
2017 Youth Risk Behavior Survey (YRBS)

Lynnfield Report

Acknowledgements

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Overview

The Youth Risk Behavior Surveillance System (YRBSS), established in 1990, was developed largely to monitor certain risky health behaviors and other priority areas among school-aged youth and young adults. In particular, it monitors behaviors related to the following areas: 1) unintentional injuries and violence; 2) mental health; 3) alcohol and other drugs; 4) tobacco; 5) sexual behaviors related to unintended pregnancy and sexually transmitted infections (STIs), including HIV infection; and 6) nutrition and physical activity. Through the Youth Risk Behavior Survey (YRBS), the YRBSS can determine the prevalence of health behaviors; assess whether health behaviors increase, decrease, or stay the same over time; examine the co-occurrence of health behaviors; provide comparison data for geographies and subpopulations; and monitor progress toward achieving Healthy People objectives and program indicators.

Nearly every state in the nation administers the YRBS through a cooperative agreement with the Division of Adolescent and School Health at the Centers for Disease Control and Prevention (CDC). As part of this agreement, the MA Department of Public Health draws data from a representative sample of cities and towns in the Commonwealth and develops a report of the risks facing the Commonwealth's youth. This effort is extremely valuable, but individual cities and towns are not required to conduct their own assessments and the Commonwealth's YRBS is not designed to provide information on the variation that exists across the Commonwealth.

In August, 2017 Lynnfield Public Schools opted to conduct their own YRBS effort so that they could better understand the extent to which middle school and high school students in the district were engaging in the risky behaviors referenced above. Ultimately, the goal was to use the information compiled by the survey and summarized in the following report to guide evidence-based activities to address the risky behaviors that are identified by the survey. The Lynnfield YRBS will also be used to inform the work of the "A Healthy Lynnfield" Coalition, which is a local coalition established in May, 2017 to address substance use/misuse issues in Lynnfield.

Methods and Approach

Survey Development and Administration

The Lynnfield YRBS instrument was based on the CDC version of the YRBS. In addition to this core survey, questions that are required as part of the Drug Free Communities (DFC) grant and the STOP Act grant¹ were included, as well as a select number of additional questions developed by administrators and school nursing staff in the Lynnfield Public Schools.

JSI designed the survey in SurveyGizmo and developed it to include skip logic. JSI also worked with Lynnfield administrators to develop a plan and schedule to administer the survey and supported the district with confidentiality practices, the student opt-out process, and privacy assurances. After survey administration, the district was asked to report the number of students who sat down to take the survey to allow JSI to cross check that number with completed survey records online.

Data Cleaning and Reporting of Results

Online administration of the survey allowed for results to be immediately transferred to JSI's secure computer servers, where the data was analyzed following methods described in *Morbidity and Mortality Weekly Report (MMWR / March 1, 2013 / Vol. 62 / No. 1)*. Overall rate of completion was checked for each survey. All data analyses were conducted using SAS 9.4 (SAS Institute Inc., Cary, NC). A summary report was developed for Lynnfield, highlighting key findings in comparison to the Commonwealth and national averages, whenever possible.

¹ <https://www.samhsa.gov/grants/grant-announcements/sp-17-001>

Key Findings

If one looks at the leading causes of illness and death among youth in the United States (e.g., motor vehicle crashes, unintentional injuries, homicide, suicide, sexually transmitted disease), as well as the chronic diseases and associated risk factors that impact adults (e.g., hypertension, diabetes, cardiovascular disease, cancer), it is clear that they are all related to six major health behaviors: 1) behaviors that contribute to unintentional injuries and violence; 2) behaviors related to mental health, 3) tobacco use; 4) alcohol and other drug use; 5) sexual behaviors related to unintended pregnancy and sexually transmitted infections (STIs), including HIV infection; and 6) unhealthy dietary behaviors and physical inactivity. These behaviors are frequently interrelated and, while their ultimate outcomes are often not presented until adulthood, the behaviors are established very early during childhood and adolescence.

The Youth Risk Behavior Survey (YRBS) was conducted in Lynnfield in October, 2017 to assess these behaviors among middle and high school students. The following is a review of key findings from the YRBS. The summary below is organized into six sections following the priority health behaviors identified above. In addition to the key findings from the survey, the relevance and implications of each priority health behavior are described.

Unintentional Injury and Violence

Unintentional injuries are accidental injuries where the outcome was not sought, such as injuries from motor vehicle crashes, falls, fires and burns, drowning, poisonings, and suffocation. According to the CDC, in the United States in 2014, 71% of all deaths among persons aged 10–24 years resulted from one of four causes: motor vehicle crashes (23%), other unintentional injuries (17%), homicide (14%), and suicide (17%).² Factors that may protect youth unintentional injuries include better home and traffic safety interventions. Youth violence is defined as violence either against or committed by a child or adolescent. Issues most associated with youth violence include physical fighting, bullying, cyber-violence, dating violence, and child abuse and neglect. Factors that may protect some youth from violence include connectedness to family or other adults, such as teachers or guidance counselors; ability to discuss problems with parents; perception that parental expectations for school performance are high; frequent shared activities with parents; youth involvement in social activities; commitment to school; and the consistent presence of a parent during at least one of the following: when awakening, when arriving home from school, during evening mealtimes, and when going to bed.

The 2017 Lynnfield High School and Middle School YRBSs asked questions related to driving safety, carrying weapons, physical fighting, bullying, cyber-violence, and dating violence. Lynnfield students fared better than students in the Commonwealth and nation on all indicators for which there is comparison data. A substantial percentage of Lynnfield high school students reported talking on a cell

² CDC. Underlying cause of death 1999–2014 on CDC WONDER online database, released 2015. Data are from the Multiple Cause of Death Files, 1999–2014, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program.

phone and texting or e-mailing while driving, as well as riding with a driver who had been drinking alcohol. Among middle school students, the indicators with the highest rates were never or rarely wearing a helmet when riding a bicycle; never or rarely wearing a helmet when rollerblading or riding a skateboard; being in a physical fight; and being bullied on school property.

Below are key findings from this section.

For Lynnfield high school students:

- Students in Lynnfield were less likely than students in the Commonwealth and nation to report riding with a driver who had been drinking alcohol (14.5% for Lynnfield, compared to 18.2% for the Commonwealth and 20.0% for the nation) and driving when they had been drinking alcohol (2.3% for Lynnfield, compared to 9.4% for the Commonwealth and 7.8% for the nation).
- In Lynnfield, 12.9% of males reported driving when they had been using marijuana, whereas only 3.4% of females reported the same.
- A substantially smaller percentage of Lynnfield students reported carrying a weapon (4.3%) and carrying a weapon on school property (0.5%) compared to students in the Commonwealth and nation.
- In Lynnfield, 11.5% of students reported being in a physical fight (compared to 19.2% in the Commonwealth and 22.6% in the nation), and 2.9% were in a fight on school property (compared to 5.6% in the Commonwealth and 7.8% in the nation).
- 7.4% of Lynnfield students reported being bullied on school property, which is lower than the Commonwealth average of 15.6% and the national average of 20.2%. A slightly larger percentage of Lynnfield students reported being bullied electronically (8.3%), though the rate was still lower than that of the Commonwealth and nation (13.0% and 15.5%, respectively).
- Females reported experiencing electronic bullying at a higher rate than males (11.9% vs. 4.1%, respectively).
- Among Lynnfield high school students, 5.6% reported experiencing sexual violence and 4.2% experienced sexual dating violence. These percentages are higher than the percentage of students who reported experiencing physical dating violence, at 1.6%.

For Lynnfield middle school students:

- Almost half (43.6%) of Lynnfield middle school students reported never or rarely wearing a helmet when riding a bicycle and almost three-quarters (71.6%) reported never or rarely wearing a helmet when rollerblading or riding a skateboard. These rates were higher for females (46.8% and 77.5%, respectively) compared to males (40.5% and 64.7%, respectively).

- 15.3% of Lynnfield students said they rode in a car driven by someone who had been drinking alcohol.
- A substantially larger percentage of males reported carrying a weapon compared to females (30.2% vs. 7.4%).
- Among Lynnfield middle school students, 28.6% reported that they have been in a physical fight.
- Regarding bullying, 15.1% of students said they were electronically bullied and 29.1% reported that they were bullied on school property. Females were more likely to report being bullied electronically and males were more likely to report being bullied on school property.

Mental Health

According to the World Health Organization, mental disorders are the single most common cause of disability in young people. In the United States, approximately 15–20% of children and adolescents are suffering from some form of mental disorder. Furthermore, 70% of mental disorders onset prior to age 25, making the adolescent years a critical window in which mental health can be promoted and mental health problems can be addressed. If left untreated, mental disorders can impede all aspects of health, including emotional well-being and social development, leaving young people feeling socially isolated, stigmatized, and unable to optimize their social, vocational, and interpersonal contributions to society. It can also lead to suicide, which was the second leading cause of death in 2014 for youth ages 10–24 in the United States. Addressing mental health problems early in life can lead to decreases in emotional and behavioral problems, functional impairment, and contact with law enforcement. It can also lead to improvements in social and behavioral adjustment, learning outcomes, and school performance.³

The 2017 Lynnfield High School and Middle School YRBSs asked questions related to depression, suicide, stress, and behavioral health treatment. For all indicators in which there are comparison data available, Lynnfield students fared positively compared to students in Massachusetts and the United States overall. For all indicators in this section, the rates were lower for male high school students compared to female high school students. This was mostly true for middle school students as well, though not for all indicators.

Below are key findings from this section.

For Lynnfield high school students:

- 16.2% of Lynnfield high school students reported feeling sad or hopeless almost every day for two or more weeks in a row, which is lower than the Commonwealth average of 27.4% and the national average of 29.9%. For males in Lynnfield, this rate was 11.4% and for females the rate was almost double, at 20.2%.

³ Kutcher, S., & Venn, D. (2008). Why Youth Mental Health Is So Important. *The Medscape Journal of Medicine*, 10(12), 275.

- While 7.6% of students reported that they seriously attempted suicide, a lower percentage said they made a plan about how they would attempt suicide (6.0%) and actually attempted suicide (2.1%).
- 11.3% of high school students in Lynnfield reported that they currently take medicine or receive treatment for behavioral health, mental health, or emotional conditions. The rate for females in Lynnfield was approximately double that for males (14.6% and 7.5%, respectively).
- For Lynnfield high school students, the most commonly reported causes of negative stress are a busy schedule (32.7%) and school demands/expectations (32.1%). Students are most likely to find “keeping up with schoolwork” (33.8%) and “having to study things they do not understand” (21.8%) the most stressful parts about school.

For Lynnfield middle school students:

- 7.9% of Lynnfield middle school students reported seriously considering attempting suicide, 6.1% reported making a plan about how they would attempt suicide, and 2.5% reported actually attempting suicide.
- The rates of Lynnfield middle school males who reported thinking about attempting suicide, making a plan to attempt suicide, and actually attempting suicide were approximately half those for Lynnfield middle school females. Though no specified correlation, about twice as many males reported taking medicine or receive treatment for behavioral health, mental health, or emotional conditions compared to females (8.0% and 3.7%, respectively).
- The percentage of Lynnfield middle school students who reported currently taking medicine or receiving treatment for behavioral health, mental health, or emotional conditions is 6.5%.
- Similar to high school students, the most commonly reported causes of negative stress are school demands/expectations (34.3%) and a busy schedule (27.6%). A large percentage of middle school students also reported “keeping up with schoolwork” as the most stressful aspect of school (24.1%), as well as “getting up early in the morning to go to school” (18.7%).

Tobacco and Electronic Vapor Product Use

Tobacco use is the leading cause of preventable disease, disability, and death in the United States. Every day, more than 3,800 youth younger than 18 years smoke their first cigarette. Each year, nearly half a million Americans die prematurely of smoking or exposure to secondhand smoke. Another 16 million live with a serious illness caused by smoking. Cigarette smoking rates for both adults and youth are less than half what they were in 1965. Nearly 60% of the US population is covered by state or local laws that protect nonsmokers from exposure to tobacco smoke in public places, such as worksites, restaurants, and bars. Yet even with this progress, nearly 40 million adults still smoke cigarettes. Nearly 9 in 10 adults who are current cigarette smokers first tried a cigarette before age 18. Today, about 4.7 million middle

and high school students use at least one tobacco product, such as e-cigarettes, hookah, and conventional cigarettes.⁴

Youth and young adults are increasingly using electronic nicotine delivery systems, including e-cigarettes, vape pens, e-hookah, and similar devices. In fact, more teens now use e-cigarettes than conventional cigarettes. In 2015, about 5 in 100 middle school students (5.3%) reported using e-cigarettes in the past 30 days—an increase from 0.6% in 2011. Also in 2015, 16.0% of high school students reported using e-cigarettes in the past 30 days—an increase from 1.5% in 2011. All tobacco product use, including e-cigarettes, poses dangers to youth. Most e-cigarettes contain nicotine, which is a highly addictive drug. Adolescence is a critical period for brain development, and nicotine exposure during this time can cause addiction, might harm brain development, and could lead to sustained tobacco product use among youth.⁵

The 2017 Lynnfield High School and Middle School YRBSSs asked questions related to cigarette use, smokeless tobacco, and electronic vapor products. Overwhelmingly, Lynnfield high school students fared better than high school students in the Commonwealth and nation. Within Lynnfield, high school males tended to have higher rates of tobacco use compared to females, while rates of electronic vapor use were comparable for males and females. Among Lynnfield middle school students, rates in general were very low, with slightly more males reporting usage compared to females.

Below are key findings from this section.

For Lynnfield high school students:

- While 7.5% of Lynnfield high school students reported ever trying cigarette smoking, a smaller percentage of students, 2.8%, reported currently smoking cigarettes.
- The percentage of Lynnfield high school students who reported ever using electronic vapor products (29.6%) was substantially lower than that of the Commonwealth (44.8%) and nation (44.9%), yet the percentage of Lynnfield students who reported currently using electronic vapor products was comparable to the Commonwealth and nation (22.3% for Lynnfield, compared to 23.7% for the Commonwealth and 24.1% for the nation).
- The rates of using smokeless tobacco and cigars were lower for Lynnfield than the Commonwealth and nation, with 1.9% of Lynnfield students reporting current use of smokeless tobacco and 3.7% reporting currently smoking cigars.
- Besides electronic vapor use, for which rates for Lynnfield males and females were similar, Lynnfield males were more likely to report smoking cigarettes, using smokeless tobacco, and smoking cigars.

⁴ CDC, National Center for Chronic Disease Prevention and Health Promotion (2016) *Tobacco Use*. Retrieved from <https://www.cdc.gov/chronicdisease/resources/publications/aag/pdf/2016/tobacco-aag.pdf>

⁵ *ibid.*

For Lynnfield middle school students:

- Only 1.4% of Lynnfield middle school students reported ever trying cigarette smoking, and there were no students who reported smoking cigarettes before age 10, smoking cigarettes frequently, and smoking more than five cigarettes per day.
- 3.2% of Lynnfield middle school students reported ever using electronic vapor products, and 1.8% reported currently using electronic vapor products. The majority of students who reported using electronic vapor products in the last 30 days said they borrowed them from someone else.
- A greater percentage of male students reported using electronic vapor products compared to female students (4.3 % vs. 1.5%, respectively).

Alcohol and Drugs

Youth alcohol consumption is a major public health concern, as it is the most widely used substance of abuse among American youth. Approximately 15% of teens have had at least one drink of alcohol by age 15, and about 60% have had at least one drink by age 18. Moreover, while youth tend to drink less often than adults do, when they do drink they drink more; young people consume more than 90% of their alcohol by binge drinking. Underage drinking poses a range of risks, for both the individual and for society in general. It can lead to injury, death, impaired judgment, increased risk of physical and sexual assault, altered brain development, and a higher chance of alcohol dependence later in life.⁶

In addition to alcohol, illicit drug use is a concern for youth health. This can include both the abuse of illegal drugs and the misuse of prescription medications or other substances. Marijuana is the most commonly used illicit drug by both teenagers and adults in the United States. It can increase the risk for accidents and injuries, including impaired driving, and is associated with poorer school performance, reduced life satisfaction, and use of other drugs.⁷ Other drugs also pose a public health concern for youth. Prescription drug misuse has become a growing problem for teenagers, as it can lead to addiction and overdose deaths. Cocaine, heroin, and cough and cold medicine, among other drugs, all affect the body and mind and are dangerous for children and adolescents.⁸

The 2017 Lynnfield High School and Middle School YRBSs asked questions related to alcohol use, marijuana use, other illicit drug use, and prescription drug use. In general, rates of alcohol use were highest among the selected indicators, followed by marijuana use; rates of illicit drug use were very small. For all indicators for which there is Commonwealth and national comparison data, Lynnfield students fared better.

⁶ National Institute on Alcohol Abuse and Alcoholism (February, 2017). *Underage Drinking*. Retrieved from https://pubs.niaaa.nih.gov/publications/underagedrinking/Underage_Fact.pdf

⁷ National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services (July, 2017). *Marijuana*. Retrieved from <https://teens.drugabuse.gov/drug-facts/marijuana>

⁸ National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services (July, 2017). *Drug Facts*. Retrieved from <https://teens.drugabuse.gov/drug-facts>

Below are key findings from this section.

For Lynnfield high school students:

- In Lynnfield, 45.1% of high school students reported ever drinking alcohol, which compares to 61.3% of students in the Commonwealth and 63.2% of students in the nation. About half as many Lynnfield high school students reported that they currently drank alcohol (16.6%) compared to the Commonwealth and the nation (33.9% and 32.8%, respectively).
- While a slightly larger percentage of female high school students in Lynnfield reported ever drinking alcohol than males (48.1% and 41.7%, respectively), the rate of currently drinking alcohol was similar for females and males (16.5 and 16.9%, respectively).
- Rates of marijuana use were lower among Lynnfield students compared to students in the Commonwealth and nation; 22.1% of Lynnfield high school students reported ever using marijuana, compared to 40.9% of students in the Commonwealth and 38.6% in the nation.
- A larger percentage of males in Lynnfield reported ever using marijuana compared to females (25.9% vs. 18.6%, respectively).
- Rates of using cocaine (1.0%), heroin (0.2%), methamphetamines (0.5%), ecstasy (0.7%), and synthetic marijuana (1.3%) were all around or lower than 1% for Lynnfield students.
- In Lynnfield, 7.3% of students reported that they were offered, sold, or given an illegal drug on school property, which is substantially lower than the Commonwealth and national rates (20.3% and 21.7%, respectively).

For Lynnfield middle school students:

- Among Lynnfield middle school students, 9.7% reported ever drinking alcohol and only 0.7% reported currently drinking alcohol.
- Almost twice as many male students reported ever drinking alcohol compared to female students (12.3% vs. 6.7%, respectively).
- The indicator with the highest rate after ever drinking alcohol was ever sniffing glue, breathing contents of spray cans, or inhaling paints or sprays to get high, with 2.6% of Lynnfield middle school students reporting ever having done so.
- 1.5% of students reported ever using marijuana and 0.0% of students reported ever using cocaine.

Sexual Behavior and HIV/AIDS

Youth who engage in sexual behaviors are at risk for unintended health outcomes. Sexual risk behaviors can put teens at risk for HIV infection, other sexually transmitted diseases (STDs), and unintended

pregnancy. According to CDC data, lesbian, gay, and bisexual high school students in particular are at substantial risk for serious health outcomes. In 2015, young people aged 13–24 accounted for an estimated 22% of all new HIV diagnoses in the United States, and among young people aged 13–24 diagnosed with HIV in 2015, 81% were gay and bisexual males. Schools and other youth-serving organizations have a role to play in helping young people adopt attitudes and behaviors that support their health and well-being and reduce their risk of HIV, other STDs, and unintended pregnancy. According to the CDC, awareness and education are key aspects that should be incorporated into all educational environments.⁹

The 2017 Lynnfield High School and Middle School YRBSs asked questions related to sexual intercourse, sexting, pregnancy and disease prevention, and sexually transmitted diseases. A substantially lower percentage of Lynnfield high school students reported having participated in risky behaviors in this section compared to Commonwealth and national averages.

Below are key findings from this section.

For Lynnfield high school students:

- The percentage of Lynnfield students who reported ever having had sexual intercourse is approximately half that of the Commonwealth and national averages (19.3%, 36.4%, and 41.2%, respectively).
- A greater percentage of males reported ever having had sexual intercourse (21.6%) compared to females (17.1%). Substantially more males also reported drinking alcohol or using drugs prior to their last sexual intercourse (27.1% vs. 7.7%, respectively).
- 17.9% of Lynnfield high school students reported drinking alcohol or using drugs before their last sexual intercourse; this number is lower than, though similar to, the Commonwealth and national averages (21.8% and 20.6%, respectively).
- In Lynnfield, 5.4% of students reported not using any method to prevent pregnancy, compared to 8.6% of students in the Commonwealth overall and 13.8% of students in the nation.
- 46.2% of Lynnfield students reported ever being taught in school about AIDS or HIV infection; 7.5% reported ever being taught in school about how to use condoms; and 12.8% reported ever being taught in school about birth control methods.
- Among Lynnfield students, 17.5% said they have an adult in their school who can help them find sexual health services and 12.6% said they feel comfortable asking an adult for this help.

For Lynnfield middle school students:

- 1.9% of Lynnfield middle school students reported ever having had sexual intercourse.

⁹ Centers for Disease Control and Prevention (March, 2017). *Sexual Risk Behaviors: HIV, STD, & Teen Pregnancy Prevention*. Retrieved from <https://www.cdc.gov/healthyouth/sexualbehaviors/>

- There were no students who reported having had sexual intercourse before age 10, having had sexual intercourse with four or more persons, or not using a condom.

Nutrition and Physical Activity

Healthy eating and regular physical activity are essential for the physical and mental health of youth. Healthy eating is important for helping individuals maintain a healthy body weight and consume necessary nutrients. Both healthy eating and regular physical activity can help reduce the risk of developing health conditions including high blood pressure, heart disease, cancer, and diabetes. Furthermore, physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight and reduce symptoms of anxiety and depression. Higher physical activity levels are associated with improved cognitive performance, and students who are physically active tend to do better in school. Similarly, eating a healthy breakfast is associated with improved cognitive function, reduced absenteeism, and improved mood. It is recommended that people aged 2 years or older maintain a healthy diet that includes a variety of fruits and vegetables, whole grains, fat-free and low-fat dairy products, a variety of protein foods, and oils. Additionally, the U.S. Department of Health and Human Services recommends that children and adolescents aged 6 to 17 years should have 60 minutes or more of physical activity each day.^{10,11}

The 2017 Lynnfield High School and Middle School YRBSs asked questions related to nutrition, physical activity, and overweight and obesity. For most indicators in this section, Lynnfield students were less likely to have risky health behaviors than students in the Commonwealth and nation overall. Drinking milk, eating breakfast every day, and being physically active five or more days per week are areas in which there could be cause for concern for Lynnfield high school students. For both middle and high school students, males and females tended to report similar behaviors, with few exceptions.

Below are key findings from this section.

For Lynnfield high school students:

- A slightly lower but similar percentage of Lynnfield high school students reported not eating fruit or drinking 100% fruit juices in the seven days before the survey (4.7%) compared to students in the Commonwealth and nation overall (5.5% and 5.2%, respectively).
- A lower percentage of Lynnfield high school students reported not eating vegetables in the seven days before the survey (3.5%) compared to students in the Commonwealth and national overall (6.0% and 6.7%, respectively).
- Lynnfield students were more likely than their counterparts in the Commonwealth and nation to not drink milk in the seven days before the survey (26.0% vs. 21.0% and 21.5%, respectively).

¹⁰ Centers for Disease Control and Prevention (June, 2017). *Physical Activity Facts*. Retrieved from <https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

¹¹ Centers for Disease Control and Prevention (May, 2017). *Childhood Nutrition Facts*. Retrieved from <https://www.cdc.gov/healthyschools/nutrition/facts.htm>

- In Lynnfield, a greater percentage of males reported not eating vegetables compared to females (5.6% vs. 1.6%, respectively), whereas a lower percentage reported not drinking milk (17.2% vs. 33.8%, respectively).
- Compared to Commonwealth and national averages, a lower percentage of Lynnfield students reported not eating breakfast at all in the past week (6.0% vs. 13.7% and 13.8%, respectively), whereas a greater percentage reported not eating breakfast on at least one day during the week (79.4% vs. 65.1% and 63.7%, respectively).
- More than a third (38.1%) of Lynnfield students reported playing video or computer games or using a computer for three or more hours per day for something that was not schoolwork; this rate is slightly lower than that for the Commonwealth and nation (43.2% and 41.7%, respectively).

For Lynnfield middle school students:

- Among Lynnfield middle school students, 32.1% reported playing video or computer games or using a computer for three or more hours per day for something that was not schoolwork on an average school day.
- While 3.7% of Lynnfield students reported not eating breakfast at all in the past week, 49.1% reported not eating breakfast on at least one day.
- Only 9.5% of Lynnfield middle school students said they did not play on at least one sports team and 19.5% said they were not physically active for at least 60 minutes per day on five or more days in the week.
- Overall rates were similar for Lynnfield males and females; however, Lynnfield males were more likely to report watching television for three or more hours per day compared to females (14.3% vs. 9.6%, comparatively).

Appendix A: Data Tables

Table 1: Lynnfield's High School Responses with Comparisons to Commonwealth and Nation

	Lynnfield		MA	U.S.
	n	%	%	%
UNINTENTIONAL INJURY AND VIOLENCE				
Rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)	92	14.5	18.2	20.0
Drove when they had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	7	2.3	9.4	7.8
Drove when they had been using marijuana (in a car or other vehicle one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	23	8.0	-	-
Talked on a cell phone while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	121	41.7	-	-
Texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	91	31.3	39.3	41.5
Carried a weapon (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	27	4.3	12.6	16.2
Carried a weapon on school property (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	3	0.5	3.2	4.1
Carried a gun (1 or more times during the 12 months before the survey)	3	0.5	-	-
Were threatened or injured with a weapon on school property (such as, a gun, knife, or club, 1 or more times during the 12 months before the survey)	13	2.1	4.1	6.0
Were in a physical fight (one or more times during the 12 months before the survey)	72	11.5	19.2	22.6
Were in a physical fight on school property (one or more times during the 12 months before the survey)	18	2.9	5.6	7.8
Were a member of a gang (during the 12 months before the survey)	11	1.8	-	-

Did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)	12	1.9	4.8	5.6
Were electronically bullied (counting being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 months before the survey)	52	8.3	13.0	15.5
Were bullied on school property (during the 12 months before the survey)	46	7.4	15.6	20.2
Were ever physically forced to have sexual intercourse (when they did not want to)	10	1.6	5.5	6.7
Experienced physical dating violence (counting being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	10	1.6	-	-
Experienced sexual violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to 1 or more times during the 12 months before the survey)	35	5.6	-	-
Experienced sexual dating violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	26	4.2	-	-
MENTAL HEALTH				
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	100	16.2	27.4	29.9
Did something to purposefully hurt themselves without wanting to die (such as cutting or burning themselves on purpose, 1 or more times during the 12 months before the survey)	42	6.7	-	-
Seriously considered attempting suicide (during the 12 months before the survey)	47	7.6	14.9	17.7
Made a plan about how they would attempt suicide (during the 12 months before the survey)	37	6.0	11.9	14.6
Attempted suicide (one or more times during the 12 months before the survey)	13	2.1	7.0	8.6

Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	2	0.3	2.8	2.8
Are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	70	11.3	-	-
Which of the following do you find causes the most negative stress for you?				
Busy schedule (school, activities, sports, etc.)	180	32.7		
Parent/family demands/expectations about academics, grades, etc.	53	9.6		
Difficulty getting enough sleep	20	3.6		
Extracurricular activity demands or pressures	6	1.1	-	-
School demands/expectations—such as assignments, homework, etc.	177	32.1		
Social pressures from friends, peers, etc.	15	2.7		
Other family or personal issues which cause emotional stress for you	40	7.3		
Worrying about the future such as college, career, etc.	60	10.9		
Which of the following do you find the most stressful about school?				
Having to study things you do not understand	120	21.8		
Teachers expecting too much from you	59	10.7		
Keeping up with schoolwork	186	33.8		
Having to concentrate too long during the school day	31	5.6	-	-
Having to study things you are not interested in	61	11.1		
Pressure of study	26	4.7		
Getting up early in the morning to go to school	50	9.1		
Going to school	17	3.1		
TOBACCO				
Ever tried cigarette smoking (even one or two puffs)	46	7.5	27.8	32.3
Tried cigarette smoking before age 13 years (even one or two puffs, for the first time)	9	1.5	-	-
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	17	2.8	7.7	10.8
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	3	0.5	2.3	3.4
Ever used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	184	29.6	44.8	44.9

Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	138	22.3	23.7	24.1
Currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)	12	1.9	5.5	7.3
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	23	3.7	10.4	10.3
ALCOHOL AND DRUGS				
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	276	45.1	61.3	63.2
Drank alcohol before age 13 years (for the first time other than a few sips)	35	5.7	12.9	17.2
Currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)	102	16.6	33.9	32.8
Currently drank alcohol on school property (at least 1 drink of alcohol on school property on at least 1 day during the 30 days before the survey)	4	1.0	-	-
Drank 4 or more (for females) or 5 or more (for males) drinks of alcohol in a row (on at least 1 day during the 30 days before the survey)	50	8.2	-	-
Ever used marijuana (one or more times during their life)	134	22.1	40.9	38.6
Tried marijuana before age 13 years (for the first time)	9	1.5	6.3	7.5
Currently used marijuana (one or more times during the 30 days before the survey)	70	11.6	24.5	21.7
Currently used marijuana or hashish (during the past 30 days)	77	12.7	-	-
Currently used marijuana on school property (one or more times on school property during the 30 days before the survey)	8	1.5	-	-
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	6	1.0	4.5	5.2
Ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)	1	0.2	1.7	2.1

Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)	3	0.5	2.1	3.0
Ever used ecstasy (also called "MDMA," one or more times during their life)	4	0.7	4.3	5.0
Ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk", or "Moon Rocks", one or more times during their life)	8	1.3	7.9	9.2
Ever taken over-the-counter medication to get high (including cough syrup, at least one time during their life)	17	2.8	-	-
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays to get high (during the past 30 days)	4	0.7	-	-
Used prescription drugs not prescribed to them (during the past 30 days)	20	3.3	-	-
Were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	44	7.3	20.3	21.7
SEXUAL BEHAVIOR AND HIV/AIDS				
Ever had sexual intercourse	114	19.3	36.4	41.2
Were currently sexually active (had sexual intercourse with at least one person during the 3 months before the survey)	97	16.4	27.7	30.1
Had sexual intercourse before age 13 years (for the first time)	3	0.5	2.9	3.9
Had sexual intercourse with four or more persons (during their life)	8	1.4	7.9	11.5
During your life, with whom have you had sexual contact?				
I have never had sexual contact	371	63.3		
Females	114	19.5	-	-
Males	92	15.7		
Females and males	9	1.5		
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	20	17.9	21.8	20.6
Have been pregnant or gotten someone pregnant (at least one time)	8	1.4	-	-
Did not use a condom (during last sexual intercourse, among students who were currently sexually active)	30	26.8	37.5	43.1

Did not use any method to prevent pregnancy (during last sexual intercourse, among students who were currently sexually active)	6	5.4	8.6	13.8
Ever sent or received sexual messages or nude or semi-nude pictures or videos electronically	167	28.3	-	-
Ever been tested for HIV (not counting tests done if donated blood)	30	5.3	-	-
Ever been tested for sexually transmitted diseases (STDs) (such as genital herpes, chlamydia, syphilis, or genital warts)	38	6.7	-	-
Ever been taught in school about AIDS or HIV infection	263	46.2	-	-
Ever been taught in school about how to use condoms	43	7.5	-	-
Ever been taught in school about birth control methods	73	12.8	-	-
Talked with family members about sexual health (talked with parents or other adults in their family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases (STDs), or pregnancy at least once during the 12 months before the survey)	239	41.7	-	-
Have an adult in their school who can help them find sexual health services (such as HIV, STD and pregnancy testing, access to birth control, or support around their sexuality)	100	17.5	-	-
Feel comfortable asking an adult at their school if they needed help finding sexual health services	72	12.6	-	-
NUTRITION AND PHYSICAL ACTIVITY				
Did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)	27	4.7	5.5	5.2
Did not eat vegetables (green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables, during the 7 days before the survey)	20	3.5	6.0	6.7
Did not drink milk (during the 7 days before the survey)	150	26.0	21.0	21.5
Drank a can, bottle, or glass of soda or pop (not counting diet soda or diet pop, during the 7 days before the survey)	346	59.8	67.4	73.8
Did not eat breakfast at all during the week (during the 7 days before the survey)	35	6.0	13.7	13.8
Did not eat breakfast on at least one day during the week (during the 7 days before the survey)	285	79.4	65.1	63.7

Were not physically active at least 60 minutes per day at all during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	19	3.3	15.1	14.3
Were not physically active at least 60 minutes per day on 5 or more days during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	407	70.5	54.8	51.4
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	220	38.1	43.2	41.7
Did not attend physical education classes at all during the week (in an average week when they were in school)	155	26.9	45.0	48.4
Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	63	10.9	-	-
Were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	51	8.0	11.0	13.9
Were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	94	14.8	15.3	16.0
Described themselves as slightly or very overweight	148	25.0	31.5	31.5
Were not trying to lose weight	363	61.4	54.0	54.4
OTHER HEALTH-RELATED TOPICS				
Have any long-term disabilities (long-term meaning 6 months or more)	80	14.5	-	-
Have any physical disabilities or long-term health problems (long-term meaning 6 months or more)	46	8.4	-	-
Have at least one teacher or other adult in their school that they can talk to if they have a problem	315	57.2	-	-
The one resource in school they would most likely access with a problem				
Coach	89	21.3		
Extracurricular advisor	3	0.7		
Teacher	122	29.3		
Nurse	14	3.4	-	-
Guidance	126	30.2		
School Adjustment Counselor	25	6.0		
Administration	3	0.7		

Other	35	8.4		
Can talk to at least one parent or other adult family member about things that are important to them	479	87.1	-	-
Did not have 8 or more hours of sleep (on an average school night)	432	78.3	78.0	72.7
Did not usually sleep in parent/guardian's home (during the 30 days before the survey)	7	1.1	-	-
Slept outside parent/guardian's home because were kicked out, ran away, or were abandoned (ever during the 30 days before the survey)	9	1.4	-	-

Table 2: Lynnfield’s High School Responses to Drug Free Communities Questions

	n	%	n	%	n	%	n	%
	No Risk		Slight Risk		Moderate Risk		Great Risk	
How much do you think people risk harming themselves physically or in other ways when they have five or more drinks of an alcoholic beverage once or twice a week?	21	3.5	114	18.8	264	43.5	208	34.3
How much do you think people risk harming themselves physically or in other ways if they smoke one or more packs of cigarettes per day?	18	2.9	29	4.7	142	23.0	429	69.4
How much do you think people risk harming themselves physically or in other ways if they smoke marijuana once or twice a week?	107	17.7	191	31.6	163	26.9	144	23.8
How much do you think people risk harming themselves physically or in other ways if they use prescription drugs that are not prescribed to them?	9	1.5	29	4.9	186	31.3	371	62.4
How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage nearly every day?	22	3.6	93	15.4	235	38.9	254	42.1
	Not at All Wrong		A Little Bit Wrong		Wrong		Very Wrong	
How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?	7	1.2	29	4.8	99	16.4	77.6	469
How wrong do your parents feel it would be for you to smoke tobacco?	5	0.8	16	2.6	126	20.4	76.2	471
How wrong do your parents feel it would be for you to smoke marijuana?	15	2.5	63	10.4	146	24.1	63.0	382
How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?	3	0.5	7	1.2	95	15.9	82.4	491
How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?	36	6.0	93	15.4	202	33.5	45.1	272
How wrong do your friends feel it would be for you to smoke tobacco?	40	6.5	141	22.8	207	33.5	37.2	230
How wrong do your friends feel it would be for you to smoke marijuana?	161	26.7	141	23.4	116	19.2	30.7	185
How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?	12	2.0	48	8.1	169	28.5	61.4	365

	Neither Approve nor Disapprove		Somewhat Disapprove		Strongly Disapprove		Don't Know or Can't Say	
How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?	80	13.2	129	21.3	372	61.3	26	4.3

Table 3: Lynnfield’s High School Responses by Grade Level for Males

	Freshmen		Sophomores		Juniors		Seniors		All Males	
	n	%	n	%	n	%	n	%	n	%
UNINTENTIONAL INJURY AND VIOLENCE										
Rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)	9	12.2	9	12.0	17	18.9	12	19.0	47	15.6
Drove when they had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	1	6.7	2	2.9	1	2.0	4	2.8
Drove when they had been using marijuana (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	1	6.7	9	13.2	8	17.0	18	12.9
Talked on a cell phone while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	3	20.0	28	41.2	24	50.0	55	39.3
Texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	2	13.3	19	27.9	23	47.9	44	31.4
Carried a weapon (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	6	8.2	1	1.4	12	13.3	4	6.8	23	7.8
Carried a weapon on school property (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	0	0.0	0	0.0	3	3.3	0	0.0	3	1.0
Carried a gun (1 or more times during the 12 months before the survey)	0	0.0	0	0.0	2	2.2	0	0.0	2	0.7
Were threatened or injured with a weapon on school property (such as, a gun, knife, or club, 1 or more times during the 12 months before the survey)	2	2.8	4	5.4	2	2.2	2	3.4	10	3.4
Were in a physical fight (one or more times during the 12 months before the survey)	14	19.2	6	8.1	22	24.4	10	16.9	52	17.6
Were in a physical fight on school property (one or more times during the 12 months before the survey)	6	8.2	3	4.1	4	4.5	1	1.7	14	4.8

Were a member of a gang (during the 12 months before the survey)	2	2.7	1	1.4	1	1.1	3	5.1	7	2.4
Did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)	1	1.4	3	4.1	2	2.3	1	1.7	7	2.4
Were electronically bullied (counting being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 months before the survey)	3	4.1	2	2.7	4	4.5	3	5.1	12	4.1
Were bullied on school property (during the 12 months before the survey)	10	13.7	2	2.7	2	2.2	3	5.1	17	5.8
Were ever physically forced to have sexual intercourse (when they did not want to)	0	0.0	1	1.4	1	1.1	1	1.7	3	1.0
Experienced physical dating violence (counting being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	0	0.0	1	1.4	1	1.1	2	3.4	4	1.4
Experienced sexual violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to 1 or more times during the 12 months before the survey)	0	0.0	4	5.4	2	2.2	2	3.4	8	2.7
Experienced sexual dating violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	1	1.4	1	1.4	3	3.4	4	6.9	9	3.1
MENTAL HEALTH										
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	5	6.8	5	6.8	12	13.6	11	19.6	33	11.4
Did something to purposefully hurt themselves without wanting to die (such as cutting or burning themselves on purpose, 1 or more times during the 12 months before the survey)	1	1.4	6	8.3	6	6.7	2	3.4	15	5.1

Seriously considered attempting suicide (during the 12 months before the survey)	5	6.8	4	5.5	4	4.6	4	6.9	17	5.8
Made a plan about how they would attempt suicide (during the 12 months before the survey)	3	4.1	5	6.8	4	4.5	2	3.4	14	4.8
Attempted suicide (one or more times during the 12 months before the survey)	0	0.0	1	1.4	1	1.1	0	0.0	2	0.7
Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	6	8.2	6	8.2	5	5.7	5	8.6	22	7.5
Which of the following do you find causes the most negative stress for you?										
Busy schedule (school, activities, sports, etc.)	21	33.3	24	40.0	28	35.0	14	25.9	87	33.9
Parent/family demands/expectations about academics, grades, etc.	6	9.5	4	6.7	14	17.5	3	5.6	27	10.5
Difficulty getting enough sleep	2	3.2	3	5.0	4	5.0	4	7.4	13	5.1
Extracurricular activity demands or pressures	0	0.0	0	0.0	3	3.8	1	1.9	4	1.6
School demands/expectations—such as assignments, homework, etc.	28	44.4	17	28.3	21	26.3	17	31.5	83	32.3
Social pressures from friends, peers, etc.	3	4.8	2	3.3	1	1.3	1	1.9	7	2.7
Other family or personal issues which cause emotional stress for you	1	1.6	4	6.7	2	2.5	4	7.4	11	4.3
Worrying about the future such as college, career, etc.	2	3.2	6	10.0	7	8.8	10	18.5	25	9.7
Which of the following do you find the most stressful about school?										
Having to study things you do not understand	14	21.5	2	3.3	14	17.9	5	9.3	35	13.6
Teachers expecting too much from you	7	10.8	9	15.0	7	9.0	6	11.1	29	11.3
Keeping up with schoolwork	27	41.5	21	35.0	33	42.3	22	40.7	103	40.1
Having to concentrate too long during the school day	3	4.6	2	3.3	4	5.1	2	3.7	11	4.3
Having to study things you are not interested in	5	7.7	11	18.3	11	14.1	13	24.1	40	15.6
Pressure of study	1	1.5	2	3.3	4	5.1	1	1.9	8	3.1
Getting up early in the morning to go to school	3	4.6	12	20.0	4	5.1	4	7.4	23	8.9
Going to school	5	7.7	1	1.7	1	1.3	1	1.9	8	3.1
TOBACCO										
Ever tried cigarette smoking (even one or two puffs)	4	5.6	2	2.7	11	12.5	11	19.0	28	9.6
Tried cigarette smoking before age 13 years (even one or two puffs, for the first time)	1	1.4	0	0.0	3	3.4	1	1.8	5	1.7

Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	3	4.2	0	0.0	6	6.8	6	10.5	15	5.2
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	1	1.4	0	0.0	1	1.2	1	1.9	3	1.1
Ever used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	11	15.1	17	23.3	34	38.6	23	39.7	85	29.1
Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	8	11.0	10	13.7	32	36.4	19	33.9	69	23.8
Currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)	2	2.7	0	0.0	3	3.4	6	10.5	11	3.8
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	2	2.7	0	0.0	10	11.4	9	15.8	21	7.2
ALCOHOL AND DRUGS										
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	17	23.3	22	30.1	52	59.8	29	52.7	120	41.7
Drank alcohol before age 13 years (for the first time other than a few sips)	6	8.2	1	1.4	9	10.2	4	7.1	20	6.9
Currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)	4	5.5	6	8.2	25	28.4	14	25.0	49	16.9
Currently drank alcohol on school property (at least 1 drink of alcohol on school property on at least 1 day during the 30 days before the survey)	0	0.0	0	0.0	2	3.7	1	2.9	3	1.5
Drank 4 or more (for females) or 5 or more (for males) drinks of alcohol in a row (on at least 1 day during the 30 days before the survey)	2	2.7	1	1.4	19	21.8	7	12.5	29	10.1
Ever used marijuana (one or more times during their life)	7	9.7	11	15.3	34	39.5	22	39.3	74	25.9
Tried marijuana before age 13 years (for the first time)	0	0.0	2	2.8	4	4.7	0	0.0	6	2.1

Currently used marijuana (one or more times during the 30 days before the survey)	5	6.9	6	8.3	25	29.1	16	28.6	52	18.2
Currently used marijuana or hashish (during the past 30 days)	6	8.2	5	6.9	26	30.2	16	28.6	53	18.5
Currently used marijuana on school property (one or more times on school property during the 30 days before the survey)	0	0.0	1	1.5	4	5.2	2	4.0	7	2.7
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	0	0.0	0	0.0	2	2.4	2	3.6	4	1.4
Ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)	0	0.0	0	0.0	1	1.2	0	0.0	1	0.4
Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)	0	0.0	0	0.0	1	1.2	0	0.0	1	0.4
Ever used ecstasy (also called "MDMA," one or more times during their life)	0	0.0	0	0.0	2	2.4	1	1.8	3	1.1
Ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk", or "Moon Rocks", one or more times during their life)	0	0.0	0	0.0	2	2.4	2	3.6	4	1.4
Ever taken over-the-counter medication to get high (including cough syrup, at least one time during their life)	2	2.7	0	0.0	5	5.9	5	9.1	12	4.2
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays to get high (during the past 30 days)	0	0.0	0	0.0	1	1.2	0	0.0	1	0.4
Used prescription drugs not prescribed to them (during the past 30 days)	1	1.4	3	4.2	4	4.8	2	3.6	10	3.5
Were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	7	9.6	2	2.8	11	12.9	8	14.5	28	9.9
SEXUAL BEHAVIOR AND HIV/AIDS										
Ever had sexual intercourse	6	8.3	7	10.1	27	32.5	20	37.0	60	21.6
Were currently sexually active (had sexual intercourse with at least one person during the 3 months before the survey)	5	6.9	3	4.3	20	24.1	19	35.2	47	16.9

Had sexual intercourse before age 13 years (for the first time)	2	2.8	0	0.0	0	0.0	0	0.0	2	0.7
Had sexual intercourse with four or more persons (during their life)	0	0.0	1	1.4	3	3.6	2	3.7	6	2.2
During your life, with whom have you had sexual contact? I have never had sexual contact	53	74.6	45	66.2	39	47.0	26	47.3	163	58.8
Females	17	23.9	23	33.8	41	49.4	29	52.7	110	39.7
Males	1	1.4	0	0.0	0	0.0	0	0.0	1	0.4
Females and males	0	0.0	0	0.0	3	3.6	0	0.0	3	1.1
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	2	33.3	0	0.0	8	29.6	6	30.0	16	27.1
Have been pregnant or gotten someone pregnant (at least one time)	3	4.2	0	0.0	3	3.6	0	0.0	6	2.2
Did not use a condom (during last sexual intercourse, among students who were currently sexually active)	1	16.7	1	16.7	7	25.9	6	30.0	15	25.4
Did not use any method to prevent pregnancy (during last sexual intercourse, among students who were currently sexually active)	0	0.0	0	0.0	1	3.7	2	10.0	3	5.1
Ever sent or received sexual messages or nude or semi-nude pictures or videos electronically	19	26.4	15	21.7	36	43.4	21	38.9	91	32.7
Ever been tested for HIV (not counting tests done if donated blood)	4	6.1	1	1.5	7	8.6	2	3.6	14	5.2
Ever been tested for sexually transmitted diseases (STDs) (such as genital herpes, chlamydia, syphilis, or genital warts)	4	6.0	0	0.0	10	12.3	2	3.6	16	5.9
Ever been taught in school about AIDS or HIV infection	44	66.7	37	56.9	38	47.5	26	47.3	145	54.5
Ever been taught in school about how to use condoms	4	6.0	8	12.3	9	11.1	10	18.2	31	11.6
Ever been taught in school about birth control methods	9	13.6	8	12.3	14	17.3	17	30.9	48	18.0
Talked with family members about sexual health (talked with parents or other adults in their family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases (STDs), or pregnancy at least once during the 12 months before the survey)	26	38.8	18	27.7	40	49.4	22	40.0	106	39.6
Have an adult in their school who can help them find sexual health services (such as HIV, STD and pregnancy testing, access to birth control, or support around their sexuality)	14	20.9	10	15.4	13	16.5	7	12.7	44	16.5

Feel comfortable asking an adult at their school if they needed help finding sexual health services	7	10.4	8	12.3	8	9.9	9	16.4	32	11.9
NUTRITION AND PHYSICAL ACTIVITY										
Did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)	3	4.5	1	1.5	6	7.3	2	3.6	12	4.4
Did not eat vegetables (green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables, during the 7 days before the survey)	2	3.0	7	10.8	3	3.7	3	5.5	15	5.6
Did not drink milk (during the 7 days before the survey)	10	15.4	6	9.1	20	24.7	10	18.2	46	17.2
Drank a can, bottle, or glass of soda or pop (not counting diet soda or diet pop, during the 7 days before the survey)	48	72.7	48	71.6	54	66.7	32	58.2	182	67.7
Did not eat breakfast any day during the week (during the 7 days before the survey)	3	4.5	3	4.5	7	8.6	6	10.9	19	7.1
Did not eat breakfast at least one day during the week (during the 7 days before the survey)	27	75.0	22	68.8	50	89.3	37	86.0	136	81.4
Were not physically active at least 60 minutes per day on any day during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	2	3.0	1	1.5	3	3.7	2	3.6	8	3.0
Were not physically active at least 60 minutes per day on 5 or more days during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	39	58.2	35	53.0	53	65.4	40	72.7	167	62.1
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	29	43.3	25	38.5	36	44.4	15	27.3	105	39.2
Did not attend physical education classes any day during the week (in an average week when they were in school)	18	26.9	18	27.3	17	21.0	17	30.9	70	26.0
Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	10	14.9	6	9.1	11	13.4	7	12.7	34	12.6
Were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	4	5.6	7	9.5	7	7.4	13	20.3	31	10.2

Were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	11	15.3	12	16.2	18	18.9	12	18.8	53	17.4
Described themselves as slightly or very overweight	12	17.1	16	22.9	18	21.7	20	36.4	66	23.7
Were not trying to lose weight	51	72.9	57	81.4	63	75.9	31	56.4	202	72.7
OTHER HEALTH-RELATED TOPICS										
Have any long-term disabilities (long-term meaning 6 months or more)	10	15.4	9	15.0	14	17.7	6	11.1	39	15.1
Have any physical disabilities or long-term health problems (long-term meaning 6 months or more)	7	10.8	3	5.1	9	11.5	3	5.6	22	8.6
Have at least one teacher or other adult in their school that they can talk to if they have a problem	38	58.5	38	63.3	40	50.6	28	51.9	144	55.8
The one resource in school they would most likely access with a problem										
Coach	13	25.0	17	36.2	15	26.8	12	31.6	57	29.5
Extracurricular advisor	1	1.9	0	0.0	1	1.8	0	0.0	2	1.0
Teacher	8	15.48	9	19.2	15	26.8	11	29.0	43	22.3
Nurse	2	3.9	1	2.1	1	1.8	1	2.6	5	2.6
Guidance	20	38.5	16	34.0	16	28.6	9	23.7	61	31.6
School Adjustment Counselor	1	1.9	1	2.1	3	5.4	1	2.6	6	3.1
Administration	0	0.0	0	0.0	2	3.6	0	0.0	2	1.0
Other	7	13.5	3	6.4	3	5.4	4	10.5	17	8.8
Can talk to at least one parent or other adult family member about things that are important to them	54	84.4	51	85.0	64	81.0	47	87.0	216	84.0
Did not have 8 or more hours of sleep (on an average school night)	42	64.6	46	76.7	65	81.3	48	88.9	201	77.6
Did not usually sleep in parent/guardian's home (during the 30 days before the survey)	1	1.4	0	0.0	3	3.1	1	1.6	5	1.6
Slept outside parent/guardian's home because were kicked out, ran away, or were abandoned (ever during the 30 days before the survey)	1	1.4	0	0.0	2	2.1	1	1.5	4	1.3

Table 4: Lynnfield’s High School Responses by Grade Level for Females

	Freshmen		Sophomores		Juniors		Seniors		All Females	
	n	%	n	%	n	%	n	%	n	%
UNINTENTIONAL INJURY AND VIOLENCE										
Rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)	16	17.8	10	12.3	13	15.7	5	6.6	44	13.3
Drove when they had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	1	5.9	0	0.0	2	3.4	0	0.0	3	1.9
Drove when they had been using marijuana (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	0	0.0	2	3.6	3	5.0	5	3.4
Talked on a cell phone while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	0	0.0	21	36.8	45	75.0	66	44.3
Texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	0	0.0	15	26.3	32	52.5	47	31.3
Carried a weapon (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	1	1.1	0	0.0	1	1.2	2	2.6	4	1.2
Carried a weapon on school property (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Carried a gun (1 or more times during the 12 months before the survey)	1	1.1	0	0.0	0	0.0	0	0.0	1	0.3
Were threatened or injured with a weapon on school property (such as, a gun, knife, or club, 1 or more times during the 12 months before the survey)	2	2.2	0	0.0	1	1.2	0	0.0	3	0.9
Were in a physical fight (one or more times during the 12 months before the survey)	5	5.6	3	3.8	5	6.0	6	7.9	19	5.8
Were in a physical fight on school property (one or more times during the 12 months before the survey)	2	2.2	0	0.0	2	2.4	0	0.0	4	1.2

Were a member of a gang (during the 12 months before the survey)	2	2.2	1	1.2	1	1.2	0	0.0	4	1.2
Did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)	1	1.1	1	1.2	2	2.4	1	1.3	5	1.5
Were electronically bullied (counting being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 months before the survey)	19	21.1	7	8.6	7	8.5	6	8.0	39	11.9
Were bullied on school property (during the 12 months before the survey)	14	15.6	3	3.7	5	6.2	6	7.9	28	8.5
Were ever physically forced to have sexual intercourse (when they did not want to)	1	1.1	0	0.0	2	2.5	4	5.3	7	2.2
Experienced physical dating violence (counting being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	0	0.0	1	1.2	1	1.2	4	5.3	6	1.8
Experienced sexual violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to 1 or more times during the 12 months before the survey)	7	7.8	6	7.4	4	4.9	10	13.2	27	8.2
Experienced sexual dating violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	4	4.4	3	3.7	2	2.4	8	10.8	17	5.2
MENTAL HEALTH										
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	15	16.7	16	20.0	18	22.0	17	22.7	66	20.2
Did something to purposefully hurt themselves without wanting to die (such as cutting or burning themselves on purpose, 1 or more times during the 12 months before the survey)	5	5.6	6	7.4	9	11.0	7	9.2	27	8.2

Seriously considered attempting suicide (during the 12 months before the survey)	7	7.8	8	10.0	10	12.3	4	5.3	29	8.9
Made a plan about how they would attempt suicide (during the 12 months before the survey)	4	4.5	6	7.5	10	12.2	3	4.0	23	7.1
Attempted suicide (one or more times during the 12 months before the survey)	4	4.4	2	2.5	4	4.9	1	1.3	11	3.4
Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	0	0.0	0	0.0	2	2.5	0	0.0	2	0.6
Are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	5	5.6	11	13.8	15	18.3	17	22.4	48	14.6
Which of the following do you find causes the most negative stress for you?										
Busy schedule (school, activities, sports, etc.)	34	41.0	19	29.7	20	27.4	20	27.8	93	31.8
Parent/family demands/expectations about academics, grades, etc.	6	7.2	6	9.4	7	9.6	6	8.3	25	8.6
Difficulty getting enough sleep	1	1.2	0	0.0	2	2.7	4	5.6	7	2.4
Extracurricular activity demands or pressures	0	0.0	2	3.1	0	0.0	0	0.0	2	0.7
School demands/expectations—such as assignments, homework, etc.	31	37.3	17	26.6	26	35.6	19	26.4	93	31.8
Social pressures from friends, peers, etc.	2	2.4	5	7.8	0	0.0	1	1.4	8	2.7
Other family or personal issues which cause emotional stress for you	4	4.8	8	12.5	9	12.3	8	11.1	29	9.9
Worrying about the future such as college, career, etc.	5	6.0	7	10.9	9	12.3	14	19.4	35	12.0
Which of the following do you find the most stressful about school?										
Having to study things you do not understand	35	42.2	11	17.5	24	32.9	15	20.8	85	29.2
Teachers expecting too much from you	6	7.2	8	12.7	8	11.0	8	11.1	30	10.3
Keeping up with schoolwork	16	19.3	21	33.3	19	26.0	27	37.5	83	28.5
Having to concentrate too long during the school day	8	9.6	5	7.9	3	4.1	4	5.6	20	6.9
Having to study things you are not interested in	6	7.2	6	9.5	5	6.8	3	4.2	20	6.9
Pressure of study	4	4.8	4	6.3	7	9.6	3	4.2	18	6.2
Getting up early in the morning to go to school	7	8.4	6	9.5	4	5.5	10	13.9	27	9.3
Going to school	1	1.2	2	3.2	3	4.1	2	2.8	8	2.7
TOBACCO										
Ever tried cigarette smoking (even one or two puffs)	2	2.3	3	3.8	4	4.9	9	12.0	18	5.6
Tried cigarette smoking before age 13 years (even one or two puffs, for the first time)	1	1.1	0	0.0	3	3.7	0	0.0	4	1.2

Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	0	0.0	0	0.0	0	0.0	2	2.7	2	0.6
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Ever used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	9	10.1	20	25.0	36	43.9	33	43.4	98	30.0
Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	7	7.9	12	15.2	28	34.1	22	28.9	69	21.2
Currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)	0	0.0	0	0.0	0	0.0	1	1.3	1	0.3
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	0	0.0	0	0.0	1	1.2	1	1.3	2	0.6
ALCOHOL AND DRUGS										
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	21	23.6	32	40.5	49	62.8	53	69.7	155	48.1
Drank alcohol before age 13 years (for the first time other than a few sips)	4	4.5	0	0.0	6	7.7	5	6.6	15	4.7
Currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)	2	2.2	9	11.4	20	26.0	22	28.9	53	16.5
Currently drank alcohol on school property (at least 1 drink of alcohol on school property on at least 1 day during the 30 days before the survey)	0	0.0	0	0.0	1	2.3	0	0.0	1	0.5
Drank 4 or more (for females) or 5 or more (for males) drinks of alcohol in a row (on at least 1 day during the 30 days before the survey)	1	1.1	5	6.4	5	6.4	10	13.2	21	6.5
Ever used marijuana (one or more times during their life)	3	3.4	6	7.7	22	28.6	28	36.8	59	18.6
Tried marijuana before age 13 years (for the first time)	1	1.1	0	0.0	1	1.3	1	1.3	3	0.9

Currently used marijuana (one or more times during the 30 days before the survey)	1	1.1	1	1.3	9	11.8	7	9.2	18	5.7
Currently used marijuana or hashish (during the past 30 days)	4	4.6	2	2.6	10	13.0	7	9.2	23	7.2
Currently used marijuana on school property (one or more times on school property during the 30 days before the survey)	0	0.0	0	0.0	0	0.0	1	1.8	1	0.4
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	1	1.2	0	0.0	1	1.3	0	0.0	2	0.6
Ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)	1	1.2	0	0.0	1	1.3	0	0.0	2	0.6
Ever used ecstasy (also called "MDMA," one or more times during their life)	0	0.0	0	0.0	1	1.3	0	0.0	1	0.3
Ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk", or "Moon Rocks", one or more times during their life)	1	1.2	0	0.0	2	2.6	1	1.3	4	1.3
Ever taken over-the-counter medication to get high (including cough syrup, at least one time during their life)	0	0.0	1	1.3	3	3.9	1	1.3	5	1.6
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays to get high (during the past 30 days)	1	1.2	0	0.0	1	1.3	1	1.3	3	0.9
Used prescription drugs not prescribed to them (during the past 30 days)	1	1.2	2	2.6	4	5.3	3	3.9	10	3.2
Were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	8	9.3	3	3.8	3	4.0	1	1.3	15	4.8
SEXUAL BEHAVIOR AND HIV/AIDS										
Ever had sexual intercourse	2	2.3	5	6.7	18	24.3	28	37.3	53	17.1
Were currently sexually active (had sexual intercourse with at least one person during the 3 months before the survey)	2	2.3	4	5.3	16	21.6	27	36.0	49	15.8

Had sexual intercourse before age 13 years (for the first time)	0	0.0	0	0.0	1	1.4	0	0.0	1	0.3
Had sexual intercourse with four or more persons (during their life)	0	0.0	0	0.0	2	2.7	0	0.0	2	0.6
During your life, with whom have you had sexual contact? I have never had sexual contact	79	91.9	56	75.7	40	54.8	33	44.6	208	67.8
Females	0	0.0	1	1.4	1	1.4	1	1.4	3	1.0
Males	7	8.1	15	20.3	29	39.7	39	52.7	90	29.3
Females and males	0	0.0	2	2.7	3	4.1	1	1.4	6	2.0
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	0	0.0	0	0.0	2	11.8	2	7.1	4	7.7
Have been pregnant or gotten someone pregnant (at least one time)	0	0.0	0	0.0	1	1.4	1	1.3	2	0.6
Did not use a condom (during last sexual intercourse, among students who were currently sexually active)	1	50.0	2	40.0	5	29.4	7	25.0	15	28.8
Did not use any method to prevent pregnancy (during last sexual intercourse, among students who were currently sexually active)	0	0.0	1	20.0	1	5.9	1	3.6	3	5.8
Ever sent or received sexual messages or nude or semi-nude pictures or videos electronically	15	17.4	15	20.0	23	31.1	22	29.3	75	24.2
Ever been tested for HIV (not counting tests done if donated blood)	4	4.8	2	3.0	7	9.5	3	3.9	16	5.3
Ever been tested for sexually transmitted diseases (STDs) (such as genital herpes, chlamydia, syphilis, or genital warts)	3	3.5	2	3.0	6	8.1	11	14.9	22	7.3
Ever been taught in school about AIDS or HIV infection	38	44.7	27	39.7	28	38.4	25	33.3	118	39.2
Ever been taught in school about how to use condoms	4	4.7	1	1.5	4	5.5	3	4.0	12	4.0
Ever been taught in school about birth control methods	5	6.0	5	7.4	8	11.1	7	9.2	25	8.3
Talked with family members about sexual health (talked with parents or other adults in their family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases (STDs), or pregnancy at least once during the 12 months before the survey)	31	36.5	32	47.1	35	47.3	34	44.7	132	43.6
Have an adult in their school who can help them find sexual health services (such as HIV, STD and pregnancy testing, access to birth control, or support around their sexuality)	10	11.8	15	22.4	12	16.2	18	23.7	55	18.2

Feel comfortable asking an adult at their school if they needed help finding sexual health services	6	7.1	10	14.7	13	17.6	11	14.5	40	13.2
NUTRITION AND PHYSICAL ACTIVITY										
Did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)	7	8.4	4	5.6	1	1.4	3	3.9	15	4.9
Did not eat vegetables (green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables, during the 7 days before the survey)	1	1.2	3	4.2	1	1.4	0	0.0	5	1.6
Did not drink milk (during the 7 days before the survey)	24	27.9	18	25.0	28	37.8	34	44.7	104	33.8
Drank a can, bottle, or glass of soda or pop (not counting diet soda or diet pop, during the 7 days before the survey)	55	64.0	39	54.2	30	40.5	39	51.3	163	52.9
Did not eat breakfast any day during the week (during the 7 days before the survey)	8	9.3	4	5.6	2	2.7	1	1.3	15	4.9
Did not eat breakfast at least one day during the week (during the 7 days before the survey)	40	67.8	30	78.9	37	84.1	41	82.0	148	77.5
Were not physically active at least 60 minutes per day on any day during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	3	3.6	1	1.4	2	2.7	5	6.6	11	3.6
Were not physically active at least 60 minutes per day on 5 or more days during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	61	72.6	51	70.8	60	81.1	66	86.8	238	77.8
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	35	41.2	28	38.9	29	39.2	23	30.3	115	37.5
Did not attend physical education classes any day during the week (in an average week when they were in school)	22	25.9	22	30.6	17	23.3	23	30.3	84	27.5
Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	7	8.2	9	12.9	10	13.5	2	2.6	28	9.2
Were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	4	4.5	5	6.1	8	9.8	3	3.9	20	6.1

Were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	12	13.6	10	12.2	10	12.2	9	11.7	41	12.5
Described themselves as slightly or very overweight	20	23.3	19	25.3	19	25.7	23	30.3	81	26.0
Were not trying to lose weight	49	57.0	38	50.7	37	50.0	35	46.1	159	51.1
OTHER HEALTH-RELATED TOPICS										
Have any long-term disabilities (long-term meaning 6 months or more)	13	15.9	8	12.5	12	16.4	8	11.1	41	14.1
Have any physical disabilities or long-term health problems (long-term meaning 6 months or more)	4	4.8	3	4.7	9	12.5	8	11.1	24	8.2
Have at least one teacher or other adult in their school that they can talk to if they have a problem	44	53.0	32	50.0	42	58.3	52	72.2	170	58.4
The one resource in school they would most likely access with a problem										
Coach	18	26.9	2	4.4	7	13.7	5	8.3	32	14.3
Extracurricular advisor	1	1.5	0	0.0	0	0.0	0	0.0	1	0.4
Teacher	13	19.4	15	33.3	20	39.2	30	50.0	78	35.0
Nurse	1	1.5	1	2.2	3	5.9	4	6.7	9	4.0
Guidance	29	43.3	17	37.8	11	21.6	8	13.3	65	29.1
School Adjustment Counselor	1	1.5	6	13.3	5	9.8	7	11.7	19	8.5
Administration	1	1.5	0	0.0	0	0.0	0	0	1	0.4
Other	3	4.5	4	8.9	5	10.0	6	10.0	18	8.1
Can talk to at least one parent or other adult family member about things that are important to them	75	90.4	60	93.8	61	84.7	66	91.7	262	90.0
Did not have 8 or more hours of sleep (on an average school night)	55	67.1	52	81.3	55	75.3	67	93.1	229	78.7
Did not usually sleep in parent/guardian's home (during the 30 days before the survey)	0	0.0	1	1.2	0	0.0	1	1.3	2	0.6
Slept outside parent/guardian's home because were kicked out, ran away, or were abandoned (ever during the 30 days before the survey)	2	2.2	2	2.4	1	1.2	0	0.0	5	1.5

Table 5: Lynnfield’s Middle School Responses

	Lynnfield	
	n	%
UNINTENTIONAL INJURY AND VIOLENCE		
Never or rarely wore a helmet when riding a bicycle (among those who rode a bicycle)	113	43.6
Never or rarely wore a helmet when rollerblading or riding a skateboard (among those who rollerbladed or rode a skateboard)	126	71.6
Never or rarely wore a seatbelt when riding in a car	5	1.8
Rode in a car driven by someone who had been drinking alcohol	43	15.3
Carried a weapon (such as, a gun, knife, or club)	53	19.0
Were in a physical fight	80	28.6
Were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)	42	15.1
Were bullied on school property	81	29.1
MENTAL HEALTH		
Seriously thought about attempting suicide	22	7.9
Made a plan about how they would attempt suicide	17	6.1
Attempted suicide	7	2.5
Are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	18	6.5
Which of the following do you find causes the most negative stress for you?		
Busy schedule (school, activities, sports, etc.)	66	27.6
Parent/family demands/expectations about academics, grades, etc.	27	11.3
Difficulty getting enough sleep	11	4.6
Extracurricular activity demands or pressures	5	2.1
School demands/expectations—such as assignments, homework, etc.	82	34.3
Social pressures from friends, peers, etc.	8	3.3
Other family or personal issues which cause emotional stress for you	16	6.7
Worrying about the future such as college, career, etc.	24	10.0

Which of the following do you find the most stressful about school?		
Having to study things you do not understand	34	14.1
Teachers expecting too much from you	36	14.9
Keeping up with schoolwork	58	24.1
Having to concentrate too long during the school day	18	7.5
Having to study things you are not interested in	27	11.2
Pressure of study	13	5.4
Getting up early in the morning to go to school	45	18.7
Going to school	10	4.1
TOBACCO		
Ever tried cigarette smoking (even one or two puffs)	4	1.4
Tried cigarette smoking before age 10 years (for the first time, even one or two puffs)	0	0.0
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	2	0.7
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	0	0.0
Currently smoked more than 5 cigarettes per day (more than 5 cigarettes per day on the days they smoked, during the past 30 days before the survey)	0	0.0
Used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	9	3.2
Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	5	1.8
During the past 30 days, usually got their own electronic vapor product through:		
I did not use any electronic vapor product during the past 30 days	4	44.4
I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store	0	0.0
I got them on the Internet	0	0.0
I gave someone else money to buy them for me	0	0.0
I borrowed them from someone else	4	44.4
A person 18 years old or older gave them to me	0	0.0
I took them from a store or another person	0	0.0
I got them some other way	1	11.1

Currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products on at least 1 day during the 30 days before the survey)	1	0.4
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	0	0.0
ALCOHOL AND DRUGS		
Ever drank alcohol (other than a few sips)	27	9.7
Drank alcohol before age 11 years (for the first time other than a few sips)	3	1.1
Currently drank alcohol (at least one drink of alcohol during the 30 days before the survey)	2	0.7
Ever used marijuana	4	1.5
Tried marijuana before age 10 years (for the first time)	0	0.0
Currently used marijuana or hashish (during the 30 days before the survey)	1	0.4
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase)	0	0.0
Ever sniffed glue, breathed the contents of spray cans, or inhaled paints or sprays to get high	7	2.6
Ever taken steroid pills or shots without a doctor's prescription	1	0.4
Ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor said to use it (counting drugs such as codeine, Vicodin, OxyCotin, Hydrocodone, and Percocet)	4	1.5
Currently used prescription drugs not prescribed to them (during the 30 days before the survey)	1	0.4
SEXUAL BEHAVIOR		
Had sexual intercourse	5	1.9
Had sexual intercourse before age 10 years (for the first time)	0	0.0
Had sexual intercourse with four or more persons (during their life)	0	0.0
Did not use a condom (during last sexual intercourse, among students who have had sexual intercourse)	0	0.0

NUTRITION AND PHYSICAL ACTIVITY

Did not eat breakfast at all during the week (during the 7 days before the survey)	10	3.7
Did not eat breakfast on at least one day during the week (during the 7 days before the survey)	131	49.1
Were not physically active at least 60 minutes per day on at least one day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	1	0.4
Were not physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	51	19.5
Watched TV for 3 or more hours per day (on an average school day)	32	12.2
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	84	32.1
Did not attend physical education classes any day (in an average week when they were in school)	1	0.4
Did not play on at least 1 sports team (during the past 12 months, counting teams run by school or community groups)	25	9.5
Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	38	14.6
Described themselves as slightly or very overweight	65	24.6
Were not trying to lose weight	172	65.2

OTHER HEALTH-RELATED TOPICS

Did not have 8 or more hours of sleep (on an average school night)	101	41.4
Been told by a doctor or nurse that they have asthma	52	21.4
Have at least one teacher or other adult in their school that they can talk to if they have a problem	132	54.1
Can talk to at least one parent or other adult family member about things that are important to them	210	87.5

Table 6: Lynnfield’s Middle School Responses to Drug Free Communities Questions

	n	%	n	%	n	%	n	%
	No Risk		Slight Risk		Moderate Risk		Great Risk	
How much do you think people risk harming themselves physically or in other ways when they have five or more drinks of an alcoholic beverage once or twice a week?	9	3.3	21	7.7	120	44.3	121	44.6
How much do you think people risk harming themselves physically or in other ways if they smoke one or more packs of cigarettes per day?	2	0.7	4	1.4	47	17.0	224	80.9
How much do you think people risk harming themselves physically or in other ways if they smoke marijuana once or twice a week?	7	2.6	31	11.6	71	26.6	158	59.2
How much do you think people risk harming themselves physically or in other ways if they use prescription drugs that are not prescribed to them?	1	0.4	8	3.0	58	22.0	197	74.6
How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage nearly every day?	5	1.9	39	14.4	98	36.3	128	47.4
	Not at All Wrong		A Little Bit Wrong		Wrong		Very Wrong	
How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?	1	0.4	13	4.9	39	14.8	211	79.9
How wrong do your parents feel it would be for you to smoke tobacco?	0	0.0	6	2.2	41	15.0	226	82.8
How wrong do your parents feel it would be for you to smoke marijuana?	1	0.4	2	0.8	26	9.8	237	89.1
How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?	1	0.4	4	1.5	35	13.3	224	84.8
How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?	5	1.9	19	7.1	83	31.1	160	59.9
How wrong do your friends feel it would be for you to smoke tobacco?	3	1.1	26	9.6	101	37.1	142	52.2
How wrong do your friends feel it would be for you to smoke marijuana?	3	1.1	17	6.4	71	26.9	173	65.5
How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?	2	0.8	18	6.8	73	27.8	170	64.6

	Neither Approve nor Disapprove		Somewhat Disapprove		Strongly Disapprove		Don't Know or Can't Say	
How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?	15	5.6	24	8.9	219	81.1	12	4.4

Table 7: Lynnfield’s Middle School Responses by Grade Level for Males

	7 th Grade		8 th Grade		All Males	
	n	%	n	%	n	%
UNINTENTIONAL INJURY AND VIOLENCE						
Never or rarely wore a helmet when riding a bicycle (among those who rode a bicycle)	21	30.9	32	51.6	53	40.5
Never or rarely wore a helmet when rollerblading or riding a skateboard (among those who rollerbladed or rode a skateboard)	22	51.2	33	80.5	55	64.7
Never or rarely wore a seatbelt when riding in a car	2	2.9	2	2.9	4	2.9
Rode in a car driven by someone who had been drinking alcohol	5	7.2	12	17.1	17	12.1
Carried a weapon (such as, a gun, knife, or club)	19	27.5	22	31.9	42	30.2
Were in a physical fight	26	37.7	40	57.1	66	47.1
Were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)	10	14.7	9	12.9	19	13.7
Were bullied on school property	23	34.3	20	28.6	44	31.9
MENTAL HEALTH						
Seriously thought about attempting suicide	5	7.4	2	2.9	7	5.1
Made a plan about how they would attempt suicide	4	6.0	1	1.4	5	3.6
Attempted suicide	1	1.5	1	1.4	2	1.4
Are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	5	7.4	6	8.7	11	8.0
Which of the following do you find causes the most negative stress for you?						
Busy schedule (school, activities, sports, etc.)	14	25.0	16	23.9	30	24.4
Parent/family demands/expectations about academics, grades, etc.	6	10.7	9	13.4	15	12.2
Difficulty getting enough sleep	3	5.4	3	4.5	6	4.9
Extracurricular activity demands or pressures	1	1.8	3	4.5	4	3.3
School demands/expectations—such as assignments, homework, etc.	18	32.1	22	32.8	40	32.5
Social pressures from friends, peers, etc.	3	5.4	3	4.5	6	4.9
Other family or personal issues which cause emotional stress for you	3	5.4	4	6.0	7	5.7
Worrying about the future such as college, career, etc.	8	14.3	7	10.4	15	12.2

Which of the following do you find the most stressful about school?						
Having to study things you do not understand	3	5.5	3	4.3	6	4.8
Teachers expecting too much from you	7	12.7	11	15.9	18	14.5
Keeping up with schoolwork	12	21.8	13	18.8	25	20.2
Having to concentrate too long during the school day	7	12.7	3	4.3	10	8.1
Having to study things you are not interested in	7	12.7	10	14.5	17	13.7
Pressure of study	1	1.8	3	4.3	4	3.2
Getting up early in the morning to go to school	14	25.5	22	31.9	36	29.0
Going to school	4	7.3	4	5.8	8	6.5
TOBACCO						
Ever tried cigarette smoking (even one or two puffs)	2	2.9	1	1.4	3	2.2
Tried cigarette smoking before age 10 years (for the first time, even one or two puffs)	0	0.0	0	0.0	0	0.0
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	1	1.5	0	0.0	1	0.7
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	0	0.0	0	0.0	0	0.0
Currently smoked more than 5 cigarettes per day (more than 5 cigarettes per day on the days they smoked, during the past 30 days before the survey)	0	0.0	0	0.0	0	0.0
Used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	1	1.5	5	7.1	6	4.3
Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	1	1.5	2	2.9	3	2.2
During the past 30 days, usually got their own electronic vapor product through:						
I did not use any electronic vapor product during the past 30 days	0	0.0	3	60.0	3	50.0
I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store	0	0.0	0	0.0	0	0.0
I got them on the Internet	0	0.0	0	0.0	0	0.0
I gave someone else money to buy them for me	0	0.0	0	0.0	0	0.0
I borrowed them from someone else	0	0.0	2	40.0	2	33.3
A person 18 years old or older gave them to me	0	0.0	0	0.0	0	0.0
I took them from a store or another person	0	0.0	0	0.0	0	0.0

I got them some other way	1	100.0	0	0.0	1	16.7
Currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products on at least 1 day during the 30 days before the survey)	0	0.0	0	0.0	0	0.0
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	0	0.0	0	0.0	0	0.0
ALCOHOL AND DRUGS						
Ever drank alcohol (other than a few sips)	6	9.0	11	15.7	17	12.3
Drank alcohol before age 11 years (for the first time other than a few sips)	2	3.0	0	0.0	2	1.4
Currently drank alcohol (at least one drink of alcohol during the 30 days before the survey)	1	1.5	1	1.4	2	1.4
Ever used marijuana	0	0.0	2	2.9	2	1.5
Tried marijuana before age 10 years (for the first time)	0	0.0	0	0.0	0	0.0
Currently used marijuana or hashish (during the 30 days before the survey)	0	0.0	0	0.0	0	0.0
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase)	0	0.0	0	0.0	0	0.0
Ever sniffed glue, breathed the contents of spray cans, or inhaled paints or sprays to get high	5	7.8	0	0.0	5	3.8
Ever taken steroid pills or shots without a doctor's prescription	0	0.0	1	1.4	1	0.7
Ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor said to use it (counting drugs such as codeine, Vicodin, OxyCotin, Hydrocodone, and Percocet)	2	3.1	1	1.4	3	2.2
Currently used prescription drugs not prescribed to them (during the 30 days before the survey)	0	0.0	0	0.0	0	0.0
SEXUAL BEHAVIOR						
Had sexual intercourse	1	1.6	2	2.9	3	2.3
Had sexual intercourse before age 10 years (for the first time)	0	0.0	0	0.0	0	0.0
Had sexual intercourse with four or more persons (during their life)	0	0.0	0	0.0	0	0.0

Did not use a condom (during last sexual intercourse, among students who have had sexual intercourse)	0	0.0	0	0.0	0	0.0
NUTRITION AND PHYSICAL ACTIVITY						
Did not eat breakfast at all during the week (during the 7 days before the survey)	2	3.2	4	5.7	6	4.5
Did not eat breakfast on at least one day during the week (during the 7 days before the survey)	28	44.4	33	47.1	62	46.3
Were not physically active at least 60 minutes per day on at least one day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	0	0.0	1	1.4	1	0.8
Were not physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	12	19.7	12	17.4	24	18.3
Watched TV for 3 or more hours per day (on an average school day)	5	8.1	14	20.0	19	14.3
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	17	27.4	25	35.7	42	31.6
Did not attend physical education classes any day (in an average week when they were in school)	0	0.0	0	0.0	0	0.0
Did not play on at least 1 sports team (during the past 12 months, counting teams run by school or community groups)	4	6.5	10	14.3	14	10.5
Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	18	29.0	6	8.6	24	18.0
Described themselves as slightly or very overweight	24	38.1	11	15.7	35	26.1
Were not trying to lose weight	37	58.7	58	82.9	95	70.9
OTHER HEALTH-RELATED TOPICS						
Did not have 8 or more hours of sleep (on an average school night)	15	26.8	32	45.7	47	37.3
Been told by a doctor or nurse that they have asthma	14	25.0	10	14.7	24	19.4
Have at least one teacher or other adult in their school that they can talk to if they have a problem	28	50.0	39	55.7	68	53.5
Can talk to at least one parent or other adult family member about things that are important to them	48	87.2	56	82.3	105	84.7

** Cross-tab column showing all students by gender may show slight variation from sum of students by grade. This is due to missing data on grade.

Table 8: Lynnfield’s Middle School Responses by Grade Level for Females

	7 th Grade		8 th Grade		All Females	
	n	%	n	%	n	%
UNINTENTIONAL INJURY AND VIOLENCE						
Never or rarely wore a helmet when riding a bicycle (among those who rode a bicycle)	12	24.0	45	61.6	58	46.8
Never or rarely wore a helmet when rollerblading or riding a skateboard (among those who rollerbladed or rode a skateboard)	20	62.5	49	86.0	69	77.5
Never or rarely wore a seatbelt when riding in a car	1	1.9	0	0.0	1	0.7
Rode in a car driven by someone who had been drinking alcohol	11	20.4	14	17.1	25	18.2
Carried a weapon (such as, a gun, knife, or club)	2	3.8	8	9.8	10	7.4
Were in a physical fight	2	3.8	9	11.0	11	8.1
Were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)	4	7.5	18	22.0	22	16.2
Were bullied on school property	13	24.5	22	26.8	36	26.5
MENTAL HEALTH						
Seriously thought about attempting suicide	1	1.9	13	15.9	14	10.3
Made a plan about how they would attempt suicide	2	3.8	10	12.2	12	8.8
Attempted suicide	1	1.9	4	4.9	5	3.7
Are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	2	3.8	2	2.4	5	3.7
Which of the following do you find causes the most negative stress for you?						
Busy schedule (school, activities, sports, etc.)	10	32.3	24	30.0	34	30.4
Parent/family demands/expectations about academics, grades, etc.	4	12.9	8	10.0	12	10.7
Difficulty getting enough sleep	0	0.0	5	6.3	5	4.5
Extracurricular activity demands or pressures	1	3.2	0	0.0	1	0.9
School demands/expectations—such as assignments, homework, etc.	13	41.9	26	32.5	40	35.7
Social pressures from friends, peers, etc.	0	0.0	2	2.5	2	1.8
Other family or personal issues which cause emotional stress for you	1	3.2	8	10.0	9	8.0
Worrying about the future such as college, career, etc.	2	6.5	7	8.8	9	8.0

Which of the following do you find the most stressful about school?						
Having to study things you do not understand	7	21.2	21	26.6	28	24.8
Teachers expecting too much from you	5	15.2	11	13.9	16	14.2
Keeping up with schoolwork	9	27.3	22	27.8	32	28.3
Having to concentrate too long during the school day	1	3.0	7	8.9	8	7.1
Having to study things you are not interested in	3	9.1	7	8.9	10	8.8
Pressure of study	2	6.1	7	8.9	9	8.0
Getting up early in the morning to go to school	5	15.2	3	3.8	8	7.1
Going to school	1	3.0	1	1.3	2	1.8
TOBACCO						
Ever tried cigarette smoking (even one or two puffs)	0	0	1	1.2	1	0.7
Tried cigarette smoking before age 10 years (for the first time, even one or two puffs)	0	0	0	0.0	0	0.0
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	0	0	1	1.2	1	0.7
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	0	0	0	0.0	0	0.0
Currently smoked more than 5 cigarettes per day (more than 5 cigarettes per day on the days they smoked, during the past 30 days before the survey)	0	0	0	0.0	0	0.0
Used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	0	0	2	2.5	2	1.5
Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	0	0	2	2.5	2	1.5
During the past 30 days, usually got their own electronic vapor product through:						
I did not use any electronic vapor product during the past 30 days	0	0.0	0	0.0	0	0.0
I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store	0	0.0	0	0.0	0	0.0
I got them on the Internet	0	0.0	0	0.0	0	0.0
I gave someone else money to buy them for me	0	0.0	0	0.0	0	0.0
I borrowed them from someone else	0	0.0	2	100.0	2	100.0
A person 18 years old or older gave them to me	0	0.0	0	0.0	0	0.0
I took them from a store or another person	0	0.0	0	0.0	0	0.0

I got them some other way	0	0.0	0	0.0	0	0.0
Currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products on at least 1 day during the 30 days before the survey)	0	0	0	0.0	0	0.0
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	0	0	0	0.0	0	0.0
ALCOHOL AND DRUGS						
Ever drank alcohol (other than a few sips)	4	7.5	5	6.2	9	6.7
Drank alcohol before age 11 years (for the first time other than a few sips)	0	0.0	1	1.2	1	0.7
Currently drank alcohol (at least one drink of alcohol during the 30 days before the survey)	0	0.0	0	0.0	0	0.0
Ever used marijuana	0	0.0	2	2.5	2	1.5
Tried marijuana before age 10 years (for the first time)	0	0.0	0	0.0	0	0.0
Currently used marijuana or hashish (during the 30 days before the survey)	0	0.0	1	1.2	1	0.8
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase)	0	0.0	0	0.0	0	0.0
Ever sniffed glue, breathed the contents of spray cans, or inhaled paints or sprays to get high	0	0.0	2	2.5	2	1.5
Ever taken steroid pills or shots without a doctor's prescription	0	0.0	0	0.0	0	0.0
Ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor said to use it (counting drugs such as codeine, Vicodin, OxyCotin, Hydrocodone, and Percocet)	0	0.0	1	1.3	1	0.8
Currently used prescription drugs not prescribed to them (during the 30 days before the survey)	0	0.0	0	0.0	0	0.0
SEXUAL BEHAVIOR						
Had sexual intercourse	0	0	2	2.5	2	1.6
Had sexual intercourse before age 10 years (for the first time)	0	0	0	0.0	0	0.0
Had sexual intercourse with four or more persons (during their life)	0	0	0	0.0	0	0.0

Did not use a condom (during last sexual intercourse, among students who have had sexual intercourse)	0	0	0	0.0	0	0.0
NUTRITION AND PHYSICAL ACTIVITY						
Did not eat breakfast at all during the week (during the 7 days before the survey)	0	0.0	3	3.7	3	2.3
Did not eat breakfast on at least one day during the week (during the 7 days before the survey)	22	46.8	44	54.3	66	51.2
Were not physically active at least 60 minutes per day on at least one day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	0	0.0	0	0.0	0	0.0
Were not physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	11	25.0	14	17.3	26	20.6
Watched TV for 3 or more hours per day (on an average school day)	2	4.5	10	12.5	12	9.6
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	4	9.1	33	41.3	38	30.4
Did not attend physical education classes any day (in an average week when they were in school)	0	0.0	1	1.3	1	0.8
Did not play on at least 1 sports team (during the past 12 months, counting teams run by school or community groups)	5	11.4	5	6.2	11	8.7
Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	2	4.8	10	12.3	12	9.7
Described themselves as slightly or very overweight	11	23.9	16	20.3	28	22.2
Were not trying to lose weight	29	63.0	45	57.0	74	58.7
OTHER HEALTH-RELATED TOPICS						
Did not have 8 or more hours of sleep (on an average school night)	6	18.8	45	55.6	51	44.7
Been told by a doctor or nurse that they have asthma	6	18.2	21	25.9	27	23.5
Have at least one teacher or other adult in their school that they can talk to if they have a problem	20	60.6	42	52.5	63	54.8
Can talk to at least one parent or other adult family member about things that are important to them	32	97.0	70	88.6	104	91.2

**Massachusetts and United States comparison data are from the 2015 CDC YRBS.*

*** The cross-tab column in certain tables that shows all students by gender may show slight variation from sum of students by grade. This is due to missing data on grade.*

****The total number of students who responded to questions in the later parts of the tables is slightly lower than in earlier questions due to an internet outage during survey administration that affected a small number of students. The validity of the data is unaffected.*

Appendix B: Student Characteristics

Lynnfield's High School Student Characteristics		
	Lynnfield	
	n	%
How old are you?		
12 years old or younger	0	0.0
13 years old	0	0.0
14 years old	140	21.5
15 years old	150	23.0
16 years old	182	28.0
17 years old	152	23.3
18 years old or older	27	4.1
In what grade are you?		
9 th grade	164	25.2
10 th grade	162	24.8
11 th grade	183	28.1
12 th grade	143	21.9
Ungraded or other grade	0	0.0
What is your sex?		
Male	336	51.7
Female	314	48.3
What is your race? (Select one of more responses)		
American Indian or Alaska Native	4	0.6
Asian	26	4.0
Black or African American	16	2.5
Native Hawaiian or Other Pacific Islander	5	0.8
White	562	87.3
Multiracial	31	4.8
Are Hispanic or Latino	34	5.2
Do you consider yourself to be:		
Heterosexual (straight)	566	87.9
Gay or lesbian	8	1.2
Bisexual	27	4.2
Other	9	1.4
Don't know/Not sure	34	5.3
Do you consider yourself to be transgender?		
Yes, transgender male to female	1	0.2
Yes, transgender female to male	0	0.0
Yes, transgender, gender non-conforming	2	0.3
No	646	99.1
Don't know/Not sure	3	0.5

During the past 12 months, how would you describe your grades in school?		
Mostly A's	264	47.7
Mostly B's	238	43.0
Mostly C's	31	5.6
Mostly D's	8	1.4
Mostly F's	4	0.7
None of these grades	1	0.2
Not sure	7	1.3
How likely is it that you will complete a post high school program such as a vocational training program, military service, community college, or 4-year college?		
Definitely will not	32	5.8
Probably will not	28	5.1
Probably will	98	17.8
Definitely will	365	66.1
Not sure	29	5.3
Have a parent or other adult family member serving on active duty in the military	24	4.4

**The total number of unique students surveyed is slightly less than the sample sizes reported for each of the demographic questions. This is due to an internet outage during survey administration that may have caused a small number of students to restart the survey. The validity of the data is unaffected.*

Lynnfield's Middle School Student Characteristics

	Lynnfield	
	n	%
How old are you?		
10 years old or younger	0	0.0
11 years old	2	0.7
12 years old	98	34.9
13 years old	147	52.3
14 years old	33	11.7
15 years old	1	0.4
16 years old or older	0	0.0
In what grade are you?		
6 th grade	2	0.7
7 th grade	124	44.0
8 th grade	154	54.6
Ungraded or other grade	2	0.7
What is your sex?		
Male	139	49.3
Female	143	50.7
What is your race? (Select one or more responses)		
American Indian or Alaska Native	3	1.1
Asian	10	3.6
Black or African American	9	3.3
Native Hawaiian or Other Pacific Islander	2	0.7
White	237	85.9
Multiracial	15	5.4
Are Hispanic or Latino	19	7.0
Do you consider yourself to be:		
Heterosexual (straight)	241	88.9
Gay or lesbian	2	0.7
Bisexual	8	3.0
Other	1	0.4
Don't know/Not sure	19	7.0
Do you consider yourself to be transgender?		
Yes, transgender male to female	1	0.4
Yes, transgender female to male	0	0.0
Yes, transgender, gender non-conforming	1	0.4
No	278	98.9
Don't know/Not sure	1	0.4
During the past 12 months, how would you describe your grades in school?		
Mostly A's	159	65.2
Mostly B's	68	27.9
Mostly C's	10	4.1
Mostly D's	1	0.4
Mostly F's	0	0.0
None of these grades	0	0.0
Not sure	6	2.5

