

Greater Worcester 2013 High School Regional Youth Health Survey: Overall Prevalence

Greater Worcester Regional Youth Health Survey (RYHS)

The purpose of the Greater Worcester RYHS is to learn about youth health by surveying youth about safety, violence, substance use, nutrition, physical activity, mental health, and other health related topics. Every two years, the Greater Worcester RYHS is administered to middle and high school students in the City of Worcester, Massachusetts and surrounding towns by the Worcester Division of Public Health and the UMass Worcester Prevention Research Center.

The **2013 High School Regional Youth Health Survey** was conducted with youth from the following towns of the Central Massachusetts Regional Public Health Alliance (CMRPHA):

- Grafton
- Millbury
- Leicester
- Shrewsbury
- Worcester

This report summarizes the responses of 8,695 high school youth who answered survey questions by presenting prevalence for the following areas:

- A. Demographics
- B. Driving Behaviors that Contribute to Unintentional Injuries
- C. Violence Related Behavior or Physical Violence
- D. Depression Symptoms and Suicide Attempts
- E. Tobacco Use
- F. Alcohol Use
- G. Marijuana Use
- H. Other Drug Use
- I. Dietary or Nutritional Behavior
- J. Food Insecurity
- K. Physical Activity
- L. Other Health Related Behaviors
- M. Home Environment
- N. Youth Development
- O. Racism and Discrimination
- P. Self-Image



healthycentralma.com
@WorcesterDPH



umassmed.edu/prc/
@umwprc



A. Demographics

| Behavior | % |
|---------------------------|---------------|
| How old are you? | |
| • 12 years old or younger | 0.41% |
| • 13 years old | 0.26% |
| • 14 years old | 17.63% |
| • 15 years old | 25.30% |
| • 16 years old | 24.16% |
| • 17 years old | 23.75% |
| • 18 years old or older | 8.48% |
| What is your sex? | |
| • Female | 48.74% |
| • Male | 51.26% |
| In what grade are you? | |
| • 9 th grade | 26.51% |
| • 10 th grade | 26.41% |
| • 11 th grade | 23.31% |
| • 12 th grade | 23.45% |
| • Ungraded or other grade | 0.31% |

| | |
|---|---------------|
| What is the language you use most often at home? | |
| • English | 78.2% |
| • Spanish | 12.01% |
| • Another language | 9.79% |
| How do you describe your racial identity? | |
| • African American/Black | 10.22% |
| • American Indian/Alaska Native/Indigenous | 1.03% |
| • Asian or Pacific Islander | 8.59% |
| • Spanish/Hispanic/Latino | 21.9% |
| • Multicultural or Biracial | 8.27% |
| • White/Caucasian or European American | 45.87% |
| • Other | 4.11% |
| How long have you lived in the US? | |
| • Less than one year | 2.67% |
| • 1 to 3 years | 4.98% |
| • 4 to 6 years | 4.15% |
| • More than 6 years but not my whole life | 11.28% |
| • I have always lived in the US | 76.92% |

B. Driving Behaviors that Contribute to Unintentional Injuries

| Behavior | % |
|---|--------|
| When you rode a bicycle during the past 12 months, how often did you wear a helmet? | |
| • I did not ride a bicycle during the past 12 months | 38.56% |
| • Never wore a helmet | 35.29% |
| • Rarely wore a helmet | 7.04% |
| • Sometimes wore a helmet | 5.99% |
| • Most of the time wore a helmet | 5.13% |
| • Always wore a helmet | 8% |
| How often do you wear a seat belt while riding in a car? | |
| • A. Never | 3.17% |
| • Rarely | 4.69% |
| • Sometimes | 12% |
| • Most of the time | 25.49% |
| • Always | 54.65% |
| During the past 30 days, how many times did you text or email while driving a car or other vehicle? | |
| • 0 times | 84.07% |
| • 1 time | 2.56% |
| • 2 or 3 times | 4.44% |
| • 4 or 5 times | 1.76% |
| • 6 or more times | 7.17% |

| | |
|--|---------------|
| During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol? | |
| • I did not drive a car during the past 30 days | 45.15% |
| • 0 days | 51.27% |
| • 1 or 2 says | 1.79% |
| • 3 to 5 days | 0.42% |
| • 6 to 9 days | 0.26% |
| • 10 to 19 days | 0.13% |
| • 20 to 29 days | 0.09% |
| • All 30 days | 0.88% |
| During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? | |
| • I did not drive a vehicle in past 30 days | 16.87% |
| • 0 times | 68.71% |
| • 1 time | 6.11% |
| • 2 or 3 times | 5.38% |
| • 4 or 5 times | 0.89% |
| • 6 or more times | 2.04% |

C. Violence Related Behavior or Physical Violence

| Behavior | % |
|---|---------------|
| During the past 30 days, how many days did you carry a weapon such as a gun, knife, or club to protect yourself? <ul style="list-style-type: none"> 0 days | 90.02% |
| <ul style="list-style-type: none"> 1 day | 2.37% |
| <ul style="list-style-type: none"> 2 or 3 days | 2.46% |
| <ul style="list-style-type: none"> 4 or 5 days | 0.92% |
| <ul style="list-style-type: none"> 6 or more days | 4.24% |
| During the past 30 days, on how many days did you carry a gun? <ul style="list-style-type: none"> 0 days | 97.12% |
| <ul style="list-style-type: none"> 1 day | 0.72% |
| <ul style="list-style-type: none"> 2 or 3 days | 0.51% |
| <ul style="list-style-type: none"> 4 or 5 days | 0.28% |
| <ul style="list-style-type: none"> 6 or more days | 1.36% |
| During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose? <ul style="list-style-type: none"> Yes | 4.86% |
| <ul style="list-style-type: none"> No | 95.14% |
| During the past 30 days, did you not go to school because you felt you would be unsafe at school or on your way to or from school? <ul style="list-style-type: none"> Yes | 2.86% |
| <ul style="list-style-type: none"> No | 97.14% |

| | |
|--|---------------|
| During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property? <ul style="list-style-type: none"> • 0 times | 95.43% |
| <ul style="list-style-type: none"> • 1 time | 1.68% |
| <ul style="list-style-type: none"> • 2 or 3 times | 1.31% |
| <ul style="list-style-type: none"> • 4 or 5 times | 0.45% |
| <ul style="list-style-type: none"> • 6 or 7 times | 0.1% |
| <ul style="list-style-type: none"> • 8 or 9 times | 0.14% |
| <ul style="list-style-type: none"> • 10 or 11 times | 0.05% |
| <ul style="list-style-type: none"> • 12 or more times | 0.84% |
| During the past 12 months, how many times were you in a physical fight? <ul style="list-style-type: none"> • 0 times | 78.27% |
| <ul style="list-style-type: none"> • 1 time | 9.65% |
| <ul style="list-style-type: none"> • 2 or 3 times | 6.97% |
| <ul style="list-style-type: none"> • 4 or 5 times | 1.9% |
| <ul style="list-style-type: none"> • 6 or 7 times | 0.6% |
| <ul style="list-style-type: none"> • 8 or 9 times | 0.46% |
| <ul style="list-style-type: none"> • 10 or 11 times | 0.26% |
| <ul style="list-style-type: none"> • 12 or more times | 1.88% |

| | |
|--|---------------|
| <p>During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?</p> <ul style="list-style-type: none"> • 0 times | 96.64% |
| <ul style="list-style-type: none"> • 1 time | 2.18% |
| <ul style="list-style-type: none"> • 2 or 3 times | 0.49% |
| <ul style="list-style-type: none"> • 4 or 5 times | 0.16% |
| <ul style="list-style-type: none"> • 6 or more times | 0.53% |
| <p>During the past 12 months, have you ever been bullied on school property?</p> <ul style="list-style-type: none"> • Yes | 13.89% |
| <ul style="list-style-type: none"> • No | 86.11% |
| <p>During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook or other social media.)</p> <ul style="list-style-type: none"> • Yes | 11.8% |
| <ul style="list-style-type: none"> • No | 88.2% |

D. Depression Symptoms and Suicide Attempts

| Behavior | % |
|--|---------------|
| <p>During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?</p> <ul style="list-style-type: none"> • Yes | 23.92% |
| <ul style="list-style-type: none"> • No | 76.08% |
| <p>During the past 12 months, did you ever seriously consider attempting suicide?</p> <ul style="list-style-type: none"> • Yes | 12.13% |
| <ul style="list-style-type: none"> • No | 87.87% |
| <p>During the past 12 months, did you make a plan about how you would attempt suicide?</p> <ul style="list-style-type: none"> • Yes | 9.93% |
| <ul style="list-style-type: none"> • No | 90.07% |

| | |
|---|---------------|
| During the past 12 months, how many times did you attempt suicide? <ul style="list-style-type: none"> 0 times | 93.91% |
| <ul style="list-style-type: none"> 1 time | 3.04% |
| <ul style="list-style-type: none"> 2 or 3 times | 1.66% |
| <ul style="list-style-type: none"> 4 or 5 times | 0.42% |
| <ul style="list-style-type: none"> 6 or more times | 0.97% |
| If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse? <ul style="list-style-type: none"> I did not attempt suicide during the past 12 months | 0.28% |
| <ul style="list-style-type: none"> Yes | 2.92% |
| <ul style="list-style-type: none"> No | 96.79% |

E. Tobacco Use

| Behavior | % |
|--|---------------|
| Have you ever tried cigarette smoking, even one or two puffs? <ul style="list-style-type: none"> Yes | 24.67% |
| <ul style="list-style-type: none"> No | 75.33% |

| | |
|---|---------------|
| How old were you when you smoked a whole cigarette for the first time? | |
| • I have never smoked a whole cigarette | 88.28% |
| • 8 years old or younger | 1.34% |
| • 9 or 10 years old | 1.07% |
| • 11 or 12 years old | 2.43% |
| • 13 or 14 years old | 6.11% |
| • 15 or 16 years old | 5.36% |
| • 17 years old or older | 1.42% |
| During the past 30 days, on how many days did you smoke cigarettes? | |
| • 0 days | 90.45% |
| • 1 or 2 days | 3.14% |
| • 3 to 5 days | 1.31% |
| • 6 to 9 days | 0.95% |
| • 10 to 19 days | 0.96% |
| • 20 to 29 days | 0.66% |
| • All 30 days | 2.54% |

| | |
|--|---------------|
| During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day? | |
| • I did not smoke cigarettes during the past 30 days | 91.18% |
| • Less than 1 cigarette per day | 2.9% |
| • 1 cigarette per day | 1.92% |
| • 2 to 5 cigarettes per day | 2.52% |
| • 6 to 10 cigarettes per day | 0.66% |
| • 11 to 20 cigarettes per day | 0.3% |
| • More than 20 cigarettes per day | 0.52% |
| During the past 30 days, how did you usually get your own cigarettes? | |
| • I did not smoke cigarettes during the past 30 days | 90.77% |
| • I bought them in a store such as a convenience store, supermarket, discount store, or gas station | 2.43% |
| • I bought them from a vending machine | 0.13% |
| • I gave someone else money to buy them for me | 1.6% |
| • I borrowed (or bummed) them from someone else | 1.18% |
| • A person 18 years old or older gave them to me | 1.86% |
| • I took them from a store or family member | 0.79% |
| • I got them some other way | 1.25% |
| Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days? | |
| • Yes | 5.19% |
| • No | 94.81% |

| | |
|--|---------------|
| During the past 12 months, did you ever try to quit smoking cigarettes? <ul style="list-style-type: none"> • I did not smoke during the past 12 months | 85.74% |
| <ul style="list-style-type: none"> • Yes | 6.15% |
| <ul style="list-style-type: none"> • No | 8.11% |
| During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen? <ul style="list-style-type: none"> • 0 days | 95.63% |
| <ul style="list-style-type: none"> • 1 or 2 days | 1.55% |
| <ul style="list-style-type: none"> • 3 to 5 days | 0.5% |
| <ul style="list-style-type: none"> • 6 to 9 days | 0.51% |
| <ul style="list-style-type: none"> • 10 to 19 days | 0.53% |
| <ul style="list-style-type: none"> • 20 to 29 days | 0.28% |
| <ul style="list-style-type: none"> • All 30 days | 0.98% |
| During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars? <ul style="list-style-type: none"> • 0 days | 92.54% |
| <ul style="list-style-type: none"> • 1 or 2 days | 3.4% |
| <ul style="list-style-type: none"> • 3 to 5 days | 1.13% |
| <ul style="list-style-type: none"> • 6 to 9 days | 0.64% |
| <ul style="list-style-type: none"> • 10 to 19 days | 0.57% |
| <ul style="list-style-type: none"> • 20 to 29 days | 0.39% |
| <ul style="list-style-type: none"> • All 30 days | 1.34% |

| | |
|--|--------|
| How wrong do your parents feel it would be for you to use tobacco? (include cigarette smoking) | |
| • Very wrong | 80.05% |
| • Wrong | 13.49% |
| • A little bit wrong | 3.91% |
| • Not at all wrong | 2.55% |
| How wrong do your friends feel it would be for you to use tobacco? (include cigarette smoking) | |
| • Very wrong | 41.28% |
| • Wrong | 28.14% |
| • A little bit wrong | 17.72% |
| • Not at all wrong | 12.85% |

F. Alcohol Use

| Behavior | % |
|--|--------|
| During your life, on how many days have you had at least one drink of alcohol? | |
| • 0 days | 47.11% |
| • 1 or 2 days | 15.78% |
| • 3 to 9 days | 13.68% |
| • 10 to 19 days | 8.16% |
| • 20 to 39 days | 6.15% |
| • 40 to 99 days | 4.17% |
| • 100 or more days | 4.96% |

| | |
|--|---------------|
| How old were you when you had your first drink of alcohol other than a few sips? | |
| • I have never had a drink of alcohol other than a few sips | 45.88% |
| • 8 years old or younger | 3.41% |
| • 9 or 10 years old | 2.82% |
| • 11 or 12 years old | 6.16% |
| • 13 or 14 years old | 19.97% |
| • 15 or 16 years old | 18.78% |
| • 17 years old or older | 2.99% |
| During the past 30 days, on how many days did you have at least one drink of alcohol? | |
| • 0 days | 71.21% |
| • 1 or 2 days | 15.95% |
| • 3 to 5 days | 6.87% |
| • 6 to 9 days | 3.28% |
| • 10 to 19 days | 1.37% |
| • 20 to 29 days | 0.33% |
| • All 30 days | 0.98% |

| | |
|--|---------------|
| During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours? | |
| • 0 days | 84.48% |
| • 1 day | 5.88% |
| • 2 days | 3.8% |
| • 3 to 5 days | 3.24% |
| • 6 to 9 days | 1.09% |
| • 10 to 19 days | 0.5% |
| • 20 or more days | 1.01% |
| During the past 30 days, how did you usually get the alcohol you drank? | |
| • I did not drink alcohol in the past 30 days | 68.79% |
| • I bought it in a store such as a liquor store, convenience store or gas station | 1.29% |
| • I bought it at a restaurant | 0.3% |
| • I bought it at a public event such as a concert or sporting event | 0.17% |
| • I gave someone else money to buy it for me | 8.18% |
| • A family member gave it to me | 13.82% |
| • I took it from a store | 2.99% |
| • I got it some other way | 4.48% |

| | |
|--|---------------|
| How much do you think people risk harming themselves (physically or in other ways) if they drink alcohol regularly? | |
| • No risk | 7.57% |
| • Slight risk | 15.27% |
| • Moderate risk | 32.86% |
| • Great risk | 44.29% |
| How wrong do your parents feel it would be for you to drink alcohol regularly? | |
| • Very wrong | 69.53% |
| • Wrong | 19.75% |
| • A little bit wrong | 8.04% |
| • Not at all wrong | 2.68% |
| How wrong do your friends feel it would be for you to drink alcohol regularly? | |
| • Very wrong | 31.26% |
| • Wrong | 23% |
| • A little bit wrong | 25.34% |
| • Not at all wrong | 20.4% |
| How much pressure do you feel from your friends to drink alcohol if you do not want to? | |
| • None | 78.78% |
| • A little | 12.11% |
| • Some | 5.49% |
| • A lot | 3.62% |

G. Marijuana Use

| Behavior | % |
|---|---------------|
| During your life, how many times have you used marijuana? | |
| • 0 times | 68.38% |
| • 1 or 2 times | 7.3% |
| • 3 to 9 times | 6.48% |
| • 10 to 19 times | 4.48% |
| • 20 to 39 times | 4% |
| • 40 to 99 times | 3.94% |
| • 100 or more times | 10.42% |
| How old were you when you tried marijuana for the first time? (among students who had ever used marijuana) | |
| • I have never tried marijuana | 62.99% |
| • 8 years old or younger | 1.25% |
| • 9 or 10 years old | 1.18% |
| • 11 or 12 years old | 5.36% |
| • 13 or 14 years old | 14.42% |
| • 15 or 16 years old | 13.18% |
| • 17 years old or older | 1.63% |

| | |
|--|---------------|
| During the past 30 days, how many times did you use marijuana? | |
| • 0 times | 76.18% |
| • 1 or 2 times | 7.96% |
| • 3 to 9 times | 5.3% |
| • 10 to 19 times | 3.3% |
| • 20 to 39 times | 2.32% |
| • 40 or more times | 4.94% |
| How much do you think people risk harming themselves (physically or in other ways) if they use marijuana? | |
| • No risk | 26.91% |
| • Slight risk | 25.35% |
| • Moderate risk | 20.17% |
| • Great risk | 27.56% |
| How wrong do your parents feel it would be for you to smoke marijuana? | |
| • Very wrong | 71.5% |
| • Wrong | 15.56% |
| • A little bit wrong | 8.22% |
| • Not at all wrong | 4.72% |
| How wrong do your friends feel it would be for you to smoke marijuana? | |
| • Very wrong | 31.52% |
| • Wrong | 16.47% |
| • A little bit wrong | 18.49% |
| • Not at all wrong | 33.52% |

| How much pressure do you feel from your friends to smoke marijuana if you do not want to? | |
|---|---------------|
| • None | 80.49% |
| • A little | 9.34% |
| • Some | 5.32% |
| • A lot | 4.85% |

H. Other Drug Use

| Behavior | % |
|--|---------------|
| During your life, how many times have you used any form of cocaine, including powder, crack, or freebase? | |
| • 0 times | 96.78% |
| • 1 or 2 times | 1.37% |
| • 3 to 9 times | 0.51% |
| • 10 to 19 times | 0.22% |
| • 20 to 39 times | 0.22% |
| • 40 or more times | 0.9% |
| During your life, how many times have you sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high? | |
| • 0 times | 94.83% |
| • 1 or 2 times | 2.29% |
| • 3 to 9 times | 1.11% |
| • 10 to 19 times | 0.56% |
| • 20 to 39 times | 0.33% |
| • 40 or more times | 0.87% |

| | |
|--|---------------|
| During your life, how many times have you used heroin (also called smack, junk, China White or diesel)? <ul style="list-style-type: none"> • 0 times | 98.26% |
| <ul style="list-style-type: none"> • 1 or 2 times | 0.53% |
| <ul style="list-style-type: none"> • 3 to 9 times | 0.22% |
| <ul style="list-style-type: none"> • 10 to 19 times | 0.12% |
| <ul style="list-style-type: none"> • 20 to 39 times | 0.15% |
| <ul style="list-style-type: none"> • 40 or more times | 0.72% |
| During your life, how many times have you used methamphetamines (also called speed, crystal, crank or ice)? <ul style="list-style-type: none"> • 0 times | 97.88% |
| <ul style="list-style-type: none"> • 1 or 2 times | 0.7% |
| <ul style="list-style-type: none"> • 3 to 9 times | 0.27% |
| <ul style="list-style-type: none"> • 10 to 19 times | 0.25% |
| <ul style="list-style-type: none"> • 20 to 39 times | 0.15% |
| <ul style="list-style-type: none"> • 40 or more times | 0.74% |
| During your life, how many times have you used ecstasy (also called MDMA, Molly, or Mandy)? <ul style="list-style-type: none"> • 0 times | 95.22% |
| <ul style="list-style-type: none"> • 1 or 2 times | 2.48% |
| <ul style="list-style-type: none"> • 3 to 9 times | 0.73% |
| <ul style="list-style-type: none"> • 10 to 19 times | 0.3% |
| <ul style="list-style-type: none"> • 20 to 39 times | 0.35% |
| <ul style="list-style-type: none"> • 40 or more times | 0.92% |

| | |
|--|---------------|
| <p>During your life, how many times have you taken steroid pills or shots without a doctor's prescription?</p> <ul style="list-style-type: none"> • 0 times | 97.74% |
| <ul style="list-style-type: none"> • 1 or 2 times | 0.73% |
| <ul style="list-style-type: none"> • 3 to 9 times | 0.35% |
| <ul style="list-style-type: none"> • 10 to 19 times | 0.19% |
| <ul style="list-style-type: none"> • 20 to 39 times | 0.22% |
| <ul style="list-style-type: none"> • 40 or more times | 0.77% |
| <p>During your life how many times have you taken a prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? (Count drugs such as OxyContin, Hydrocodone, Percocet, Vicodin and Codeine)</p> <ul style="list-style-type: none"> • 0 times | 90.36% |
| <ul style="list-style-type: none"> • 1 or 2 times | 3.94% |
| <ul style="list-style-type: none"> • 3 to 9 times | 2.36% |
| <ul style="list-style-type: none"> • 10 to 19 times | 1.04% |
| <ul style="list-style-type: none"> • 20 to 39 times | 0.59% |
| <ul style="list-style-type: none"> • 40 or more times | 1.7% |
| <p>During the last 30 days, how many times have you taken a prescription drug without a doctor's prescription? (Count methadone, Suboxone, fentanyl, opium, morphine, codeine, OxyContin, Percocet, Xanax, Ritalin, Vicodin)</p> <ul style="list-style-type: none"> • 0 times | 94.95% |
| <ul style="list-style-type: none"> • 1 or 2 times | 2.32% |
| <ul style="list-style-type: none"> • 3 to 9 times | 0.97% |
| <ul style="list-style-type: none"> • 10 to 19 times | 0.51% |
| <ul style="list-style-type: none"> • 20 to 39 times | 0.42% |
| <ul style="list-style-type: none"> • 40 or more times | 0.82% |

| | |
|--|---------------|
| <p>During the past 30 days, how many times did you use heroin (also called smack, junk, or diesel)?</p> <ul style="list-style-type: none"> • 0 times | 98.51% |
| <ul style="list-style-type: none"> • 1 or 2 times | 0.4% |
| <ul style="list-style-type: none"> • 3 to 9 times | 0.15% |
| <ul style="list-style-type: none"> • 10 to 19 times | 0.17% |
| <ul style="list-style-type: none"> • 20 to 39 times | 0.13% |
| <ul style="list-style-type: none"> • 40 or more times | 0.64% |
| <p>During your life, how many times have you used a needle to inject any illegal drug into your body?</p> <ul style="list-style-type: none"> • 0 times | 98.48% |
| <ul style="list-style-type: none"> • 1 time | 0.53% |
| <ul style="list-style-type: none"> • 2 times | 0.99% |
| <p>During the past 30 days, have you taken any of the following without a prescription (choose all that apply)?</p> <ul style="list-style-type: none"> • Narcotics (such as methadone, suboxone, fentanyl, opium, morphine, and codeine) | 5.22% |
| <ul style="list-style-type: none"> • Ritalin or Adderall | 3.42% |
| <ul style="list-style-type: none"> • OxyContin or Percocet | 2.31% |
| <ul style="list-style-type: none"> • Steroids (body building hormones) | 1.21% |
| <ul style="list-style-type: none"> • I have never tried any of the above | 87.84% |
| <p>How much do you think people risk harming themselves (physically or in other ways) if they use prescription medicine that are not prescribed to them?</p> <ul style="list-style-type: none"> • No risk | 5.54% |
| <ul style="list-style-type: none"> • Slight risk | 5.48% |
| <ul style="list-style-type: none"> • Moderate risk | 17.51% |
| <ul style="list-style-type: none"> • Great risk | 71.46% |

| | |
|--|---------------|
| How wrong do your parents feel it would be for you to use prescription drugs that are not prescribed to you? | |
| • Very wrong | 89.25% |
| • Wrong | 7.31% |
| • A little bit wrong | 1.86% |
| • Not at all wrong | 1.58% |
| How wrong do your friends feel it would be for you to use prescription drugs that are not prescribed to you? | |
| • Very wrong | 67.06% |
| • Wrong | 21.34% |
| • A little bit wrong | 7.06% |
| • Not at all wrong | 4.54% |

I. Dietary or Nutritional Behavior

| Behavior | % |
|---|---------------|
| During the past 7 days, on how many days did you eat breakfast? | |
| 0 days | 16.97% |
| 1 day | 6.94% |
| 2 days | 10.95% |
| 3 days | 8.84% |
| 4 days | 6.5% |
| 5 days | 7.92% |
| 6 days | 5.29% |
| 7 days | 36.59% |

| | |
|---|---------------|
| <p>During the past 7 days, how many times did you drink a soda, a sports drink, sweetened lemonade or iced tea, sweetened coffee or lattes, or other sweetened drink, such as Coke, Pepsi, Mountain Dew, Gatorade, Arizona, or Monster? (Do not count diet or 0 calorie drinks)</p> <ul style="list-style-type: none"> I did not drink a sugar-sweetened beverage during the past 7 days | 13.01% |
| <ul style="list-style-type: none"> 1 to 3 times during the past 7 days | 41.14% |
| <ul style="list-style-type: none"> 4 to 6 times during the past 7 days | 18.96% |
| <ul style="list-style-type: none"> 1 time per day | 8.19% |
| <ul style="list-style-type: none"> 2 times per day | 9.43% |
| <ul style="list-style-type: none"> 3 times per day | 9.27% |
| <p>During the past 7 days, how many times did you drink a soda, a sports drink, sweetened lemonade or iced tea, sweetened coffee or lattes, or other sweetened drink, such as Coke, Pepsi, Mountain Dew, Gatorade, Arizona, or Monster? (Do not count diet or 0 calorie drinks) during school day</p> <ul style="list-style-type: none"> I did not drink a sugar-sweetened beverage during the past 7 days | 46.47% |
| <ul style="list-style-type: none"> 1 to 3 times during the past 7 days | 31.79% |
| <ul style="list-style-type: none"> 4 to 6 times during the past 7 days | 6.72% |
| <ul style="list-style-type: none"> 1 time per day | 7.66% |
| <ul style="list-style-type: none"> 2 times per day | 3.6% |
| <ul style="list-style-type: none"> 3 times per day | 3.76% |

| | |
|--|---------------|
| During the past 7 days, how many times did you eat fruit? (Do not count fruit juice) | |
| • I did not eat fruit during the past 7 days | 10.92% |
| • 1 to 3 times during the past 7 days | 29.16% |
| • 4 to 6 times during the past 7 days | 21.12% |
| • 1 time per day | 13.53% |
| • 2 times per day | 12.52% |
| • 3 times per day | 5.47% |
| • 4 or more times per day | 7.27% |
| During the past 7 days, how many times did you eat vegetables (do not count fried potato products such as french fries, hash browns, and potato chips)? | |
| • I did not eat vegetables during the past 7 days | 14.05% |
| • 1 to 3 times during the past 7 days | 28.12% |
| • 4 to 6 times during the past 7 days | 20.85% |
| • 1 time per day | 15.64% |
| • 2 times per day | 11.61% |
| • 3 times per day | 4.61% |
| • 4 or more times per day | 5.12% |

| | |
|---|---------------|
| During the past 7 days, on how many days did you stop on your way to or from school for a snack or drink at a convenience store, mini mart, or bodega? | |
| • 0 days | 65.01% |
| • 1 day | 12.43% |
| • 2 days | 9.4% |
| • 3 days | 6.05% |
| • 4 days | 2.92% |
| • 5 days | 4.2% |
| In an average week when you are in school, on how many days do you bring your own lunch to school from home? | |
| • 0 days | 57.54% |
| • 1 day | 4.56% |
| • 2 days | 3.78% |
| • 3 days | 4.97% |
| • 4 days | 4.64% |
| • 5 days | 24.52% |

J. Food Insecurity

| Behavior | % |
|---|--------|
| How often are there fruits or vegetables to snack on in your home, such as carrots, celery, apples, bananas or melon? | |
| • Never | 4.92% |
| • Rarely | 6.29% |
| • Sometimes | 18.45% |
| • Most of the time | 31.96% |
| • Always | 38.38% |
| How important do you believe it is to eat a healthy diet including fruits and vegetables? | |
| • Not important at all | 2.9% |
| • A little important | 6.87% |
| • Somewhat important | 26.58% |
| • Very important | 63.65% |

K. Physical Activity

| Behavior | % |
|---|--------|
| <p>During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time)</p> <ul style="list-style-type: none"> 0 days | 15.02% |
| <ul style="list-style-type: none"> 1 day | 6.97% |
| <ul style="list-style-type: none"> 2 days | 8.6% |
| <ul style="list-style-type: none"> 3 days | 11.62% |
| <ul style="list-style-type: none"> 4 days | 8.87% |
| <ul style="list-style-type: none"> 5 days | 13.8% |
| <ul style="list-style-type: none"> 6 days | 8.34% |
| <ul style="list-style-type: none"> 7 days | 26.78% |
| <p>On an average school day, how many hours do you spend on “screen time” for something that is not school work? (Count time spent doing activities such as watching TV or movies, playing video games, internet use, and mobile apps such as Facebook, Twitter, Instagram, SnapChat, and mobile games on cell phones, tablets, and iPads)</p> <ul style="list-style-type: none"> I do not spend any time in front of a screen for something that is not school work | 5.79% |
| <ul style="list-style-type: none"> Less than 1 hour | 9.73% |
| <ul style="list-style-type: none"> 1 hour per day | 11.63% |
| <ul style="list-style-type: none"> 2 hours per day | 21.02% |
| <ul style="list-style-type: none"> 3 hours per day | 18.51% |
| <ul style="list-style-type: none"> 4 hours per day | 12.02% |
| <ul style="list-style-type: none"> 5 or more hours per day | 21.31% |

| | |
|--|---------------|
| In an average week when you are in school, on how many days do you walk or ride your bike to or from school when the weather allows you to do so? | |
| • 0 days | 70.59% |
| • 1 day | 4.66% |
| • 2 days | 4.1% |
| • 3 days | 2.69% |
| • 4 days | 2.13% |
| • 5 days | 15.84% |
| In an average week when you are in school, on how many days do you go to physical education (PE) classes? | |
| • 0 days | 57.18% |
| • 1 day | 10.15% |
| • 2 days | 4.12% |
| • 3 days | 4.35% |
| • 4 days | 5.02% |
| • 5 days | 19.18% |
| If you do not get 60 minutes of exercise every day, what are the most significant reasons why not? | |
| • I don't have enough time | 47.98% |
| • I'm afraid of getting hurt | 1.74% |
| • Bad weather | 14.62% |
| • I don't have sidewalks or streets to walk or bike on | 2.62% |
| • I feel self-conscious | 6.03% |
| • I feel tired or lack of energy | 31.89% |

| | |
|--|---------------|
| How important do you believe it is to be physically active? | |
| • Not important at all | 3.18% |
| • A little important | 6.01% |
| • Somewhat important | 24.65% |
| • Very important | 66.15% |
| How important do you believe it is to volunteer in your community? | |
| • Not important at all | 9.79% |
| • A little important | 21.74% |
| • Somewhat important | 39.49% |
| • Very important | 28.98% |
| During the past 12 months, which of the following groups or activities did students participate in? | |
| • School club or student group | 5.63% |
| • School sports team | 15.27% |
| • Theater, dance or musical group | 3.41% |
| • Volunteer service work | 3.24% |
| • Religious group | 1.73% |
| • Part-time job | 7% |
| • None of the above | 21.14% |
| • Participate in combination of groups or activities | 42.58% |

L. Other Health Related Behaviors

| Behavior | % |
|--|--------|
| Over the past 12 months, did you visit your primary care doctor for a routine check-up? | |
| • Yes | 82.31% |
| • No | 14.8% |
| • I do not have a primary care doctor | 2.88% |
| Has a doctor nor nurse ever told you that you have asthma? | |
| • Yes | 23.72% |
| • No | 70.48% |
| • Not sure | 5.8% |
| On an average school night, how many hours of sleep do you get? | |
| • 4 or less hours | 8.18% |
| • 5 hours | 13.39% |
| • 6 hours | 25.71% |
| • 7 hours | 29.92% |
| • 8 hours | 22.79% |
| When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher? | |
| • Never | 46.36% |
| • Rarely | 23.03% |
| • Sometimes | 17.65% |
| • Most of the time | 8.77% |
| • Always | 4.2% |

| | |
|--|---------------|
| During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do not count getting a spray-on tan). | |
| • Never | 91.15% |
| • Rarely | 3.3% |
| • Sometimes | 3.2% |
| • Most of the time | 1.23% |
| • Always | 1.11% |

M. Home Environment

| Behavior | % |
|--|---------------|
| Have you changed homes (moved) in the past year? | |
| • Yes | 24.34% |
| • No | 75.66% |
| Have you changed schools in the past year? | |
| • Yes | 22.13% |
| • No | 77.87% |
| When not at home does your parent know where you are/who you are with? | |
| • Yes | 90.64% |
| • No | 9.36% |

N. Youth Development

| Behavior | % |
|--|--------|
| Have you ever been taught about mental health in school? | |
| • Yes | 51.01% |
| • No | 18.07% |
| • Not sure | 30.92% |
| How important do you believe it is to make friends with people different from you? | |
| • Not important at all | 8.53% |
| • A little important | 15.35% |
| • Somewhat important | 38.62% |
| • Very important | 37.5% |
| How important do you believe it is to take classes and school work seriously? | |
| • Not important at all | 2.87% |
| • A little important | 3.58% |
| • Somewhat important | 15.66% |
| • Very important | 77.89% |

O. Racism and Discrimination

| Behavior | % |
|---|--------|
| In the past 30 days, have you been treated unfairly in a negative way, been prevented from doing something, or been made to feel bad about yourself, because of your race, ethnicity, or color? | |
| • Yes | 11.25% |
| • No | 88.75% |

P. Self-Image

| Behavior | % |
|--|--------|
| How do you describe your weight? | |
| • Very underweight | 3.03% |
| • Slightly underweight | 12.94% |
| • Right weight | 50.39% |
| • Slightly overweight | 26.99% |
| • Very overweight | 6.55% |
| What are you trying to do about your weight? | |
| • Lose weight | 46.38% |
| • Gain weight | 17.22% |
| • Maintain weight | 17.33% |
| • I am not trying to do anything about my weight | 19.07% |
| During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight? | |
| • Yes | 12.05% |
| • No | 87.95% |

| | |
|--|---------------|
| <p>During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)</p> <ul style="list-style-type: none"> • Yes | 4.34% |
| <ul style="list-style-type: none"> • No | 95.66% |
| <p>During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?</p> <ul style="list-style-type: none"> • Yes | 4.36% |
| <ul style="list-style-type: none"> • No | 95.64% |

Acknowledgement: The UMass Worcester PRC would like to thank Happi Larissa Venia for preparing this report.