

2019 EASTON MIDDLE SCHOOL

Youth Health Survey Results

The 2019 Easton Middle School Youth Health Survey was conducted on December 12, 2019. Procedures and results from 555 valid surveys are included in this report.

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Survey Design

The 2019 Easton Middle School Youth Health Survey was adapted from the 2019 National Youth Risk Behavior Survey and the 2017 Easton Middle School Adolescent Wellness Survey.

Questions and multiple choice answers are available verbatim within each of the frequency tables and cross tabulations in the appendix.

Survey Administration

The survey was administered on December 12, 2019 electronically via Google Forms. Students used school-issued devices to complete the survey anonymously. Survey logic was used to reduce unnecessary questions that students had to answer. 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.

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?” (13 surveys)
2. Respondents who answered a question that asked if they have used a drug that does not exist. (1 survey)
3. Respondents who displayed a pattern of inconsistency and exaggeration. (5 surveys)

The raw data included 568 surveys. The final sample included 555 valid surveys.

	Enrolled Students	Absent Students	Parents Opted Out	Removed in Data Cleaning	Final Sample	Percent Representation
7 th Grade	306	11	1	N/A	275	90%
8 th Grade	293	9	3	N/A	274	94%
Total	599	20	4	13	555	93%

**Six 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 17 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.. 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 2019 Youth Risk Behavior Survey, comparisons will be made with the 2015 and 2017 Easton Middle School Adolescent Wellness Survey, which surveyed EMS 7th and 8th graders on December 22, 2015 and December 20, 2017. It is important to note that there were key differences between the 2015 survey and the 2017/2019 surveys.

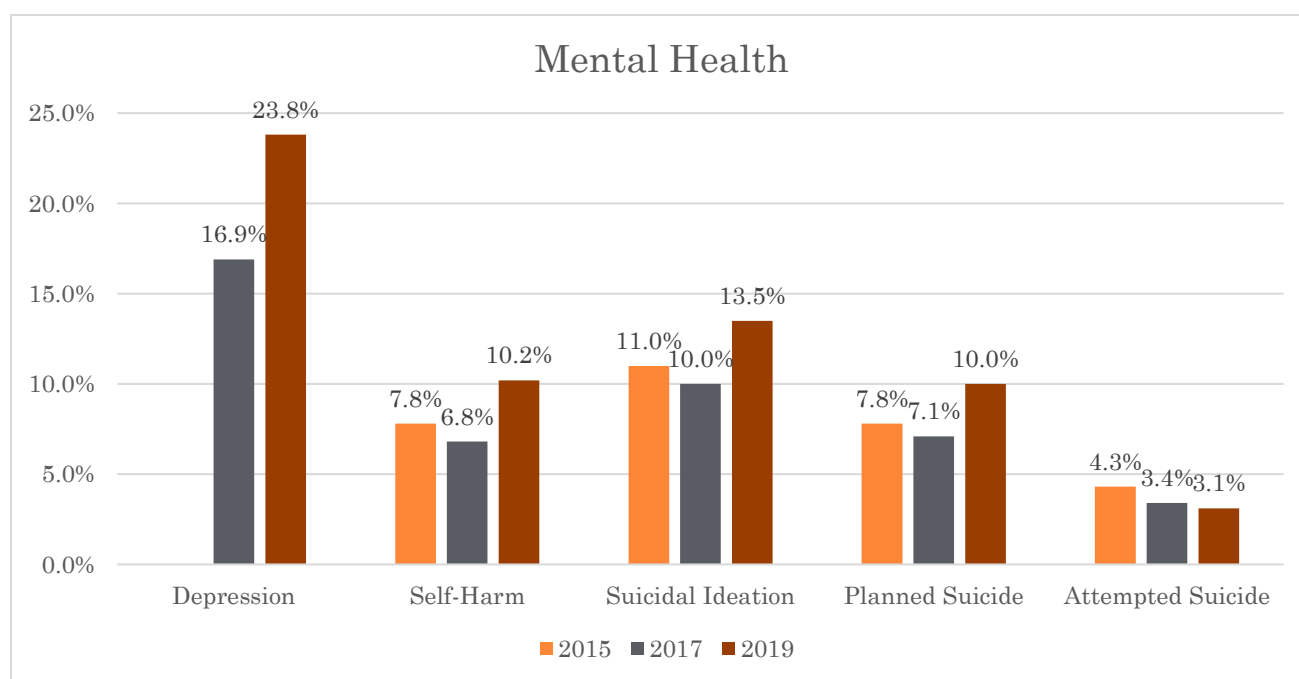
1. The 2015 survey was conducted with pen and paper, while the 2017 and 2019 surveys were conducted online. The main difference with the online survey is “internal survey logic” which uses answers to specific questions to exclude respondents from future questions that would be contradictory. An example 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 and 2019 surveys included additional data cleaning techniques which are noted in the data cleaning section.

DEMOGRAPHICS

	Frequency	Percent
Grade		
7 th Grade	275	49.5%
8 th Grade	274	49.4%
Sex		
Female	276	49.7%
Male	275	49.5%
Age		
12 years old or younger	178	28.2%
13 years old	275	51.8%
14 years old	101	19.6%
15 years old or older	2	0.4%
Ethnicity		
Hispanic or Latino	41	7.6%
Not Hispanic or Latino	497	92.4%
Race (select all that apply)		
American Indian or Alaska Native	11	1.9%
Asian	26	4.6%
Black or African American	53	9.4%
Native Hawaiian or Other Pacific Islander	5	0.9%
White	461	81.6%
Other	56	10.1%
How often Language Other Than English Spoken at Home		
Never	320	58.0%
Rarely	78	14.1%
Sometimes	58	10.5%
Most of the Time	45	8.2%
Always	51	9.2%
Sexual Orientation		
Heterosexual (Straight)	478	87.4%
Gay or lesbian	6	1.1%
Bisexual	29	5.3%
Not Sure	34	6.2%
Transgender		
Not transgender	535	96.9%
Transgender	3	0.6%
Does not know if they are transgender	6	1.1%
Where Typically Sleep at Night		
In parent's/guardian's home	531	98.7%
Somewhere else	7	1.3%
Lived away from parents (kicked out, ran away, abandoned, or removed by DCF)		
Yes	10	1.8%
No	541	98.2%

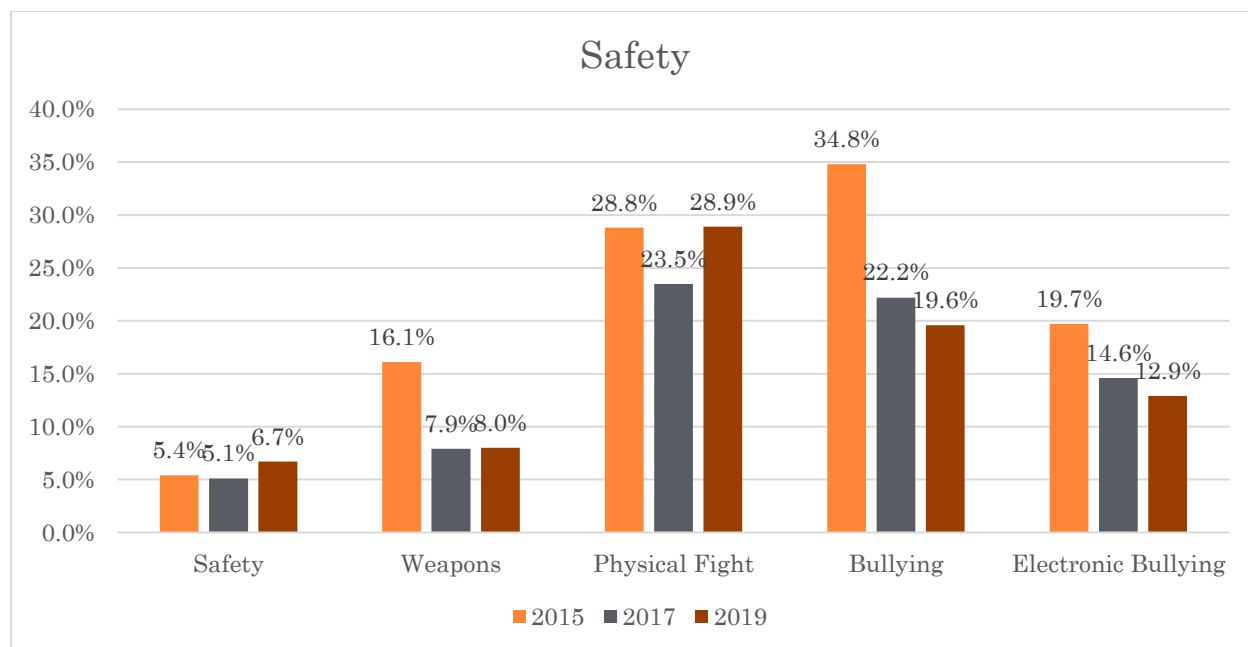
MENTAL HEALTH

	EMS 2015	EMS 2017	EMS 2019
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%	23.8%
Self-Harm <i>Have you ever purposely hurt yourself, such as cutting or burning yourself on purpose?</i>	7.8%	6.8%	10.2%
Suicidal Thoughts <i>Have you ever seriously thought about killing yourself?</i>	11%	10%	13.5%
Planned Suicide <i>Have you ever made a plan about how you would kill yourself?</i>	7.8%	7.1%	10%
Attempted Suicide <i>Have you ever tried to kill yourself?</i>	4.3%	3.4%	3.1%



VIOLENCE

	EMS 2015	EMS 2017	EMS 2019
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%	6.7%
Weapons <i>Have you ever carried a weapon such as a gun, knife, or club?</i>	16.1%	7.9%	8.0%
Physical Fight <i>Have you ever been in a physical fight?</i>	28.8%	23.5%	28.9%
Bullied <i>During the past 12 months, have you been bullied on school property?</i>	34.8%	22.2%	19.6%
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%	12.9%



Respondents were asked if they had participated in bullying a peer in the past year. While only 1.6% answered yes, 13.4% indicated they were unsure if they had participated in bullying a peer. These numbers are both down from 2017, where 2% indicated they had participated in bullying a peer and 17% were unsure if they had.

Additionally, 5.1% of respondents indicated that bullying had prevented them from attending school in the past year, down from 5.5% in 2017.

	EMS 2015	EMS 2017	EMS 2019
Sexual Assault - Contact Against Will <i>Has anyone had sexual contact with you against your will?</i>	2%	2.4%	3.5%
Sexual Assault - Intercourse Against Will <i>Have you ever been physically forced to have sexual intercourse when you did not want to?</i>	N/A	1.1%	1.1%

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>	12.8%	35.0%	21.7%	13.4%	29.8%
Helmet – Rollerblade/Skateboard <i>When you rollerblade or ride a skateboard, how often do you wear a helmet?</i>	61.4%	10.3%	5.8%	5.3%	17.2%

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, 10.5% had been in a car where the driver had been drinking alcohol (down from 13.4% in 2017) and 51.4% had been in a car where the driver was texting (up from 46.5% in 2017).

SEXUAL HEALTH AND SAFETY

	EMS 2015	EMS 2017	EMS 2019
Oral Sex – Lifetime <i>How old were you when you first participated in oral sex? (Sum of all respondents that did not select “I have never participated in oral sex”)</i>	3.3%	3.4%	2.6%
Oral Sex – Average (mean) Number of Partners <i>With how many people have you participated in oral sex?</i>	N/A	2.2	2.8
Sexual Intercourse - Lifetime <i>How old were you when you had sexual intercourse for the first time? (Sum of all respondents that did not select “I have never had sexual intercourse”)</i>	2.4%	3.4%	4.4%
Sexual Intercourse – Average (mean) Number of Partners <i>With how many people have you had sexual intercourse?</i>	N/A	1.1	2.6

While 91.6% of respondents indicated that they had never engaged in “sexting” (the sending of sexual messages or images by cell phone), 6.4% of respondents said they have received inappropriate messages or pictures (down from 9% in 2017) and 2.4% said they have initiated inappropriate messages or pictures (down from 3% in 2017).

NUTRITION

	Fruit/ Fruit Juices	Vegetables	Soda, sports drink, etc.	Energy Drinks
Did not	10.4%	5.3%	33.2%	89.0%
1 to 3 times during the past 7 days	25.5%	22.2%	45.3%	8.6%
4 to 6 times during the past 7 days	18.8%	20.9%	8.6%	1.1%
1 time per day	12.8%	17.2%	5.7%	0.2%
2 times per day	18.4%	22.6%	4.0%	0.0%
3 times per day	8.2%	5.9%	1.3%	0.6%
4 times or more per day	5.8%	5.9%	1.8%	0.6%

DAILY LEISURE TIME ACTIVITIES

	EMS 2015	EMS 2017	EMS 2019
Sleep (School Night)			
Average Hours of Sleep	7.6 hours	7.6 hours	7.3 hours
Percentage Getting 8 Hours or More	85.1%	61.4%	48%
Percentage Getting 5 Hours or Less	8.7%	8.1%	12%
Daily Physical Activity			
Average minutes of physical activity per day	N/A	N/A	37 minutes
Percentage getting doing no physical activity	N/A	N/A	8.3%
Percentage getting more than 60 minutes per day	N/A	N/A	30.8%
Average days with 60+ minutes of activity per week	N/A	N/A	4.8

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, 7.4% indicated that they had not participated in any groups in the past year. This was down from 7.7% in 2017.

SUBSTANCE USE

Substance	EMS 2015	EMS 2017	EMS 2019
Cigarettes			
Lifetime Use	2%	1%	2.9%
Age of first use	11.1 years	10.8 years	11.1 years
Past 30 day use	0.6%	0.4%	1.8%
Electronic Vapor Products			
Lifetime Use	11.9%	7.7%	7.8%
Age of first use	N/A	12.3 years	12.0 years
Past 30 day use	3.7%	4.1%	3.3%
Alcohol			
Lifetime Use	12%	9.7%	13%
Age of first use	10.8 years	10.9 years	10.9 years
Past 30 day use	N/A	3.0%	4.5%
Marijuana			
Lifetime Use	3%	2.4%	3.9%
Age of first use	9.1 years	12.7	12.2
Past 30 day use	N/A	1.5%	2.2%
Opioids			
Lifetime Use	N/A	2.6%	3.3%
Age of first use	N/A	10.9 years	10.7 years
Past 30 day use	N/A	2.1%	2.2%

It should be noted that all flavored and unflavored vaping products and devices were banned by Massachusetts Governor Charlie Baker on September 24, 2019. It is unclear if this would have affected the lifetime use rates or, more likely, the 30 day use rates. The Governor's ban was lifted on December 11, 2019 with a new law that banned flavored tobacco products (except in a licensed smoking bar), restricted sales of vaping products to licensed, adult-only stores and smoking bars, and placed heavy restrictions on other retail stores that sell vaping products.

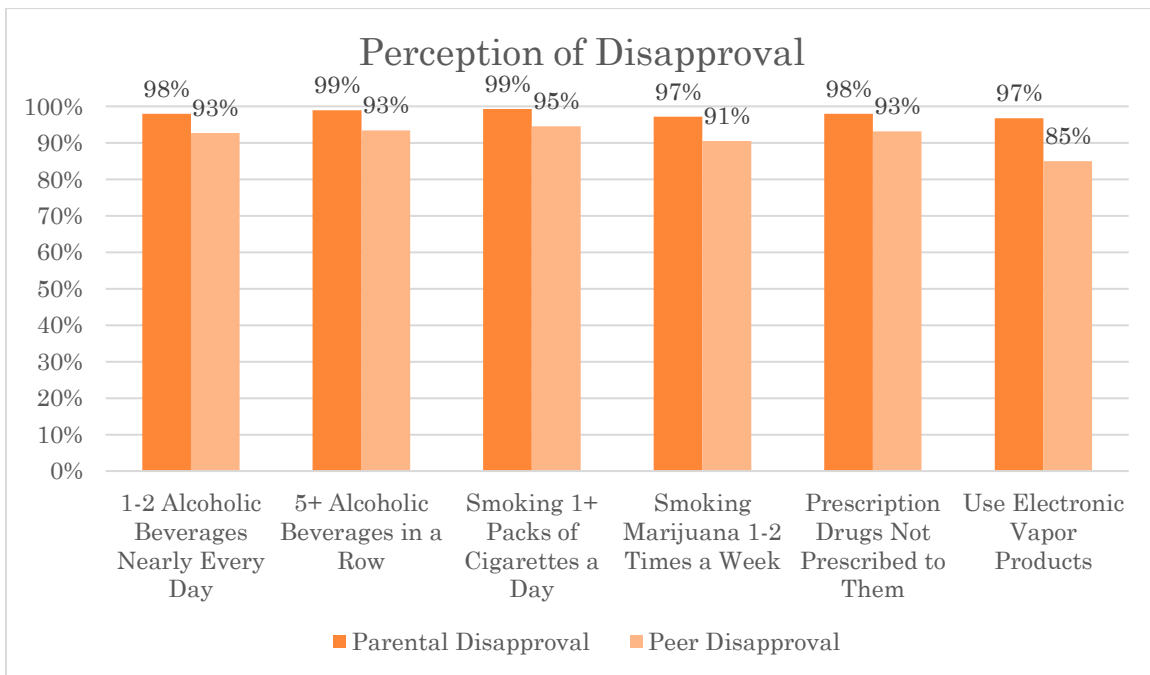
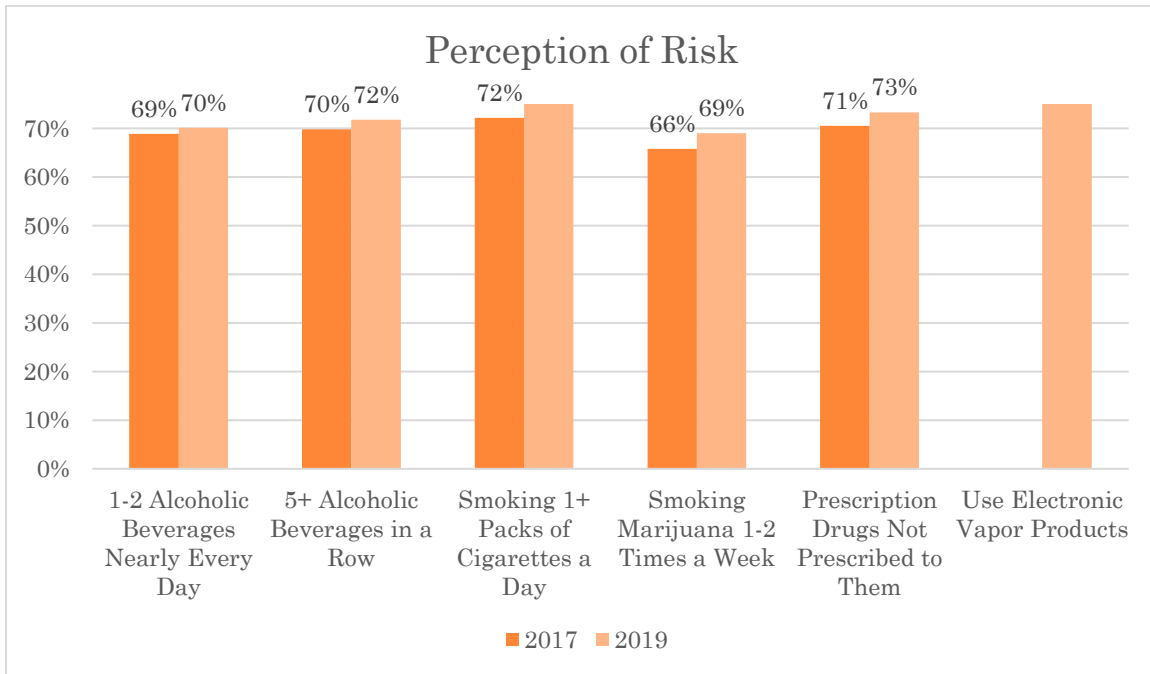
Other substances – Lifetime Use

Substance	EMS 2017	EMS 2019
Cocaine	0.4%	0.8%
Huffing/Sniffing Glues and Aerosols	5.2%	5.9%
Heroin	0.0%	0.4%
Hallucinogenic Drugs	0.2%	0.4%
Methamphetamines	0.0%	0.5%
Ecstasy	0.2%	0.4%
Synthetic Drugs	0.4%	0.6%
Stimulants (not prescribed)	1.9%	1.8%
Steroids	0.0%	0.7%

No respondents indicated that they had ever used a needle to inject illegal drugs into their body. In the past 12 months, 2.0% reported they have been offered, sold, or given an illegal drug, down from 2.3% in 2017.

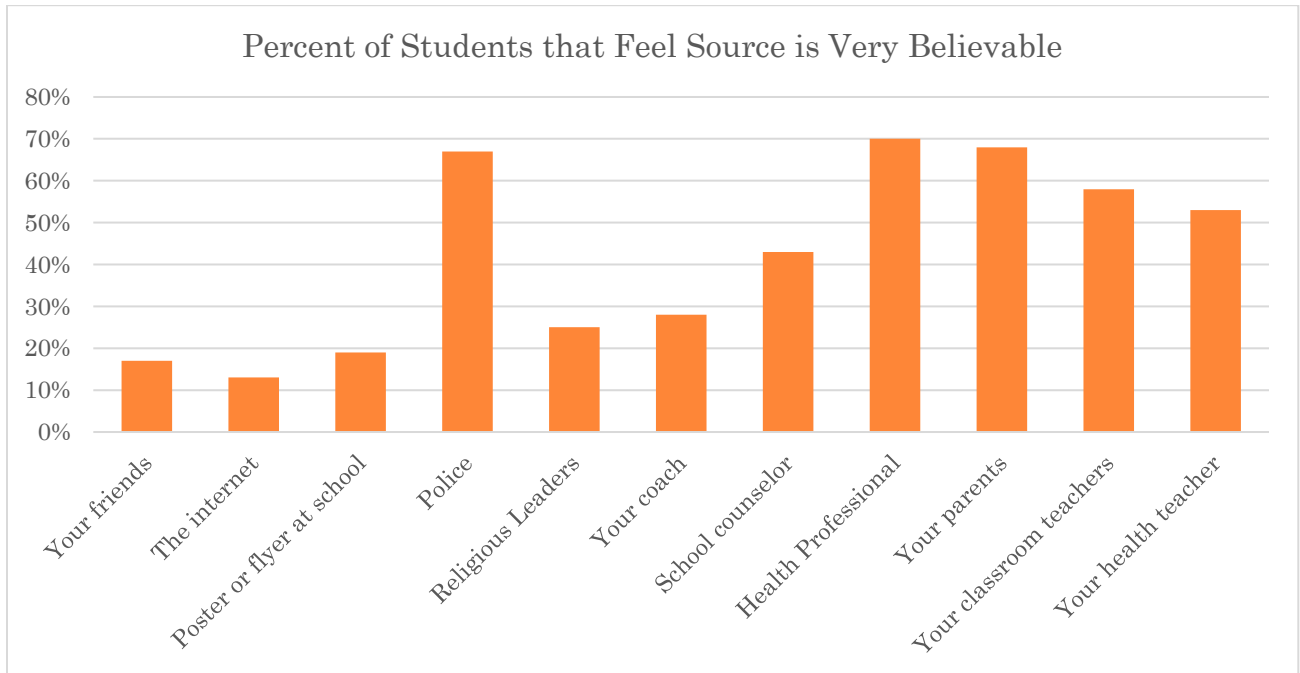
PERCEPTIONS

Perception of personal risk, as well as perceptions of peer and parental disapproval have been connected with youth substance use. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), “An adolescent’s perception of the risks associated with substance use is an important determinant of whether he or she engages in substance use.”



When asked if respondents preferred to hang out with people who do not drink alcohol or use marijuana, 90.3% and 91.3% answered yes, respectively.

When asked if respondents preferred parties where people do not drink alcohol or use marijuana, 88.3% and 93.2% answered yes, respectively.



While only 3.3% of surveys were removed for suspected dishonesty, 38.6% of students had the perception that the average student was not honest on this survey.