

2019 OLIVER AMES HIGH SCHOOL

Youth Health Survey Results

The 2019 Oliver Ames High School Youth Health Survey was conducted on December 12, 2019. Procedures and results from 950 valid surveys are included in this report.

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Survey Design

The 2019 Oliver Ames High School Youth Health Survey was adapted from the 2019 National Youth Risk Behavior Survey and the 2017 Oliver Ames High 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 via pen and paper using sheets printed from Scantron. Students were administered the survey during their Advisory period.

Data Cleaning

Completed surveys were mailed to Scantron on December 13, 2019 and returned via email to the evaluator on 1/7/2020. 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?” (47 surveys)
2. Respondents who answered a question that asked if they have used a drug that does not exist. (12 survey)
3. Respondents who displayed a pattern of inconsistency and exaggeration. (20 surveys)

The raw data included 1026 surveys. The final sample included 950 valid surveys.

	Enrolled Students	Absent Students	Parents Opted Out	Removed in Data Cleaning	Final Sample	Percent Representation
9 th Grade	279	7	0	N/A	241	86%
10 th Grade	285	3	0	N/A	257	90%
11 th grade	278	11	1	N/A	225	81%
12 th grade	265	18	1	N/A	224	85%
Total	1107	39	2	76	950	86%

**Three surveys were included in which the respondent did not select a grade.*

While only 7.4% of surveys were removed for suspected dishonesty, 51.7% of students had the perception that the average student was not honest on this survey.

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 13 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.

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

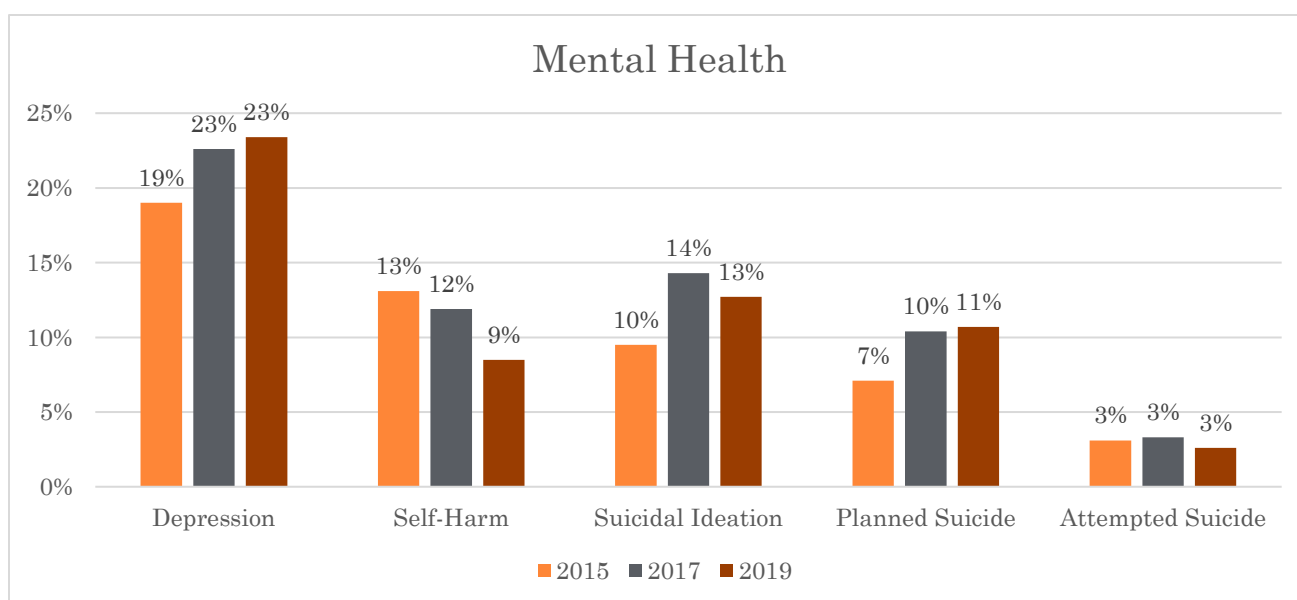
As state and national data is not yet available for the 2019 Youth Risk Behavior Survey, comparisons will be made with the 2015 and 2017-2018 Oliver Ames High School Adolescent Wellness Survey, which surveyed OAHS students on December 22, 2015 and February 15, 2018. It is important to note that the 2017 and 2019 surveys included additional data cleaning techniques which are noted in the data cleaning section.

DEMOGRAPHICS

	Frequency	Percent
Grade		
9 th Grade	241	25.4%
10 th Grade	257	27.1%
11 th Grade	225	23.8%
12 th Grade	224	23.7%
Sex		
Female	487	51.9%
Male	448	47.7%
Age		
12 years old or younger	1	0.1%
13 years old	2	0.2%
14 years old	141	14.9%
15 years old	255	27.0%
16 years old	258	27.3%
17 years old	207	21.9%
18 years old or older	80	8.5%
Ethnicity		
Hispanic or Latino	74	7.9%
Not Hispanic or Latino	859	92.1%
Race (select all that apply)		
American Indian or Alaska Native	10	1.1%
Asian	42	4.5%
Black or African American	84	8.9%
Native Hawaiian or Other Pacific Islander	3	0.3%
White	798	84.7%
Other	70	7.4%
How often Language Other Than English Spoken at Home		
Never	634	67.3%
Rarely	109	11.6%
Sometimes	76	8.1%
Most of the Time	66	7.0%
Always	57	6.1%
Sexual Orientation		
Heterosexual (Straight)	809	86.7%
Gay or lesbian	26	2.8%
Bisexual	71	7.6%
Not Sure	27	2.9%
Transgender		
Not transgender	918	97.7%
Transgender	12	1.2%
Does not know if they are transgender	8	0.9%
Where Typically Sleep at Night		
In parent's/guardian's home	950	99.0%
Somewhere else	9	1.0%
Lived away from parents (kicked out, ran away, abandoned, or removed by DCF)		
Yes	27	2.9%
No	911	97.1%

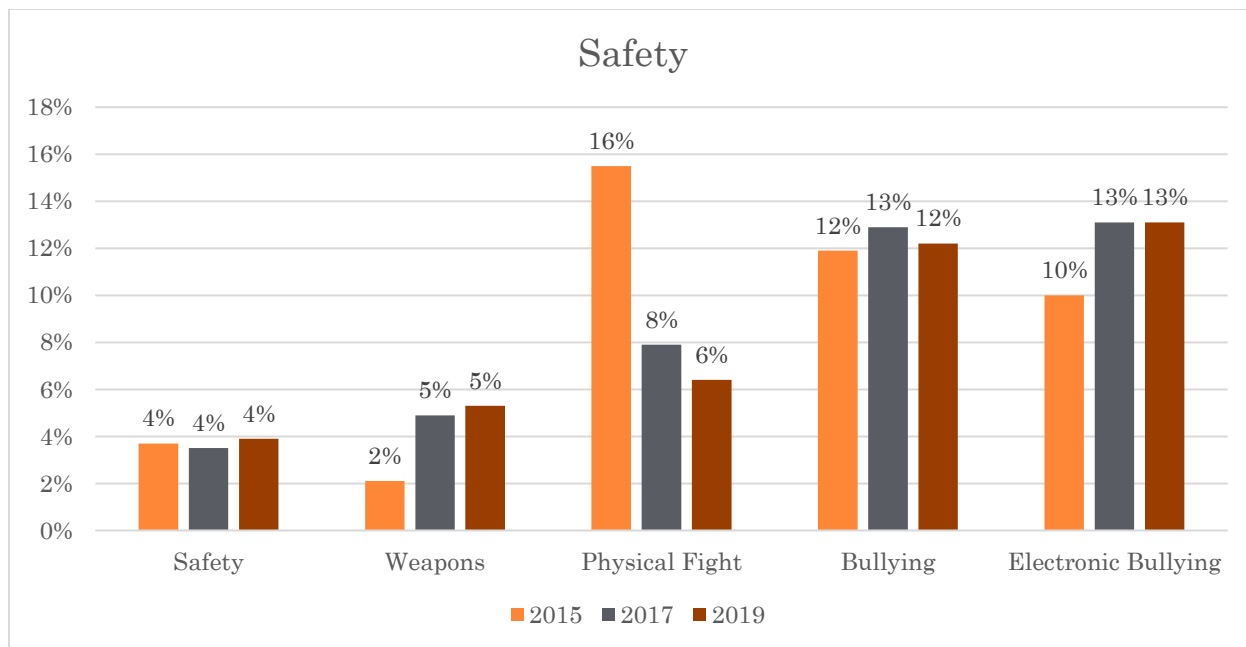
MENTAL HEALTH

	OAHS 2015	OAHS 17-18	OAHS 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>	19.0%	22.6%	23.4%
Self-Harm <i>During the past 12 months, did you purposely hurt or injure yourself without wanting to die, such as cutting, burning, or bruising yourself on purpose?</i>	13.1%	11.9%	8.5%
Suicidal Thoughts <i>During the past 12 months, did you ever seriously consider attempting suicide?</i>	9.5%	14.3%	12.7%
Planned Suicide <i>During the past 12 months, did you make a plan about how you would attempt suicide?</i>	7.1%	10.4%	10.7%
Attempted Suicide <i>During the past 12 months, did you actually attempt suicide?</i>	3.1%	3.3%	2.6%



VIOLENCE

	OAHS 2015	OAHS 17-18	OAHS 2019
Safety <i>During the past 30 days, how many times did you not go to school because you felt you would be unsafe at school or on your way to or from school? (sum of all responses greater than 0 times)</i>	3.7%	3.5%	3.9%
Weapons <i>During the past 30 days, how many times did you carry a weapon such as a gun, knife or club? (sum of all responses greater than 0 days)</i>	2.1%	4.9%	5.3%
Physical Fight <i>During the past 12 months, how many times were you in a physical fight? (sum of all responses greater than 0 times)</i>	15.5%	7.9%	6.4%
Bullied <i>During the past 12 months, have you been bullied on school property?</i>	11.9%	12.9%	12.2%
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>	10.0%	13.1%	13.1%



Respondents were asked if they had participated in bullying a peer in the past year. While only 1.8% answered yes, 7.4% indicated they were unsure if they had participated in bullying a peer. These numbers are both down from 2017, where 3.1% indicated they had participated in bullying a peer and 8.1% were unsure if they had.

Additionally, 5.5% of respondents indicated that bullying had prevented them from attending school in the past year, which was up from 3.6% in 2017.

	OAHS 2015	OAHS 17-18	OAHS 2019
Sexual Assault - Contact Against Will <i>Has anyone had sexual contact with you against your will?</i>	5.8%	12.6%	8.9%
Sexual Assault - Intercourse Against Will <i>Have you ever been physically forced to have sexual intercourse when you did not want to?</i>	2.6%	4.7%	4.1%

SAFETY BEHAVIORS

	Always	Most of the time	Sometimes	Rarely/ Never
Riding in a Car - Seatbelts <i>How often do you wear a seatbelt while riding in a car?</i>	74.1%	18%	4.3%	0.7%

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, 8.8% had been in a car where the driver had been drinking alcohol (down from 13.4% in 2017), 16.6% had been in a car where the driver had been using marijuana (up significantly from 8.2% in 2017), and 57.6% had been in a car where the driver was texting (down from 58.1% in 2017).

SEXUAL HEALTH AND SAFETY

	OAHS 2015	OAHS 17-18	OAHS 2019
Oral Sex – Lifetime <i>How old were you when you first participated in oral sex? (sum of all responses that did not select “I have never participated in oral sex”)</i>	N/A	36.1%	28.7%
Oral Sex – Average (mean) Number of Partners <i>With how many people have you participated in oral sex?</i>	N/A	2.5	2.4
Sexual Intercourse - Lifetime <i>How old were you when you had sexual intercourse for the first time? (sum of all responses that did not select “I have never has sexual intercourse”)</i>	28.3%	31.9%	27.1%
Sexual Intercourse – Average (mean) Number of Partners <i>With how many people have you had sexual intercourse?</i>	2.3	2.4	2.6

While 25.8% (down from 33.8%) of respondents indicated that they had never engaged in “sexting” (the sending of sexual messages or images by cell phone), 22.9% of respondents said they have received inappropriate messages or pictures (down from 28.7% in 2017) and 14.4% said they have initiated inappropriate messages or pictures (down from 22% in 2017).

NUTRITION

	Fruit/ Fruit Juices	Vegetables	Soda, sports drink, etc.	Energy Drinks
Did not	5.9%	8.0%	42.9%	86.9%
1 to 3 times during the past 7 days	20.9%	21.6%	46.9%	9.9%
4 to 6 times during the past 7 days	26.7%	23.5%	5.7%	1.8%
1 time per day	20.7%	14.4%	2.1%	1.0%
2 times per day	17.1%	15.0%	1.5%	0.1%
3 times or more per day	8.2%	7.5%	0.9%	0.2%

DAILY LEISURE TIME ACTIVITIES

	OAHS 2015	OAHS 17-18	OAHS 2019
Sleep (School Night)			
Average Hours of Sleep	6.6 hours	6.7 hours	6.6 hours
Percentage Getting 8 Hours or More	26.2%	26.2%	26.2%
Percentage Getting 5 Hours or Less	21.1%	19.6%	17.6%
Daily Physical Activity			
Average minutes of physical activity per day	N/A	N/A	40 minutes
Percentage getting doing no physical activity	N/A	N/A	9.4
Percentage getting more than 60 minutes per day	N/A	N/A	38.8%
Average days with 60+ minutes of activity per week	N/A	N/A	4.1

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, 6.8% indicated that they had not participated in any groups in the past year. This was down from 9.0% in 2017.

SUBSTANCE USE

Substance	OAHS 2015	OAHS 17-18	OAHS 2019
Cigarettes			
Lifetime Use	11%	10.5%	7.2%
Age of first use	14.5 years	14.7 years	14.6 years
Past 30 day use	NA	4.1%	2.2%
Electronic Vapor Products			
Lifetime Use	40.0%	44.1%	33.9%
Age of first use	N/A	14.7 years	14.4 years
Past 30 day use	28.0%	32.3%	16.3%
Alcohol			
Lifetime Use	53%	49.1%	41.3%
Age of first use	14.2 years	14.7 years	14.5 years
Past 30 day use	34%	27.7%	24.1%
Marijuana			
Lifetime Use	35%	34.9%	26.3%
Age of first use	14.7 years	14.9 years	14.8 years
Past 30 day use	26%	21.0%	17.9%
Opioids			
Lifetime Use	N/A	2.9%	4%
Age of first use	N/A	14.6 years	13.5 years
Past 30 day use	N/A	1.4%	0.9%

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.

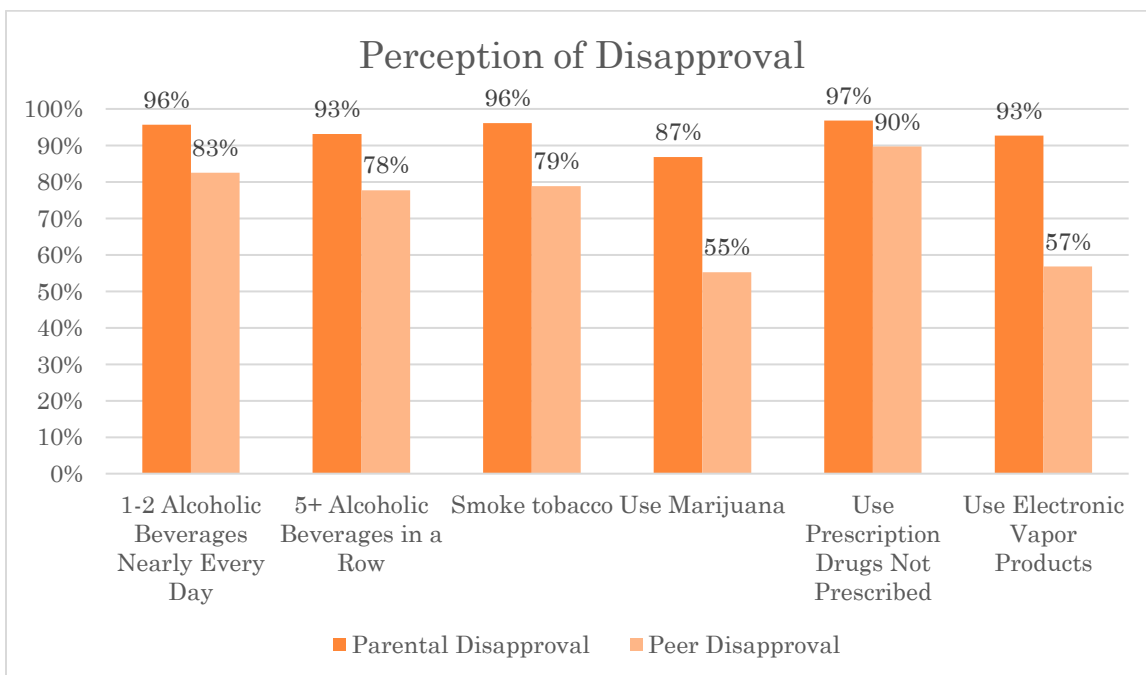
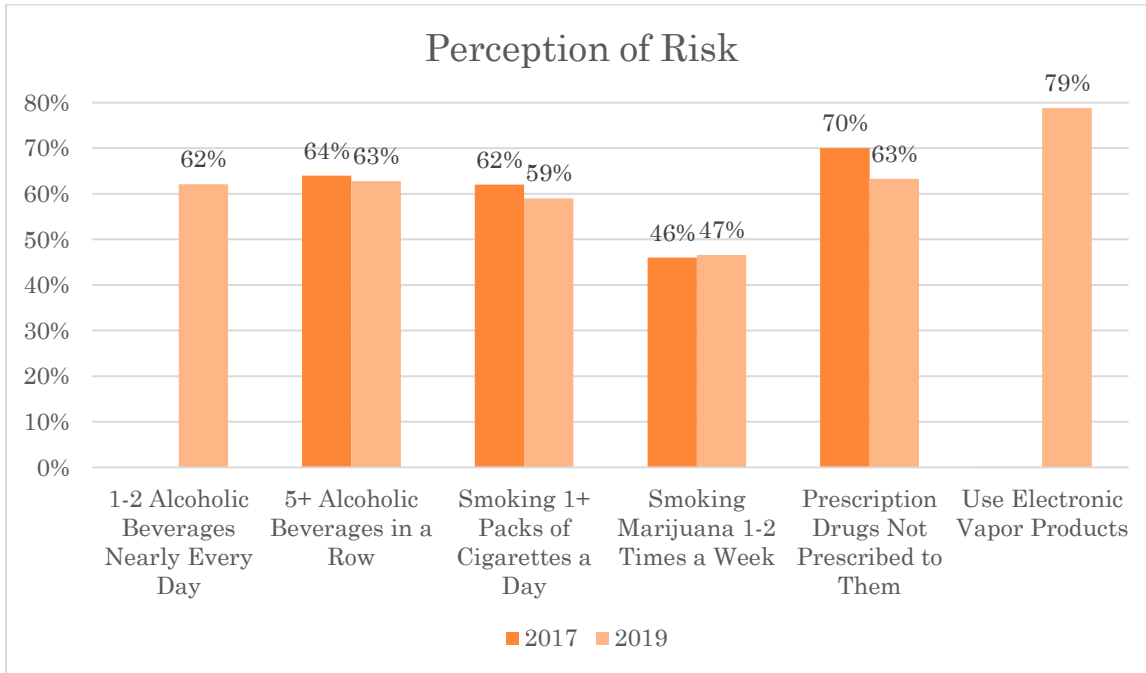
Other substances – Lifetime Use

Substance	OAHS 17-18	OAHS 2019
Cocaine	1.8%	1.3%
Heroin	0.2%	0.1%
Hallucinogenic Drugs	N/A	3.0%
Methamphetamines	0.3%	0.3%
Ecstasy	0.6%	1.6%
Synthetic Drugs	2.8%	2.3%
Stimulants (not prescribed)	1.7%	1.1%
Steroids	0.0%	0.4%

In the past 12 months, 12.6% reported they have been offered, sold, or given an illegal drug, down from 15.9% 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, 60.3% and 64.1% answered yes, respectively.