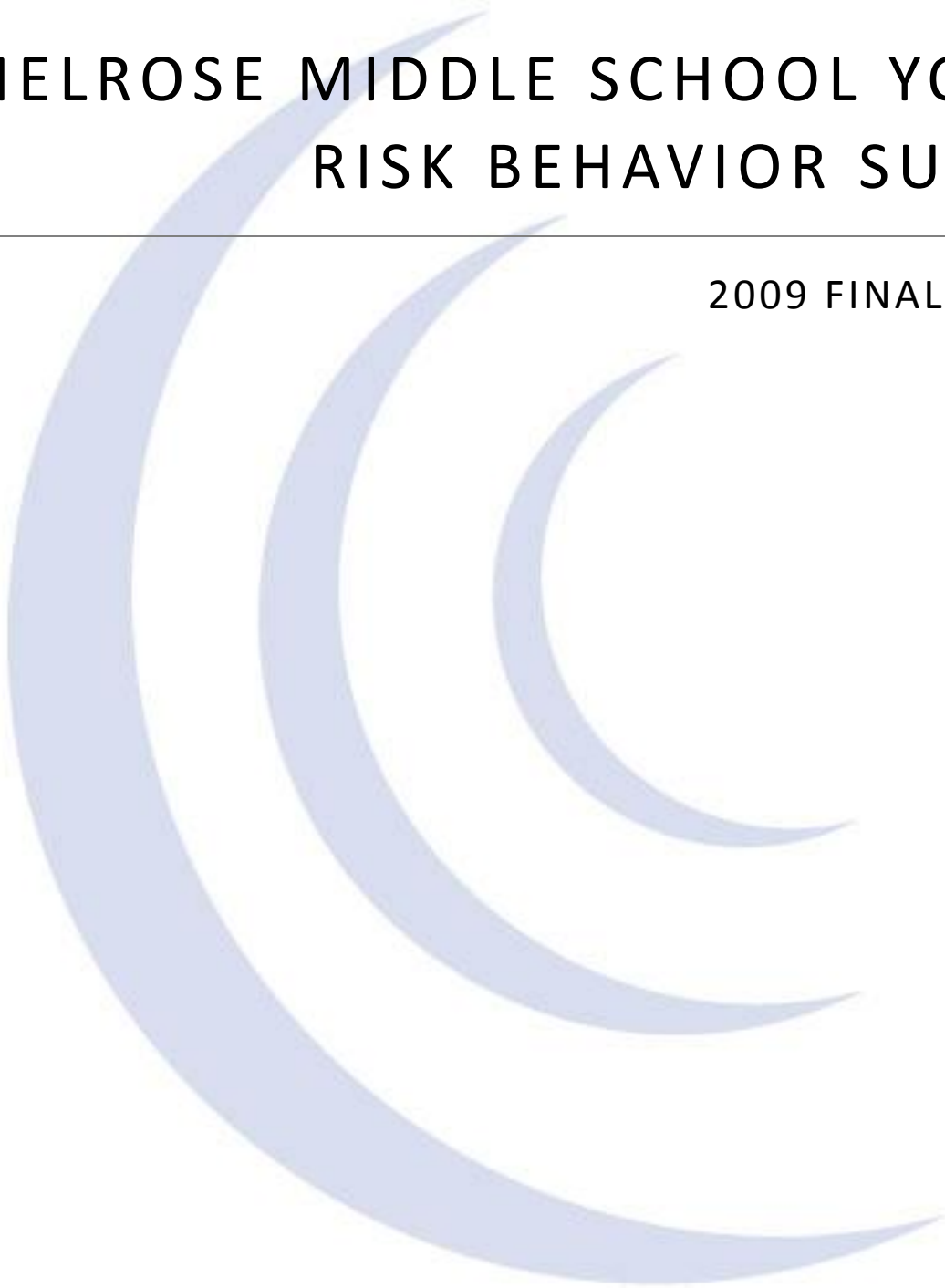


# MELROSE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY

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2009 FINAL REPORT



## INTRODUCTION

The Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability and social problems among youth. The 2009 Melrose YRBS was conducted in January of 2009 and administered to a total of 504 students in 7<sup>th</sup> - 8<sup>th</sup> grades. This represents an 89% response rate.

Table 1. 2009 Response rate of these surveyed and those enrolled by grade.

<b>Grade</b>	<b>Number Surveyed</b>	<b>Number Enrolled</b>	<b>% Respondents</b>
7 <sup>th</sup>	273	302	90%
8 <sup>th</sup>	231	262	88%
<b>Totals</b>	504	564	<b>89%</b>

## SURVEY METHODS

The 2009 Melrose Middle School YRBS Survey tool was adapted from the 2007 Melrose Youth Risk Behavior Survey used in the 2007. This tool was adapted from the Massachusetts Department of Education (DOE) Youth Risk Behavior Survey and the 2007 and 2009 Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Survey.

Teachers administering the survey were instructed to remind students of the importance and value of the data and to answer as honestly as possible. Instructions were read aloud, affirming that the survey was voluntary and anonymous.

Of the total surveys distributed, one survey was deleted from the analysis since fewer than twenty questions were answered, consistent with the state's criteria for omitting surveys. Thirty-two students responded to 'other' or 'ungraded' question therefore their surveys were omitted. Fifty-five students did not complete the height and weight sections, or filled in responses that were deleted as outliers (outside the expected normal range).

Percentages reported are of the total students responding to the question unless otherwise noted. The Excel file of raw data and frequency and crosstab tables are included in the Appendix.

## **RESULTS**

### **Behaviors Related to Unintentional Injuries**

- Forty-nine percent (49%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported 'always' wearing a seat belt when riding in a car, compared to 45% in 2007, 38% in 2005 and 33% in 2003.
- Ten percent (10%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported 'always' wearing a helmet when riding a bike, compared to 15% in 2007, 12% in 2005 and 14% in 2003.
- Twenty-two percent (22%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported ever riding in a car driven by someone who had been drinking alcohol, compared to 21% in 2007, 26% in 2005 and 25% in 2003.

### **Violence – Related Behaviors and Experiences**

- Twenty-two percent (22%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported carrying a weapon in their lifetime, compared to 23% in 2007 and 2005 and 27% in 2003.
- Forty-three percent (43%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported being in a physical fight in their lifetime, compared to 46% in 2007 and 2005 and 49% in 2003.
- Five percent (5%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported being in a physical fight in which they had been treated by a doctor or nurse in their lifetime, compared to 4% in 2007, 6% in 2005 and 7% in 2003.
- Forty-one percent (41%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported being bullied more than once in the past 12 months, compared to 39% in 2007, 32% in 2005 and 46% in 2003.

### **Suicidal Thinking and Behaviors**

- Seventeen percent (17%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported seriously considering suicide in their lifetime, compared to 15% in 2007, 19% in 2005 and 25% in 2003.
- Ten percent (10%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported making a plan to commit suicide in their lifetime, compared to 10% in 2007, 11% in 2005 and 15% in 2003.
- Five percent (5%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported attempting suicide in their lifetime, compared to 6% in 2007, 8% in 2005 and 11% in 2003.

### **Tobacco Use**

- Fifteen percent (15%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported smoking cigarettes in their lifetime, compared to 13% in 2007, 21% in 2005 and 24% in 2003.
- Six percent (6%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported smoking cigarettes during the past 30 days, compared to 7% in 2007 and 2005, and 11% in 2003.
- Seven percent (7%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported first smoking cigarettes prior to age 13, compared to 6% in 2007, 9% in 2005 and 12% in 2003.
- Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported first cigarette use at an average age of 12.8 years.

## **Alcohol Use**

- Twenty-four percent (24%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported drinking alcohol during their lifetime, compared to 26% in 2007, 32% in 2005 and 36% in 2003.
- Fourteen percent (14%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported drinking alcohol during the past 30 days, unchanged from 14% in 2007. (Not comparable in 2005 and 2003).
- Sixteen percent (16%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported first alcohol use prior to age 13, compared to 17% in 2007, 19% in 2005 and 24% in 2003.
- Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported first alcohol use at an average age of 15.7 years.

## **Marijuana Use**

- Eleven percent (11%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported using marijuana in their lifetime, compared to 11% in 2007, 12% in 2005 and 14% in 2003.
- Seven percent (7%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported using marijuana in the past 30 days, compared to 6% in 2007. (Not comparable in 2005 and 2003).
- Four percent (4%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported first marijuana use prior to age 13, compared to 4% in 2007, 6% in 2005 and 11% in 2003.
- Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported first marijuana use at an average age of 13.5 years.

## **Sexual Behaviors, Pregnancy and HIV/AIDS Prevention**

- Ten percent (10%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported having sexual intercourse in their lifetime, compared to 15% in 2007, 22% in 2005 and 14% in 2003.
- Of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders who reported ever having sexual intercourse, 53% reported using a condom the last time they had sexual intercourse, compared to 48% in 2007, 64% in 2005 and 50% in 2003.
- Forty-six percent (46%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders have reported being taught about HIV/AIDS infection in school, compared to 44% in 2007, 51% in 2005 and 78% in 2003.

## **Body Image, Physical Activity and Screen Time**

- Seventy-five percent (75%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> have a healthy BMI (not at risk of overweight), compared to 72% in 2007, 68% in 2005 and 73% in 2003.
- Ninety-four percent (94%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported engaging in physical activity during the past 7 days, compared to 94% in 2007, 92% in 2005 and 94% in 2003.
- Thirty-two percent (32%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported watching television for 3 or more hours per day on an average school day, compared to 37 % in 2007, 41% in 2005 and 37% in 2003.

## **Protective Factors**

- Fifty-six percent (56%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported having at least one teacher/adult to talk to in school, compared to 65% in 2007, 61% in 2005 and 64% in 2003.
- Eighty-nine percent (89%) of Melrose 7<sup>th</sup> and 8<sup>th</sup> graders reported having a parent/guardian or other adult to talk to, compared to 89% in 2007 and 87% in 2005 and in 2003.

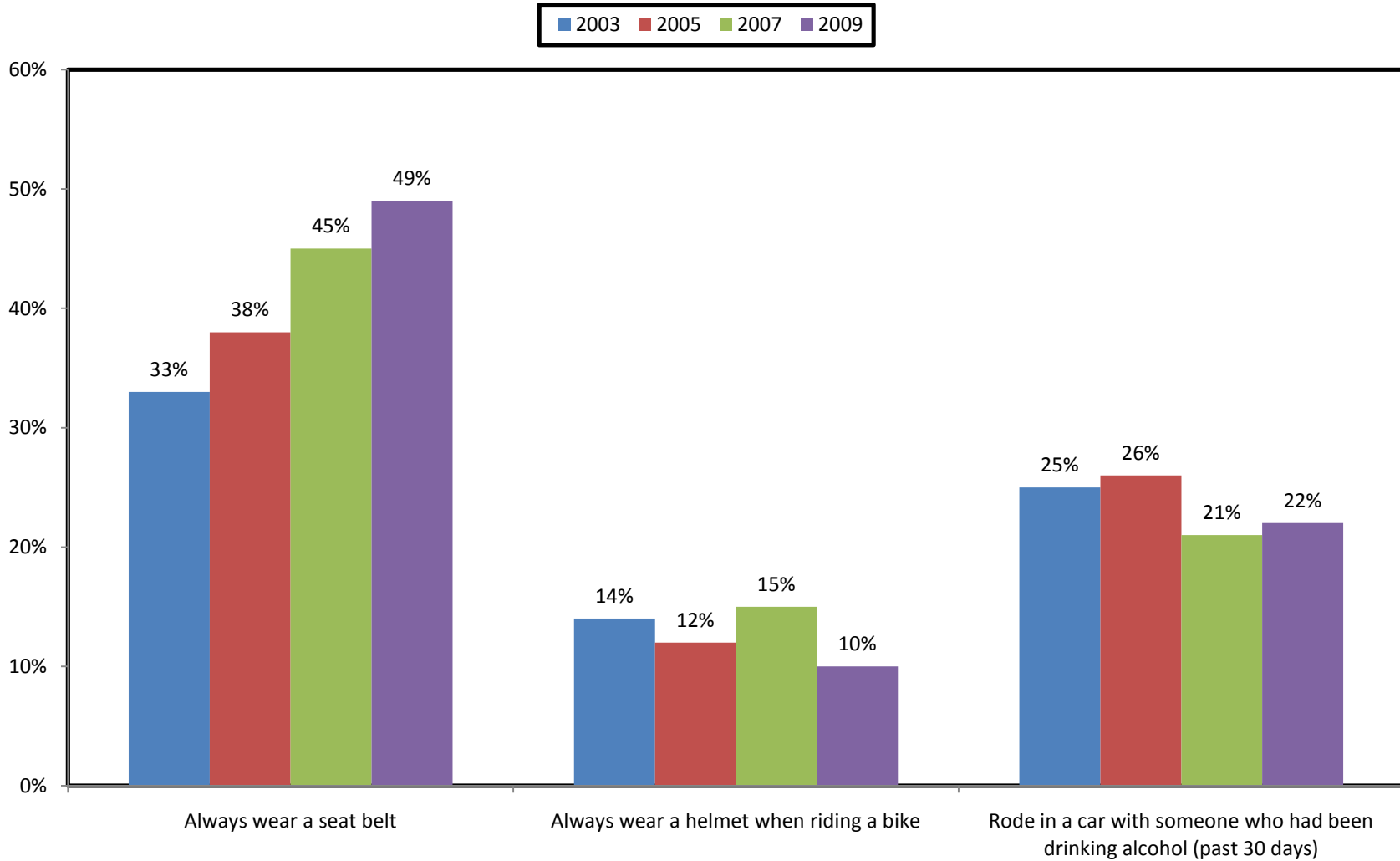
## **Recommendations**

The Youth Risk Behavior Survey (YRBS) is a useful tool when used by schools and community groups working in collaboration to assess and address risk behaviors that affect youth health and well-being. It is important to stress that these health issues, while measured in the school setting, are community issues and are best addressed through collaborative community efforts. This data represents one source of data. When possible, communities should collect data on their needs and resources from a variety of sources through different methods including multiple youth and adult surveys, focus groups, and interviews of key community members and leaders.

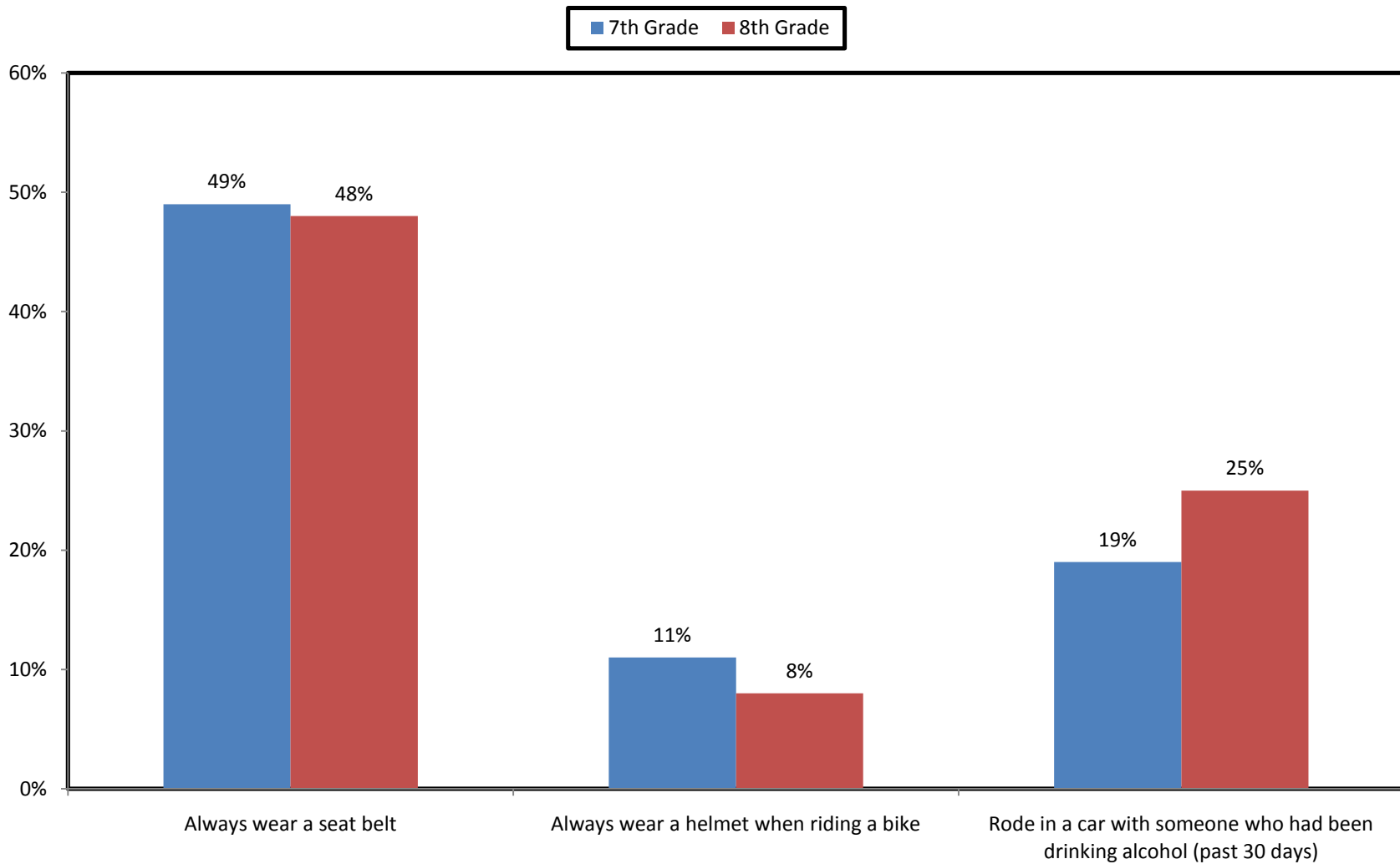
It is recommended that the program, curricula or strategies selected to address youth health issues, are research-based, or based in best practices in health promotion or prevention and evaluated for effectiveness. State agencies and departments such as the Regional Centers for Healthy Communities, the Northeast Center for Applied Prevention Technologies, the Department of Education and the Massachusetts Bureau of Substance Abuse Services are funded to work with communities in choosing, implementing and evaluating appropriate prevention programs, curricula and strategies.

In addition, it is useful to conduct the YRBS every two years in 6<sup>th</sup> – 12<sup>th</sup> grades to understand trends in youth-risk taking behavior. Data collected regularly through the YRBS can help communities understand what programs are working and where additional health promotion and prevention efforts should be focused.

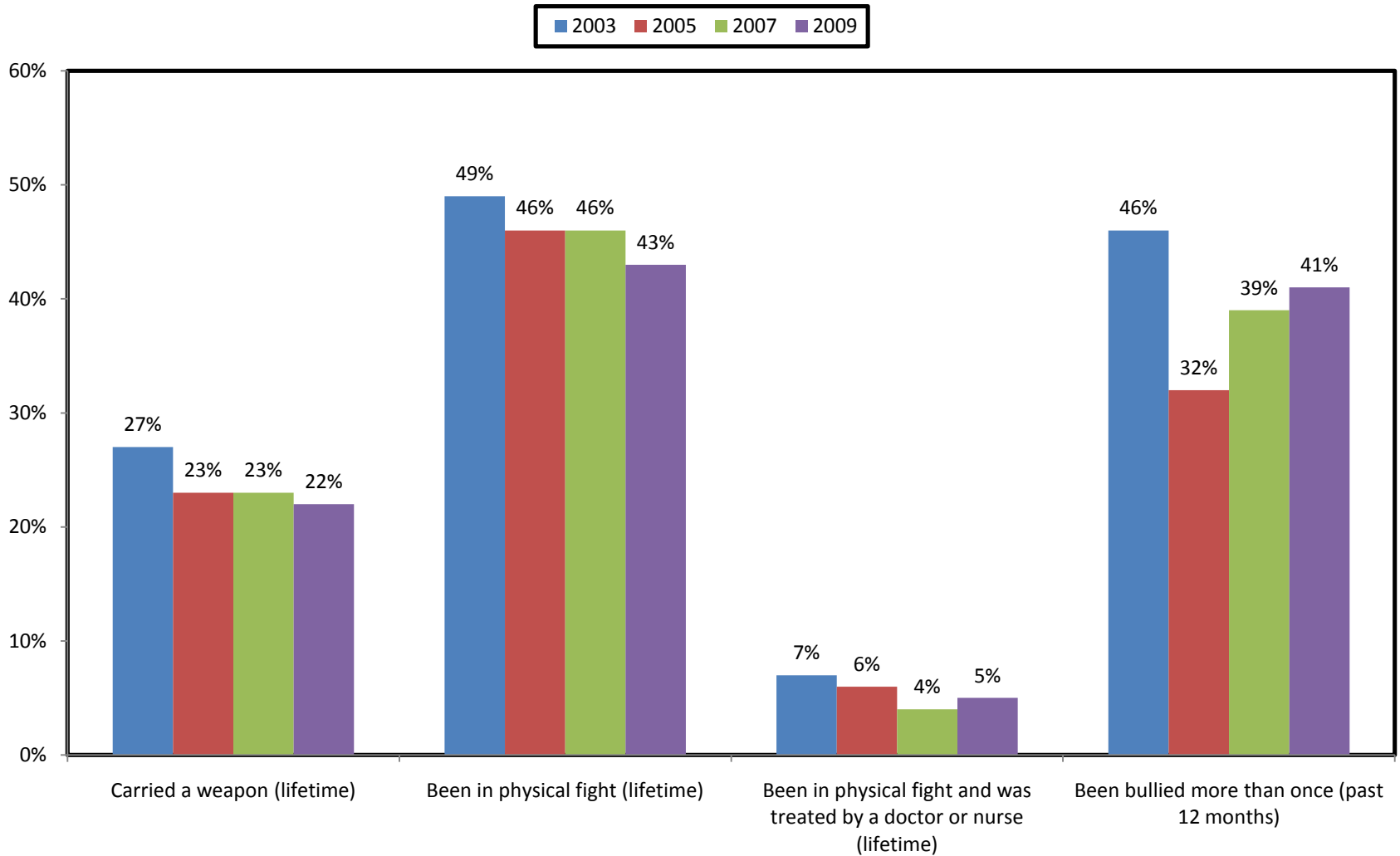
## Behaviors Related to Unintentional Injuries By Year, 2003-2009



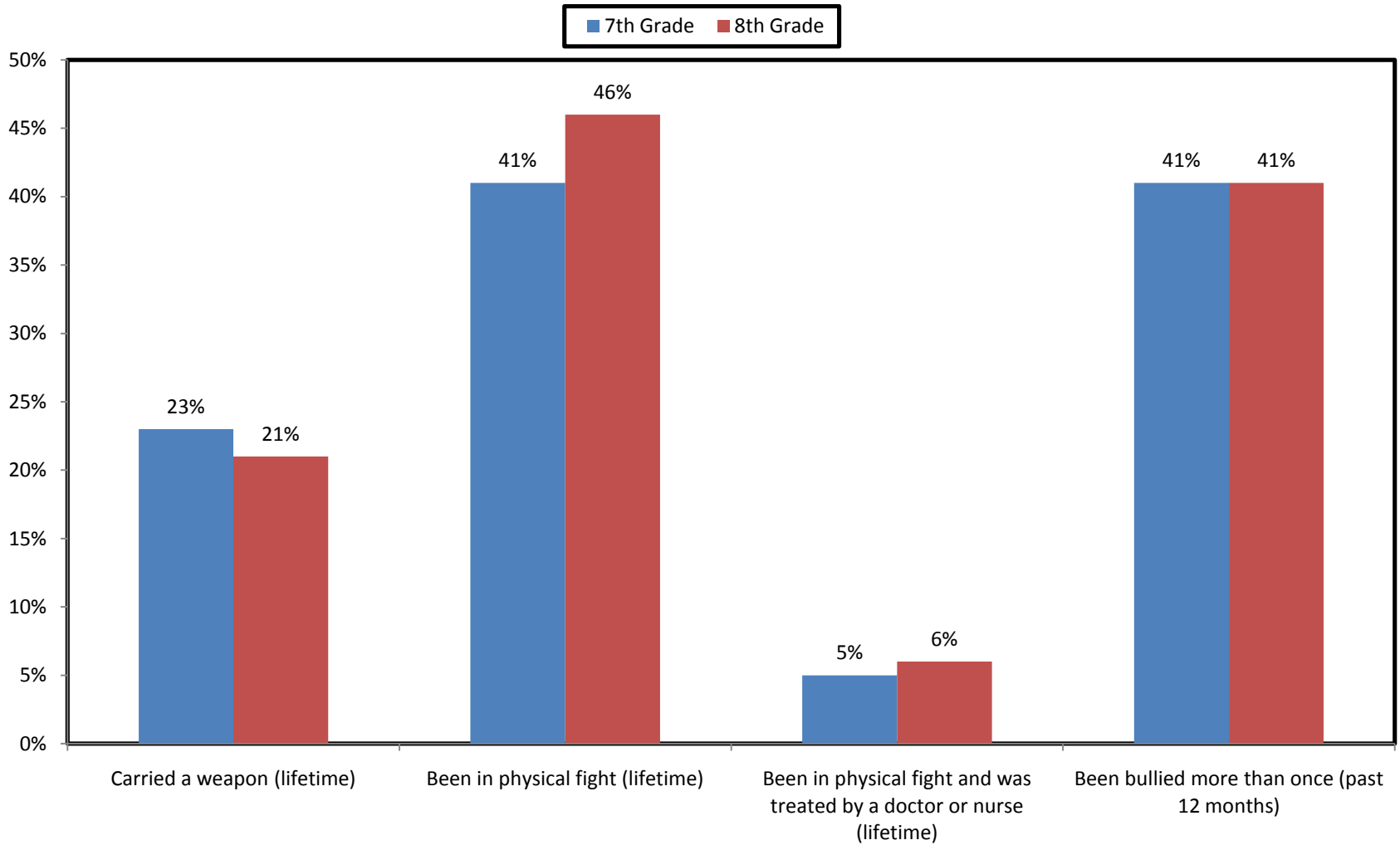
## Behaviors Related to Unintentional Injuries By Grade, 2009



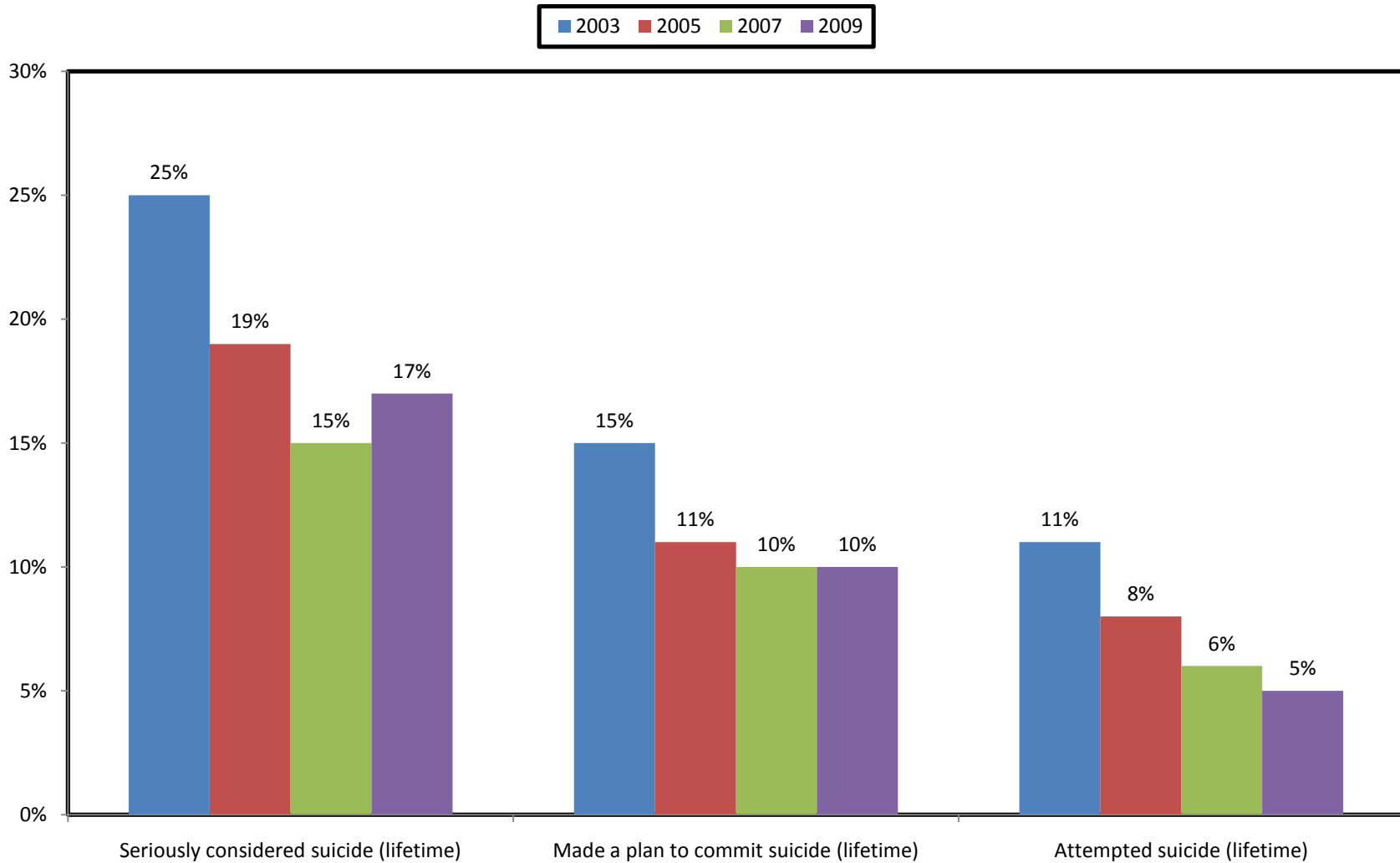
## Violence-Related Behaviors and Experiences By Year, 2003-2009



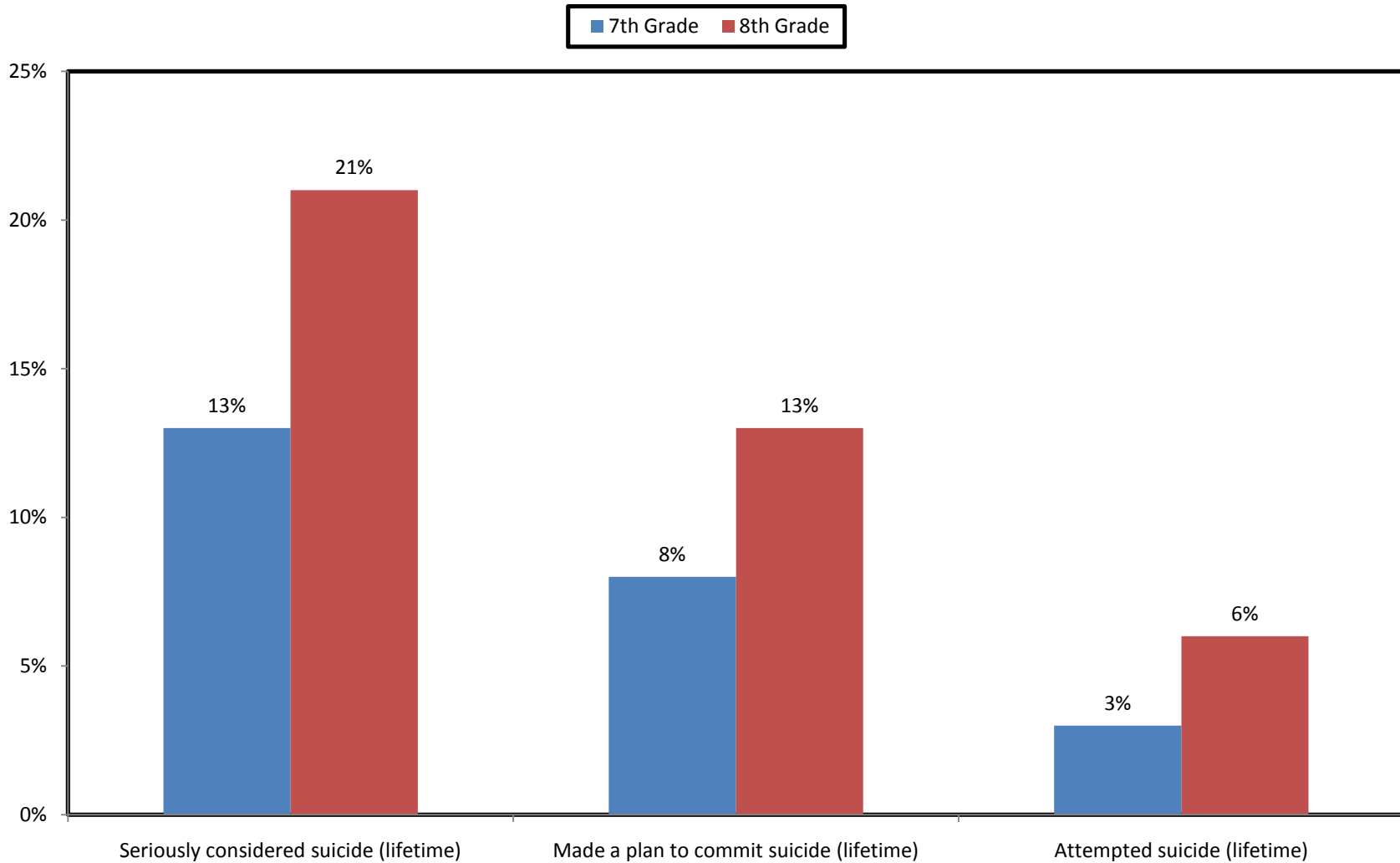
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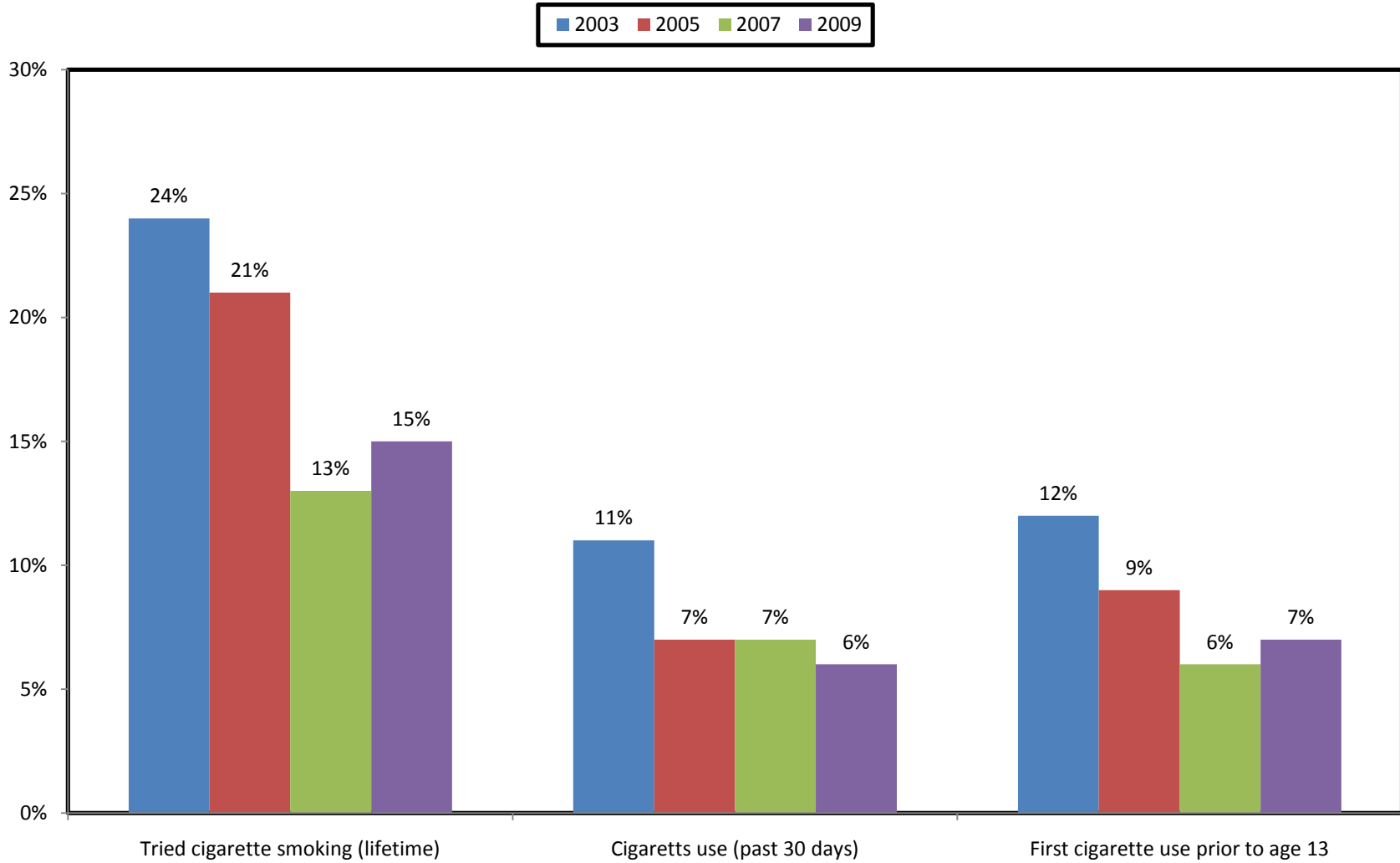
## Suicidal Thinking and Behaviors By Year, 2003-2009



## Suicidal Thinking and Behaviors By Grade, 2009

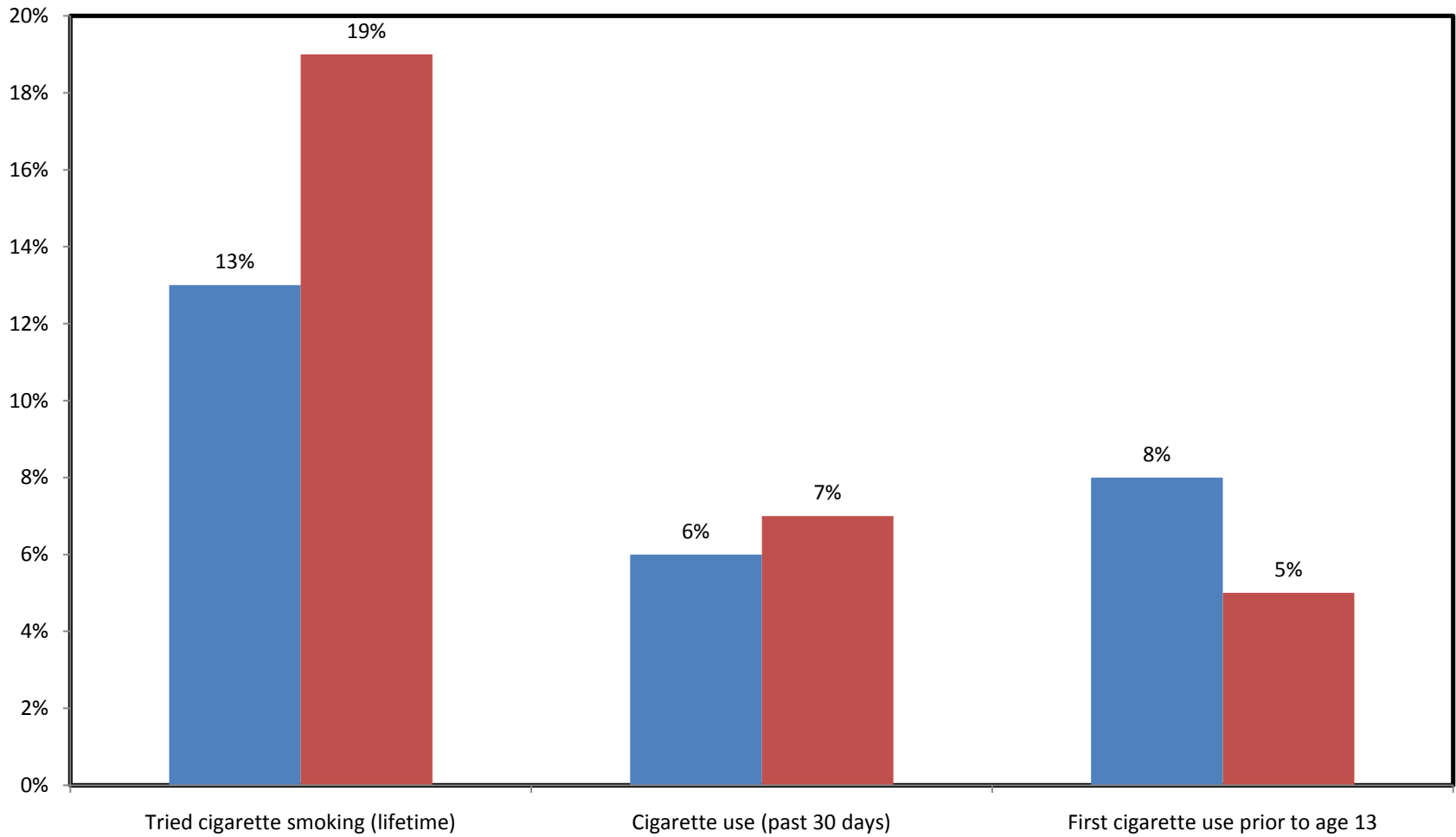


## Tobacco Use By Year, 2003-2009



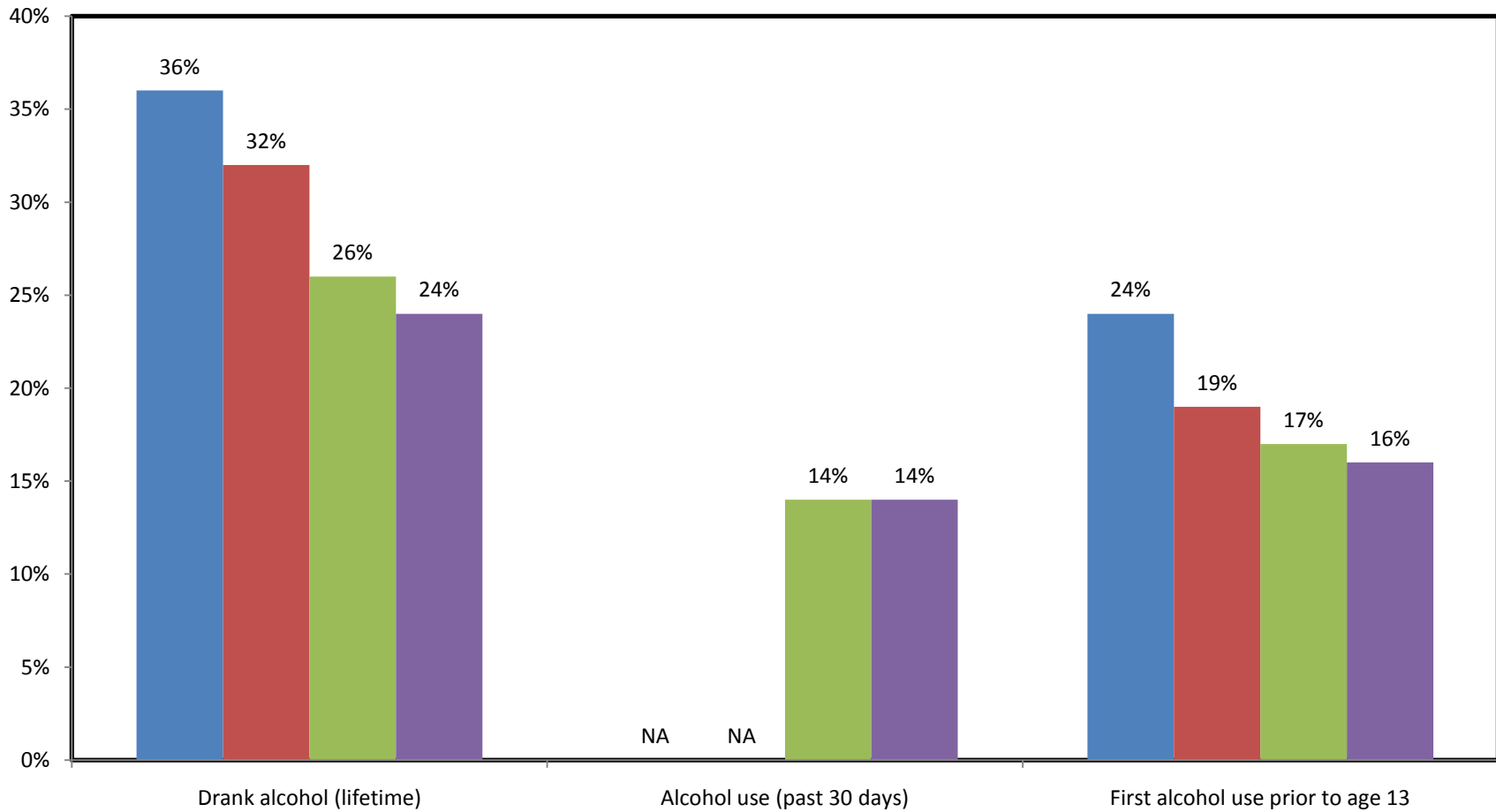
## Tobacco Use By Grade, 2009

7th Grade 8th Grade



## Alcohol Use By Year, 2003-2009

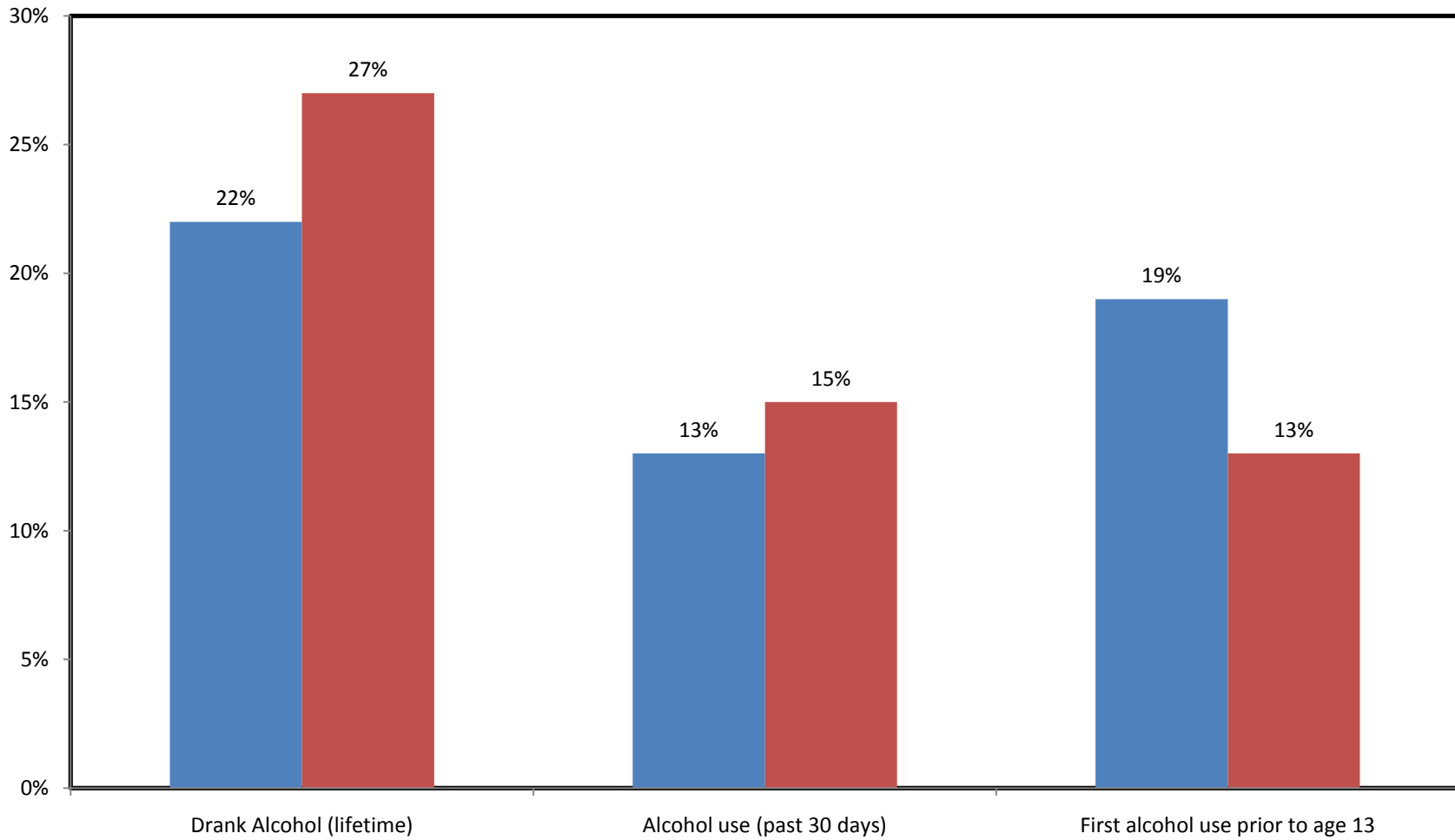
2003 2005 2007 2009



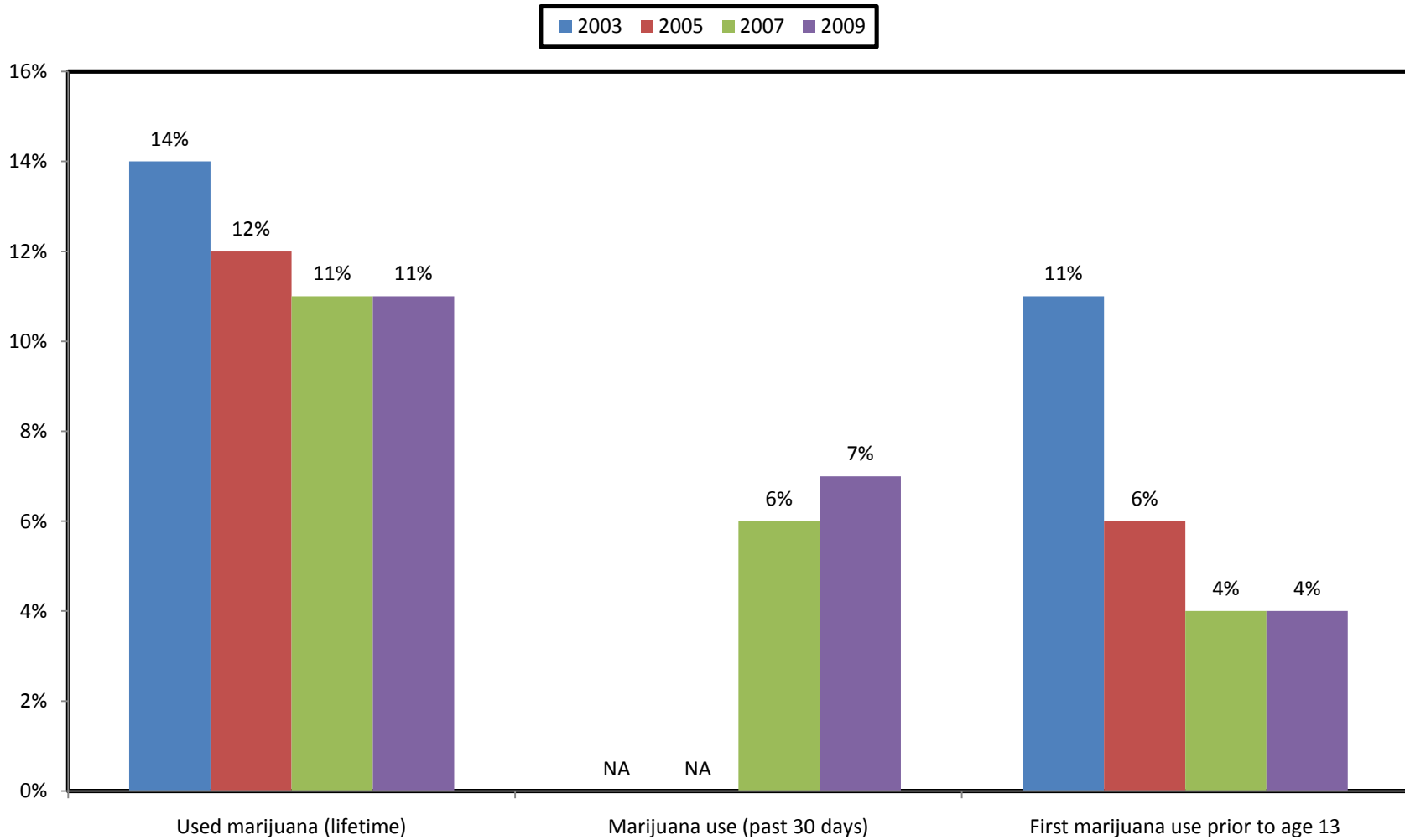
NA refers to data that is Not Available or Not Analyzed.

## Alcohol Use By Grade, 2009

7th Grade 8th Grade



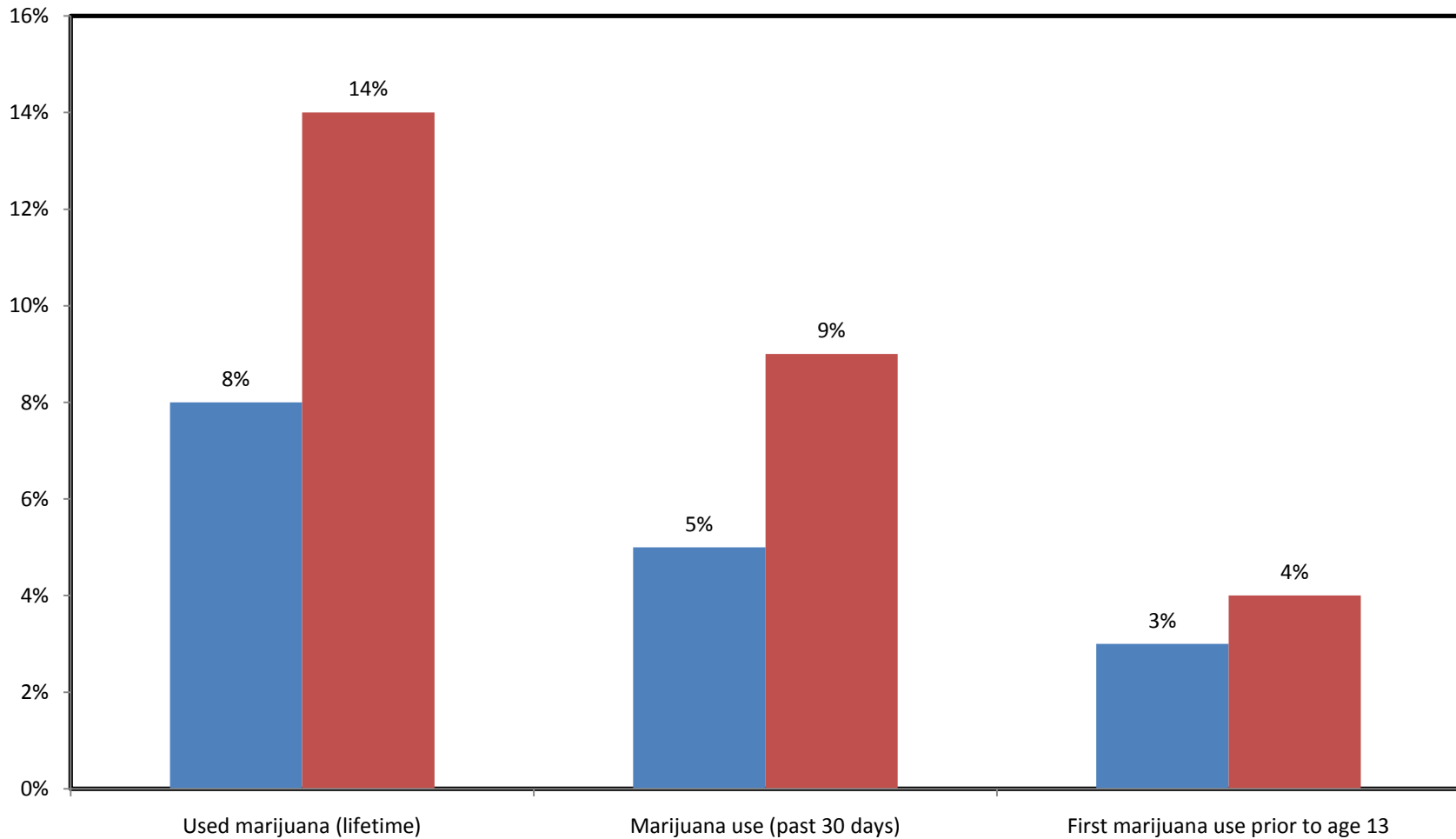
## Marijuana Use By Year, 2003-2009



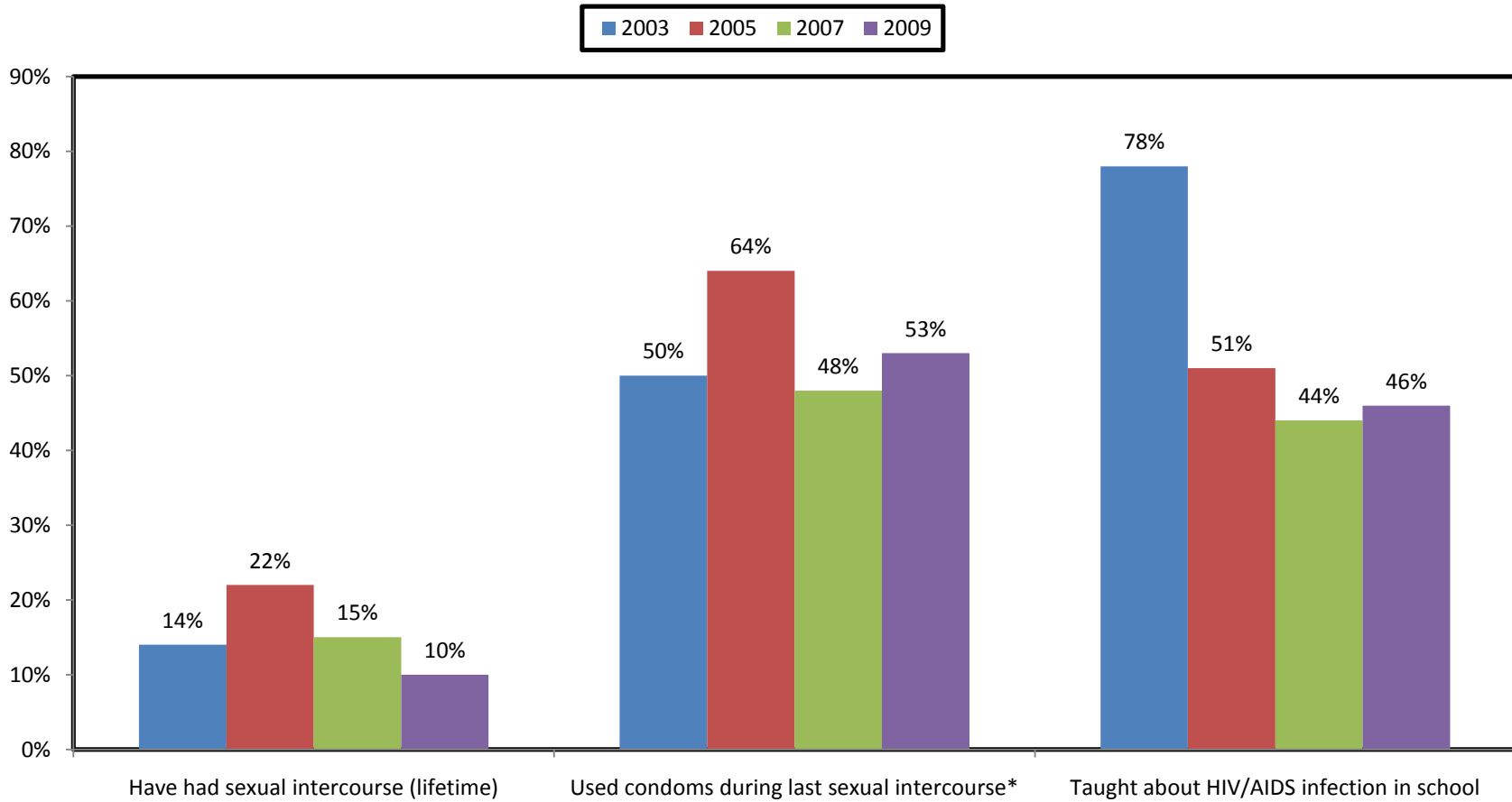
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## Marijuana Use By Grade, 2009

■ 7th Grade ■ 8th Grade

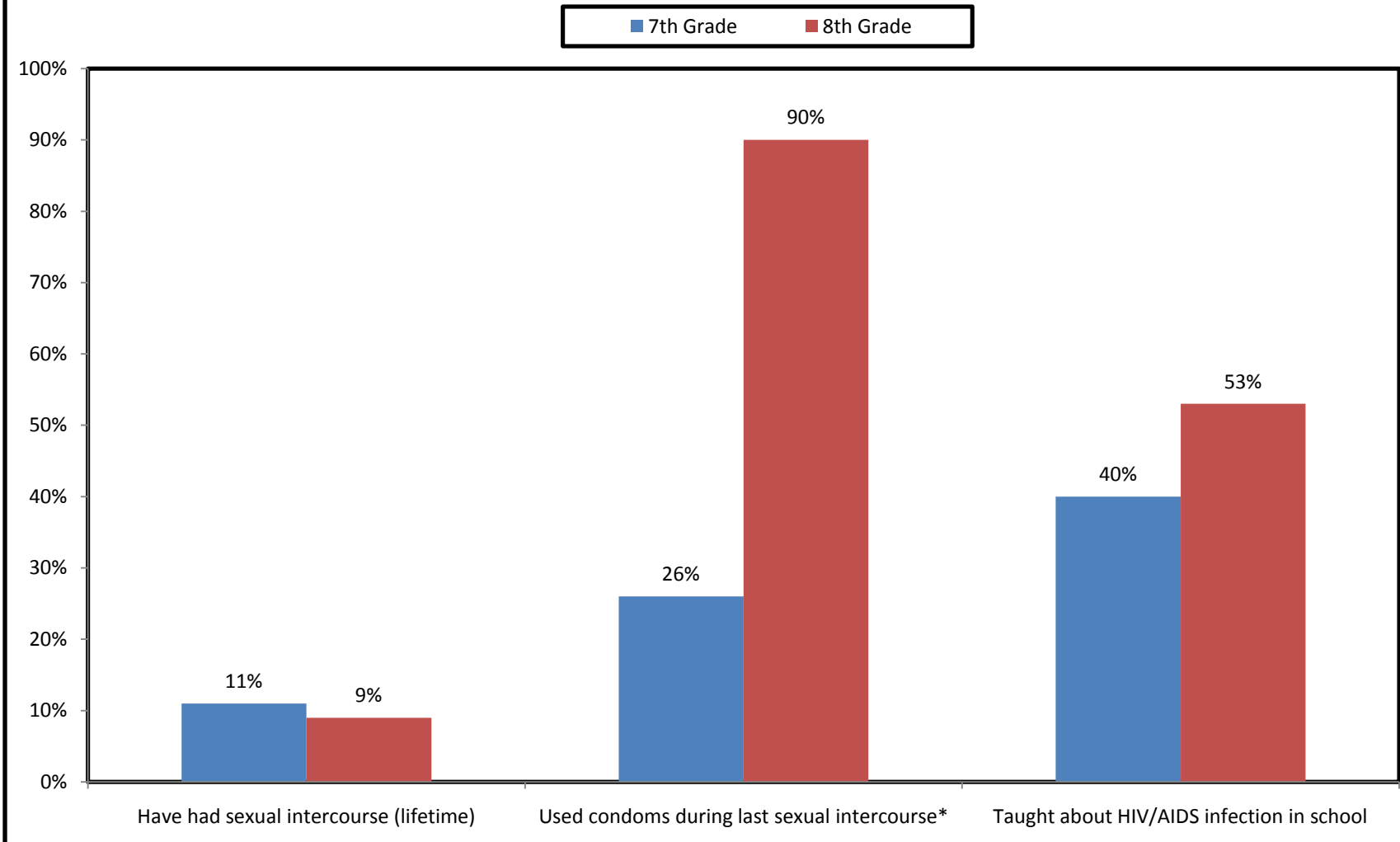


## Sexual Behaviors, Pregnancy and HIV/AIDS Prevention By Year, 2003-2009



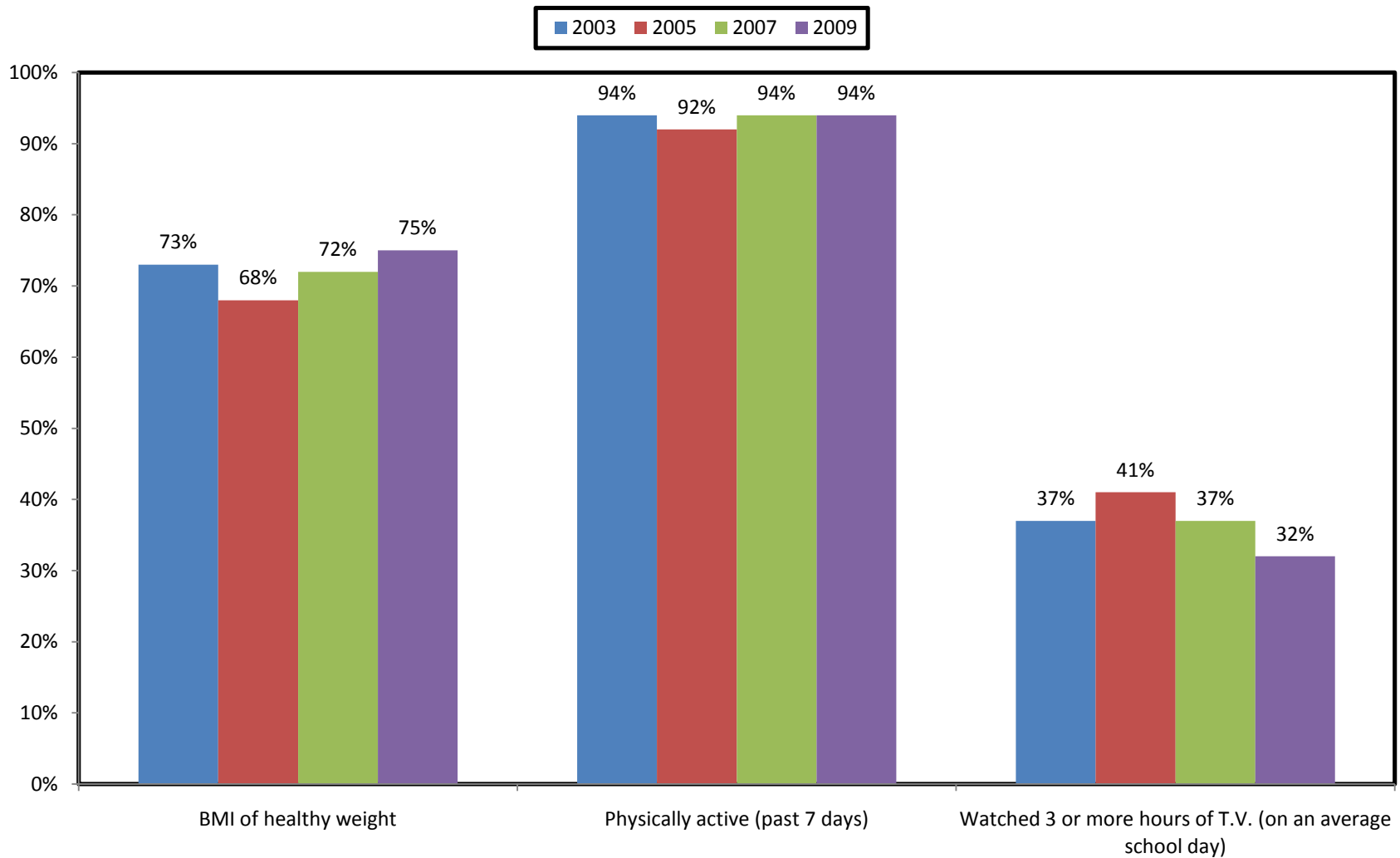
\*Of those who have had sexual intercourse

## Sexual Behaviors, Pregnancy and HIV/AIDS Prevention By Grade, 2009

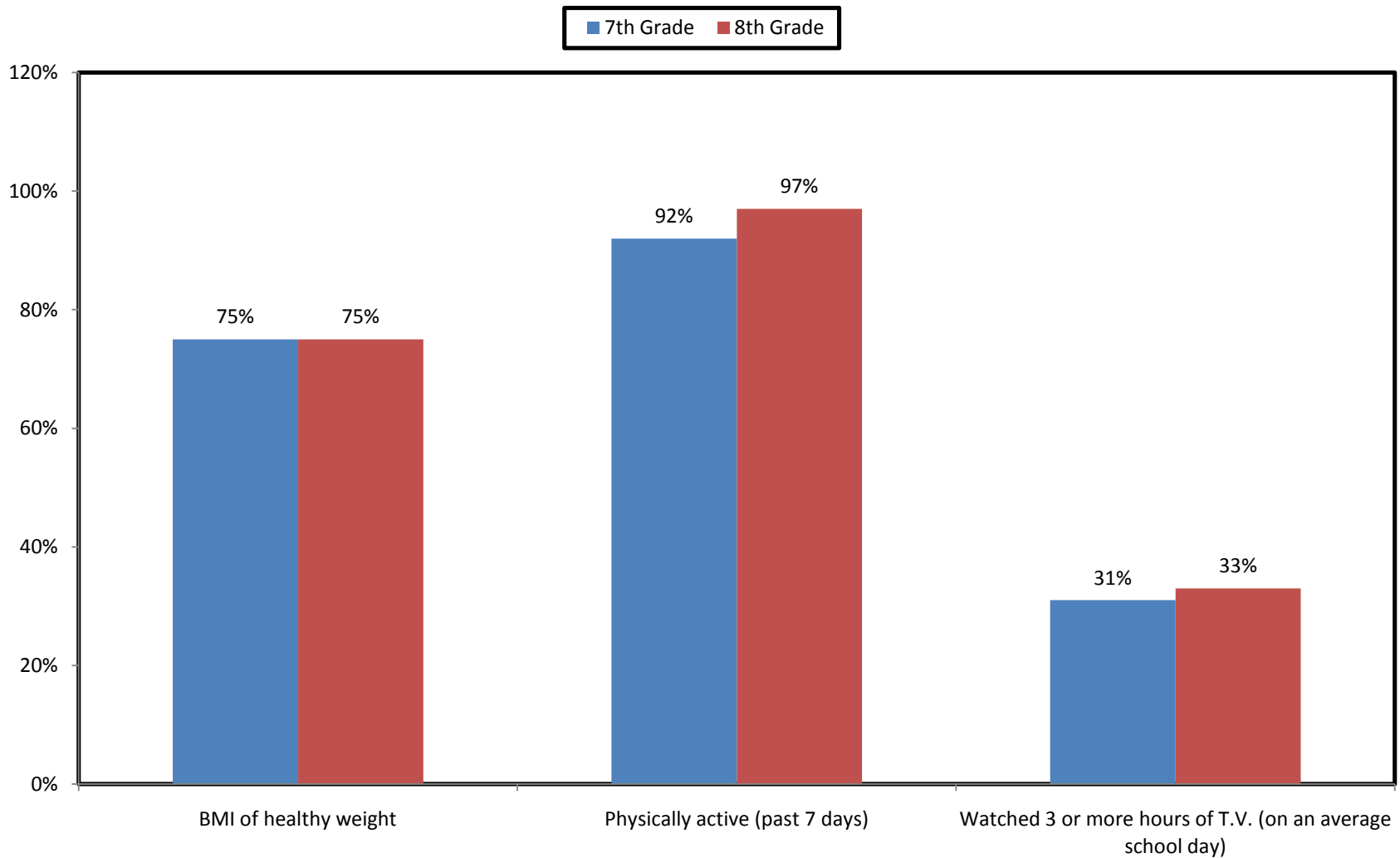


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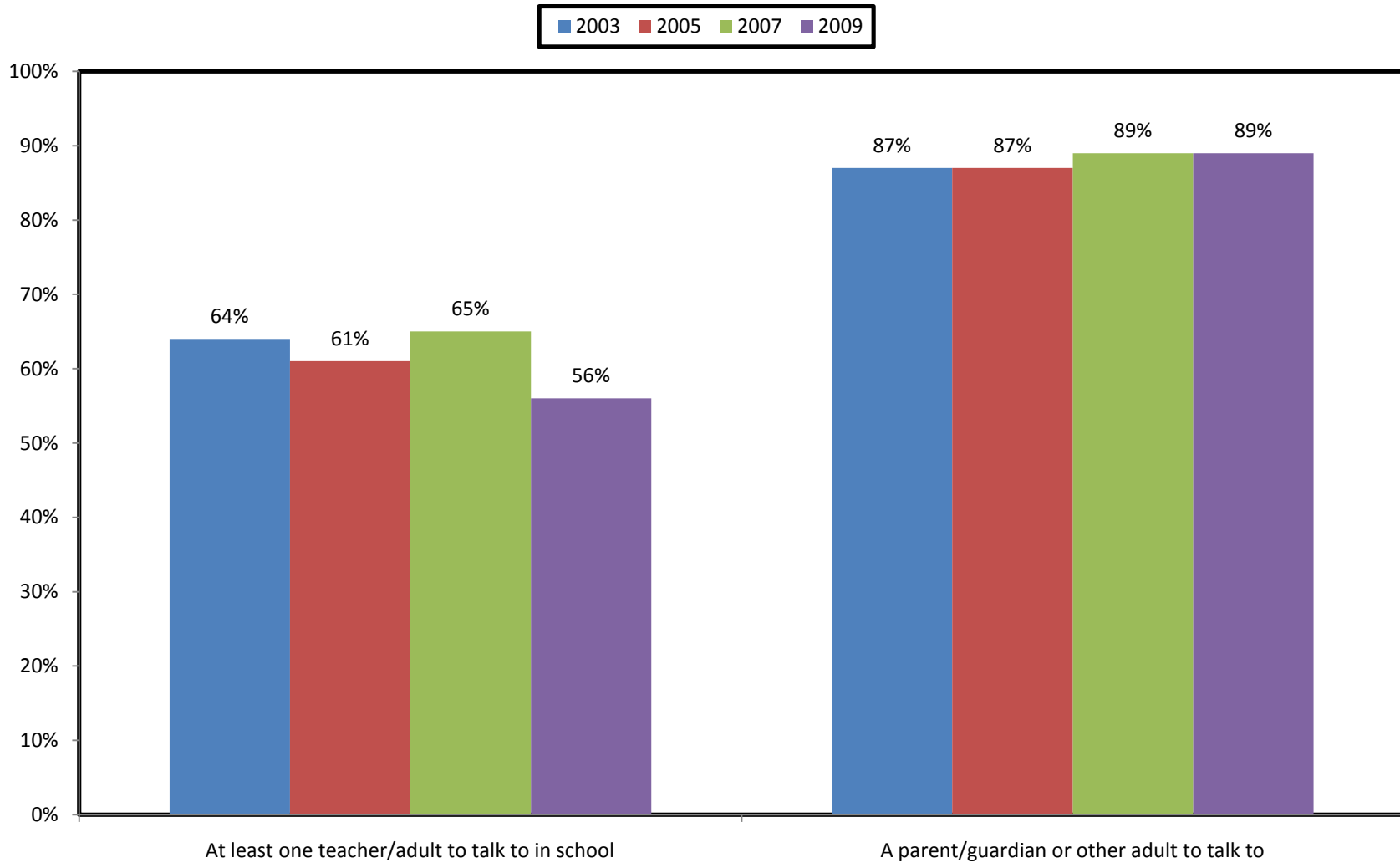
## Body Image, Physical Activity, and Screen Time By Year, 2003-2009



## Body Image, Physical Activity, and Screen Time By Grade, 2009



## Protective Factors By Year, 2003-2009



### Protective Factors By Grade, 2009

7th Grade 8th Grade

