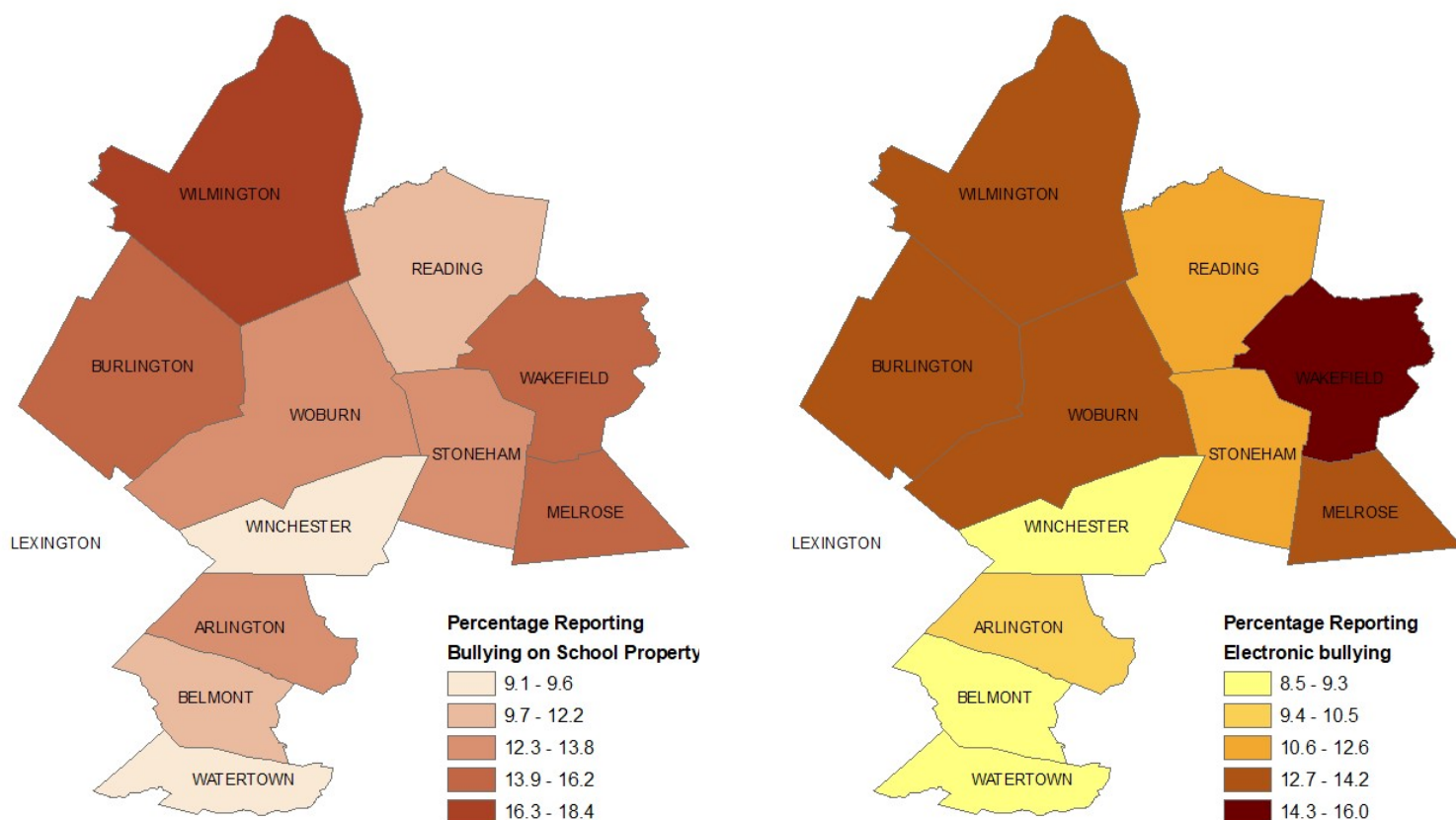
- Figure 3. Shows the distribution of reported sexual dating violence among Middlesex league HS students. Among the school districts, **Wilmington** (6.8%), **Reading**(6.6%) and **Wakefield**(6.1%) reported the highest rates of sexual dating violence .

Violence

Bullying

In 2019, a high percentage (11.8%) of Middlesex league HS students were bullied electronically, including through texting, Instagram, Facebook, or other social media, during the past 12 months. An even higher percentage were bullied on school property (13.0 %). While these rates were high, they were lower in comparison to the state and national averages. In MA, 13.6% HS students reported electronic bullying while 14.6% reported bullying on school property. National estimates were 14.9% and 19.0% respectively.

Figure 4. Percentage of HS students reporting bullying by school district



- Among the school districts, HS students in **Wilmington** (18.4%) were more likely to report bullying on school property while those in **Wakefield** (16%) were more likely to report electronic bullying in the past 12 months (Figure 4). In **Wakefield**, 25.5% of MS students reported that they were bullied on school property in the past 30 days and 38.3% reported that they had been electronically bullied. The average among MS students in the Middlesex League was 16.7% with respect to being bullied on school property and 30.1% with respect to being electronically bullied.

Mental Health

Mental Health

Mental health disorders are the single most common cause of disability in young people, affecting 1 in 5 children ages 13-18 in the U.S.³ About three in four mental disorders begin before the age of 25, making adolescents a critical period to promote and address mental health. In 2017, Nearly a third of high school students reported feeling sad or hopeless every day for two or more weeks in a row, inhibiting them from

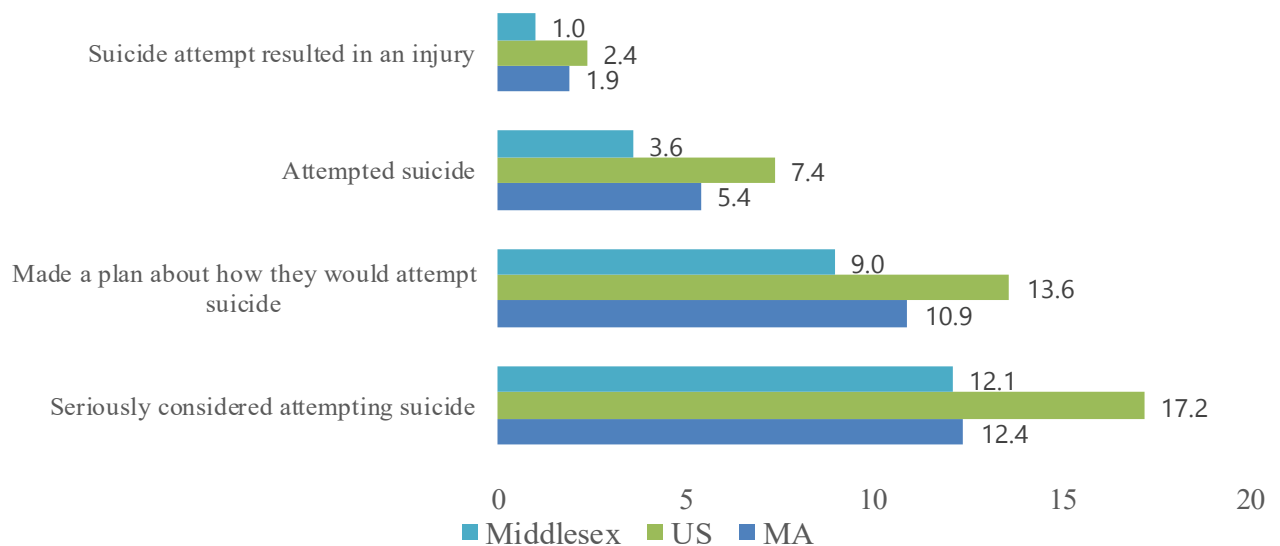
performing usual activities. This can ultimately have negative long-term effects that leave students feeling socially isolated and stigmatized, potentially impacting their academic performance, future employment, and overall health.

The 2019 Middlesex league YRBS asked questions related to depression, suicide, stress, and behavioral health treatment.

Regional Summary

Compared to the Commonwealth, HS students in the Middlesex League reported comparable rates of sadness and thoughts of suicide. One in four high schools students (26.5%) in the Middlesex League region reported that they felt sad or hopeless almost every day for two or more weeks in a row during the past 12 months compared to 27.4% of high school students Commonwealth-wide. Compared with the national average and the Commonwealth, students in the league were equally likely to report serious thoughts of suicide but less likely to attempt suicide.

Figure 5. Reports of Suicidal ideation among HS students in the past 12 month



³ Centers for Disease Control and Prevention (CDC). (2018.). 1991-2017 High School Youth Risk Behavior Survey Data. Retrieved from <http://nccd.cdc.gov/youthonline/>

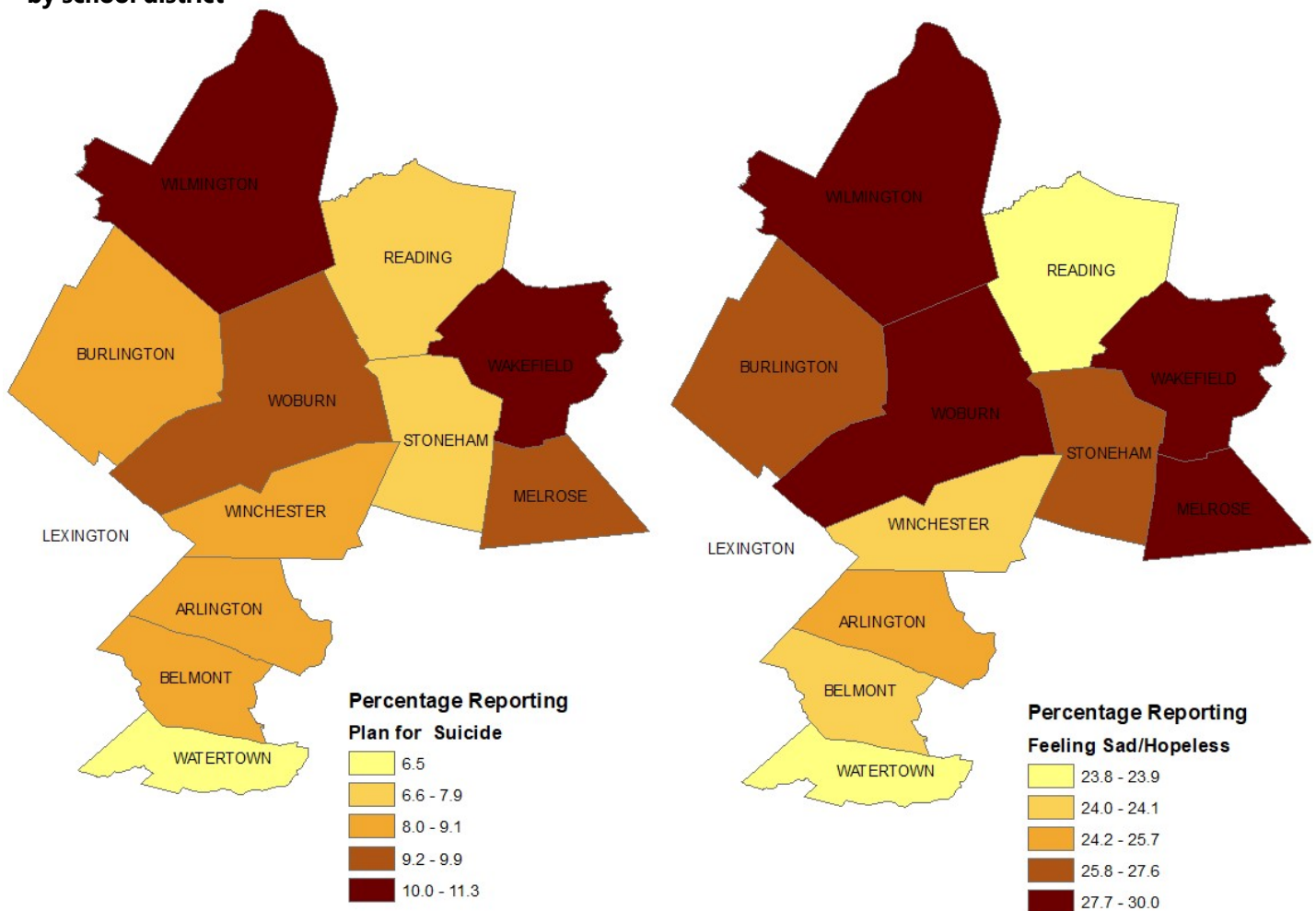
⁴ Kutcher, S., & Venn, D. (2008). Why youth mental health is so important. *Medscape Journal of Medicine*, 10(12), 275.

Mental Health

In 2019, The percentage of students who reported seriously considering suicide in the past 12 months was 12.1% compared with 12.4% in the Commonwealth and 17.2% nationwide. The percentage of students who made a plan on how they would attempt suicide was 9.0% while that for those who attempted suicide was 3.6%. One in seven (13.6%) HS students in the league reported wanting to do something to purposely hurt themselves without wanting to die.

With respect to MS students in the Middlesex League region, while there is no Commonwealth or national comparison data, the regional averages for the questions in this section are concerning. With respect to suicide, 15.6% of participating MS students reported that they had seriously considered attempting suicide, 8.5% reported that they had made a plan about how they would attempt suicide, and 3.2% reported that they had actually attempted suicide.

Figure 6. Percentage of HS students reporting thoughts of suicide and mental health by school district



Mental Health

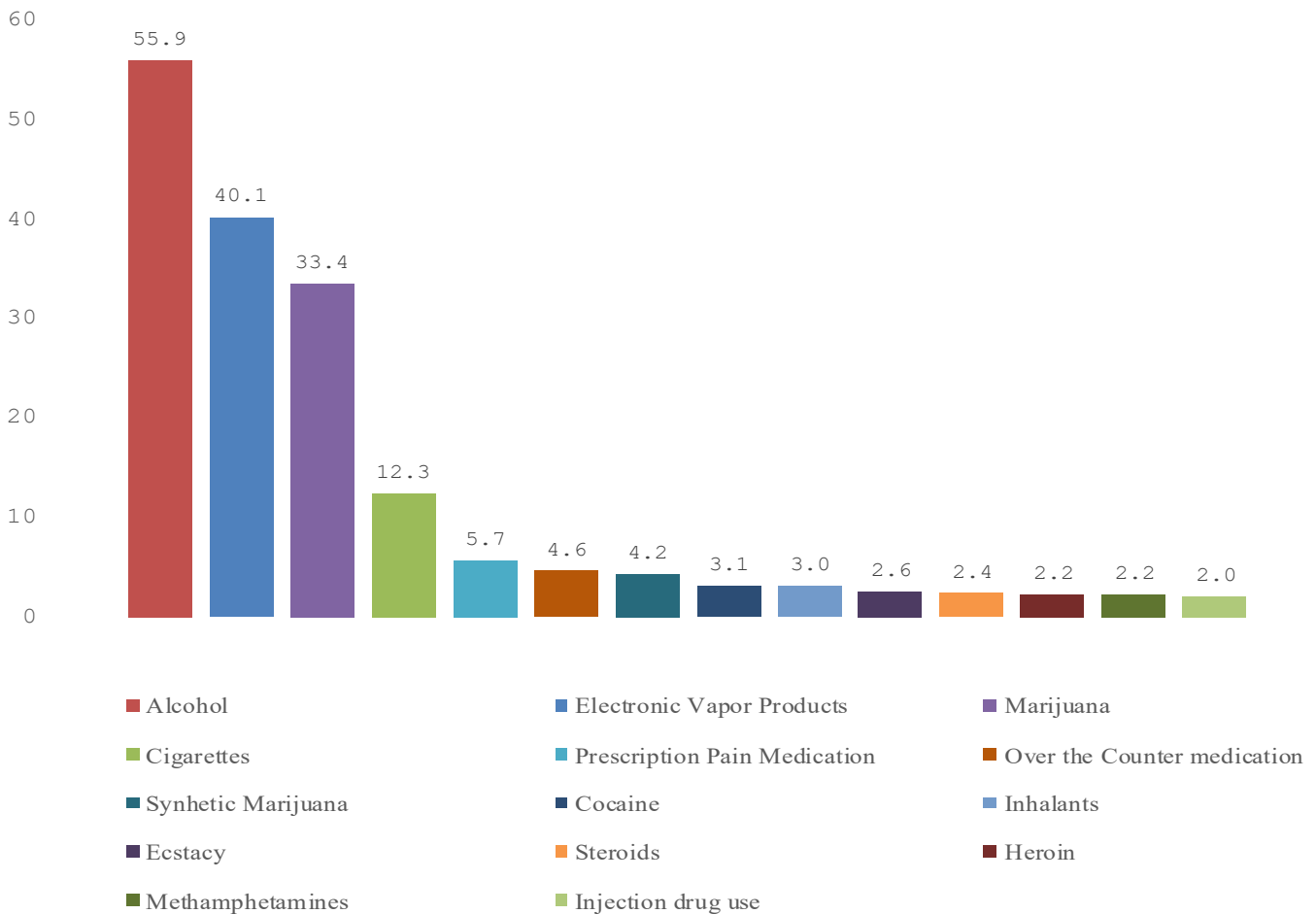
- Among the school districts, high school students in **Wilmington, Woburn, Wakefield** and **Melrose** were the most likely to report feeling sad or hopeless, while HS students in **Wilmington** and **Wakefield** were more likely to report having a plan to commit suicide.
- In 2019, about 15% **Wilmington** high school students seriously considered attempting suicide, and 11.3% made a plan about how they would commit suicide. Wilmington's rates in these two areas were the highest among the participating high schools. The regional averages for high schools surveyed in the Middlesex League region were 12.1% for seriously considering attempting suicide and 9.0% for having a plan to commit suicide. Consistent with thoughts of suicide, students in **Wilmington** were almost twice as likely to attempt suicide (7.0%) compared to the regional average of 3.6%. They were also more likely to report that they did something to purposefully hurt themselves (without wanting to die) at least once in the past 12 months (18.1%). The average among high school students in the Middlesex League region was 13.6%.
- Not surprising—and positively, given the high rates of concern—high school students in **Wilmington** were more likely than students in other districts to report receiving treatment for behavioral health, mental health, or emotional problems, with 1 in 5 (21.8%) of high school students reporting that they were in treatment in the last 12 months..
- **Woburn, Reading** and **Wakefield** middle school students had some of the highest rates of all the districts surveyed in the Middlesex league region. Rates for suicidal ideation among middle school students ranged from 11.3% in **Watertown** to 20.6% **Woburn**. MS Students in Woburn were also more likely to report making a plan to commit suicide (10.6%) and attempting suicide (5.6%). The regional averages were 8.5% and 3.2% respectively.

Substance Use

Substance Use

In general, rates of alcohol and other drug use among high school students in the Middlesex league are lower or comparable to rates reported in the Commonwealth. Underage drinking, smoking and use of illicit drugs however, remains a major public health concern. Alcohol is the most reported substance of use, followed by electronic vapor products (which have now overtaken cigarette use), marijuana, cigarettes and prescription pain medications.

Figure 7. Lifetime use of alcohol, tobacco and other drugs among HS students in the Middlesex league



Tobacco Use & Smoking

Tobacco use among adolescents is increasing across the United States. In 2018, 1 in 4 high school students had used any type of tobacco product in the past 30 days, which is a considerable increase from reports in 2017.² A major factor contributing to the rise of adolescent tobacco use is the increased prevalence of e-cigarettes and palatable flavored tobacco products that are available in the market.

From 2017-2018, there was no observed change in utilization of other nicotine tobacco products,

including traditional cigarettes; however, e-cigarette use among high school students increased from 11.7% to 20.8%.⁵ Similar nation-wide trends are present amongst middle school students. While utilization rates of other nicotine tobacco products maintained from 2017 to 2018, e-cigarette use jumped from 3.3% to 4.9% during this time.

The 2019 Middlesex League YRBS asked questions related to cigarette use, smokeless tobacco, and electronic vapor products.

Regional Summary

Overall, rates for cigarette use declined between 2017 and 2019. Consistent with findings from the 2017 survey, in 2019, fewer students in the Middlesex league reported smoking cigarettes and cigars or smokeless tobacco compared to students in the Commonwealth or the US. Among HS students in the Middlesex league 12.3% reported that they had ever used cigarettes compared to 19.6% in the Commonwealth and 29.6% nationally. While recent comparison data is not available rates of cigarette use were consistently low among middle school students with 2.3% reporting that they had ever tried cigarettes and less than 1% reporting current use (at least one day in the past 30 days)

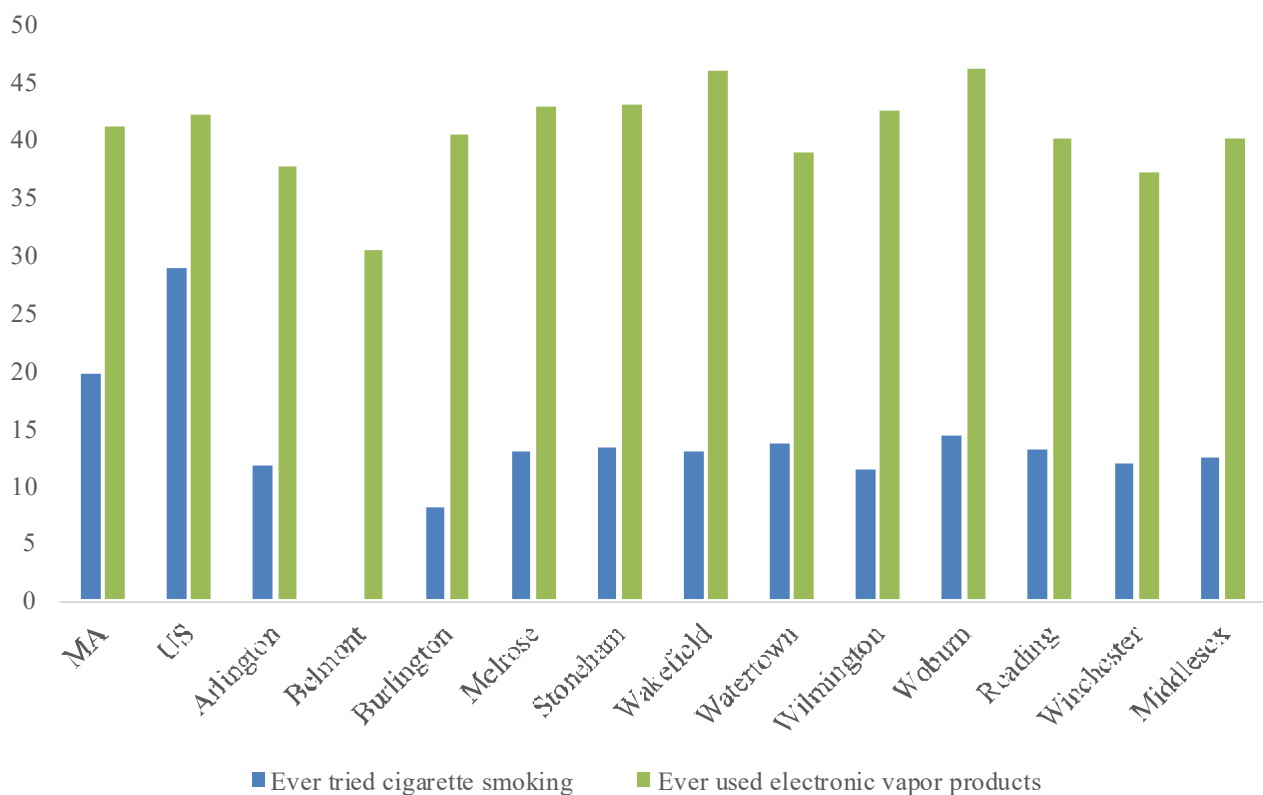
While survey data shows that students are not as likely to smoke cigarettes, more students have reported use of electronic vapor products suggesting that students are substituting use of traditional cigarettes with electronic vapor products including e-cigarettes. In 2019, 40.1% of HS students in the Middlesex league reported that they had ever used electronic vapor products an increase from 34.9% reported in 2017. A comparable number of students in MA (41.1%) and the US (42.2%) reported ever using vapor products. An estimated 24.3% reported current use of electronic vapor products. This number was comparable to the Commonwealth (20.1%) but almost twice as much as what was reported for HS students in the US (13.2%).

⁵ Gentzke, A., Creamer, M., Cullen, K., Ambrose, B., Willis, G., Jamal, A., & King, B. (2019). Vital Signs: Tobacco Product Use Among Middle and High School Students — United States, 2011–2018. *MMWR Morb Mortal Wkly Rep*, 68(6), 157–164.

Tobacco use & Smoking

- Among the Middlesex league school districts HS students in **Woburn** (46.2%) and **Wakefield**(45.9%) were more likely to report lifetime use of electronic vapor products. Students in **Woburn** were also more likely to report current use of electronic vapor products (28.4%) and ever having tried cigarette use (14.2%). HS students in **Wilmington** (6.6%) and **Reading** (6.3%) were more likely to report current cigarette use.
- Among middle school students surveyed in the Middlesex League region, middle school students in **Woburn** were the most likely to report ever trying cigarette smoking (3.7%), ever using electronic vapor products (14.0%), and current use of an electronic vapor product (7.3%).

Figure 8. Percentage Reporting Tobacco use and electronic vapor products among HS students in the Middlesex league



Alcohol use

Underage alcohol consumption is a major public health concern, as alcohol is the most common substance of abuse among American youth. Underage drinking poses significant health and safety risks, particularly amongst youth who participate in binge drinking. That is, when men consume 5 or more drinks or women consume 4 or more drinks in about 2 hours.

Nationally in 2017, 8% of 8th graders and 33% of 12th graders reported consuming alcohol in the past 3 days.⁶ Furthermore, 2% and 19% of 8th and

12th graders, respectively, reported binge drinking in the past 30 days.⁷ Youth who drink alcohol are more likely to experience more school absences, failing or poor grades, alcohol related crashes or other unintentional injuries, and changes in brain development that may have consequences on their performance in school and long-term health.⁸

The 2019 Melrose district YRBS asked questions related to previous and current alcohol consumption as well as binge drinking.

Regional summary

Alcohol remains the most reported substance of use among students in the Middlesex league. In 2019, among high school students in the Middlesex league, about 3 in 5 (55.9%) reported drinking alcohol at least once in their lifetime. This is comparable to what was reported in MA (56.2%) and lower but not significantly different from what was reported in 2017 (57.8%). About 1 in 5 (26.4%) HS students reported current use of alcohol, defined as at least one drink of alcohol on at least one day during the 30 days before the survey. The percentage of HS students reporting binge drinking in Middlesex league (15%) was higher than national average (13.5%) but comparable to MA (15.9%).

- In 2019, among the school districts, **Melrose** (59.4) and **Stoneham** (59.3%) had the highest percentage of students reporting use of alcohol at least once in their lifetime. This is consistent with what was observed in 2017. **Watertown** had the lowest at 46%. The regional average was 55.9% and the Commonwealth average was 56.2%.
- With respect to current use **Stoneham** (33.3%) and **Reading** (33.0%) had the highest rates of current use. **Melrose** (20.7%), **Stoneham** (19.5%) and **Reading** (18.7%) had the highest rates of binge drinking.

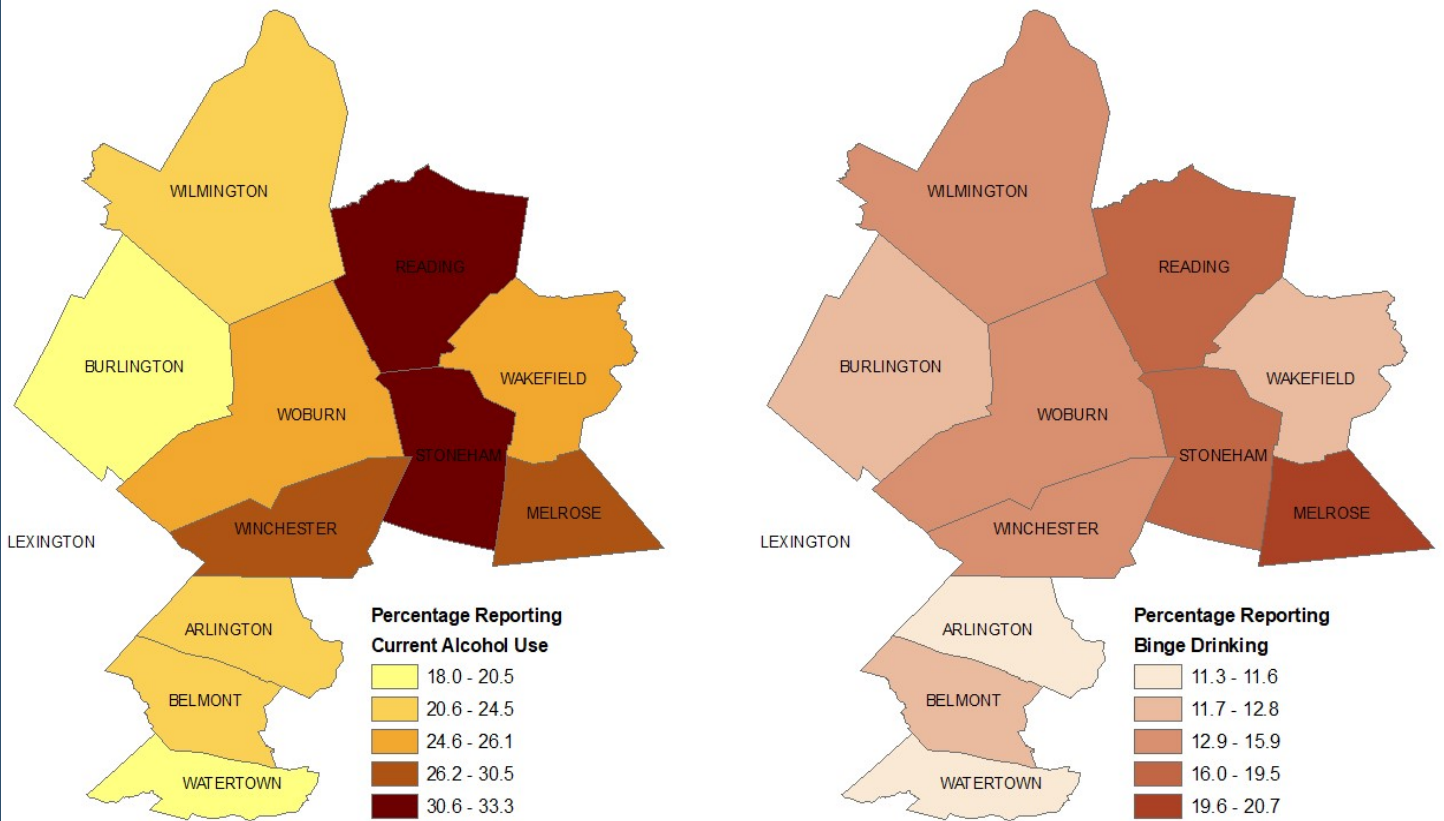
⁶ Center for Behavioral Health Statistics and Quality. (2016). Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health. HHS Publication No. SMA, 16-4984.

⁷ Johnston, L., Miech, R., O'Malley, P., Bachman, L., Schulenberg, J., & Patrick, M. (2019). Monitoring the Future national survey results on drug use 1975-2018. Ann Arbor: Institute for Social Research, University of Michigan.

⁸ Office of the Surgeon General (US); National Institute on Alcohol Abuse and Alcoholism (US); Substance Abuse and Mental Health Services Administration (US). (2007). The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking. Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK44360/>

Alcohol

Figure 9. Current Alcohol use and binge drinking among HS students in the Middlesex league



- In 2019, 17.0% of **Reading** middle school students reported ever drinking alcohol and **Stoneham** middle school students had a rate of 16.5%. These figures are both notable higher than the regional average of 13.1% of participating middle school students in the Middlesex League.

Other Drugs

The YRBS measures the abuse of illegal drugs and the misuse of prescription medications or other substances. Marijuana is the most commonly used illicit drug by both teenagers and adults in the United States.⁹ It can increase the risk for accidents and injuries, including impaired driving, and is associated with poorer school performance, reduced life satisfaction, and use of other drugs.¹⁰ Other drugs also pose a public health concern for youth. Prescription drug misuse as a way to get high, relieve tension, increase alertness, and/or improve concentration and academic performance

has become a growing problem for teenagers, as it can lead to addiction and overdose deaths.¹¹

Cocaine, heroin, cough and cold medicine, and other drugs, all affect body and mind development and pose damaging consequences for children and adolescents.

The 2019 Middlesex league YRBS asked questions related to marijuana use, other illicit drug use, and prescription drug use.

Regional Summary

Consistent with national trends, marijuana continues to be the most commonly used illicit drug among high school and middle school students. Overall in the Middlesex league, the percentage of high school students who had ever used marijuana in their lifetime remained unchanged in 2019 compared to 2017. Rates for lifetime use of other illicit drugs among HS students in the league ranged from 2.0% for injection drug use to 5.7% for use prescription pain medications without a prescription. Trends in illicit drug use among Middlesex league students varied in comparison to the Commonwealth or the U.S. For example, HS students in the league were less likely to report lifetime use of marijuana, synthetic marijuana and cocaine but more likely to report use of heroin and methamphetamines.

⁹ NIDA. (2018). Media Guide. Retrieved from <https://www.drugabuse.gov/publications/media-guide/>

¹⁰ Volkow, N. D., Baler, R. D., Compton, W. M., & Weiss, S. R. (2014). Adverse health effects of marijuana use. *The New England journal of medicine*, 370(23), 2219–2227.

¹¹ Compton, W., & Volkow, N. (2006). Abuse of prescription drugs and the risk of addiction. *Drug and Alcohol Dependence*, 83(1), S4–S7.

Other Drugs

Table 3. Use of alcohol,, tobacco and Other among HS students drugs by school district

	Cigarettes	Electronic Vapor Products	Alcohol	Marijuana	Prescription Pain Medication	Steroids	Cocaine	Heroin	Methamphetamines	Ecstasy	Synthetic Marijuana	Over the Counter medication	Inhalants	Injection drug use
Wilmington	11.4	42.5	54.0	36.1	9.7	5.9	6.1	5.8	5.5	5.4	5.9	7.8	6.0	5.4
Reading	13.0	40.1	57.6	33.0	6.8	3.5	5.2	4.8	4.5	4.8	7.0	7.7	5.7	3.4
Woburn	14.2	46.2	56.1	38.0	6.4	2.6	3.5	2.6	2.9	3.1	4.8	5.0	3.3	2.4
Watertown	13.5	38.8	46.0	25.1	6.5	2.3	3.4	2.7	2.5	3.2	4.0	4.0	2.3	1.7
Burlington	8.0	40.4	52.6	32.0	5.2	2.3	3.2	1.9	2.3	2.0	4.1	3.7	2.0	1.6
Middlesex	12.3	40.1	55.9	33.4	5.7	2.4	3.1	2.2	2.2	2.6	4.2	4.6	3.0	2.0
Winchester	11.8	37.1	55.7	29.7	4.2	1.7	3.0	2.0	1.9	2.2	3.7	3.8	2.2	1.3
Wakefield	12.9	45.9	56.6	38.5	5.5	1.5	2.9	1.6	2.1	2.8	3.2	4.8	3.8	1.3
Stoneham	13.2	43.0	59.3	37.5	4.2	1.2	2.8	.9	1.1	1.2	4.3	4.4	2.1	.9
Melrose	12.9	42.9	59.4	35.7	4.3	1.9	2.7	1.3	1.1	1.8	4.3	2.7	2.0	1.1
Arlington	11.6	37.7	58.0	35.0	3.8	1.4	2.0	1.1	1.1	1.6	2.7	2.7	1.7	1.0
Belmont	.	30.4	55.6	27.4	7.1	.	.9	.5	.5	1.1	2.9	4.0	2.3	.

Note: Darker shading represents higher percentage of use and lighter shading represents a lower percentage of use

- Among the school districts, HS students in **Wilmington** had the highest rates of illicit drug use , reporting the highest rates in use of prescription pain medications, steroids, cocaine, heroin, methamphetamines ecstasy, over the counter medications and inhalants (Table 5). Wilmington also had the second highest rate of synthetic marijuana use after **Reading**.
- **Wakefield** (38.5%), **Woburn** (38.0%) and **Stoneham** (37.5%) reported the highest rates of lifetime Marijuana use among HS students in the league. The regional average was 33.4% and the state average was 37.9%.
- With respect to illicit drug use, MS students were more likely to report use of inhalants (3.9%), Marijuana(3.1%) and prescription pain medications (3.2%) . MS students in **Woburn** (6.6%) were more likely to report lifetime use of marijuana, while those in **Reading** were more likely to report lifetime use of inhalants (6.0%) and prescription pain medications (4.4%).

Sexual Behavior & HIV

Sexual Behavior & HIV

Youth who engage in sexual behaviors are at risk for unintended health outcomes such as human immunodeficiency virus (HIV), other sexually transmitted diseases (STDs), and unintended pregnancy. Sexual minority youth including lesbian, gay, and bisexual high school students in particular are at substantial risk for serious health outcomes relative to their peers.

In 2017, a third of high school students reported having sexual intercourse. Of those students, 46% did

not use a condom the last time they had sex and 14% did not use any contraception.² Schools can play a direct role in protecting students from HIV, STDs and unintentional pregnancies by providing effective education about healthy sexual practices and addressing the needs of sexually active and non-sexually active students.

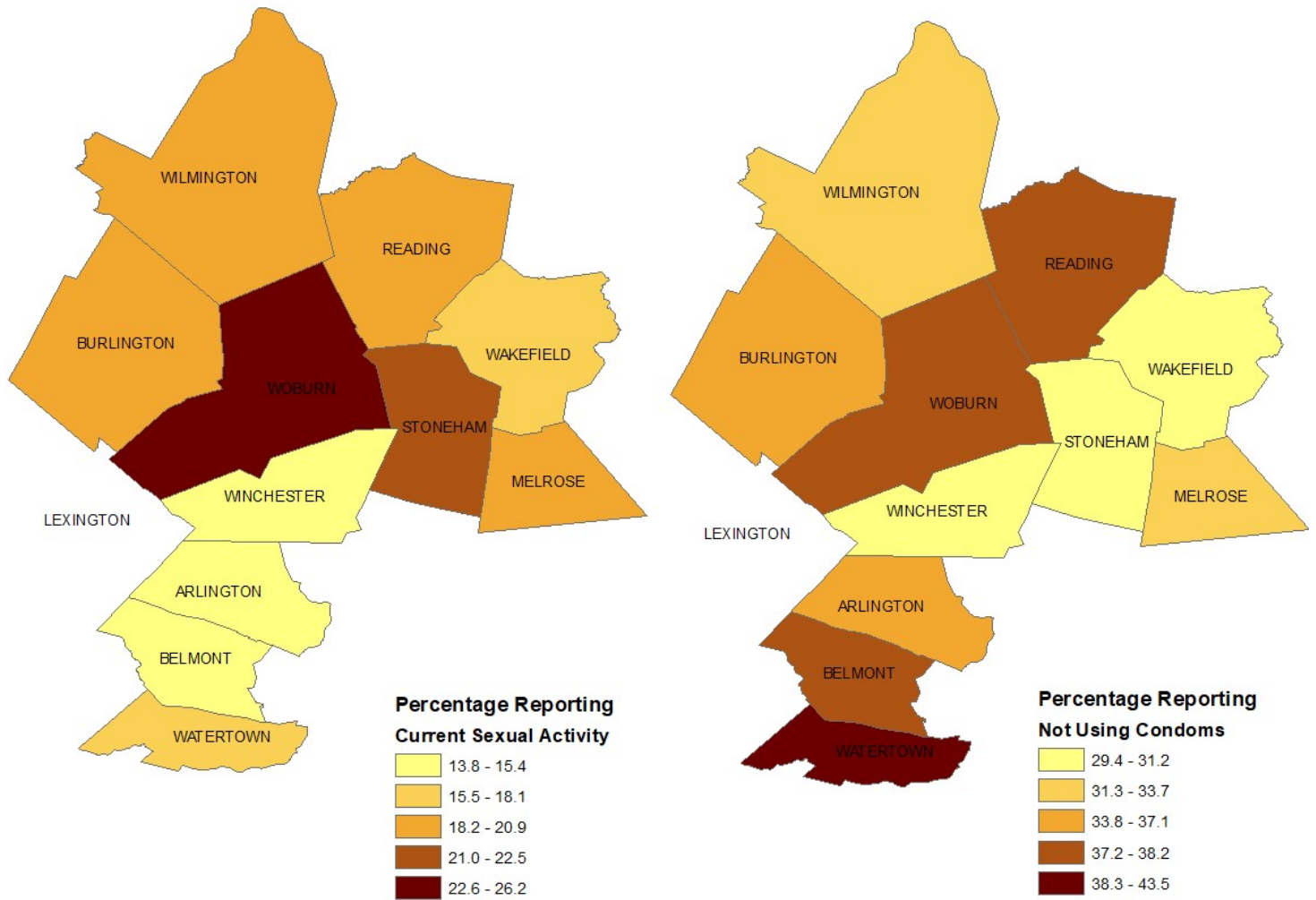
The 2019 Melrose district YRBS asked questions related to sexual intercourse, sexting, pregnancy and disease prevention, and sexually transmitted infections (STIs).

The percentage of HS Students in the Middlesex league who reported that they ever had sexual intercourse or were currently sexually active were slightly lower than for high school students in the Commonwealth (18.8% vs 25.0%). In general, HS students in the Middlesex league reported slightly lower rates of sexual intercourse, and risky sexual behaviors, such as non-use of birth control or nonuse of condoms during a sexual encounter. They however had comparable rates of using alcohol or drugs before a sexual encounter.

- In **Woburn** 35.2 % of high school students surveyed reported that they ever had sexual intercourse, which was the highest rate among all participating districts in the Middlesex League region. **Belmont**'s high school students had the lowest rate in this respect with a rate of 20.1%. The average among participating high school students in the Middlesex League region was 25.9%, and the Commonwealth average was 35.3%. HS students in **Woburn** (26.2%) also reported the highest rates of current sexual activity. The regional average was 18.8%.
- **Woburn**'s high school students ranked among the highest districts with students reporting non-use of condoms during their last sexual encounter with a rate of 38.2%. **Watertown** had the highest at 43.5%.

Sexual Behavior & HIV

Figure 10. Current Sexual activity and condom use among HS students in the Middlesex league



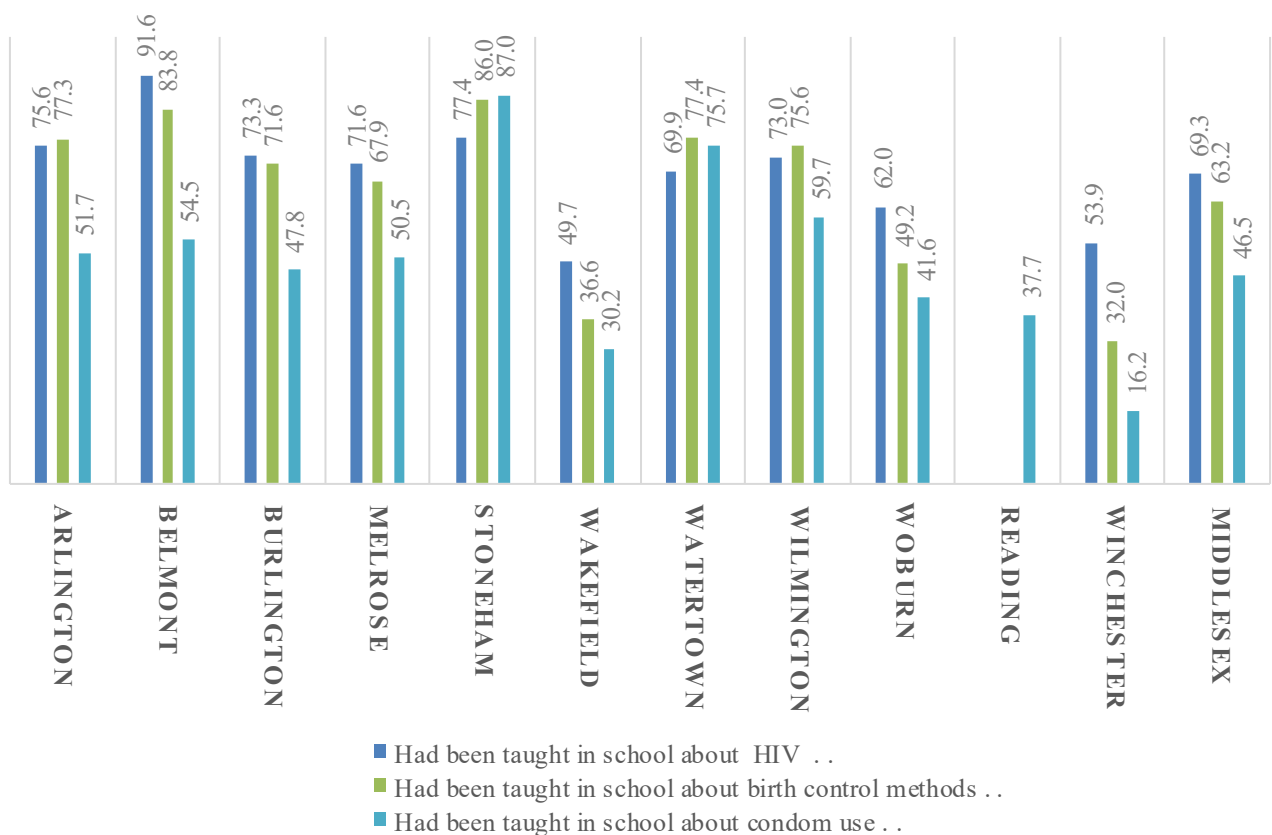
- High school students in **Wilmington** were more likely than high school students in other districts to report drinking alcohol or using drugs prior to their last sexual encounter, with a rate of 23.7%. The regional average among high school students surveyed in the Middlesex League region was 20.1% for drinking or using drugs before sexual intercourse and 35.3% for not using a condom.
- Both **Melrose** and **Reading** middle school students were the most likely to report having sexual intercourse compared to the rest of the participating districts in the Middlesex League region. Melrose and Reading middle school students reported figures of 4.6% while the Middlesex League regional average was 2.8%.

Sexual Behavior & HIV

In comparison to the Commonwealth, fewer students in the Middlesex league reported that they had never been tested for HIV (75.1% vs 89.5%). While there were no comparable estimates for STD testing, 7.1% of Middlesex league students reported they had been tested for sexually transmitted diseases. Students in **Wilmington** (11.4%) and **Watertown** (11.0%) were more likely to report being tested while those in **Wakefield** were the least likely to get tested for STDs.

Among the school districts, the percentage of HS students receiving education on HIV/AIDs infection ranged from 49.7% in **Wakefield** to 91.6% in **Belmont**, while that for those receiving education on condom and contraceptive use ranged from 16.2% in **Winchester** to 87% in **Stoneham**, and 32.0% in **Winchester** and 86% in **Stoneham** respectively.

Figure 11. Percentage of HS students reporting HIV and Sex education by school district.



Nutrition & Physical Activity

Nutrition & Physical Activity

Healthy eating and regular physical activity are essential for maintaining physical and mental health of youth. Together, this reduces the risk of developing chronic diseases, such as hypertension, heart disease, cancer, and diabetes. To reduce the risk of chronic disease, it is suggested that adolescents should be consuming at least five servings of fruit and vegetables and engage in 60 minutes of physical activity daily.¹²

Evidence suggests that physical activity and physical fitness improve academic performance and that time dedicated to physical activity in school helps facilitate this.¹³ Similarly, eating a healthy breakfast is associated with improved cognitive function, reduced absenteeism, and improved mood.¹⁴

The 2019 Middlesex league YRBS asked questions related to nutrition, physical activity, and overweight and obesity.

Regional Summary

Overall, 8.4% of HS students in the Middlesex league were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) and 12.8% were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index). Obesity rates ranged from 5.7% in Winchester to 13.3% in Woburn, while overweight ranged from 9.7% in Belmont and 17.1% in Stoneham.

Students in the Middlesex league in general performed better on obesity related factors such as nutrition and physical exercise compared with the US or the Commonwealth. Fewer students reported not consuming fruits or vegetables and fewer students reported not engaging in physical exercise. An exception however, is the consumption of sugar sweetened beverages such as sodas. HS students in the league were five times more likely to report drinking a soda or pop in the past 7 days than students in the commonwealth.

¹² Dziewaltowski, D., Estabrooks, P., & Johnston, J. (2002). Healthy Youth Places promoting nutrition and physical activity. *Health Education Research*, 17(5), 541–551.

¹³ Committee on Physical Activity and Physical Education in the School Environment; Food and Nutrition Board; Institute of Medicine; Kohl HW III, Cook HD, editors. (2013). *Educating the Student Body: Taking Physical Activity and Physical Education to School*. National Academies Press.

¹⁴ Adolphus, K., Lawton, C. L., & Dye, L. (2013). The effects of breakfast on behavior and academic performance in children and adolescents. *Frontiers in human neuroscience*, 7, 425. doi:10.3389/fnhum.2013.00425

Nutrition & Physical Activity

Nutrition

- Overall HS students in Wilmington were less likely to eat fruits and vegetables compared with the other school districts or the Commonwealth. In **Wilmington** 8.4% of high school students reported that they did not eat fruit or drink 100% fruit juice during the seven days before the survey, 14 % did not eat fruit in the past seven days and 7.7% did not eat vegetables. The regional averages were 4.9%, 8.3% and 4.5% respectively.

Physical Activity

- Among the school districts in 2019, High school students in **Watertown** were more like to report lack of physical activity compared with other school districts. One in Seven (15.4%) reported that they were not physically active for at least 60 minutes per day on any day during the past week. In comparison nearly 1 in 8 (12.1%) students in the league reported not being active to this extent. Students in Watertown were also less likely to participate in team sports and ranked among the schools with the highest number of students reporting that they spend time watching television and playing computer games for three or more hours per day .
- Among middle school students, students in **Woburn**, were less likely to be physically active and more likely to play computer games for three or more hours per day compared to students in other districts. In **Winchester**, middle school students were more likely to be physically active and less likely to play computer games for three or more hours per day compared to students in other districts.

Conclusions

While the prevalence of risky behaviors is notably lower in comparison to the Commonwealth and the United States across multiple domains in the survey, Middlesex league students have displayed similar trends. The following presents some of our conclusions based on the 2019 Middlesex league YRBS.

- Substance use continues to be a major problem among High school and middle school students with alcohol being the most reported substance of use. In this age group, high rates of underage drinking and binge drinking were reported. Similarly, students have displayed considerably high rates of marijuana use, prescription drug abuse, smoking and most notably an increase in the use of e-cigarettes and vaping products. Consistent with national trends, tobacco use seems to have declined.
- A high percentage of students in the league engage in behaviors that potentially increase the risk of unintentional injuries such as driving under the influence and distracted driving. Middlesex League students were more likely to engage in texting and driving, a major risk factor for motor vehicle accidents and hence unintentional injuries.
- The percentage of Middlesex league students engaging in risky sexual behaviors is notably high with a concerning number of students having early sexual encounters and reporting use of illicit drugs or alcohol before a sexual encounter and not engaging in safe sexual practices such as using a condom or use of contraception. The rates of reported sexual violence and dating violence though lower than the state average, are also concerning.
- A considerably high number of Students in the Middlesex league have reported problems with mental health including having frequent feelings of sadness as well as thoughts of suicide. With increasing rates of suicide across the nation, this is of major concern and is worth noting. One in four high schools students (26.5%) in the Middlesex League region reported that they felt sad or hopeless almost every day.
- While regional estimates are lower and in most cases comparable to the Commonwealth, differences exist among the school districts, with some school districts experiencing a notably higher burden of behavioral health problems. **Of the districts participating in the 2019 Middlesex League YRBS, Wilmington, Woburn, Wakefield, Melrose and Reading had the highest burden of risky behaviors.** While some districts tended to fare better or worse than others, no district was completely immune to having concerns. Each district had an area where their students fared more poorly than other participating districts.

Appendix: Data Tables

The following tables provide a summary of the 2019 data for Middlesex League YRBS .

Table 1: High School Comparison Data for Districts, Middlesex League, Commonwealth, and Nation

Table 2: Middle School Comparison Data for Districts and Middlesex League

Table 3: High School Student Characteristics

Table 4: Middle School Student Characteristics

In Table 1, MA and U.S. comparison data are from the 2018 CDC YRBS. In Tables 1 and 2, green shading indicates the district fares best for the indicator and red shading indicates the district fares poorest for the indicator compared to all districts that participated in the survey.

Table 1: High School Comparison Data for Districts, Middlesex League, Commonwealth, and Nation

<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #d4edda;">Fares best among districts</div> <div style="border: 1px solid black; padding: 5px; background-color: #f8d7da;">Fares worst among districts</div> </div>	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League	MA	U.S.
	%													
UNINTENTIONAL INJURY & VIOLENCE														
Rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)	12.2	11	12.1	9.4	8.6	12.2	10.2	12.8	12.5	14	13.2	11.9	14.4	16.5
Rarely or never wore a seat belt (when riding in a car driven by someone else)	4	2.6	4	3.7	6.7	4	6	5.7	7.1	3.8	3.3	4.4	.	5.9
Drove when they had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	4.7	4	3.3	3.7	2.7	3.2	1.5	6.6	5.2	7.1	3.7	4.4	5.7	5.5
Drove when they had been using marijuana (also called grass, pot, or weed, in a car or other vehicle, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	9.3	10.6	15.3	11.8	14.7	16.3	5.9	19	14.9	16	12.2	13.6	.	13.0
Drove a car within 2 hours of using marijuana	8.2	8.2	.	.
Talked on a cell phone while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	30.5	36.6	42.8	38.7	48.8	44.1	31.5	36.2	38.8	.	41.7	39.2	.	.
Texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	31.2	39.1	46.4	44.4	49.5	44.5	32	32.9	42.7	41	44.2	41.3	35.6	39.2
Carried a gun (on at least 1 day during the 12 months before the survey, not counting the days when they carried a gun only for hunting or for a sport such as target shooting)	1.1	.	.	1.8	0.9	1.5	1.5	4.8	3	2.8	1.7	2.1	2.7	4.8
Carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)	6	3.9	5.9	5.5	4.2	5.5	5.6	8.2	8.5	7.7	5	6.0	11.1	15.7
Carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)	0.9	0.6	1.1	1.3	0.2	0.9	1.3	2.9	1.7	1.9	1.2	1.3	2.7	3.8
Did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)	3.3	2.8	4.4	5.6	4.4	6.1	3.6	6.4	5.5	5.9	3.7	4.7	4.5	6.7
Were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)	2.9	2.9	5.2	3.7	2.1	4.9	3.7	4.5	4.2	5	3.3	3.9	4.8	6.0

Table 1: High School Comparison Data for Districts, Middlesex League, Commonwealth, and Nation

<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #d4edda;">Fares best among districts</div> <div style="border: 1px solid black; padding: 5px; background-color: #f8d7da;">Fares worst among districts</div> </div>	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League	MA	U.S.
	%													
Were in a physical fight (one or more times during the 12 months before the survey)	11.1	12.8	15.7	13.5	12.1	14	16.4	16.9	18.5	15.7	11.6	14.3	17.8	23.6
Was a member of a gang (one or more times during the past 12 months)	5.1	.	.	4.4	5.5	4.4	5	8	4.3	.	5	5.0	.	.
I was verbally abused	5.4	.	5.7	8.3	5.2	6.2	.	.
I was forced to do sexual things I did not want to do	4	.	4.6	5.6	3.1	4.4	.	.
I was hurt physically	1.4	.	2	2.2	1.6	1.8	.	.
Were ever physically forced to have sexual intercourse (when they did not want to)	.	3.8	5.2	.	.	5.3	3.6	5.7	4.6	5.7	3.7	4.7	6.8	7.4
Experienced sexual violence by anyone (being forced to do sexual things (counting such things as kissing, touching, or being physically forced to have sexual intercourse) they did not want to do by anyone, one or more times (during the 12 months before the survey)	5.6	7.7	.	6.9	4.8	9.6	6.1	9.1	8.6	8.5	6.7	7.5	10.4	9.7
Experienced sexual dating violence (being forced to do sexual things they did not want to do by someone they were dating or going out with, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	3.7	3.8	5.3	4.6	3.3	6.1	3.5	6.8	5.1	6.6	4	4.8	5.8	6.9
Experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	1.8	1.6	1.8	1.9	1.4	2.2	1.9	4.2	3.2	4.6	2.6	2.5	5.6	8.0
Were bullied on school property (during the 12 months before the survey)	12.8	11.1	14.9	14.6	13.8	16.2	9.6	18.4	13.1	12.2	9.1	13.0	14.6	19.0
Were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)	10.5	8.5	13	13.3	12.6	16	9.3	14.2	13.2	11.9	9.2	11.8	13.6	14.9
Someone posted something about them on social media that made them upset or uncomfortable (social media apps include Instagram, Twitter, Facebook, etc)	31.8	44.3	.	34.4	.	38.3	.	37.4	.	.
MENTAL HEALTH														
Wanted to do something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose (at least once in the past 12 months)	15.3	13.3	12.6	13.2	10	15.8	10.4	18.1	13.8	12.2	13.9	13.6	.	.

Table 1: High School Comparison Data for Districts, Middlesex League, Commonwealth, and Nation

<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #d4edda;">Fares best among districts</div> <div style="border: 1px solid black; padding: 5px; background-color: #f8d7da;">Fares worst among districts</div> </div>	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League	MA	U.S.
	%													
Felt sad or hopeless (almost every day for 2 weeks or more in a row so that they stopped doing some usual activities, during the 12 months before the survey)	25.7	24	27.6	28.9	26.8	30	23.8	28.8	28.6	23.9	24.1	26.5	27.4	31.5
Seriously considered attempting suicide (during the 12 months before the survey)	11	11	12	12.5	9.8	13.9	11.6	15.1	13	10.4	12.8	12.1	12.4	17.2
Made a plan about how they would attempt suicide (during the 12 months before the survey)	8.3	8.7	8.7	9.9	7.4	10.6	6.5	11.3	9.6	7.9	9.1	9.0	10.9	13.6
Attempted suicide (one or more times during the 12 months before the survey)	2.3	.	3.2	3.1	2.7	4.4	3.3	7	4	2.9	3.8	3.6	5.4	7.4
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	0.9	.	0.5	1.3	0.5	1.3	0.8	2.4	0.9	.	0.8	1.0	1.9	2.4
Felt like they were under overwhelming stress (during the past 12 months)	82.6	.	80.8	.	80.8	.	70.7	77.2	.	.	.	79.2	.	.
Have a healthy activity or behavior that helps you relieve stress (examples include listening to music, meditating, and taking care of your body by getting enough sleep, exercising, and eating healthy foods)	82.6	80.1	82.6	82.7	81.9	.	.
TOBACCO USE & SMOKING														
Ever tried cigarette smoking (even one or two puffs)	11.6	.	8	12.9	13.2	12.9	13.5	11.4	14.2	13	11.8	12.3	19.6	28.9
First tried cigarette smoking before age 13 years (even one or two puffs)	.	.	1.8	1.3	2.3	2.3	4.2	4.2	3.6	.	2	2.6	5.7	9.5
During the past 30 days, did you smoke part or all of a cigarette?	.	.	2	4.6	3.2	3.7	3.8	6.1	3.9	6	4.1	4.2	.	.
Smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey)	0.7	.	0.4	0.2	0.4	0.4	0.8	2.3	1	2.4	0.7	.9	.	9.7
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	.	.	1.9	4.2	2.5	3.1	3.8	6.6	4.2	6.3	4.4	4.2	6.4	8.8
Currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)	.	.	.	3.9	2.5	3	3.1	6.4	5	7.4	3.6	4.5	6.7	8.0
Currently used smokeless tobacco (on at least 1 day during the 30 days before the survey)	.	.	2.5	1.9	3	2.1	2.9	5.2	2.7	6.6	3	3.4	4.8	5.5
Ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	37.7	30.4	40.4	42.9	43	45.9	38.8	42.5	46.2	40.1	37.1	40.1	41.1	42.2

Table 1: High School Comparison Data for Districts, Middlesex League, Commonwealth, and Nation

<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #d4edda;">Fares best among districts</div> <div style="border: 1px solid black; padding: 5px; background-color: #f8d7da;">Fares worst among districts</div> </div>	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League	MA	U.S.
	%													
Currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least 1 day during the 30 days before the survey)	22.6	18.5	24.3	26.9	27.6	26.3	20.5	27.4	28.4	26	21.2	24.3	20.1	13.2
Vaped nicotine on school property (at least once in the past 30 days)	8.5	.	10.7	15.1	.	.	.	11.0	.	.
Did not try to quit using all tobacco products (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)	53.4	47	37.2	54.6	50.6	43	49.5	50.3	40.7	45.2	51.5	47.0	.	58.6
ALCOHOL														
Ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)	58	55.6	52.6	59.4	59.3	56.6	46	54	56.1	57.6	55.7	55.9	56.2	60.4
Had their first drink of alcohol before age 13 years (other than a few sips)	9	8.3	6.9	6.3	6.5	6.6	8.7	10.9	8.3	.	6.4	7.7	.	15.5
Currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)	24.5	22.5	20.5	30.5	33.3	25.7	18	24.1	26.1	33	29.3	26.4	31.4	29.8
Had at least one drink of alcohol (at least one day during the past 30 days)	26	24.9	21.4	31.5	34.6	27.1	18.4	25.9	28.1	35	30.6	28.0	.	.
Had at least one drink of alcohol on school property (at least one day during the past 30 days)	1.6	0.4	1.8	1.8	1.2	0.9	1.5	4.7	2.5	3.2	2.8	2.0	.	.
Reported current binge drinking (four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)	11.6	12.5	12.5	20.7	19.5	12.8	11.3	15.9	15.4	18.7	14.3	15.0	15.9	13.5
Reported 10 or more as the largest number of drinks they had in a row (within a couple of hours, during the 30 days before the survey)	2	2.9	2.6	4.5	6.4	2.6	3.2	5.4	3.8	4.4	2.8	3.5	.	4.4
Attended parties held in homes in your school district where alcohol use by teens is allowed (during the past 12 months)	20	.	.	28.4	.	25.7	.	.
OTHER DRUGS														
Ever used marijuana (also called grass, pot, or weed, one or more times during their life)	35	27.4	32	35.7	37.5	38.5	25.1	36.1	38	33	29.7	33.4	37.9	35.6
Tried marijuana for the first time before age 13 years (also called grass, pot, or weed)	4.4	4.6	6.8	4.8	4.6	8.9	15.7	15	11.6	13.4	8.1	8.6	4.4	6.8
Used marijuana or hashish (during the 30 days before the survey)	21.4	15.1	20.8	21.4	24.5	22.9	14	25.5	26.3	22.1	17.6	21.0	.	.

Table 1: High School Comparison Data for Districts, Middlesex League, Commonwealth, and Nation

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	%													
Currently used marijuana (also called grass, pot, or weed, one or more times during the 30 days before the survey)	21.5	14.8	20.5	21.5	24.2	22.8	13.9	24.7	25.5	21.9	17	20.7	24.1	19.8
Used marijuana on school property (at least once during the past 30 days)	6.4	4.2	6.2	5.3	3.7	7.8	4	12	8.8	7.7	5	6.5	.	.
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)	3.8	7.1	5.2	4.3	4.2	5.5	6.5	9.7	6.4	6.8	4.2	5.7	.	14.0
Used prescription drugs not prescribed to them (during the 30 days before the survey)	3.7	2.8	4.2	2.6	3.5	4.8	4.4	7.2	5.7	5.1	4.6	4.4	.	.
Ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)	1.4	.	2.3	1.9	1.2	1.5	2.3	5.9	2.6	3.5	1.7	2.4	.	2.9
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	2	0.9	3.2	2.7	2.8	2.9	3.4	6.1	3.5	5.2	3	3.1	4.1	4.8
Ever used heroin (also called smack, junk, or China White, one or more times during their life)	1.1	0.5	1.9	1.3	0.9	1.6	2.7	5.8	2.6	4.8	2	2.2	1.4	1.7
Ever used methamphetamines (also called speed, crystal, crank, or ice, one or more times during their life)	1.1	0.5	2.3	1.1	1.1	2.1	2.5	5.5	2.9	4.5	1.9	2.2	1.7	2.5
Ever used ecstasy (also called MDMA, one or more times during their life)	1.6	1.1	2	1.8	1.2	2.8	3.2	5.4	3.1	4.8	2.2	2.6	2.8	4.0
Ever used synthetic marijuana (also called K2, Spice, fake weed, King Kong, Yucatan Fire, Skunk, or Moon Rocks, one or more times during their life)	2.7	2.9	4.1	4.3	4.3	3.2	4	5.9	4.8	7	3.7	4.2	5.0	6.9
Took over-the-counter medication, including cough syrup, to get high (at least once during their life)	2.7	4	3.7	2.7	4.4	4.8	4	7.8	5	7.7	3.8	4.6	.	.
Ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)	1	.	1.6	1.1	0.9	1.3	1.7	5.4	2.4	3.4	1.3	2.0	.	1.5
Ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)	1.7	2.3	2	2	2.1	3.8	2.3	6	3.3	5.7	2.2	3.0	.	6.2
Were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	17.2	15	13.8	10.5	10.4	14.8	7.1	16.6	16.4	12	12.1	13.6	20.1	19.8

SEXUAL BEHAVIOR & HIV

Table 1: High School Comparison Data for Districts, Middlesex League, Commonwealth, and Nation

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	%													
Ever had sexual intercourse	21.6	20.1	25.9	26.3	30.1	24.9	26.6	29.6	35.2	26.3	22.1	25.9	35.3	39.5
Had sexual intercourse for the first time before age 13 years	1.3	1.6	1.4	1.5	1.6	2.5	2.3	3.6	2.9	3.5	2.1	2.2	2.4	3.4
Had sexual intercourse with four or more persons during their life	4.2	3.8	5.5	4.6	7	5.4	6.4	6.3	7.8	5.3	3.9	5.3	6.7	9.7
Were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)	13.8	14.2	19.6	20.2	22.5	17.7	18.1	20.9	26.2	20.5	15.4	18.8	25.0	28.7
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	19.9	21.8	19.8	20.3	18.9	19.7	15.7	23.7	19.6	21.3	19.1	20.1	18.2	18.8
Did not use a condom during last sexual intercourse (among students who were currently sexually active)	37.1	37.7	37	33	31.2	29.5	43.5	33.7	38.2	38.2	29.4	35.3	42.2	46.2
Did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)	8.7	10.2	6.6	10	3.7	10.7	8.9	9.3	7.1	12.3	8.7	8.8	9.6	13.8
Had been pregnant or gotten someone pregnant (at least once)	1.8	0.8	1.7	2	0.9	1.7	2.6	4.8	2.8	3	2.2	2.1	.	.
Ever sent received sexual messages or nude or semi-nude pictures or videos electronically	36.7	32.4	40	42.2	37.3	42.7	34.2	41.4	43.2	33.1	31.9	37.5	.	.
Were never tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)	75.5	.	73.8	74	75.8	77.3	76.3	70	78	74.3	74.8	75.1	89.5	90.7
Have been tested for other sexually transmitted diseases (STDs) such as genital herpes, chlamydia, syphilis, or genital warts (ever in their life)	9.7	.	8.4	8.7	9.8	7.1	11	11.4	8.6	8.4	6.7	8.7	.	.
Had been taught about AIDS or HIV infection in school	75.6	91.6	73.3	71.6	77.4	49.7	69.9	73	62	.	53.9	69.3	.	.
Had been taught in school about birth control methods	77.3	83.8	71.6	67.9	86	36.6	77.4	75.6	49.2	.	32	63.2	.	.
Had been taught in school about how to use condoms	51.7	54.5	47.8	50.5	87	30.2	75.7	59.7	41.6	37.7	16.2	46.5	.	.
Talked with their parents or other adults in their family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases (STDs), or pregnancy (at least once)	46	43.8	33.5	39	42.7	37.7	40.8	35.5	38.3	44.1	36.3	39.9	.	.
Have an adult in their school who can help find sexual health services (HIV, STD and pregnancy testing, access to birth control) or support around their sexuality	41.5	35.1	36	41.8	58.4	26.5	34.7	39.1	37.2	.	23.3	36.2	.	.
Felt comfortable asking an adult at school if they needed help finding sexual health services	25.7	18.5	21.9	25.4	33.7	17.2	22.4	26.6	26	.	12.9	22.2	.	.

NUTRITION & PHYSICAL ACTIVITY

Table 1: High School Comparison Data for Districts, Middlesex League, Commonwealth, and Nation

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	%													
Did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, not counting punch, Kool-Aid, sports drinks, or other fruit-flavored drinks, during the 7 days before the survey)	3.5	3	5.1	4.7	5.9	6	.	8.4	5.6	.	4.3	4.9	5.8	5.6
Did not eat fruit in past 7 days	5.4	5.7	9.4	7.4	10.6	8.5	.	14	11	.	6.3	8.3	.	.
Did not eat vegetables (green salad, potatoes (not counting French fries, fried potatoes, or potato chips), carrots, or other vegetables, during the 7 days before the survey)	2.8	3.3	.	4.1	4.6	5.7	.	7.7	6.5	.	3.1	4.5	6.9	7.2
Drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)	44.7	44.7	55.2	55.3	59.8	54.8	.	53.7	61.8	.	54.1	53.4	10.5	18.7
Did not eat breakfast on all 7 days (during the 7 days before the survey)	50	54.6	58.8	58.5	63.7	59.1	61.6	64	69.1	62.2	52.7	59.0	63.7	64.7
Were not physically active for a total of at least 60 minutes per day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time, during the 7 days before the survey)	11.7	12.6	14	14.9	11.6	10.2	15.4	14.5	14.4	8.4	8.7	12.1	15.1	15.4
Played video or computer games or used a computer for 3 or more hours per day (Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average School day)	40	37.3	46.1	44.6	49.7	49.4	48.9	38.2	50.2	48.4	39.4	44.4	47.9	43.0
Did not go to physical education (PE) classes on 1 or more days (in an average week when they were in school)	35.7	34.9	.	22.7	22.1	31.8	32.1	31.7	29.7	.	50.0	33.5	40.5	48.3
Did not play on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)	30.1	26.1	30.7	28	24.3	26.2	38.8	35.4	32.8	.	24.1	29.0	.	45.7
Had a concussion from playing a sport or being physically active one or more times (during the 12 months before the survey)	8.7	10.5	10.8	12.4	11	12.9	15.8	16.2	13.9	16.6	10.1	12.4	.	15.1
During the past 30 days, in order to lose weight or to keep from gaining weight have you done or used any of the following?														
Took diet pills, powders or liquids without a doctor's advice	.	.	3	2.8	3	1.8	.	.	.	3.2	.	2.7	.	.
Made yourself vomit or took laxatives	.	.	3.4	3.5	4.2	3.9	.	.	.	4.5	.	3.9	.	.
Did not eat for 24 hours or more	.	.	8.8	7.1	7.9	10.4	.	.	.	8.4	.	8.5	.	.
Were obese (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	5.8	6.1	.	8.7	7.9	9.5	11.5	11.1	13.3	7.5	5.7	8.4	.	.

Table 1: High School Comparison Data for Districts, Middlesex League, Commonwealth, and Nation

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	%													
Were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	12.5	9.7	.	12.8	17.1	14.9	14.8	12	14.9	12.5	10.5	12.8	.	.
Were not trying to lose weight	59.1	61.2	55	59.4	54	55.9	54.9	54.4	55.5	65.4	59.9	58.3	56.2	52.9
Described themselves as slightly or very overweight	24.4	22.7	27.8	25.2	32.4	28.5	31.5	32.1	31.5	24.4	27.9	27.5	28.1	31.5
OTHER HEALTH-RELATED TOPICS														
Has long-term disabilities (long-term means 6 months or more)	9.1	9.8	.	10	9.8	13.3	13.1	12.7	8.7	.	13.2	10.9	.	.
Has physical disabilities or long-term health problems (long-term means 6 months or more)	9.1	8.9	.	10.1	9.6	11.8	11.2	13.4	10.2	.	10.5	10.3	.	.
Slept away from their parents or guardians house because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)	2.3	1.6	2	1.4	2.3	1.5	2.1	3.6	2.4	.	2.5	2.1	.	.
Did not get 8 or more hours of sleep (on an average school night)	72.2	77.1	76.9	72.6	74.1	81.5	71.6	80.7	81.5	78.6	72.2	76.4	80.2	74.6
Were ever told by a doctor or nurse that they had asthma	20.3	.	.	19.4	22.2	21.7	21.7	24.6	21.3	.	21.8	21.5	.	22.5
Never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)	1.7	0.5	.	1.2	0.5	0.1	1.7	2.8	1.9	.	0.9	1.2	.	1.5
Can talk to an adult (or adults) about things that are important	91.3	.	.	92	.	91.8	.	.
Talked with parents about alcohol or other drug use (at least once in the past 12 months)	55.7	.	.	68.3	64.0	.	.
Has at least one teacher or other adult in your school that you can talk to if you have a problem	61.3	51.9	55.2	66	65.5	62.8	58.6	63	62.8	65.7	48.8	59.6	.	.
Can talk with at least one parent or other adult family members about things that are important to them	82.9	79.5	81	84.2	83.7	83.6	.	78.5	80.9	.	81.1	81.6	.	.
Slept in a place other than a parent's or guardian's home	1.4	0.5	1	1.2	1.1	1.9	1.7	4	2.3	.	1.5	1.6	.	.
Takes medicine or receiving treatment from a doctor or other health professional for any type of behavioral health, mental health condition or emotional problem	19.7	16.8	15.3	14.8	16.1	19.8	15.1	21.8	14.8	18.8	16.5	17.2	.	.
Did not participate in any school-based extra-curricular activities in past 12 months.	52.6	44.2	47.5	.	.
During the past 12 months, have you participated in any school-based extra-curricular activities?														
Music	6.5	22.7	16.2	.	.

Table 1: High School Comparison Data for Districts, Middlesex League, Commonwealth, and Nation

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		%													
Drama		11.9	12.3	12.1	.	.
School clubs		39.9	43.3	41.9	.	.

Table 2: Middle School Comparison Data for Districts and Middlesex League

<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #d4edda;">Fares best among districts</div> <div style="border: 1px solid black; padding: 5px; background-color: #f8d7da;">Fares worst among districts</div> </div>	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League
	%											
UNINTENTIONAL INJURY & VIOLENCE												
Never or rarely wore a seatbelt when riding in a car	1.5	1.5	1.3	2.0	2.8	2.3	4.3	1.4	2.2	1.9	1.3	1.9
Rode in a car driven by someone who had been drinking alcohol	13.4	13.5	9.6	10.3	16.4	13.6	10.0	9.7	15.3	15.2	9.2	12.5
Carried a weapon (such as, a gun, knife, or club)	14.3	17.8	14.3	14.0	14.7	11.6	10.7	11.1	12.7	15.1	14.9	13.9
Were in a physical fight	31.8	31.2	28.2	27.1	30.1	29.0	32.0	27.1	32.9	29.1	25.2	29.6
Were bullied on school property	14.4	15.2	17.9	17.0	14.5	25.5	18.8	14.9	21.5	16.4	12.4	16.7
Were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)	30.2	27.3	33.1	24.9	28.8	38.3	29.0	29.5	36.5	32.7	21.5	30.1
Never or rarely wore a helmet when riding a bicycle (among those who rode a bicycle)	15.6	17.3	35.4	39.3	45.0	42.3	34.5	32.2	44.5	20.6	17.4	28.7
Never or rarely wore a helmet when rollerblading or riding a skateboard (among those who rollerbladed or rode a skateboard)	34.9	37.9	.	63.9	55.6	58.9	43.3	39.5	57.8	40.2	34.5	44.7
MENTAL HEALTH												
Which of the following do you find causes the most negative stress for you?												
Sources that cause the most negative stress; Busy schedule (school, activities, sports, etc.)	20.9	16.5	27.2	29.9	23.6	21.9	24.8	22.7	23.2	27.3	24.6	23.6
Parent/family demands/expectations about academics, grades, etc.	13.5	13.8	14.5	14.3	12.4	17.1	15.5	12.9	14.9	12.1	12.6	13.7
Difficulty getting enough sleep	6.5	6.0	7.4	8.1	6.4	4.6	5.6	9.3	8.6	6.1	3.7	6.6
Extracurricular activity demands or pressures	2.5	4.2	3.4	.7	1.6	1.6	1.7	1.0	1.6	1.8	2.0	2.1
School demands/expectations—such as assignments, homework, etc.	32.7	30.5	30.9	26.9	30.5	32.9	30.8	36.3	26.0	33.4	36.5	31.9
Social pressures from friends, peers, etc.	3.8	5.3	2.4	4.1	2.4	3.0	6.2	3.0	4.6	4.0	2.7	3.8
Other family or personal issues which cause emotional stress for you	11.0	10.1	7.1	7.7	12.4	11.9	7.2	8.0	11.0	8.2	7.1	9.2
Worrying about the future such as college, career, etc.	9.1	13.5	7.1	8.4	10.8	7.1	8.1	6.7	10.2	7.0	10.9	9.1
School related factors that cause the most stress; Having to study things you do not understand	15.2	14.0	21.1	15.4	15.9	17.3	18.7	15.0	17.4	13.3	13.8	15.8
Teachers expecting too much from you	14.3	10.5	19.2	16.3	12.9	13.0	15.7	17.8	16.2	19.5	7.9	14.8
Keeping up with schoolwork	22.0	20.3	19.0	27.5	20.9	25.2	27.7	22.8	16.7	22.0	22.3	22.0
Having to concentrate too long during the school day	8.2	8.9	8.4	8.0	8.9	10.2	6.5	6.0	8.2	10.6	9.9	8.6

Table 2: Middle School Comparison Data for Districts and Middlesex League

	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League
Fares best among districts												
Fares worst among districts												
Having to study things you are not interested in	13.8	18.1	7.0	10.0	9.7	8.2	11.5	6.6	12.2	10.8	21.1	12.3
Pressure of study	6.2	7.1	5.0	5.8	7.2	5.2	5.4	5.1	5.3	5.9	12.0	6.5
Getting up early in the morning to go to school	15.2	18.2	13.0	9.8	18.7	16.4	8.0	21.8	16.7	10.4	7.8	14.2
Going to school	5.1	2.9	7.4	7.1	5.8	4.5	6.5	4.9	7.3	7.4	5.1	5.8
Seriously thought about attempting suicide	15.0	16.5	12.1	14.4	16.0	18.8	11.3	11.7	20.6	18.5	14.4	15.6
Made a plan about how they would attempt suicide	8.6	9.8	6.5	7.9	8.1	8.0	6.6	6.0	10.9	10.0	9.0	8.5
Attempted suicide	2.4	2.3	2.0	2.0	4.2	4.8	2.6	2.9	5.6	3.6	2.7	3.2
Are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	13.0	10.3	9.6	9.8	10.8	11.4	11.9	13.7	12.9	12.4	10.8	11.7
TOBACCO USE & SMOKING												
Ever tried cigarette smoking (even one or two puffs)	1.9	.8	1.5	2.2	2.4	3.2	2.6	1.4	3.7	3.2	1.9	2.3
Tried cigarette smoking before age 10 years (for the first time, even one or two puffs)	.	.1	.5	.4	.2	1.1	1.1	.1	.8	1.1	.7	.6
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	.	.	.5	.9	.	.2	.8	.4	.6	1.1	.5	.5
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	.3	.	.3	.2	.	.	.6	.1	.2	.	.5	.3
Currently smoked more than 5 cigarettes per day (more than 5 cigarettes per day on the days they smoked, during the past 30 days before the survey)	.	.	.2	.2	.	.	.6	.	.1	.	.3	.2
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)2	.2	.5	.8	.6	1.1	1.7	.5	.7
Currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products on at least 1 day during the 30 days before the survey)	.	.1	.8	.4	.8	.2	.8	.6	.9	1.3	.9	.8
Used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	7.4	4.1	8.4	10.1	13.1	9.5	8.9	7.8	14.0	9.1	6.1	8.8
Currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least 1 day during the 30 days before the survey)	3.5	1.2	3.9	5.1	6.6	4.6	4.4	1.9	7.3	3.7	1.6	3.8

Table 2: Middle School Comparison Data for Districts and Middlesex League

	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League
Fares best among districts												
Fares worst among districts												
ALCOHOL												
Ever drank alcohol (other than a few sips)	12.8	12.2	10.6	13.6	16.5	11.6	14.7	9.9	14.5	17.0	11.0	13.1
Drank alcohol before age 11 years (for the first time other than a few sips)	5.2	4.8	4.0	4.6	5.3	3.7	6.2	2.9	4.4	6.8	5.3	4.9
Currently drank alcohol (at least one drink of alcohol during the 30 days before the survey)	1.8	2.1	1.5	1.6	4.2	2.1	2.5	1.4	3.2	2.4	2.0	2.2
OTHER DRUGS												
Ever used marijuana	2.9	1.0	2.0	4.0	4.2	2.7	2.3	2.7	6.6	3.2	2.3	3.1
Tried marijuana before age 10 years (for the first time)	.5	.2	.3	1.1	.	.5	.8	.1	.8	.9	.7	.6
Ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it	3.6	2.9	2.7	2.7	3.6	3.7	3.2	1.7	3.0	4.4	3.0	3.2
Ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor said to use it (counting drugs such as codeine, Vicodin, OxyCotin, Hydrocodone, and Percocet)	1.9	1.1	2.7	2.0	2.6	1.6	2.3	1.3	2.4	3.3	2.3	2.2
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase)	.6	.4	.5	.7	.	.7	1.1	.7	1.1	1.5	1.0	.8
Ever sniffed glue, breathed the contents of spray cans, or inhaled paints or sprays to get high	4.2	2.4	2.7	5.6	2.6	3.6	3.8	1.3	5.6	6.0	3.6	3.9
SEXUAL BEHAVIOR & HIV												
Had sexual intercourse	2.3	2.7	1.7	4.6	2.2	2.6	4.1	1.4	.	4.6	2.2	2.8
Had sexual intercourse before age 10 years (for the first time)	.7	.6	.3	1.4	.2	.	.6	.4	.	2.0	1.2	.8
Had sexual intercourse with four or more persons (during their life)	.8	.8	.5	2.3	.4	.2	1.1	.9	.	1.8	1.5	1.1
Did not use a condom (during last sexual intercourse, among Students who have had sexual intercourse)	50.0	35.7	37.5	55.6	30.0	45.5	55.0	44.4	.	51.4	78.9	51.2
NUTRITION & PHYSICAL ACTIVITY												
Described themselves as slightly or very overweight	20.5	20.5	25.5	27.1	28.7	27.2	27.8	25.9	29.0	22.1	20.5	24.3
Were not trying to lose weight	71.0	73.0	60.8	62.2	59.6	63.1	60.4	61.4	56.5	70.5	68.2	65.1
Did not eat breakfast at all during the week (during the 7 days before the survey)	5.5	4.3	8.6	7.4	8.7	7.0	9.9	12.3	11.0	6.4	3.2	7.4

Table 2: Middle School Comparison Data for Districts and Middlesex League

<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; background-color: #d4edda; padding: 5px; text-align: center;">Fares best among districts</div> <div style="border: 1px solid black; background-color: #f8d7da; padding: 5px; text-align: center;">Fares worst among districts</div> </div>	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League
	Did not eat breakfast on at least one day during the week (during the 7 days before the survey)	46.8	44.5	49.3	48.0	50.8	57.8	45.6	56.2	56.6	49.7	40.4
Were not physically active at least 60 minutes per day on at least one day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	3.5	3.8	3.9	7.5	7.0	3.2	7.7	4.6	8.5	5.3	3.1	5.1
Were not physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	34.7	38.8	41.3	44.6	39.7	34.2	41.8	41.5	47.1	33.1	29.9	38.2
Watched TV for 3 or more hours per day (on an average school day)	11.3	9.3	15.2	18.7	17.7	10.3	15.4	12.7	17.6	11.8	6.8	12.9
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	29.3	31.9	40.0	35.2	45.3	43.7	42.8	38.9	47.7	31.9	21.2	35.8
Did not attend physical education classes on 1 or more days (in an average week when they were in school)	2.9	1.1	.	3.2	18.8	26.0	.	1.4	1.4	.	1.5	5.3
Did not play on at least 1 sports team (during the past 12 months, counting teams run by school or community groups)	23.7	24.1	22.3	20.6	21.9	19.7	30.0	21.3	27.7	.	20.0	23.3
Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	11.6	12.0	12.5	12.0	15.2	18.2	12.9	13.7	16.8	16.4	10.8	13.7

Table 3: High School Students Characteristics

	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League
	%											
Age												
12 years old or younger	0.2	.	.	0.1	0.2	0.2	0.8	0.9	0.4	0.7	0.1	0.3
13 years old	.	0.1	.	.	0.2	.	.	.	0.2	0.1	0.1	0.1
14 years old	10.0	13.1	8.2	10.1	8.9	8.7	9.5	11.7	10.5	7.7	10.0	9.9
15 years old	27.1	24.0	23.9	25.1	24.5	27.3	28.0	26.9	26.2	25.4	25.4	25.7
16 years old	25.8	28.4	25.9	24.8	25.2	24.7	23.4	24.3	23.3	28.0	28.8	26.0
17 years old	24.9	22.0	25.2	25.5	25.2	24.8	23.4	23.8	22.1	22.1	20.9	23.4
18 years old or older	11.9	12.5	16.8	14.3	15.8	14.3	14.9	12.6	17.4	16.0	14.7	14.7
Grade												
9th grade	27.6	27.3	24.0	26.3	21.9	27.1	27.0	28.8	27.7	25.7	28.2	26.7
10th grade	27.5	26.5	24.6	22.6	26.7	25.9	26.8	25.7	24.6	28.0	26.6	26.0
11th grade	25.6	24.6	25.5	27.9	25.7	26.2	20.6	24.7	22.0	25.2	24.5	24.8
12th grade	19.1	21.4	25.9	23.3	25.5	20.7	25.2	20.3	25.7	20.8	20.5	22.3
Ungraded or other grade	0.1	0.1	.	.	0.2	0.1	0.4	0.5	.	0.4	0.1	0.2
Sex at birth												
Male	47.0	47.8	48.7	44.6	46.6	45.6	50.3	46.9	47.1	48.3	46.6	47.1
Female	53.0	52.2	51.3	55.4	53.4	54.4	49.7	53.1	52.9	51.7	53.4	52.9
Current gender identity												
Male	46.0	46.1	47.8	43.2	43.8	41.2	47.0	42.5	44.8	44.6	45.0	44.8
Female	50.9	51.0	50.3	53.0	51.8	53.3	47.6	50.1	51.0	50.3	51.3	51.1
Trans male/Trans man (female-to-male)	0.2	0.3	0.3	0.5	0.2	0.1	0.6	0.9	0.3	0.1	.	0.3
Trans female/Trans woman (male-to-female)	0.1	.	.	0.4	.	0.1	0.2	.	0.1	0.2	0.3	0.1
Genderqueer/Gender non-conforming	0.6	0.5	0.5	0.5	0.7	1.1	0.4	0.7	0.5	0.8	0.9	0.6
Different identity	0.9	1.0	0.3	0.8	1.4	2.0	1.7	2.9	1.6	1.6	1.1	1.3
Identifies with multiple identities	1.3	1.2	0.9	1.7	2.1	2.1	2.5	2.9	1.7	2.4	1.4	1.8
Sexual orientation												
Heterosexual (straight)	80.0	86.5	88.0	88.9	88.7	84.5	87.6	85.3	86.8	90.1	89.8	87.0

Table 3: High School Students Characteristics

	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League
	%											
Gay/Lesbian	12.6	10.2	7.1	6.8	7.1	10.0	5.9	8.0	7.9	5.6	6.2	8.0
Asexual	3.8	1.7	2.9	2.3	2.5	3.1	2.5	2.3	1.6	1.5	2.2	2.3
Bisexual/Pansexual	1.4	0.4	1.0	0.4	0.5	0.8	1.9	1.9	1.0	1.2	0.8	1.0
Other, please specify:	2.2	1.3	1.0	1.7	1.2	1.5	2.1	2.6	2.7	1.7	1.0	1.7
Race												
American Indian or Alaska Native	0.1	0.3	1.5	0.4	0.4	0.8	2.2	0.9	1.6	1.0	0.6	0.8
Asian	11.2	19.5	13.7	5.3	5.2	3.3	10.2	5.9	6.1	4.9	17.6	9.9
Black or African American	3.3	3.9	7.2	6.5	3.6	3.6	7.8	2.4	8.0	2.6	2.4	4.5
Native Hawaiian or Other Pacific Islander	0.6	.	0.4	0.5	0.4	0.1	0.9	0.7	0.8	0.7	0.7	0.5
White	76.5	68.9	71.9	80.0	83.6	88.1	71.6	84.8	77.9	86.9	72.9	78.2
Multi-racial	8.3	7.4	5.3	7.4	6.8	4.0	7.3	5.2	5.5	3.9	5.9	6.0
Grades												
Mostly As	57.7	61.7	40.4	56.7	44.2	39.6	41.1	53.3	41.4	47.7	52.4	49.4
Mostly Bs	31.6	31.0	40.6	34.5	43.5	43.7	41.7	26.3	36.2	38.6	36.8	36.5
Mostly Cs	6.7	3.6	12.4	4.5	8.1	10.2	9.3	10.2	13.0	8.4	6.3	8.2
Mostly Ds	1.9	0.6	3.4	1.1	1.6	2.8	2.5	3.3	3.8	2.3	0.6	2.1
Mostly Fs	0.9	0.4	0.9	0.9	0.5	0.8	1.1	2.1	1.7	1.5	0.9	1.0
None of these grades	0.2	0.1	0.8	0.2	0.2	0.4	0.8	1.4	0.7	0.4	0.7	0.5
Not sure	1.0	2.6	1.5	2.1	2.0	2.5	3.6	3.3	3.2	1.2	2.2	2.2
Post high school education planned												
Definitely will not	5.1	5.5	.	5.3	7.8	6.5	8.4	11.8	7.7	.	7.9	7.0
Probably will not	3.9	4.7	.	5.9	4.5	5.2	3.8	6.3	7.1	.	6.0	5.4
Probably will	15.8	12.6	.	14.2	17.4	16.3	18.3	20.2	19.6	.	13.0	15.9
Definitely will	70.0	73.3	.	69.5	63.2	65.7	57.7	52.3	56.5	.	67.8	65.0
Not sure	5.1	4.0	.	5.1	7.1	6.3	11.8	9.5	9.0	.	5.3	6.6

Table 4: Middle School Students Characteristics

	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League
	%											
Age
10 years old or younger	0.1	.	0.2	0.1	0.1	0.3	0.1	0.1
11 years old	11.0	0.1	12.9	0.2	16.4	.	14.3	13.0	15.9	10.1	9.4	10.0
12 years old	38.0	17.1	26.6	20.0	30.9	14.5	36.5	36.0	28.3	31.8	31.1	29.5
13 years old	33.0	52.3	36.3	51.6	36.2	49.1	28.4	34.7	34.4	36.6	33.1	37.6
14 years old	17.6	29.7	23.5	27.1	16.4	36.0	20.3	15.8	20.6	21.0	25.9	22.3
15 years old	0.2	0.6	0.3	1.1	.	0.5	0.2	0.1	0.5	.	0.2	0.3
16 years old or older	0.2	0.1	0.2	.	.	.	0.2	0.1	0.2	0.2	0.1	0.1
Grade
6th grade	36.3	0.1	27.0	.	34.1	0.2	36.9	32.1	30.7	28.4	28.9	25.3
7th grade	32.7	51.5	35.7	50.8	33.5	47.1	29.9	35.0	34.8	36.4	35.1	37.5
8th grade	30.9	48.4	37.1	49.2	32.3	52.7	33.1	32.8	34.2	34.8	35.7	37.0
Ungraded or other grade	0.1	.	0.2	0.1	0.4	0.4	0.2	0.2
Sex at birth
Male	47.0	48.4	51.6	49.4	48.2	52.5	50.6	50.4	47.9	51.5	50.9	49.7
Female	53.0	51.6	48.4	50.6	51.8	47.5	49.4	49.6	52.1	48.5	49.1	50.3
Current Gender Identity
Male	45.1	47.9	51.0	48.5	48.1	51.9	48.2	50.1	46.7	48.6	49.5	48.4
Female	51.0	50.4	46.6	49.2	50.7	45.6	48.2	48.2	49.6	47.0	48.6	48.8
Trans male/Trans man (female-to-male)	0.1	.	0.5	0.2	.	.	0.2	0.1	0.2	0.2	0.1	0.2
Trans female/Trans woman (male-to-female)	0.2	0.1	.	.	.	0.2	.	.	0.2	.	0.1	0.1
Genderqueer/Gender non-conforming	0.5	0.7	0.8	0.7	0.4	0.5	0.4	0.1	0.4	0.4	0.1	0.4
Different identity	1.8	0.4	0.3	0.4	0.2	0.7	1.3	0.3	1.3	1.9	0.7	1.0
Identifies with multiple identities	1.3	0.3	0.7	0.9	0.6	1.1	1.7	1.1	1.6	1.8	0.9	1.1
Sexual orientation
Heterosexual (straight)	84.1	87.0	89.7	88.0	88.2	87.2	87.5	88.7	86.8	87.7	90.1	87.5
Gay/Lesbian	2.2	1.9	1.0	2.0	1.8	2.1	1.2	1.5	1.6	1.8	1.2	1.7
Asexual	1.3	1.1	1.6	0.7	1.2	0.5	1.2	0.7	0.9	1.8	1.7	1.2

Table 4: Middle School Students Characteristics

	Arlington	Belmont	Burlington	Melrose	Stoneham	Wakefield	Watertown	Wilmington	Woburn	Reading	Winchester	Middlesex League
	%											
Bisexual/Pansexual	8.6	6.2	5.0	6.1	5.3	9.1	4.5	7.3	6.8	5.6	3.8	6.3
Other, please specify:	3.8	3.9	2.6	3.2	3.4	1.1	5.5	1.8	3.9	3.2	3.2	3.3
Race
American Indian or Alaska Native	1.0	0.8	3.1	0.9	1.2	0.5	1.6	0.9	2.1	1.7	0.7	1.3
Asian	10.7	16.3	12.2	4.3	6.5	2.8	9.5	4.2	5.5	4.7	16.5	8.9
Black or African American	3.8	4.9	6.5	9.6	5.3	5.0	7.7	2.3	9.0	2.8	1.6	4.9
Native Hawaiian or Other Pacific Islander	0.5	0.3	1.2	0.2	0.8	1.8	0.6	0.9	1.9	0.9	.	0.8
White	75.9	69.2	70.7	79.1	80.2	84.2	71.2	85.8	72.6	85.2	74.7	77.1
Multi-racial	8.0	8.6	6.2	5.8	5.9	5.7	9.5	6.0	8.9	4.7	6.5	7.0
Grades
Mostly As	63.7	65.4	59.2	51.0	49.5	44.1	48.1	48.8	56.9	58.0	70.6	57.6
Mostly Bs	25.5	23.4	26.5	31.1	34.8	34.2	30.8	37.1	27.6	33.0	23.2	29.1
Mostly Cs	5.2	6.7	8.6	9.5	10.7	15.3	10.0	7.8	7.7	5.6	3.3	7.5
Mostly Ds	1.4	0.6	1.2	3.4	1.0	1.4	2.8	2.4	2.1	0.7	0.5	1.5
Mostly Fs	0.4	0.1	0.8	1.6	0.6	0.7	0.8	0.7	0.8	0.7	0.5	0.7
None of these grades	0.3	.	0.2	0.5	.	0.5	0.2	.	0.1	0.3	0.1	0.2
Not sure	3.5	3.7	3.5	2.9	3.4	3.9	7.4	3.1	4.8	1.7	1.8	3.5