

2017 EASTON MIDDLE SCHOOL

Youth Health Survey Results

The 2017 Easton Middle School Youth Health Survey was conducted on December 20, 2017. Procedures and results from 535 valid surveys are included in this report.

Kendall Bennett, MSPH

Business Data Analyst, Old Colony Y
kbennett@oldcolonymca.org

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Survey Design

The 2017 Easton Middle School Youth Health Survey was adapted from the 2017 National Youth Risk Behavior Survey and the 2015 Easton Middle School Adolescent Wellness Survey.

Questions and multiple choice answers are available verbatim within each frequency table in Appendices A, B, and C.

Survey Administration

The survey was administered on December 20, 2017 electronically via Google Forms. Students took the survey during the period in which they would normally attend history.

Data Cleaning

Results were stored electronically and downloaded by the evaluator. The data underwent a three step validity process to remove surveys that showed a pattern of illogical and inconsistent answers. Surveys that were removed at each step of the process are in parentheses.

1. Respondents who answered “no” to the question “Were you honest when taking this survey?” (14 surveys)
2. Respondents who answered a question that asked if they have used a drug that does not exist. (3 surveys)
3. Respondents who displayed a pattern of inconsistency and exaggeration. (1 survey)

The final sample included 535 valid surveys.

	Enrolled Students	Absent Students	Parents Opted Out	Removed in Data Cleaning	Final Sample	Percent Representation
7 th Grade	305	29	2	9	269	88%
8 th Grade	299	21	1	5	261	87%
Total	604	50	3	18*	535	89%

*Four surveys were included that did not select either 7th or 8th grade.

Data Analysis

Each question was analyzed by creating frequency tables that include a count of respondents that selected each available answer. The majority of questions were multiple choice in which respondents could select only one answer. The percentages next to the count for these questions represent the number of respondents that selected each answer out of all respondents that answered that question.

For the 15 questions that offered for respondents to select all answers that apply, the frequencies are calculated by dividing the number of respondents that selected each answer by the total number of valid respondents.

Some questions had built-in electronic survey logic. This means that respondents that selected they had never exhibited a particular behavior was not offered additional questions about how many

times or in what ways they have exhibited that behavior. These questions can be easily identified because they have very low response rates. Their frequencies are calculated in two ways.

1. The frequency is the percentage of respondents that selected each answer, out of the total number of valid respondents.
2. The relative frequency is the percentage of respondents that selected each answer, out of the total number of respondents that selected they have ever exhibited that behavior.

Additionally, cross-tabulations were conducted for each question by gender and grade (Appendices B and C). The frequencies in these tables are the percentage that selected each response of the total number of respondents in each gender or grade category.

Year over year comparison

As state and national data is not yet available for the 2017 Youth Risk Behavior Survey, comparisons will be made with the 2015 Easton Middle School Adolescent Wellness Survey, which surveyed EMS 7th and 8th graders on December 22, 2015. It is important to note that there were two key differences between the 2015 survey and the 2017 survey.

1. The 2015 survey was conducted with pen and paper, while the 2017 survey was conducted online. The main difference with the online survey is “internal survey logic” which uses answers to specific questions to exclude respondents from future questions that would be contradictory. An example would be if a student selected that they had never tried alcohol, they would not receive a question about using alcohol in the past 30 days or alcohol use on school property. This helps to avoid accidental invalid answers as well as intentional exaggeration.
2. The 2017 survey included additional data cleaning techniques which included asking about a drug that does not exist. This is likely to have removed additional invalid surveys.

DEMOGRAPHICS

	Frequency	Percent
Grade		
7 th Grade	269	48.9%
8 th Grade	261	50.4%
Sex		
Female	271	50.9%
Male	261	49.1%
Age		
12 years old or younger	151	28.2%
13 years old	277	51.8%
14 years old	105	19.6%
15 years old or older	2	0.4%
Ethnicity		
Hispanic or Latino	42	8.2%
Not Hispanic or Latino	470	91.8%
Race (select all that apply)		
American Indian or Alaska Native	7	1.3%
Asian	22	4.1%
Black or African American	45	8.4%
Native Hawaiian or Other Pacific Islander	2	0.4%
White	439	82.1%
Other	47	8.8%
How often Language Other Than English Spoken at Home		
Never	332	61.1%
Rarely	88	16.2%
Sometimes	58	10.7%
Most of the Time	38	7.0%
Always	27	5.0%
Sexual Orientation		
Heterosexual (Straight)	434	83.0%
Gay or lesbian	6	1.1%
Bisexual	26	5.0%
Not Sure	57	10.9%
Transgender		
Not transgender	513	96.4%
Yes, and really think of themselves as a boy/man	5	0.9%
Yes, and really think of themselves as a girl/woman	1	0.2%
Yes, and think of themselves in some other way	1	0.2%
Does not know if they are transgender	6	1.1%
Does not know what this question is asking	6	1.1%
Where Typically Sleep at Night		
In parent's/guardian's home	531	99.4%
Move from place to place	1	0.2%
With friends, family or other people because they lost their home or cannot afford housing	1	0.2%
Somewhere else	1	0.2%
Lived away from parents (kicked out, ran away, abandoned, or removed by DCF)		
Yes	7	1.3%
No	525	98.7%

MENTAL HEALTH

	EMS 2015	EMS 2017
Depression <i>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?</i>	N/A	16.9%
Self-Harm <i>Have you ever purposely hurt yourself, such as cutting or burning yourself on purpose?</i>	7.8%	6.8%
Suicidal Thoughts <i>Have you ever seriously thought about killing yourself?</i>	11%	10%
Planned Suicide <i>Have you ever made a plan about how you would kill yourself?</i>	7.8%	7.1%
Attempted Suicide <i>Have you ever tried to kill yourself?</i>	4.3%	3.4%

VIOLENCE

	EMS 2015	EMS 2017
Safety <i>Have you ever not gone to school because you felt you would be unsafe at school or on your way to or from school?</i>	5.4%	5.1%
Weapons <i>Have you ever carried a weapon such as a gun, knife, or club?</i>	16.1%	7.9%
Physical Fight <i>Have you ever been in a physical fight?</i>	28.8%	23.5%
Bullied <i>During the past 12 months, have you been bullied on school property?</i>	34.8%	22.2%
Electronically Bullied <i>During the past 12 months, have you been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media).</i>	19.7%	14.6%

Respondents were asked if they had participated in bullying a peer in the past year. While only 2% answered yes, 17% indicated they were unsure if they had participated in bullying a peer.

Additionally, 5.5% of respondents indicated that bullying had prevented them from attending school in the past year.

SAFETY BEHAVIORS

	Do not ride	Always	Most of the time	Some-times	Rarely/ Never
Riding in a Car - Seatbelts <i>How often do you wear a seatbelt while riding in a car?</i>	N/A	77%	18%	4.3%	0.7%
Helmet - Bicycle <i>When you ride a bicycle, how often do you wear a helmet?</i>	12.4%	21%	24.9%	15.5%	26.2%
Helmet – Rollerblade/Skateboard <i>When you rollerblade or ride a skateboard, how often do you wear a helmet?</i>	56.3%	10.1%	6.9%	6.9%	19.7%

In addition to personal safety behaviors, respondents were asked about the behavior of drivers of the cars they had been riding in in the past 30 days. Of all respondents, 13.4% had been in a car where the driver had been drinking alcohol and 46.5% had been in a car where the driver was texting.

SEXUAL HEALTH AND SAFETY

	EMS 2015	EMS 2017
Sexual Assault - Contact Against Will <i>Has anyone had sexual contact with you against your will?</i>	2%	2.4%
Sexual Assault - Intercourse Against Will <i>Have you ever been physically forced to have sexual intercourse when you did not want to?</i>	%	1.1%

	EMS 2015	EMS 2017
Oral Sex – Lifetime <i>How old were you when you first participated in oral sex?</i>	3.3%	3.4%
Oral Sex – Average (mean) Age at First Occurrence <i>How old were you when you first participated in oral sex?</i>	N/A	12.7 years
Oral Sex – Average (mean) Number of Partners <i>With how many people have you participated in oral sex?</i>	N/A	2.2
Sexual Intercourse - Lifetime <i>How old were you when you had sexual intercourse for the first time?</i>	2.4%	3.4%
Sexual Intercourse – Average (mean) Age at First Occurrence <i>How old were you when you had sexual intercourse for the first time?</i>	N/A	12.7 years
Sexual Intercourse – Average (mean) Number of Partners <i>With how many people have you had sexual intercourse?</i>	N/A	1.1

While 90% of respondents indicated that they had never engaged in “sexting” (the sending of sexual messages or images by cell phone), 9% of respondents said they have received inappropriate messages or pictures and 3% said they have initiated inappropriate messages or pictures.

NUTRITION

	Fruit/ Fruit Juices	Vegetables	Soda, sports drink, etc.	Milk
Did not	6.4%	8.9%	30.6%	22.0%
1 to 3 times during the past 7 days	25.0%	22.3%	46.6%	17.5%
4 to 6 times during the past 7 days	21.4%	22.5%	9.4%	14.5%
1 time per day	15.7%	17.6%	7.2%	17.5%
2 times per day	17.4%	16.1%	3.4%	15.8%
3 times per day	7.6%	5.5%	1.1%	7.0%
4 times or more per day	6.6%	7.2%	1.7%	5.6%

SUBSTANCE USE

Substance	EMS 2015	EMS 2017
Cigarettes		
Lifetime Use	2%	1%
Age of first use	11.1 years	10.8 years
Past 30 day use	0.6%	0.4%
Electronic Vapor Products		
Lifetime Use	11.9%	7.7%
Age of first use	N/A	12.3 years
Past 30 day use	3.7%	4.1%
Alcohol		
Lifetime Use	12%	9.7%
Age of first use	10.8 years	10.9 years
Past 30 day use	N/A	3.0%
Marijuana		
Lifetime Use	3%	2.4%
Age of first use	9.1 years	12.7
Past 30 day use	N/A	1.5%
Opioids		
Lifetime Use	N/A	2.6%
Age of first use	N/A	10.9 years
Past 30 day use	N/A	2.1%

The one national topic area for middle school that has released 2017 data is tobacco use¹. Nationally, 2.1% of middle school students had smoked cigarettes in the past 30 days. This is far higher than Easton's rate of 0.4%.

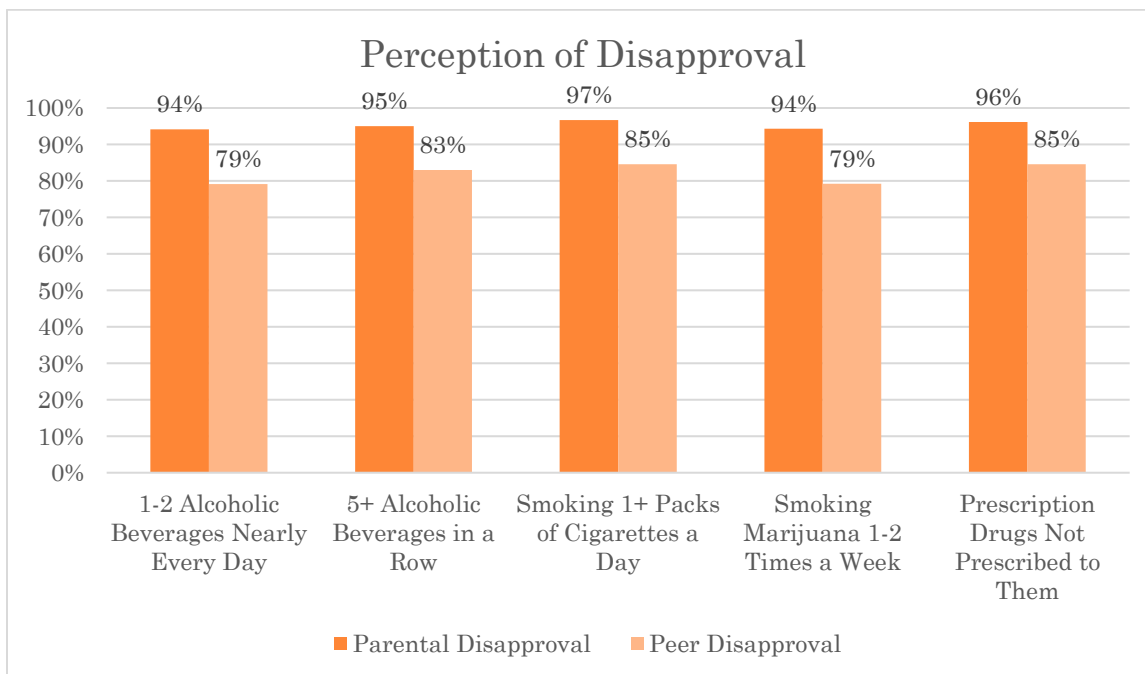
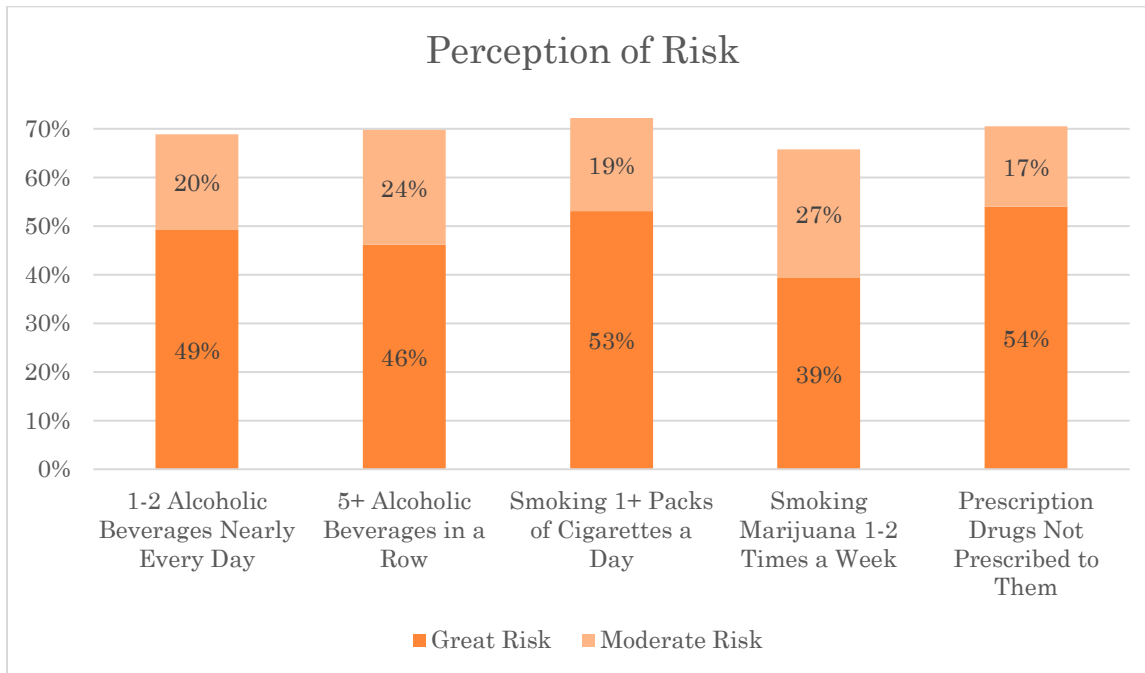
Other substances – Lifetime Use

Substance	EMS 2017
Cocaine	0.4%
Huffing/Sniffing Glues and Aerosols	5.2%
Hallucinogenic Drugs	0.2%
Ecstasy	0.2%
Synthetic Drugs	0.4%
Stimulants (not prescribed)	1.9%

No respondents indicated that they had ever used heroin, methamphetamines, steroids, or a needle to inject illegal drugs into their body. In the past 12 months, 2.3% reported they have been offered, sold, or given an illegal drug.

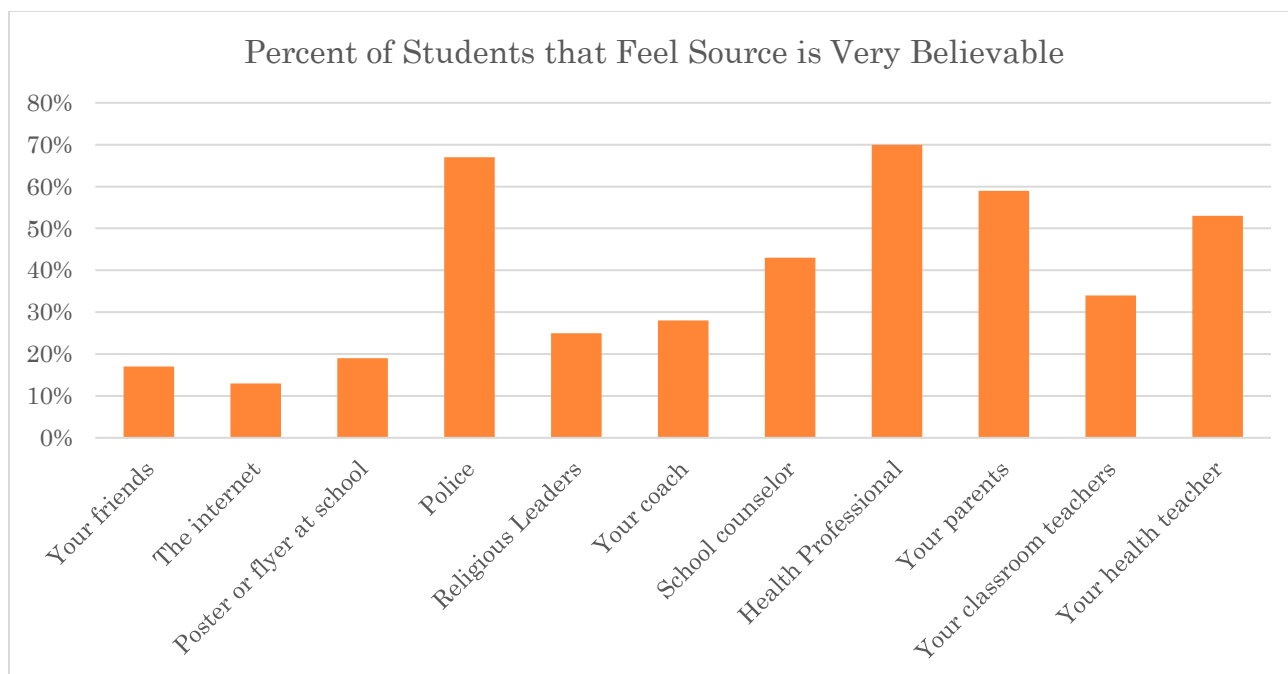
¹ Wang TW, Gentzke A, Sharapova S, Cullen KA, Ambrose BK, Jamal A. Tobacco Product Use Among Middle and High School Students – United States, 2011-2017. MMWR Morb Mortal Wkly Rep 2018;67:629-622. DOI: <http://dx.doi.org/10.15565/mmwr.mm6722a3>

PERCEPTIONS



When asked if respondents preferred to hang out with people who do not drink alcohol or use marijuana, 90.9% and 91.8% answered yes, respectively.

When asked if respondents preferred parties where people do not drink alcohol or use marijuana, 88.1% and 94.7% answered yes, respectively.



While only 3.3% of surveys were removed for suspected dishonesty, 54.5% of students had the perception that the average student was not honest on this survey.

DAILY LEISURE TIME ACTIVITIES

	EMS 2015	EMS 2017
Sleep (School Night)		
Average Hours of Sleep	7.6 hours	7.6 hours
Percentage Getting 8 Hours or More	85.1%	61.4%
Percentage Getting 5 Hours or Less	8.7%	8.1%
Television (School Day)		
Average Hours of Television	1.5 hours	1.2 hours
Percentage Watching Less than 1 Hour	34.6%	49.8%
Percentage Watching 3 Hours or More	18.5%	12.1%
Use of Computer or Video Games (School Day)		
Average Hours of Computer or Video Games	2.1 hours	1.9 hours
Percentage Using Less than 1 Hour	21.5%	27.8%
Percentage Using 3 Hours or More	38.6%	30.8%

Students were asked if they participated in athletic groups/teams, music/performing arts groups, school clubs/organizations, and clubs or organizations outside of school. Of all respondents, 7.7% indicated that they had not participated in any groups in the past year.