

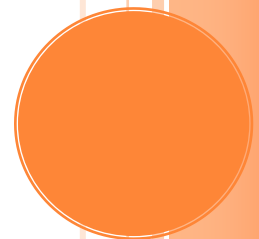
# 2023 OLIVER AMES HIGH SCHOOL

## *Youth Health Survey Results*

The 2023 Oliver Ames High School Youth Health Survey was conducted on December 11, 2023. Procedures and results from 826 valid surveys are included in this report.

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1/4/2023



# 2023 Oliver Ames High School

## *Youth Health Survey Results*

### Survey Design

The 2023 Oliver Ames High School Youth Health Survey was adapted from the 2023 National Youth Risk Behavior Survey and the 2021 Oliver Ames High School Youth Health Survey. It also includes questions recommended by the CDC Evaluation teams for the Drug Free Communities Grant and the STOP ACT Grant.

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 11, 2023 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 864 surveys. The final sample included 826 valid surveys.

	Enrolled Students	Absent Students	Parents Opted Out	Removed in Data Cleaning	Final Sample	Percent Representation
9 <sup>th</sup> Grade	260	19	21	N/A	217	83%
10 <sup>th</sup> Grade	244	19	8	N/A	206	84%
11 <sup>th</sup> grade	290	24	4	N/A	209	72%
12 <sup>th</sup> grade	261	27	6	N/A	175	67%
Total	1,055	89	39	38	826	76%

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

While only 4.4% of surveys were removed for suspected dishonesty, 58.4% 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. The majority of questions were multiple choice in which respondents could select only one answer. The percentages for these questions represent the number of respondents that selected each answer out of all respondents that answered that question.

For the 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. These frequency table columns will not add up to 100% as respondents could select no answer or more than one answer.

For question in which logic was offered, the columns will add up to substantially less than 100% as the number is calculated by dividing the number of respondents that selected an answer by all valid respondents. This happens when a student selects that they have never participated in a particular behavior (e.g. they have never used marijuana) and therefore are not asked follow up questions about marijuana use (e.g. “How many times in the last 30 days have you used marijuana”).

Additionally, cross-tabulations were conducted for each question by gender and grade. 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

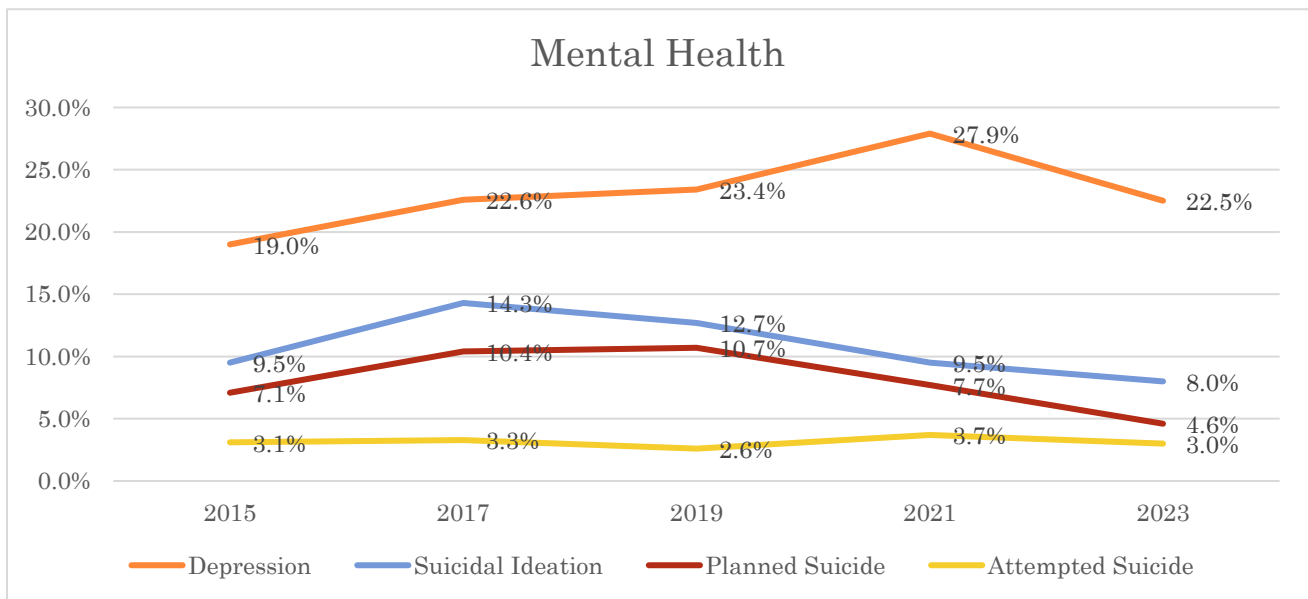
As state and national data is not yet available for the 2023 Youth Risk Behavior Survey, comparisons will be made with the 2015, 2017-2018, 2019 and 2021 Oliver Ames High School Youth Health Survey, which surveyed OAHS students on December 22, 2015, February 15, 2018, and December 12, 2019, and December 10, 2021. It is important to note that after 2015, 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 behaviors.

## DEMOGRAPHICS

	Frequency	Percent
Grade		
9 <sup>th</sup> Grade	217	26.9%
10 <sup>th</sup> Grade	206	25.5%
11 <sup>th</sup> Grade	209	25.9%
12 <sup>th</sup> Grade	175	21.7%
Gender		
Female	404	50.0%
Male	385	47.6%
Non-Binary	8	1.0%
Other/Prefer to Self-Describe	11	1.4%
Age		
13 years old or younger	0	0.0%
14 years old	141	17.4%
15 years old	215	26.5%
16 years old	202	24.9%
17 years old	191	23.6%
18 years old or older	61	7.5%
Ethnicity		
Hispanic or Latino	88	10.9%
Not Hispanic or Latino	719	89.1%
Race (select all that apply)		
American Indian or Alaska Native	8	1.0%
Asian	48	6.0%
Black or African American	107	13.4%
Native Hawaiian or Other Pacific Islander	6	0.7%
White	638	79.7%
Other	54	6.7%
Sexual Orientation		
Heterosexual (Straight)	602	84.3%
Gay or lesbian	20	2.8%
Bisexual	54	4.6%
Not Sure/Other	38	5.4%
Where Typically Sleep at Night		
In parent's/guardian's home	670	98.5%
In a shelter or emergency housing	6	0.9%
Somewhere else	4	0.6%

## MENTAL HEALTH

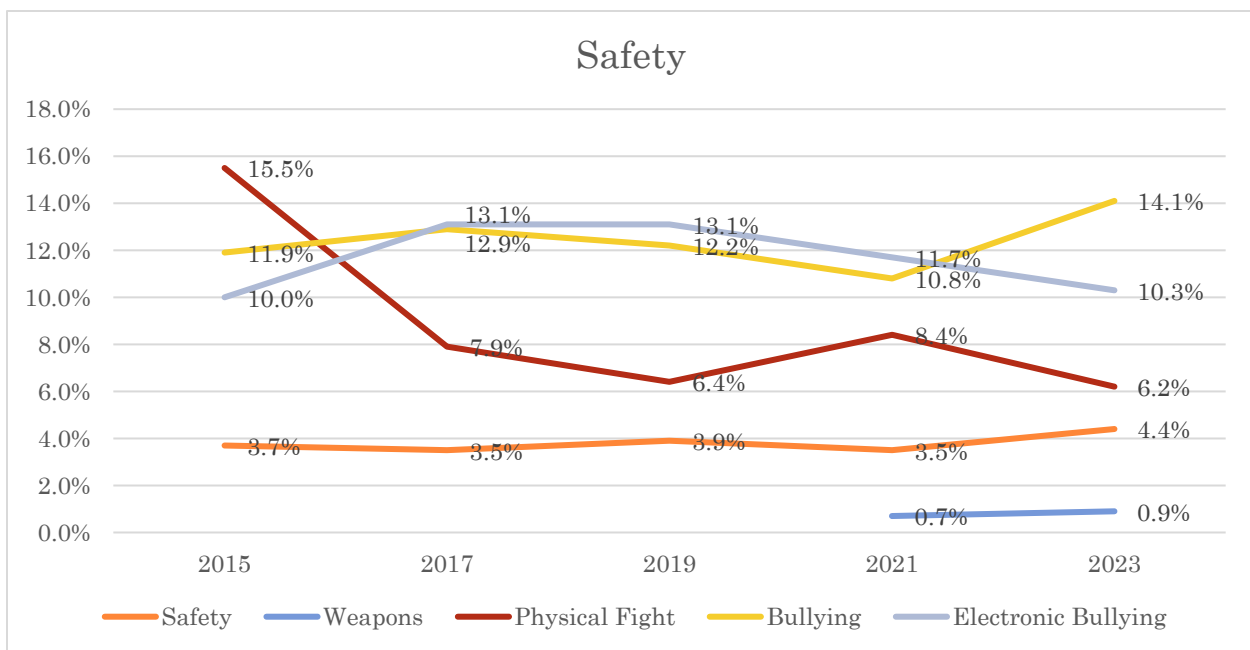
	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021	OAHS 2023
<b>Depression</b> <i>During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?</i>	19.0%	22.6%	23.4%	27.9%	22.5%
<b>Suicidal Thoughts</b> <i>During the past 12 months, did you ever seriously consider attempting suicide?</i>	9.5%	14.3%	12.7%	9.5%	8.0%
<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%	4.6%
<b>Attempted Suicide</b> <i>During the past 12 months, did you actually attempt suicide?</i>	3.1%	3.3%	2.6%	3.7%	3.0%



A new question was introduced on the 2021 National YRBS asks about general mental health (including stress, anxiety, and depression). At OAHS, 18.1% of students said their mental health was not good most of the time or always. This is down from 26.6% in 2021. This number was almost three times as high with female-identifying students (25.1%) than male-identifying students (8.8%).

## VIOLENCE

	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021	OAHS 2023
<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%	4.4%
<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%	0.9%
<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%	6.2%
<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%	14.1%
<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%	10.3%



In 2023 4.5% of respondents indicated that bullying had prevented them from attending school in the past year, which was not significantly different from 4.1% in 2021.

	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021	OAHS 2023
<b>Sexual Assault</b> <i>Has anyone had sexual contact with you against your will?</i>	5.8%	12.6%	8.9%	5.0%	5.9%
<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%	4.4%

## 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>	75.4%	18.9%	4.2%	1.5%

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, 4.4% had been in a car where the driver had been drinking alcohol (down from 6.0% in 2021 and 8.8% in 2019), 4.6% had been in a car where the driver had been using marijuana (down from 6.4% in 2021 and 16.6% in 2019), and 28.2% had been in a car where the driver was texting (down from 31.3% in 2021 and 57.6% in 2019).

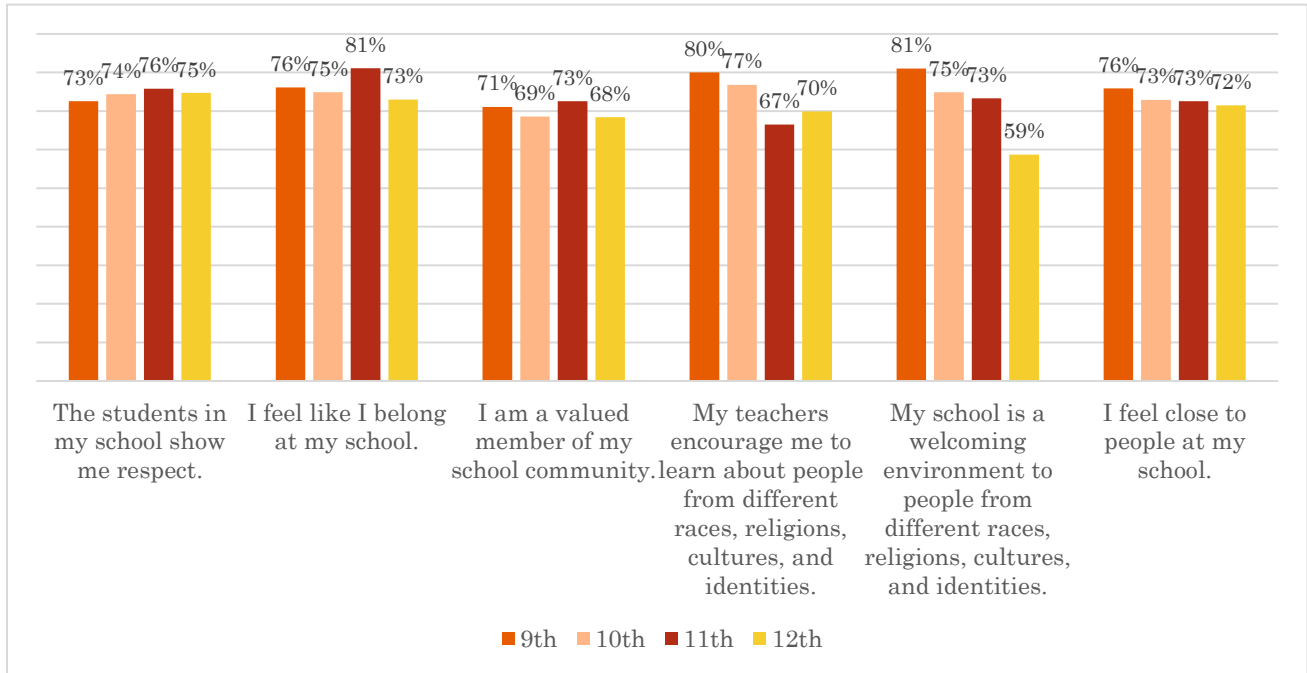
## SEXUAL HEALTH AND SAFETY

There has been a significant reduction in the past 4 years in the number of students that have had sexual intercourse. With 16% of all students having sexual intercourse, only 8.2% have had sexual intercourse in the past 3 months.

	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021	OAHS 2023
Sexual Intercourse - Lifetime <i>Have you ever had sexual intercourse?</i>	28.3%	31.9%	27.1%	19.9%	16.0%
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	2.5

## BELONGING

In 2023, there was an increased focus on questions around community and belonging.

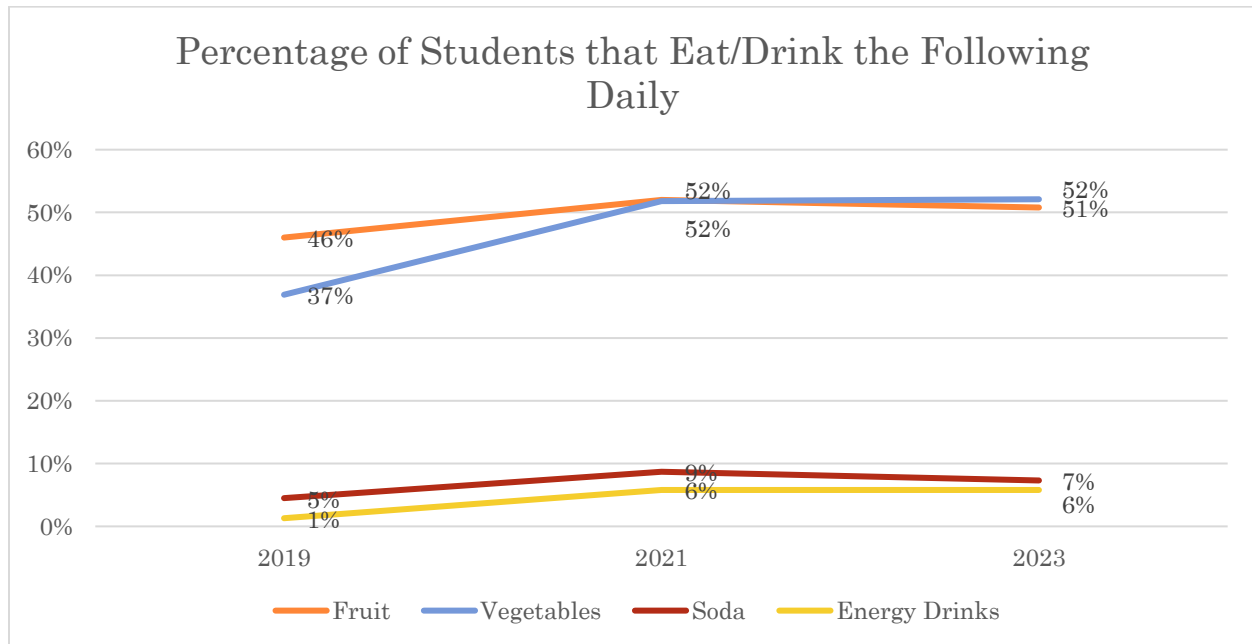


When asked how many peers they can talk with about something that’s important to them, 96.5% report having at least one peer and 74.5% saying they have 3 or more peers.

When asked if they have an adult at their school they can talk to, 84.7% reported that they did. This number was much higher in female students (85.1%) than male students (83.2%), the opposite of what was seen at the middle school. Additionally, 84.1% of students reported having a parent/adult family member they can talk to about things important to them. There was almost no variation between grade and gender for this indicator.



## NUTRITION



All nutrition categories have remained approximately consistent since the last survey when examining what percentage of students report eating/drinking that category daily. When asked if they have had an energy drink in the past week, 30.1% of students reported they had compared to 23.6% in 2021. It should be noted that middle school energy drink usage has increased so significantly it is now mirroring high school energy drink usage.

## DAILY LEISURE TIME ACTIVITIES

	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021	OAHS 2023
Sleep (School Night)					
Average Hours of Sleep	6.6 hours	6.7 hours	6.6 hours	6.8 hours	6.7 hours
Percentage Getting 8 Hours or More	26.2%	26.2%	26.2%	32.7%	27.9%
Percentage Getting 5 Hours or Less	21.1%	19.6%	17.6%	14.3%	17.2%
Weekly Physical Activity (60+ minutes per day)					
Percentage with 0 days of 60+ minutes	N/A	N/A	12.0%	8.1%	8.5%
Percentage with 5 or more days of 60+ min	N/A	N/A	49.5%	58.8%	56.2%
Average days with 60+ min of activity/week	N/A	N/A	4.1	4.6	4.5

## SUBSTANCE USE

Substance	OAHS 2015	OAHS 17-18	OAHS 2019	OAHS 2021	OAHS 2023
Cigarettes					
Lifetime Use	11%	10.5%	7.2%	10.4%	7.0%
Past 30 day use	NA	4.1%	2.2%	1.7%	1.4%
Electronic Vapor Products					
Lifetime Use	40.0%	44.1%	33.9%	20.1%	10.4%
Past 30 day use	28.0%	32.3%	16.3%	9.4%	6.1%
Alcohol					
Lifetime Use	53%	49.1%	41.3%	32.6%	17.0%
Past 30 day use	34%	27.7%	24.1%	17.7%	7.0%
Marijuana					
Lifetime Use	35%	34.9%	26.3%	19.3%	10.6%
Past 30 day use	26%	21.0%	17.9%	10.1%	6.1%
Opioids					
Lifetime Use	N/A	2.9%	4%	3.7%	1.9%
Past 30 day use	N/A	1.4%	0.9%	2.1%	1.7%

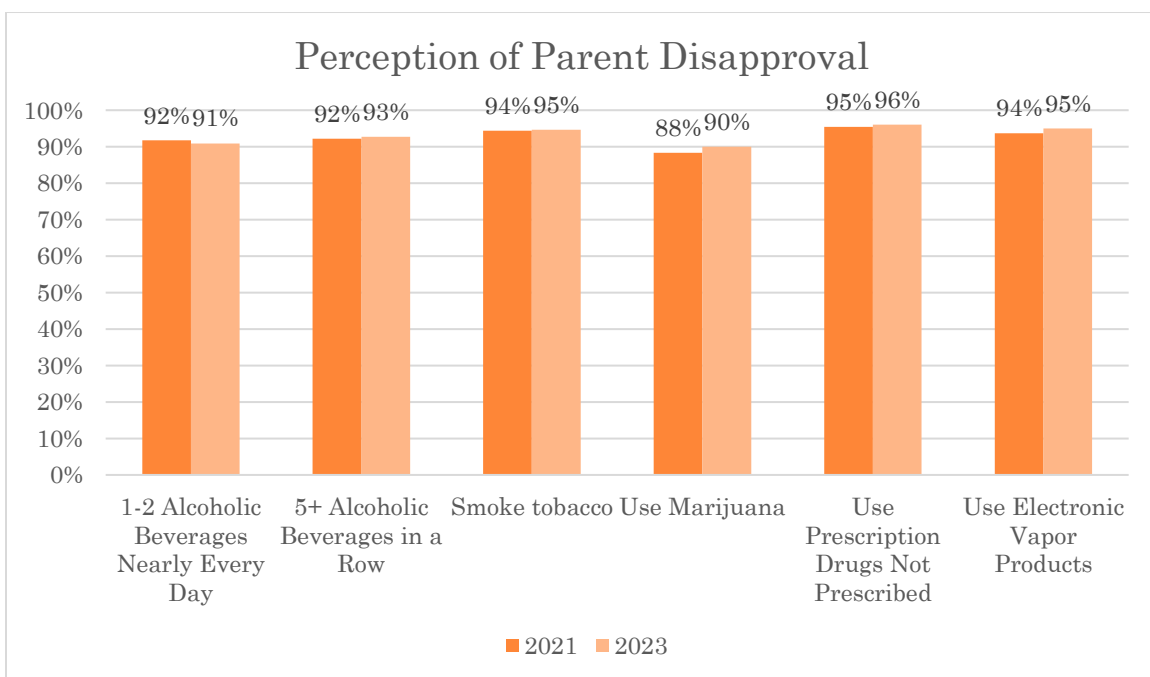
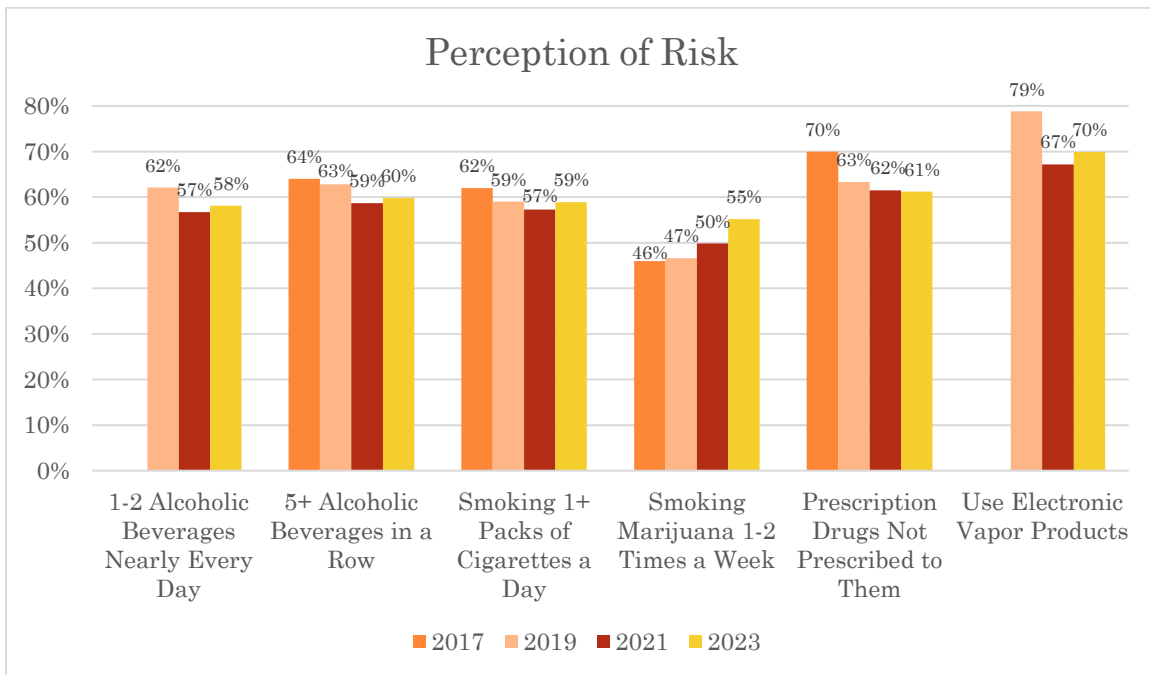
### Other substances – Lifetime Use

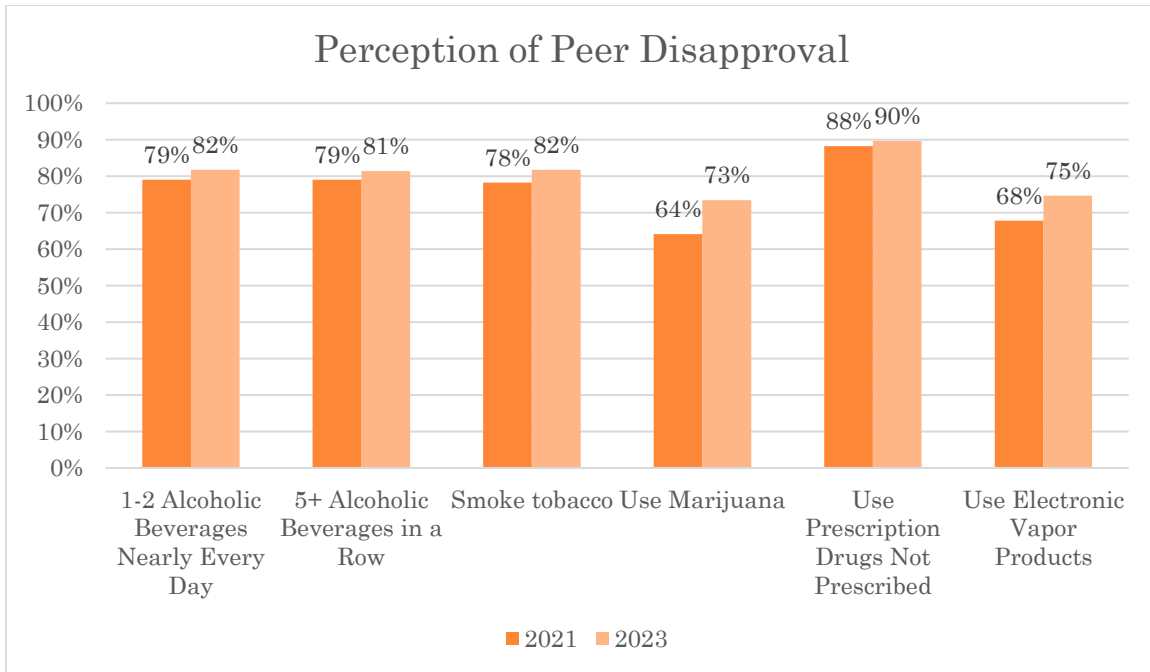
Substance	OAHS 17-18	OAHS 2019	OAHS 2021	OAHS 2023
Cocaine	1.8%	1.3%	0.4%	1.1%
Heroin	0.2%	0.1%	0.7%	0.9%
Hallucinogenic Drugs	N/A	3.0%	2.0%	1.5%
Methamphetamines	0.3%	0.3%	0.2%	0.9%
Ecstasy	0.6%	1.6%	0.4%	1.1%
Stimulants (not prescribed)	1.7%	1.1%	1.4%	0.4%
Needle Drugs	0.0%	0.4%	0.2%	0.8%

In the past 12 months, 4.9% reported they have been offered, sold, or given an illegal drug, down from 7.6% in 2021, 12.6% in 2019 and 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, 68.1% and 71.9% answered yes, respectively. This has steadily increased from 60.3% and 64.1% in 2019.

When asked if respondents preferred to hang out with people who do not drink alcohol or use marijuana, 68.2% (68.1% in 2021, 60.3% in 2019) and 72% (71.9% in 2021, 64.1% in 2019) answered yes, respectively.

When asked if respondents preferred parties where people do not drink alcohol or use marijuana, 69.1% (65.4% in 2021, 59.3% in 2019) and 75.9% (74.4% in 2021, 68.1% in 2019) answered yes, respectively.

These two measures have consistently increased at the high school while simultaneously decreasing at the middle school.