

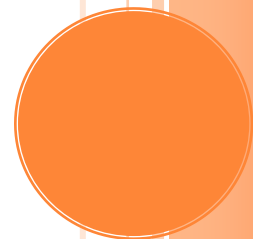
# 2021 OLIVER AMES HIGH SCHOOL

## *Youth Health Survey Results*

The 2021 Oliver Ames High School Youth Health Survey was conducted on December 10, 2021. Procedures and results from 866 valid surveys are included in this report.

**Kendall Bennett, MSPH**

Business Data Analyst, Old Colony Y  
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# 2021 Oliver Ames High School

## *Youth Health Survey Results*

### Survey Design

The 2021 Oliver Ames High School Youth Health Survey was adapted from the 2021 National Youth Risk Behavior Survey and the 2019 Oliver Ames High 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 965 surveys. The final sample included 866 valid surveys.

	Enrolled Students	Absent Students	Parents Opted Out	Removed in Data Cleaning	Final Sample	Percent Representation
9 <sup>th</sup> Grade	276	24	2	N/A	237	86%
10 <sup>th</sup> Grade	268	28	0	N/A	191	90%
11 <sup>th</sup> grade	286	34	4	N/A	198	81%
12 <sup>th</sup> grade	281	29	0	N/A	225	85%
Total	1,111	115	6	99	866	80%

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

While only 10.3% of surveys were removed for suspected dishonesty, 58.5% 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.

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

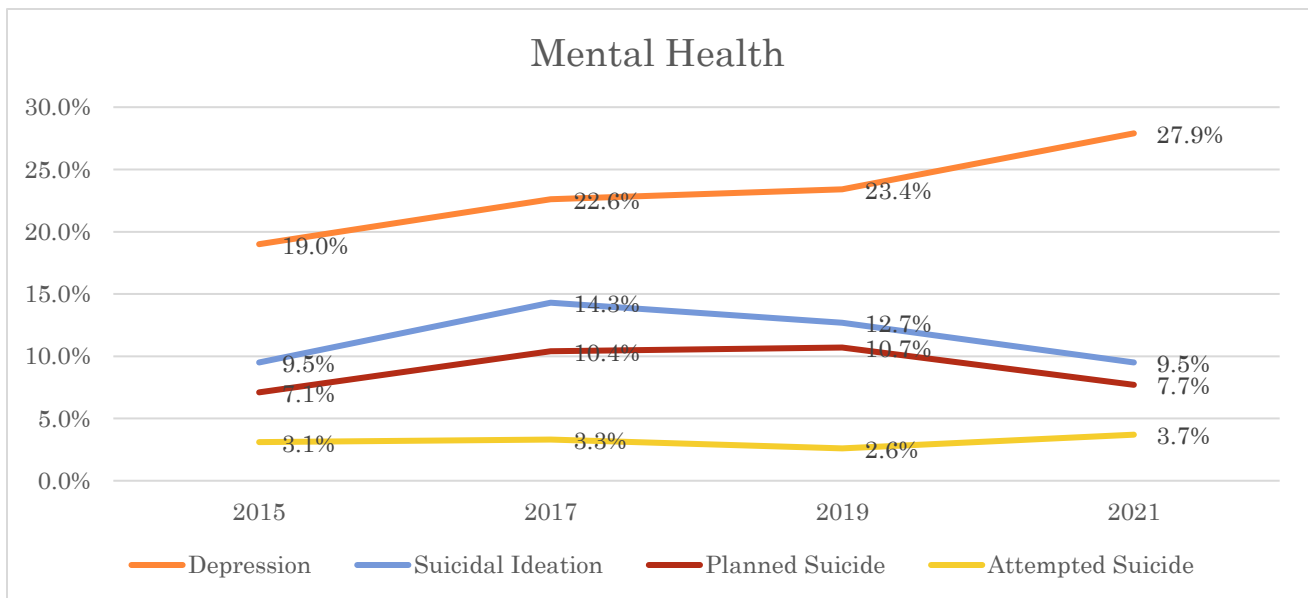
As state and national data is not yet available for the 2021 Youth Risk Behavior Survey, comparisons will be made with the 2015, 2017-2018, and the 2019 Oliver Ames High School Adolescent Wellness Survey, which surveyed OAHS students on December 22, 2015, February 15, 2018, and December 12, 2019. It is important to note that the 2017, 2019, and 2021 surveys included additional data cleaning techniques which are noted in the data cleaning section. Additionally, the COVID-19 pandemic has had significant both short and long term effects on youth and

## DEMOGRAPHICS

	Frequency	Percent
<b>Grade</b>		
9 <sup>th</sup> Grade	241	27.7%
10 <sup>th</sup> Grade	257	22.3%
11 <sup>th</sup> Grade	225	23.2%
12 <sup>th</sup> Grade	224	26.3%
<b>Gender</b>		
Female	408	47.7%
Male	407	47.5%
Non-Binary	20	2.3%
Other/Prefer to Self-Describe	21	2.5%
<b>Age</b>		
12 years old or younger	0	0.0%
13 years old	2	0.2%
14 years old	145	16.9%
15 years old	220	25.6%
16 years old	184	21.4%
17 years old	218	25.3%
18 years old or older	91	10.6%
<b>Ethnicity</b>		
Hispanic or Latino	66	7.7%
Not Hispanic or Latino	786	92.3%
<b>Race (select all that apply)</b>		
American Indian or Alaska Native	10	1.2%
Asian	40	4.6%
Black or African American	93	10.7%
Native Hawaiian or Other Pacific Islander	2	0.2%
White	718	82.9%
Other	48	5.5%
<b>Sexual Orientation</b>		
Heterosexual (Straight)	584	76.4%
Gay or lesbian	23	3.0%
Bisexual	75	9.8%
Not Sure/Other	82	10.7%
<b>Where Typically Sleep at Night</b>		
In parent's/guardian's home	740	98.4%
Somewhere else	12	1.6%

## MENTAL HEALTH

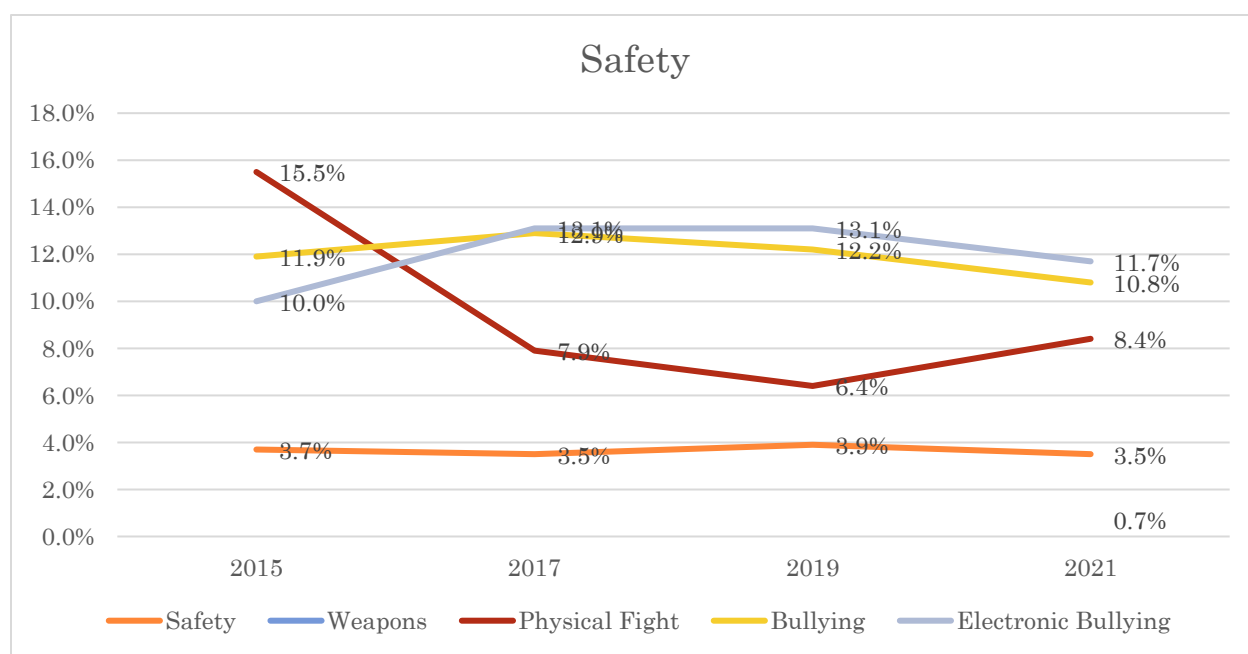
	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021
<b>Depression</b> <i>During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?</i>	19.0%	22.6%	23.4%	27.9%
<b>Suicidal Thoughts</b> <i>During the past 12 months, did you ever seriously consider attempting suicide?</i>	9.5%	14.3%	12.7%	9.5%
<b>Planned Suicide</b> <i>During the past 12 months, did you make a plan about how you would attempt suicide?</i>	7.1%	10.4%	10.7%	7.7%
<b>Attempted Suicide</b> <i>During the past 12 months, did you actually attempt suicide?</i>	3.1%	3.3%	2.6%	3.7%



A new question was introduced on the 2021 National YRBS asks about general mental health (including stress, anxiety, and depression). At OAHS, 26.6% of students said their mental health was not good most of the time or always. This number was about twice as high with female-identifying students (32.3%) than male-identifying students (16.3%)

## VIOLENCE

	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021
<b>Safety</b> <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%	3.5%
<b>Weapons</b> <i>During the past 30 days, how many times did you carry a weapon such as a gun, knife or club on school property? (sum of all responses greater than 0 days)</i>	N/A	0.7%	0.3%	0.7%
<b>Physical Fight</b> <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%	8.4%
<b>Bullied</b> <i>During the past 12 months, have you been bullied on school property?</i>	11.9%	12.9%	12.2%	10.9%
<b>Electronically Bullied</b> <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%	11.7%



In 2021, 4.1% of respondents indicated that bullying had prevented them from attending school in the past year, which was up from 5.5% in 2019.

	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021
<b>Sexual Assault</b> <i>Has anyone had sexual contact with you against your will?</i>	5.8%	12.6%	8.9%	5.0%
<b>Rape</b> <i>Have you ever been physically forced to have sexual intercourse when you did not want to?</i>	2.6%	4.7%	4.1%	2.4%

## 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>	76.3%	18.3%	2.8%	2.4%

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, 6.0% had been in a car where the driver had been drinking alcohol (down from 8.8% in 2019 and 13.4% in 2017), 6.4% had been in a car where the driver had been using marijuana (down significantly from 16.6% in 2019), and 31.3% had been in a car where the driver was texting (down from 57.6% in 2019).

## SEXUAL HEALTH AND SAFETY

	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021
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%	22.3%
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%	19.9%
Sexual Intercourse – Average (mean) Number of Partners <i>With how many people have you had sexual intercourse?</i>	2.3	2.4	2.6	2.2

## NUTRITION

	Fruit/ Fruit Juices	Vegetables	Soda, sports drink, etc.	Energy Drinks
Did not	5.0%	5.0%	45.8%	76.4%
1 to 3 times during the past 7 days	22.2%	20.3%	39.4%	14.5%
4 to 6 times during the past 7 days	20.8%	22.9%	6.1%	3.3%
1 time per day	18.1%	22.6%	5.3%	4.1%
2 times per day	20.1%	18.4%	2.1%	0.8%
3 times or more per day	13.8%	10.8%	1.3%	0.9%

## DAILY LEISURE TIME ACTIVITIES

	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021
Sleep (School Night)				
Average Hours of Sleep	6.6 hours	6.7 hours	6.6 hours	6.8 hours
Percentage Getting 8 Hours or More	26.2%	26.2%	26.2%	32.7%
Percentage Getting 5 Hours or Less	21.1%	19.6%	17.6%	14.3%
Weekly Physical Activity (60+ minutes per day)				
Percentage with 0 days of 60+ minutes	N/A	N/A	12.0%	8.1%
Percentage with 5 or more days of 60+ minutes	N/A	N/A	49.5%	58.8%
Average days with 60+ minutes of activity per week	N/A	N/A	4.1	4.6

## SUBSTANCE USE

Substance	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021
Cigarettes				
Lifetime Use	11%	10.5%	7.2%	10.4%
Age of first use	14.5 years	14.7 years	14.6 years	14.1 years
Past 30 day use	NA	4.1%	2.2%	1.7%
Electronic Vapor Products				
Lifetime Use	40.0%	44.1%	33.9%	20.1%
Age of first use	N/A	14.7 years	14.4 years	14.2 years
Past 30 day use	28.0%	32.3%	16.3%	9.4%
Alcohol				
Lifetime Use	53%	49.1%	41.3%	32.6%
Age of first use	14.2 years	14.7 years	14.5 years	14.4 years
Past 30 day use	34%	27.7%	24.1%	17.7%
Marijuana				
Lifetime Use	35%	34.9%	26.3%	19.3%
Age of first use	14.7 years	14.9 years	14.8 years	15.0 years
Past 30 day use	26%	21.0%	17.9%	10.1%
Opioids				
Lifetime Use	N/A	2.9%	4%	3.7%
Age of first use	N/A	14.6 years	13.5 years	14.0 years
Past 30 day use	N/A	1.4%	0.9%	2.1%

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

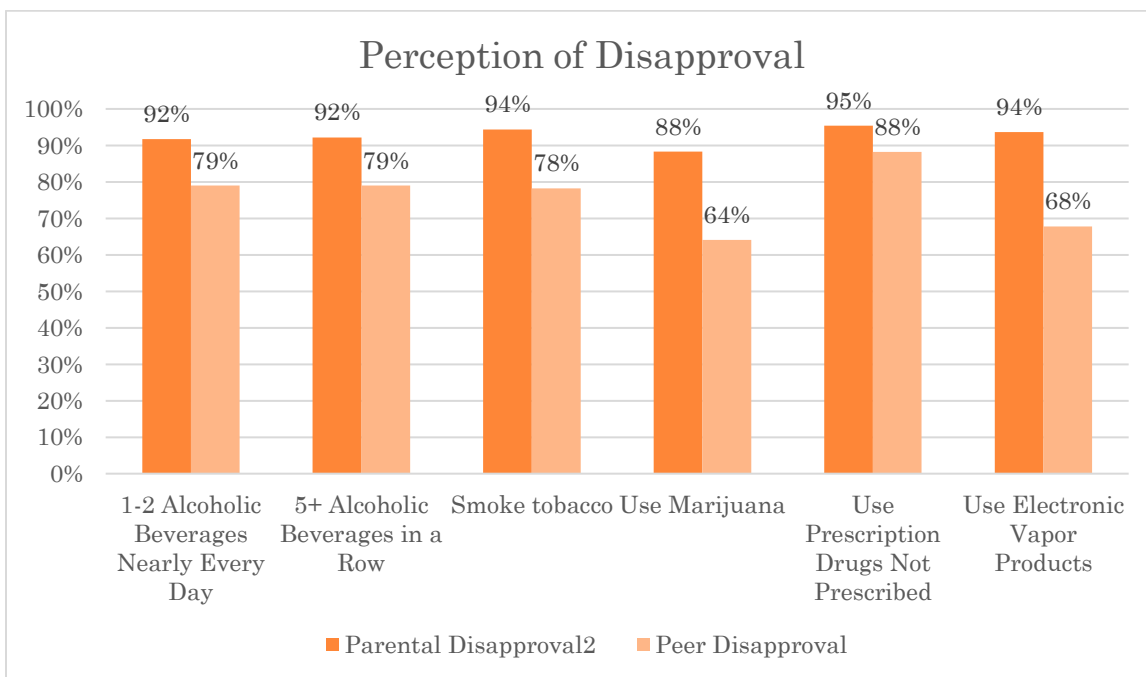
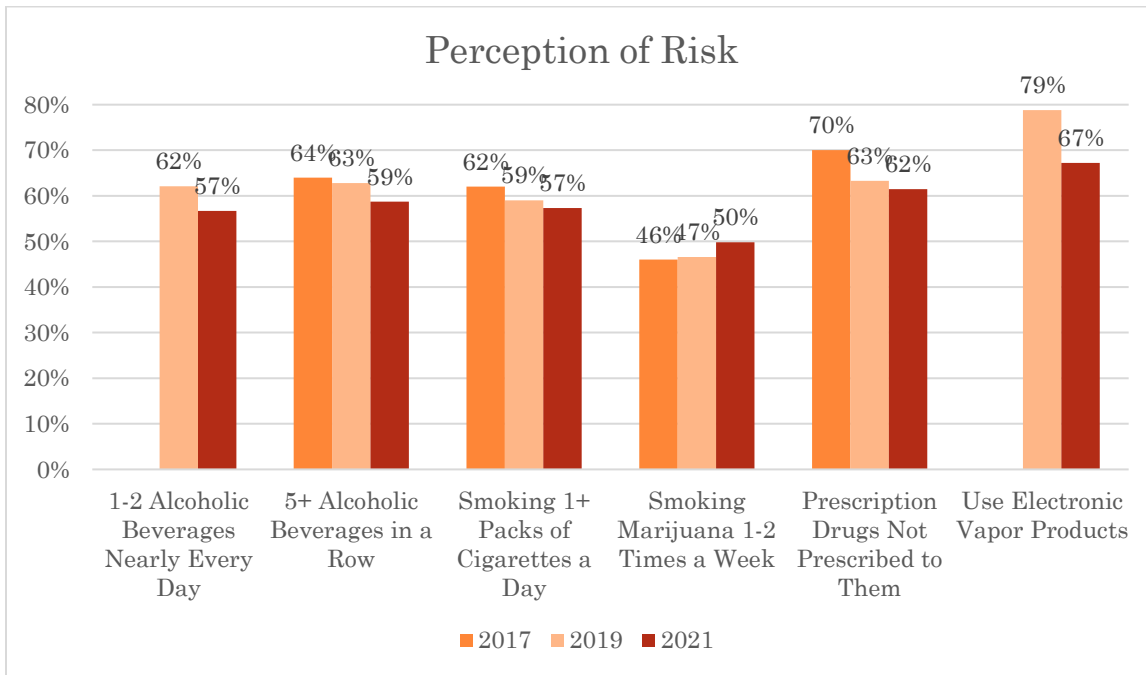
Substance	OAHS 17-18	OAHS 2019	OAHS 2021
Cocaine	1.8%	1.3%	0.4%
Heroin	0.2%	0.1%	0.7%
Hallucinogenic Drugs	N/A	3.0%	2.0%
Methamphetamines	0.3%	0.3%	0.2%
Ecstasy	0.6%	1.6%	0.4%
Synthetic Marijuana	2.8%	2.3%	6.5%
Stimulants (not prescribed)	1.7%	1.1%	1.4%
Needle Drugs	0.0%	0.4%	0.2%

In the past 12 months, 7.6% reported they have been offered, sold, or given an illegal drug, down from 12.6% in 2019 and 15.9% in 2017. Additionally, 2.4% of students said they had offered, sold, or given someone an illegal drug on school property.



## 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, 66.7% and 69.2% answered yes, respectively. This has increased from 60.3% and 64.1% in 2019.