

2021 EASTON MIDDLE SCHOOL

Youth Health Survey Results

The 2021 Easton Middle School Youth Health Survey was conducted on December 10, 2021. Procedures and results from 474 valid surveys are included in this report.

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Survey Design

The 2021 Easton Middle School Youth Health Survey was adapted from the 2021 National Youth Risk Behavior Survey and the 2019 Easton Middle School Youth Health 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 10, 2021 via Qualtrics, an electronic survey system.

Data Cleaning

The data underwent a two-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?”
2. Respondents who displayed a pattern of inconsistency and exaggeration.

The raw data included 489 surveys. The final sample included 474 valid surveys.

	Enrolled Students	Absent Students	Parents Opted Out	Removed in Data Cleaning	Final Sample	Percent Representation
7 th Grade	295	47	1	N/A	248	84%
8 th Grade	266	44	0	N/A	223	84%
Total	561	91	2	15	474	84%

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

While only 3.1% of surveys were removed for suspected dishonesty, 33.8% 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 10 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

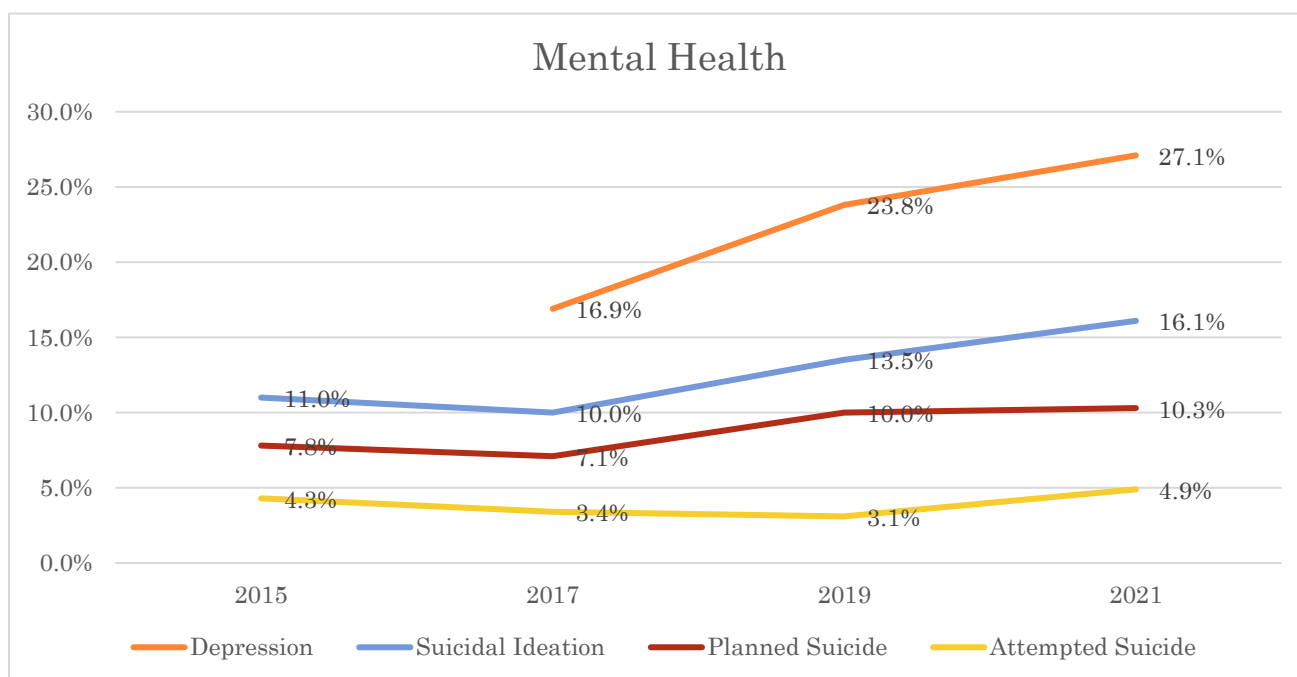
As state and national is not available for the Middle School Youth Risk Behavior Survey, comparisons will be made with the 2019, 2017 and 2015 Easton Middle School Adolescent Wellness Survey, which surveyed EMS 7th and 8th graders on December 12, 2019, December 20, 2017 and December 22, 2015. It is important to note that there were additional data cleaning measures added between the 2015 survey and the 2017/2019/2021 surveys.

DEMOGRAPHICS

	Frequency	Percent
Grade		
7 th Grade	248	52.7%
8 th Grade	223	47.3%
Gender		
Female	214	45.6%
Male	236	50.3%
Non-Binary	9	1.9%
Other/Prefer to Self-Describe	10	2.1%
Age		
12 years old or younger	163	34.6%
13 years old	231	49.0%
14 years old	76	16.1%
15 years old or older	1	0.2%
Ethnicity		
Hispanic or Latino	44	9.6%
Not Hispanic or Latino	414	90.4%
Race (select all that apply)		
American Indian or Alaska Native	7	1.5%
Asian	26	5.5%
Black or African American	42	8.9%
Native Hawaiian or Other Pacific Islander	0	0.0%
White	381	80.4%
Other	46	10.1%
Sexual Orientation		
Heterosexual (Straight)	352	77.0%
Gay or lesbian	5	1.1%
Bisexual	24	5.3%
Not Sure/Other	76	16.6%
Where Typically Sleep at Night		
In parent's/guardian's home	531	99.4%
Somewhere else	3	0.6%

MENTAL HEALTH

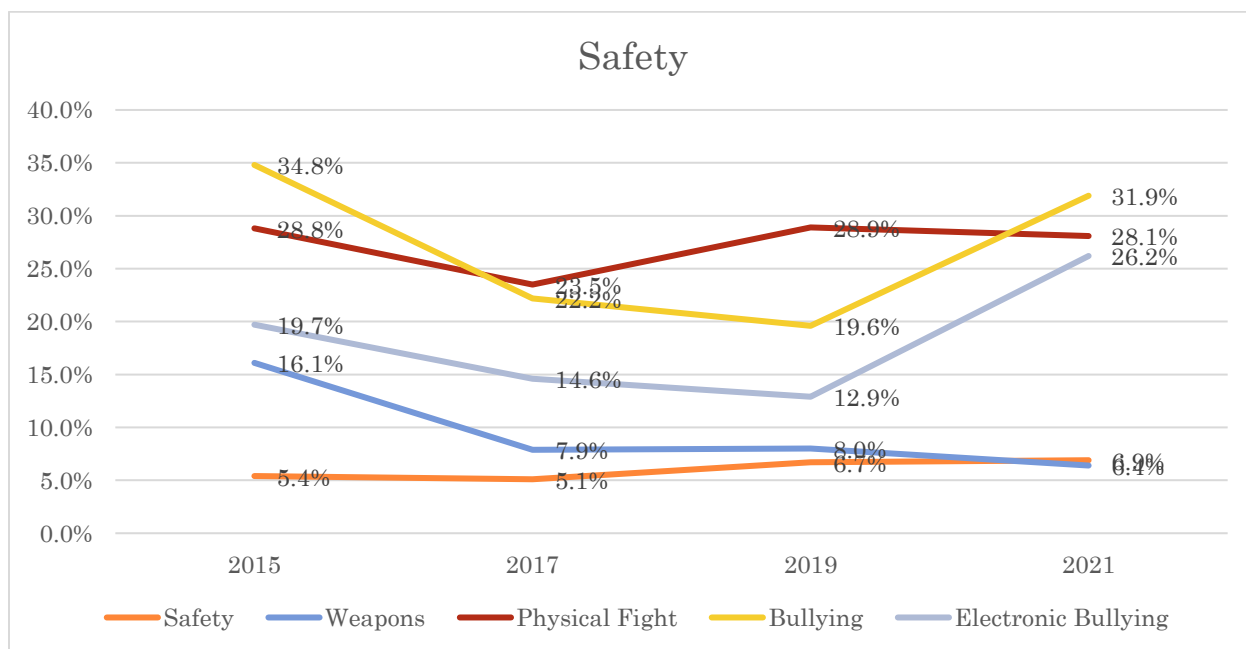
	EMS 2015	EMS 2017	EMS 2019	EMS 2021
Depression <i>During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?</i>	N/A	16.9%	23.8%	27.1%
Suicidal Thoughts <i>Have you ever seriously thought about killing yourself?</i>	11%	10%	13.5%	16.1%
Planned Suicide <i>Have you ever made a plan about how you would kill yourself?</i>	7.8%	7.1%	10%	10.3%
Attempted Suicide <i>Have you ever tried to kill yourself?</i>	4.3%	3.4%	3.1%	4.9%



A new question was introduced on the 2021 National YRBS asks about general mental health (including stress, anxiety, and depression). At EMS, 18.5% of students said their mental health was not good most of the time or always. This number was almost twice as high in female-identifying students (23.5%) than in male-identifying students.

VIOLENCE

	EMS 2015	EMS 2017	EMS 2019	EMS 2021
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%	6.9%
Weapons <i>Have you ever carried a weapon such as a gun, knife, or club?</i>	16.1%	7.9%	8.0%	6.4%
Physical Fight <i>Have you ever been in a physical fight?</i>	28.8%	23.5%	28.9%	28.1%
Bullied <i>During the past 12 months, have you been bullied on school property?</i>	34.8%	22.2%	19.6%	31.9%
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%	26.2%



	EMS 2015	EMS 2017	EMS 2019	EMS 2021
Sexual Assault <i>Has anyone had sexual contact with you against your will?</i>	2%	2.4%	3.5%	2.6%
Rape <i>Have you ever been physically forced to have sexual intercourse when you did not want to?</i>	N/A	1.1%	1.1%	0.6%

SAFETY BEHAVIORS

	Do not ride	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>	N/A	77%	17.7%	4.0%	0.6%

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, 9.0% had been in a car where the driver had been drinking alcohol (down from 10.5% in 2019 and 13.4% in 2017) and 55.5% had been in a car where the driver was texting (up from 51.4% in 2019 and 46.5% in 2017).

SEXUAL HEALTH AND SAFETY

	EMS 2015	EMS 2017	EMS 2019	EMS 2021
Oral Sex – Lifetime <i>How old were you when you first participated in oral sex?</i>	3.3%	3.4%	2.6%	2.4%
Sexual Intercourse - Lifetime <i>How old were you when you had sexual intercourse for the first time?</i>	2.4%	3.4%	4.4%	1.3%

NUTRITION

	Fruit/ Fruit Juices	Vegetables	Soda, sports drink, etc.	Energy Drinks
Did not	5.4%	6.0%	46.3%	90.8%
1 to 3 times during the past 7 days	18.2%	18.6%	39.0%	7.5%
4 to 6 times during the past 7 days	21.0%	20.1%	6.2%	0.4%
1 time per day	15.9%	20.3%	5.1%	0.6%
2 times per day	19.7%	15.4%	2.8%	0.4%
3 times per day	9.9%	9.9%	0.4%	0.2%
4 times or more per day	9.9%	9.6%	0.2%	0.6%

DAILY LEISURE TIME ACTIVITIES

	EMS 2015	EMS 2017	EMS 2019	EMS 2021
Sleep (School Night)				
Average Hours of Sleep	7.6 hours	7.6 hours	7.3 hours	7.5 hours
Percentage Getting 8 Hours or More	85.1%	61.4%	48.0%	55.4%
Percentage Getting 5 Hours or Less	8.7%	8.1%	12.0%	8.6%
Weekly Physical Activity (60+ minutes per day)				
Percentage with 0 days of 60+ minutes	N/A	N/A	4.9%	6.0%
Percentage with 5 or more days of 60+ minutes	N/A	N/A	60.4%	60.1%
Average days with 60+ minutes of activity per week	N/A	N/A	4.8	4.8

SUBSTANCE USE

Substance	EMS 2015	EMS 2017	EMS 2019	EMS 2021
Cigarettes				
Lifetime Use	2%	1%	2.9%	1.5%
Age of first use	11.1 years	10.8 years	11.1 years	11.5 years
Past 30 day use	0.6%	0.4%	1.8%	0%
Electronic Vapor Products				
Lifetime Use	11.9%	7.7%	7.8%	2.4%
Age of first use	N/A	12.3 years	12.0 years	12.6 years
Past 30 day use	3.7%	4.1%	3.3%	0.6%
Alcohol				
Lifetime Use	12%	9.7%	13%	6.2%
Age of first use	10.8 years	10.9 years	10.9 years	11 years
Past 30 day use	N/A	3.0%	4.5%	2.3%
Marijuana				
Lifetime Use	3%	2.4%	3.9%	1.1%
Age of first use	9.1 years	12.7 years	12.2 years	13.9 years
Past 30 day use	N/A	1.5%	2.2%	0.9%
Opioids				
Lifetime Use	N/A	2.6%	3.3%	2.1%
Age of first use	N/A	10.9 years	10.7 years	10.7 years
Past 30 day use	N/A	2.1%	2.2%	1.1%

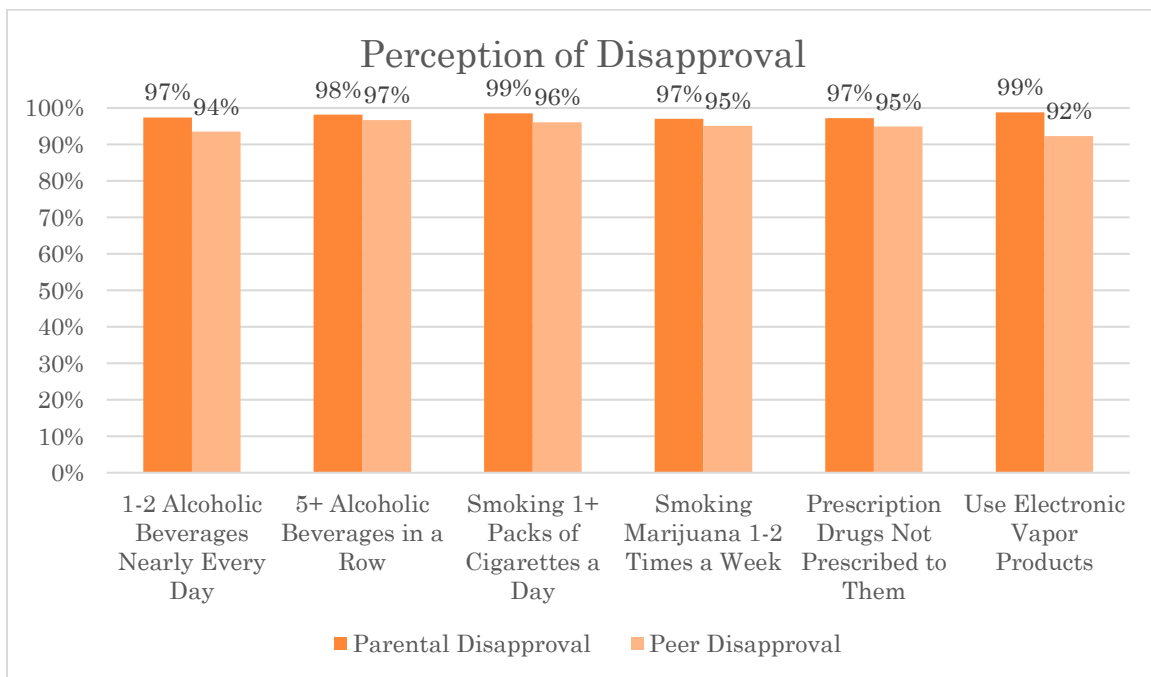
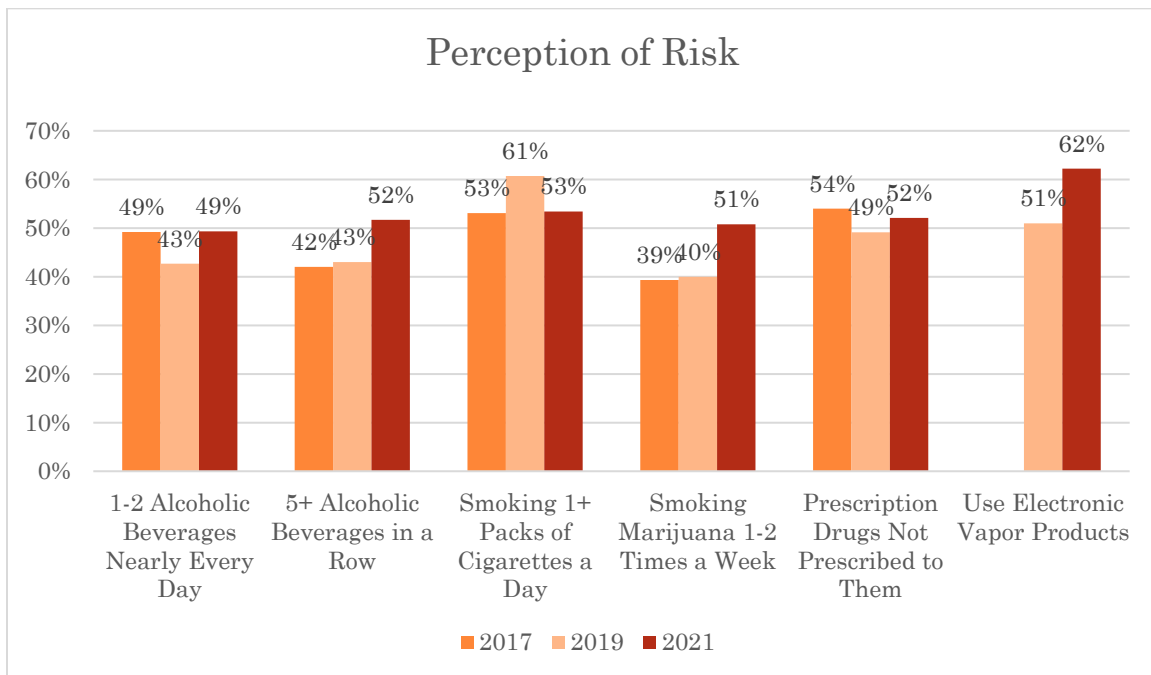
Since the last survey, a number of laws and policies went into place aimed at reducing youth vaping and tobacco use. This includes a law that banned flavored tobacco products (except in a licensed smoking bar), restricted sales of vaping products to licensed, adult-only stores and smoking bars, and placed heavy restrictions on other retail stores that sell vaping products was put into place as well as raising the minimum age for purchase state-wide to 21.

Other substances – Lifetime Use

Substance	EMS 2017	EMS 2019	EMS 2021
Cocaine	0.4%	0.8%	0.0%
Huffing/Sniffing Glues and Aerosols	5.2%	5.9%	2.6%
Heroin	0.0%	0.4%	0.0%
Hallucinogenic Drugs	0.2%	0.4%	0.2%
Methamphetamines	0.0%	0.5%	0.0%
Ecstasy	0.2%	0.4%	0.0%
Synthetic Marijuana	0.4%	0.6%	0.4%
Stimulants (not prescribed)	1.9%	1.8%	0.8%
Steroids	0.0%	0.7%	0.0%

In the past 12 months, 2.6% reported they have been offered, sold, or given an illegal drug on school property. Additionally, 0.4% of respondents indicated they themselves had offered, sold, or given another student an illegal drug on school property.

PERCEPTIONS



When asked if respondents preferred to hang out with people who do not drink alcohol or use marijuana, 87.5% (90.3% in 2019) and 86.8% (91.3% in 2019) answered yes, respectively.

When asked if respondents preferred parties where people do not drink alcohol or use marijuana, 88.3% (88.3% in 2019) and 92.9% (93.2% in 2019) answered yes, respectively.