

# Highlights from the MetroWest Adolescent Health Survey

*Informing data driven school and community health policies and practices*

2014

Wayland High School

GRADES 9-12



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## Wayland High School

### Background and Methodology

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The 2014 MetroWest Adolescent Health Survey (MWAHS) marks a decade-long, ground-breaking initiative to support data-driven improvements in adolescent health in the 25 communities served by the MetroWest Health Foundation. Since 2006, the MWAHS has been administered every other year to middle and high schools in the region to monitor trends in risk behaviors and identify emerging health issues at the local and regional levels. Wayland High School has participated in the MWAHS since 2006.

The 2014 high school survey was administered to a census of students in grades 9 through 12 in all 26 high schools in the region served by the MetroWest Health Foundation. In total, 24,355 high school students in the region participated in this voluntary and anonymous survey. At Wayland High School, 795 students in grades 9 through 12 participated in the 2014 MWAHS, representing 93% of students.

As in previous survey waves, local procedures were followed to inform parents of the survey and give them the choice to opt out their child(ren). Students were also informed that their participation was voluntary and that no names or other identifying information were being collected. Data collection at each school was guided by a protocol that protected the privacy of students' responses.

Findings from the MWAHS are used by schools and communities to improve health education, inform prevention efforts, and set priorities for achieving a healthier youth population. Highlights from your district's data in the areas of substance use, violence, bullying, unintentional injury, mental health, sexual behavior, physical activity, and protective factors are provided.

## Key Findings: Substance Use

### Cigarette Smoking

**2014 Patterns** » **12% of students have smoked a cigarette in their lifetime, and 3% smoked recently (in the past 30 days).**

- » Cigarette smoking is similar among females and males.
- » Initiation of smoking increases from 7% in 9<sup>th</sup> grade to 19% in 12<sup>th</sup> grade.
- » 27% of youth have smoked an electronic cigarette (e-cigarette) in their lifetime, and 15% smoked an e-cigarette in the past 30 days. More males than females have smoked e-cigarettes. (E-cigarettes are products that create a mist or vapor that you breathe in like smoke.)

**2006-2014 Trends** » **Youth smoking has declined substantially: Reports of lifetime smoking decreased steadily from 29% in 2006 to 12% in 2014.**

- » During the same time period, recent smoking decreased from 12% to 3%.
- » Cigarette smoking decreased considerably among both males and females.
- » In the MetroWest region, reports of cigarette smoking have declined consistently since 2006.
- » E-cigarettes were first included on the survey in 2014, so trend data is not available.

### Alcohol Use

**2014 Patterns** » **51% of students drank alcohol in their lifetime, and 29% drank in the past 30 days.**

- » 13% reported recent binge drinking (defined as consuming 5 or more drinks in a row on one or more occasions in the past 30 days).
- » Lifetime and current alcohol use are slightly higher among females than males. For example, 32% of females and 26% of males report current drinking.
- » Reports of binge drinking are similar among females (12%) and males (14%); this does not take into account body weight or other factors that influence intoxication levels.
- » Alcohol use increases substantially by grade: Current drinking increases from 13% in 9<sup>th</sup> grade to 45% in 12<sup>th</sup> grade, and binge drinking increases from 1% to 26%.

**2006-2014 Trends** » **Alcohol use declined from 2006 to 2010 and then remained similar in recent surveys.**

- » For example, current drinking decreased from 39% in 2006 to 29% in 2010 and then was similar at 27-29% from 2012 to 2014.
- » Binge drinking decreased steadily from 21% in 2006 to 13% in 2012 and remained at that level in 2014.
- » While both males and females are drinking less in 2014 compared with 2006, reports of lifetime and current drinking among males declined consistently, whereas reports among females have increased slightly since 2010.
- » Alcohol use has declined substantially in the MetroWest region since 2006.

## Marijuana Use

**2014 Patterns** » **25% of youth have used marijuana in their lifetime, and 16% used marijuana in the past 30 days.**

- » Lifetime and current marijuana use are similar among females and males.
- » Marijuana use increases substantially by grade. For example, lifetime use increases from 6% in 9<sup>th</sup> grade to 47% in 12<sup>th</sup> grade.

**2006-2014 Trends** » **Fewer youth are using marijuana in 2014 compared with 2006; however, there has been a slight increase in recent surveys.**

- » For example, lifetime use decreased from 33% in 2006 to 22% in 2012, and then increased slightly to 25% in 2014.
- » Current marijuana use decreased from 22% in 2006 to 14% in 2012; in 2014, 16% of youth reported current use.
- » From 2012 to 2014, reports of marijuana use were slightly higher among females, whereas they were similar among males during this time.
- » Marijuana use in the MetroWest region decreased from 2010 to 2014.

## Prescription Drug Misuse

**2014 Patterns** » **6% of youth have misused prescription drugs in their lifetime (without a doctor's prescription), and 4% have misused prescription drugs in the past 30 days.**

- » More males than females have misused prescription drugs in their lifetime (8% compared with 5%).
- » Lifetime prescription drug misuse varies from 3-12% during the high school years.

**2006-2014 Trends** » **Prescription drug misuse decreased from 11% in 2006 to 6% in 2014.**

- » Reports of prescription drug misuse are lower among both females and males.
- » There has also been a decrease in prescription drug misuse in the region since 2006.

## Key Findings: Violence

### Physical Fighting

- 2014 Patterns** » **11% of youth have been in a physical fight in the past 12 months, and 4% have been in a fight on school property.**
- » Many more males than females report fighting (17% compared with 5%) and fighting on school property (6% compared with 1%).
  - » Reports of physical fighting are lowest among 11<sup>th</sup> and 12<sup>th</sup> grade students.
- 2006-2014 Trends** » **Fewer youth are involved in fighting: Reports of physical fighting in the past 12 months decreased from 26% in 2006 to 11% in 2014.**
- » During this time, reports of fighting on school property decreased steadily from 10% to 4%.
  - » There were notable decreases in fighting among both males and females: From 2006 to 2014, fighting decreased from 35% to 17% among males, and from 17% to 5% among females.
  - » In the MetroWest region, physical fighting has decreased steadily since 2006.

### Weapon Carrying

- 2014 Patterns** » **4% of youth carried a weapon in the past 30 days, and 1% carried a weapon on school property.**
- » Consistent with gender patterns for fighting, more males (7%) than females (2%) report carrying weapons.
  - » Reports of weapon carrying are similar in grades 9 through 12 at 4-5%.
- 2006-2014 Trends** » **Weapon carrying decreased substantially, from 10% in 2006 to 4% in 2014.**
- » Reports of weapon carrying on school property were steady at 5-6% from 2006 to 2012 and lowered to 1% in 2014.
  - » In the MetroWest region, weapon carrying has decreased slightly since 2006.

## Key Findings: Bullying and Cyberbullying

### Bullying

- 2014 Patterns** » **17% of high school youth have been bullied in the past 12 months, and 15% have been bullied on school property. 8% of students report bullying other students.**
- » More females than males are victims of bullying overall (21% compared with 13%) and on school property (17% compared with 13%).
  - » Reports of bullying on school property are highest among 9<sup>th</sup> grade students (20%).
  - » Many bullying victims do not seek help from adults: Among students who were bullied at school in the past 12 months, 25% talked to a school adult about being bullied, and 38% talked to a parent or other adult outside of school.
  - » 22% of youth intervened as bystanders by trying to stop a student from bullying someone else at school in the past 12 months. 6% told an adult at school that someone was being bullied.

- 2006-2014 Trends** » **School bullying has declined in recent surveys: Reports of victimization on school property decreased from a high of 23% in 2010 to 15% in 2014.**
- » Reports of overall bullying victimization in the past 12 months also decreased during this time, from 26% in 2010 to 17% in 2014.
  - » There are notable declines in bullying among both genders; the decline is greater among males (from 24% in 2010 to 13% in 2014) than among females (from 27% to 21%).
  - » Reports of bullying victimization also decreased in the MetroWest region from 2010 to 2014.

### Cyberbullying

- 2014 Patterns** » **14% of youth report being victims of cyberbullying in the past 12 months, and 8% report cyberbullying someone else.**
- » Females are more likely to be victims of cyberbullying than males (18% vs. 10%).
  - » Reports of cyberbullying victimization range from 11-16% by grade.
  - » The vast majority of cyberbullying victims do not seek help from adults: Among students who were cyberbullied in the past 12 months, only 11% talked to an adult at school and 22% talked to a parent or other adult outside of school.
  - » 10% of youth tried to stop a student from cyberbullying someone else in the past 12 months. 3% told an adult at school that someone was being cyberbullied, and 5% told a parent or other adult outside of school.

- 2006-2014 Trends** » **Reports of cyberbullying have been similar since 2006: Cyberbullying victimization increased slightly from 2006 to 2010 (from 14% to 16%) but returned to 14% in 2014.**
- » However, reports of victimization have increased among females (from 13% in 2006 to 18% in 2014), whereas reports have decreased among males (from 14% to 10%).
  - » Cyberbullying victimization has increased in the MetroWest region since 2006.

## Key Findings: Impaired and Distracted Driving

### Impaired Driving

- 2014 Patterns** » **10% of students report being a passenger in a car driven by someone who had been drinking alcohol in the past 30 days.**
- » 4% of 11<sup>th</sup> and 12<sup>th</sup> grade students who drive report driving after drinking in the past 30 days, and 12% report driving after using marijuana.
  - » Males are more likely than females to report driving after using alcohol or marijuana.
  - » Older youth are more likely to report being passengers with high school drivers who are impaired. They are also more likely to report driving after using marijuana.

- 2006-2014 Trends** » **There is a decline in reports of riding in a car driven by someone who had been drinking, from 26% in 2006 to 10% in 2014.**
- » Fewer high school drivers report driving after drinking, from 21% in 2006 to 4% in 2014.
  - » Reports of driving after using marijuana were similar from 2012 to 2014. (2012 was the first year that driving after marijuana use was included in the survey.)
  - » Drinking and driving among youth in the MetroWest region has declined since 2006.

### Distracted Driving

- 2014 Patterns** » **30% of youth rode in a car with a high school driver who was texting in the past 30 days, and 36% of 11<sup>th</sup> and 12<sup>th</sup> grade drivers report texting while driving.**
- » Reports of texting while driving are similar among females and males.
  - » Many more 12<sup>th</sup> grade drivers report texting while driving (47%) compared with 11<sup>th</sup> grade drivers (25%).

- 2006-2014 Trends** » **Reports of texting while driving decreased from 41% in 2010 to 31% in 2012, and then increased to 36% in 2014.** (2010 was the first year that the survey asked about texting while driving.)
- » In the MetroWest region, texting while driving has decreased over recent surveys.



## Key Findings: Mental Health

### Stress

**2014** » **35% of students report that their life was very stressful in the past 30 days.**

- Patterns**
- » Females are much more likely to report stress than males (46% compared with 25%).
  - » Reports of stress increase substantially by grade, from 26% in 9<sup>th</sup> grade to 46% in 12<sup>th</sup> grade.
  - » The most common source of stress is worrying due to school issues (72%).

**2006-2014** » **Reports of stress have been similar at 34-36% since 2010 and are slightly higher than 2006-2008 levels.**

**Trends**

- » Stress is notably higher among females in 2014 (46%) compared with 2006 (38%), whereas stress among males is similar in 2006 and 2014.
- » In the MetroWest region, stress has increased in recent years.

### Depressive Symptoms, Self-Injury, and Suicidality

**2014** » **16% of students report depressive symptoms in the past 12 months (defined as feeling sad or hopeless for two or more weeks in a row).**

**Patterns**

- » 12% of youth report self-injury (defined as cutting, burning, or bruising oneself on purpose) in the past 12 months.
- » 9% of youth report that they had seriously considered suicide in the past 12 months, and 3% had made a suicide attempt.
- » Females are more likely than males to report mental health problems.
- » Reports of depressive symptoms are higher among older students; reports of other mental health problems do not show a consistent pattern by grade.

**2006-2014** » **Reports of mental health problems have not changed notably since 2006.**

**Trends**

- » For example, reports of self-injury have been similar in the range of 11-13%, and reports of seriously considering suicide have been steady at 9-10%.
- » There have been small increases in mental health problems in the MetroWest region.

## Key Findings: Sexual Behavior

### Sexual Intercourse and Condom Use

- 2014 Patterns** » **19% of youth have engaged in sexual intercourse during their lifetime, and 15% are currently sexually active (had intercourse within the past three months).**
- » Among sexually active youth, 78% used a condom the last time they had intercourse.
  - » Slightly more males than females report having had intercourse (21% compared with 17%).
  - » The proportion of youth who have had intercourse in their lifetime increases from 4% in 9<sup>th</sup> grade to 40% in 12<sup>th</sup> grade. 29% of 12<sup>th</sup> grade youth are currently sexually active.
- 2006-2014 Trends** » **The proportion of youth reporting lifetime sexual intercourse decreased from 25% in 2006 to 19% in 2012 and remained at that level in 2014.**
- » There is also a decrease in the number of youth who are currently sexually active.
  - » Condom use is slightly higher in 2014 (78%) than in earlier surveys (67-72%).
  - » Regional data also shows a recent decrease in sexual intercourse.

## Key Findings: Physical Activity, Sleep and Overweight/Obesity

### Physical Activity and Sleep

- 2014 Patterns** » **51% of youth meet national recommendations for physical activity, defined as exercising moderately for 60 minutes on 5 or more occasions in the past week. Only 27% of youth get 8 or more hours of sleep on an average school night.**
- » Males are more likely than females to report this level of physical activity (62% compared with 39%). They are also more likely to get the recommended amount of sleep (31% vs. 23%).
  - » Reports of physical activity are highest among 9<sup>th</sup> grade youth (60%). Reports of getting 8 or more hours of sleep decrease as students get older (from 40% in 9<sup>th</sup> grade to 23% in 12<sup>th</sup> grade).
- 2006-2014 Trends** » **The proportion of youth exercising moderately on five or more days per week increased from 67% in 2006 to 74% in 2012 and has remained similar at 72% in 2014.**
- » In the MetroWest region, physical activity levels have been similar since 2010.
  - » No trend data is available regarding sleep as it was first included in the survey in 2014.

## Overweight/Obesity

- 2014 Patterns** » **15% of youth are overweight or obese (based on self-reported height and weight, which is used to calculate body mass index).**
- » Males are more likely than females to be overweight or obese (18% compared with 12%).
  - » Overweight/obesity ranges from 9-19% by grade.
- 2006-2014 Trends** » **Overweight/obesity has varied from 11-15% since 2006; in 2014, 15% of students were overweight/obese.**
- » In the MetroWest region, overweight/obesity has not changed notably over the five surveys.

## Key Findings: Protective Factors

### School Attachment and Engagement

- 2014 Patterns** » **About four out of five youth report being engaged in and connected with their school.**
- This is indicated by agreement with statements such as “I feel close to people at this school” (80%), “I am happy to be at this school” (76%), and “I feel safe in my school” (91%).
- » While a majority of both males and females report high levels of school attachment, reports are slightly higher among males.
- 2006-2014 Trends** » **Reports of school attachment have not changed substantially since 2006.**
- » School attachment has also been similar in the MetroWest region in the last decade.

### Adult Support

- 2014 Patterns** » **68% of youth have at least one teacher or other adult at school to talk to if they have a problem, and 90% of youth have a parent or other adult outside of school to talk to about things that are important to them.**
- » Adult support at school is similar among both genders and increases during the high school years, from 60% in 9<sup>th</sup> grade to 77% in 12<sup>th</sup> grade. Reports of adult support outside of school are similar across genders and grades.
- 2006-2014 Trends** » **Reports of adult support at school are higher in 2014 (69%) compared with 2006 (63%).**
- » Adult support outside of school increased from 85% in 2006 to 90% in 2014.
  - » In MetroWest, there has been a small increase in adult support at school since 2006.

## Conclusions

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Over the last decade, the MWAHS has provided insight into adolescent health trends, driving key decisions on health-related practices in local communities and across the region. With each survey wave, the data paints a more resounding picture of advances to address risk behaviors. It also continues to identify emerging risks that demand greater attention. The 2014 data show that Wayland is making important advances in some behavioral health areas, such as tobacco use, physical fighting, and school bullying. While these demand continued attention, the data also highlight other areas of concern, including cyberbullying and mental health. Continued use of the MWAHS data to drive decisions around programs, policies, and practices will ensure that the greatest adolescent health challenges continue to be targeted in communities across the region.

## Wayland High School (Grades 9-12) 2006-2014 Trends in Key Indicators\*

	Year of Survey (%)				
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)
<b>SUBSTANCE USE</b>					
Lifetime cigarette smoking	29.2	25.7	17.0	14.3	11.5
Current cigarette smoking (past 30 days)	11.9	9.4	7.9	7.0	2.9
Lifetime alcohol use	61.8	54.3	50.5	48.9	51.0
Current alcohol use (past 30 days)	38.9	35.5	29.0	27.4	28.6
Binge drinking (past 30 days) <sup>†</sup>	21.1	21.3	18.8	13.3	13.1
Rode with driver who had been drinking (past 30 days)	25.9	24.9	21.7	14.6	10.3
Lifetime marijuana use	33.1	29.1	33.3	21.7	24.6
Current marijuana use (past 30 days)	21.6	22.1	20.5	13.8	16.1
Lifetime prescription drug misuse <sup>‡</sup>	11.0	8.8	7.0	6.9	6.5
<b>VIOLENCE</b>					
Physical fighting (past 12 months)	26.3	21.3	21.3	15.5	11.3
Physical fighting on school property (past 12 months)	10.1	8.8	10.7	6.8	3.5
Carried a weapon (past 30 days)	9.9	8.6	8.4	8.4	4.2
Carried a weapon on school property (past 30 days)	4.9	5.6	5.5	4.7	1.3
<b>BULLYING VICTIMIZATION</b>					
Bullying victim (past 12 months)	27.7	22.0	25.9	20.1	16.7
Bullying victim on school property (past 12 months)	23.4	19.0	22.9	16.8	14.8
Cyberbullying victim (past 12 months)	13.7	14.5	16.6	16.1	13.9
<b>MENTAL HEALTH</b>					
Life "very" stressful (past 30 days)	32.1	28.7	36.3	34.0	35.2
Depressive symptoms (past 12 months)	16.0	12.9	17.0	14.6	16.2
Self-injury (past 12 months)	11.5	12.0	11.5	13.1	12.0
Considered suicide (past 12 months)	8.8	8.5	10.2	10.4	9.3
Attempted suicide (past 12 months)	4.4	4.6	5.7	4.3	3.1
<b>SEXUAL BEHAVIOR</b>					
Lifetime sexual intercourse	25.4	23.2	23.9	18.6	19.1
Currently sexually active (past 3 months)	21.6	18.3	18.5	13.0	14.5
Condom use at last intercourse (among sexually active youth)	71.2	72.0	71.6	66.7	77.7
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>					
Exercised for ≥60 minutes on 5 or more days/week	34.6	37.2	56.8	58.8	50.6
Overweight or obese <sup>§</sup>	16.0	11.9	10.9	14.4	15.0

\* Source: MetroWest Adolescent Health Survey

† Consumed 5 or more drinks in a row on one or more occasions

‡ Without a doctor's prescription

§ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

## Wayland High School (Grades 9-12) 2014 Gender Patterns for Key Indicators\*

	Gender (%)		Total (%)
	Female (382)	Male (409)	(795)
<b>SUBSTANCE USE</b>			
Lifetime cigarette smoking	11.5	11.5	11.5
Current cigarette smoking (past 30 days)	2.6	3.2	2.9
Lifetime alcohol use	55.5	46.9	51.0
Current alcohol use (past 30 days)	31.7	25.6	28.6
Binge drinking (past 30 days) <sup>†</sup>	12.2	13.8	13.1
Rode with driver who had been drinking (past 30 days)	10.3	10.3	10.3
Lifetime marijuana use	25.0	24.1	24.6
Current marijuana use (past 30 days)	16.4	15.6	16.1
Lifetime prescription drug misuse <sup>‡</sup>	5.0	7.9	6.5
<b>VIOLENCE</b>			
Physical fighting (past 12 months)	5.0	17.1	11.3
Physical fighting on school property (past 12 months)	1.0	5.9	3.5
Carried a weapon (past 30 days)	1.6	6.6	4.2
Carried a weapon on school property (past 30 days)	0.3	2.2	1.3
<b>BULLYING VICTIMIZATION</b>			
Bullying victim (past 12 months)	21.3	12.5	16.7
Bullying victim on school property (past 12 months)	16.6	13.2	14.8
Cyberbullying victim (past 12 months)	18.1	10.1	13.9
<b>MENTAL HEALTH</b>			
Life "very" stressful (past 30 days)	45.6	25.4	35.2
Depressive symptoms (past 12 months)	21.1	11.4	16.2
Self-injury (past 12 months)	16.8	7.5	12.0
Considered suicide (past 12 months)	12.1	6.7	9.3
Attempted suicide (past 12 months)	3.4	2.7	3.1
<b>SEXUAL BEHAVIOR</b>			
Lifetime sexual intercourse	17.4	20.7	19.1
Currently sexually active (past 3 months)	13.4	15.6	14.5
Condom use at last intercourse (among sexually active youth)	79.6	76.2	77.7
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>			
Exercised for ≥60 minutes on 5 or more days/week	38.7	62.3	50.6
Overweight or obese <sup>§</sup>	12.0	17.8	15.0

\* Source: MetroWest Adolescent Health Survey

† Consumed 5 or more drinks in a row on one or more occasions

‡ Without a doctor's prescription

§ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

## Wayland High School (Grades 9-12) 2014 Grade Patterns for Key Indicators\*

	Grade (%)				Total (%)
	9 <sup>th</sup> (204)	10 <sup>th</sup> (187)	11 <sup>th</sup> (217)	12 <sup>th</sup> (178)	
<b>SUBSTANCE USE</b>					
Lifetime cigarette smoking	7.4	9.7	10.6	18.5	11.5
Current cigarette smoking (past 30 days)	1.0	3.2	4.6	2.2	2.9
Lifetime alcohol use	35.7	42.2	62.5	63.6	51.0
Current alcohol use (past 30 days)	12.9	17.9	38.7	45.2	28.6
Binge drinking (past 30 days) <sup>†</sup>	1.5	6.0	19.4	25.6	13.1
Rode with driver who had been drinking (past 30 days)	12.4	5.9	12.4	9.0	10.3
Lifetime marijuana use	6.0	15.7	31.8	46.6	24.6
Current marijuana use (past 30 days)	4.0	10.3	19.4	31.8	16.1
Lifetime prescription drug misuse <sup>‡</sup>	3.0	4.4	11.5	6.2	6.5
<b>VIOLENCE</b>					
Physical fighting (past 12 months)	11.9	16.0	8.8	8.4	11.3
Physical fighting on school property (past 12 months)	2.9	3.2	5.5	1.7	3.5
Carried a weapon (past 30 days)	3.9	3.7	4.6	3.9	4.2
Carried a weapon on school property (past 30 days)	1.0	0.5	0.9	2.2	1.3
<b>BULLYING VICTIMIZATION</b>					
Bullying victim (past 12 months)	21.1	15.1	12.9	17.5	16.7
Bullying victim on school property (past 12 months)	19.7	12.4	12.9	13.6	14.8
Cyberbullying victim (past 12 months)	14.9	15.7	11.1	14.6	13.9
<b>MENTAL HEALTH</b>					
Life "very" stressful (past 30 days)	25.5	34.4	36.6	46.1	35.2
Depressive symptoms (past 12 months)	9.0	17.3	18.1	21.6	16.2
Self-injury (past 12 months)	10.0	12.4	12.0	13.6	12.0
Considered suicide (past 12 months)	7.0	11.9	9.3	9.1	9.3
Attempted suicide (past 12 months)	2.0	5.4	2.3	2.8	3.1
<b>SEXUAL BEHAVIOR</b>					
Lifetime sexual intercourse	4.5	8.1	24.5	39.9	19.1
Currently sexually active (past 3 months)	3.0	5.4	19.9	28.8	14.5
Condom use at last intercourse (among sexually active youth)	66.7	70.0	87.8	76.5	77.7
<b>PHYSICAL ACTIVITY AND BODY WEIGHT</b>					
Exercised for ≥60 minutes on 5 or more days/week	59.5	47.0	51.2	44.0	50.6
Overweight or obese <sup>§</sup>	11.0	19.0	19.5	9.0	15.0

\* Source: MetroWest Adolescent Health Survey

† Consumed 5 or more drinks in a row on one or more occasions

‡ Without a doctor's prescription

§ Students who were ≥85th percentile for body mass index by age and gender, based on reference data

This report was prepared by the Health and Human Development Division at  
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For information about EDC, visit our website at [www.edc.org](http://www.edc.org).