

**JRW Associates  
138 Sewall Avenue  
Brookline, MA 02446**

J. Richard Woy

Voice: 617-731-9852  
Fax: 617-731-5246  
Email: jrwoy@aol.com

**Preliminary Report:  
Findings from Ipswich Student Health Survey  
Middle School age students (SY 2017-2018)  
Ipswich Public Schools**

September 26, 2018

Submitted by:  
J. Richard Woy  
JRW Associates

Submitted to:  
Ipswich Public Schools  
Ipswich, MA

## Table of contents

|   |           |
|---|-----------|
| <b>1.0 Background .....</b>                                       | <b>4</b>  |
| <i>1.1 Survey purposes .....</i>                                  | <i>4</i>  |
| <i>1.2 Survey development .....</i>                               | <i>4</i>  |
| <i>1.3 Survey content .....</i>                                   | <i>5</i>  |
| <i>1.4 Survey administration and reporting .....</i>              | <i>5</i>  |
| <i>1.5 Comparisons .....</i>                                      | <i>6</i>  |
| <i>1.6 Organization of the report .....</i>                       | <i>6</i>  |
| <i>1.7 Interpretation of findings .....</i>                       | <i>7</i>  |
| <b>2.0 Student demographics .....</b>                             | <b>9</b>  |
| <b>3.0 Personal safety and bullying .....</b>                     | <b>11</b> |
| <i>3.1 Violence and safety .....</i>                              | <i>11</i> |
| <i>3.2 Bullying .....</i>   | <i>12</i> |
| <i>3.3 Bullying and bystander behavior .....</i>                  | <i>13</i> |
| <b>4.0 Personal stressors and support systems .....</b>           | <b>14</b> |
| <i>4.1 Personal stressors .....</i>                               | <i>14</i> |
| <i>4.2 Support systems .....</i>                                  | <i>15</i> |
| <b>5.0 Depression, self-harm, and suicide .....</b>               | <b>16</b> |
| <b>6.0 Substance use: Alcohol, tobacco, and other drugs .....</b> | <b>17</b> |
| <i>6.1 Lifetime substance use .....</i>                           | <i>17</i> |
| <i>6.2 Past 30-day substance use .....</i>                        | <i>18</i> |
| <b>7.0 Substance use: Additional issues .....</b>                 | <b>19</b> |
| <i>7.1 Exposure to substance use at home .....</i>                | <i>19</i> |
| <i>7.2 Ease of access to drugs .....</i>                          | <i>20</i> |
| <i>7.3 Additional alcohol related behavior .....</i>              | <i>21</i> |
| <b>8.0 Sexual experiences .....</b>                               | <b>22</b> |
| <b>9.0 Health issues .....</b>                                    | <b>23</b> |
| <i>9.1 Perceived body weight and weight control efforts .....</i> | <i>23</i> |

|   |           |
|---|-----------|
| 9.2 <i>Diet and nutrition</i> .....                           | 24        |
| 9.3 <i>Family, physical, and screen time activities</i> ..... | 25        |
| <b>Appendix A: Middle school data tables</b> .....            | <b>27</b> |

## **Preliminary report: Ipswich Student Health Survey, Middle School (2018)**

### **1.0 Background**

This is a preliminary report of findings from recent administration of the Ipswich Student Health Survey to a large sample of middle school students in the Ipswich Public Schools. This survey is one of two similar surveys administered to youth in Ipswich this year, one administered to high school students and a second shorter version administered to middle school students.

#### 1.1 Survey purposes

Findings from the survey are intended to address several key questions:

- What do the findings from the survey tell us about the challenges facing youth in our community?
- To what extent are there differences among sub-groups of respondents, such as by gender or grade?
- How do survey findings in Ipswich compare to findings elsewhere?

#### 1.2 Survey development

The two Ipswich Student Health Surveys both are based primarily on the widely used *Youth Risk Behavior Survey* (YRBS). The YRBS was developed by the U.S. Centers for Disease Control and Prevention in collaboration with federal, state and private sectors. It is conducted periodically at the national, state, and local levels. The YRBS is available in two versions: (1) the original version intended for use with high school students; and (2) a more recently developed and somewhat shorter version intended for use with middle school students.

The versions of the survey used this year in Ipswich are identical to those used last year with students in the neighboring community of Gloucester. The Gloucester surveys had been developed previously by a collaboration of health and education organizations and groups in Gloucester with support from the research firm Social Science Research and Evaluation, Inc. (SSRE). The current Gloucester and Ipswich Student Health Surveys include many of the questions in the YRBS, but have been tailored to local interests and needs by eliminating some YRBS questions and adding other new questions not on the YRBS. The Gloucester and Ipswich Student Health Surveys also are somewhat longer than the YRBS. Gloucester has been administering the Gloucester Student Health surveys to students in Gloucester every two years for some time, with reports of findings dating back to 2003; and so there is substantial experience with these surveys.

The two current surveys include a high school version administered to students in grades 9-12 and a middle school version administered to students in grades 6-8. The middle school version essentially is a much shorter version of the high school survey. While many questions are

unchanged from the high school version, other questions were omitted or modified in the middle school version to facilitate participation by younger students.

### 1.3 Survey content

The questions in both surveys address risky behaviors and activities, various health related activities, as well as attitudes toward some risky behaviors. Survey questions address the following topics:

- Demographic characteristics of respondents;
- Personal safety and bullying;
- Personal stressors and support systems;
- Self-harm, depression, and suicide;
- Substance use: Alcohol, tobacco, and other drugs;
- Additional issues regarding substance use;
- Sexual experiences;
- Health, nutrition, and physical activity.

Questions in the middle school version of the survey cover all of the above topics, but pose fewer and in some cases slightly different questions in each topic area than does the high school version.

### 1.4 Survey administration and reporting

The two paper and pencil surveys were administered to Ipswich middle school and high school students respectively in June, 2018. Approximately one classroom period was set aside for completion of the surveys. Attending classroom teachers were responsible for passing out surveys to students and then for collection and delivery of the completed surveys to the school administration.

Several provisions were made to assure respondent confidentiality and voluntary participation by students – and in turn hopefully truthfulness of responses. Prior to survey administration, parents were given the opportunity to decide whether or not their child(ren) would participate in the survey. In addition, each student could choose to answer or not answer any or all questions. Finally, survey instructions directed students not to put their names on the surveys and explained that their answers would not be seen by anyone who knows them.

After collection of all completed surveys, administrators of the Ipswich Public Schools delivered the completed surveys to J. Richard Woy, Ph.D. of JRW Associates, an independent consulting contractor, for data processing and analysis and preparation of reports of survey findings.

The middle school version of the survey was completed by 264 middle school students representing grades 7 and 8. (Note that the survey was not administered to 6<sup>th</sup> grade students.) While the sample represents only 60% of the total enrollment of 438 students in the Ipswich Middle School in SY 2017-2018, the sample does represent 90% of the 293 students enrolled in the 7<sup>th</sup> and 8<sup>th</sup> grades.

## 1.5 Comparisons

Since many of the items in the Ipswich Student Health Surveys are identical or very similar to those on the YRBS, it is possible to make useful comparisons on some items between the figures for Ipswich and those for Massachusetts and/or the United States as a whole. However, statewide and national figures are not available for the middle school version of the YRBS, preventing these comparisons for middle school students.

For some items in the Ipswich middle school survey, findings from the Massachusetts Youth Health Survey (MYHS) are useful for comparison. The result of a collaboration between the Massachusetts Department of Elementary and Secondary Education and the Massachusetts Department of Public Health, the MYHS is administered every two years to monitor health indicators, behaviors, and risk factors contributing to the leading causes of morbidity, mortality, and social and academic problems among adolescents in Massachusetts. Statewide figures for middle school students in 2015 on the Massachusetts Youth Health Survey are used where applicable for comparison with the figures from the Ipswich survey.

Regarding relevant comparisons with other data sources for middle school students, it should be noted that findings from the Monitoring the Future survey also are available for comparison with findings from the current Ipswich middle school survey. Supported by funding from the National Institute of Drug Abuse (NIDA), the Monitoring the Future survey is a national survey carried out annually to track and document substance use by teenagers and young adults in the United States. This survey provides extensive national figures on substance use by 8<sup>th</sup> grade students. Findings from the Monitoring the Future Survey have not been included in this report because they are limited to 8<sup>th</sup> grade students and provide only national figures with no breakouts by individual states. Nevertheless, the Monitoring the Future survey system is a significant data resource regarding substance use by teenagers and young adults. Findings from this survey are readily available online, and the Ipswich School District might wish to make use of it if there were an interest in exploring substance use issues by middle school students in more detail.

## 1.6 Organization of the report

This report is designed to provide an overview of key findings from the survey of middle school students. Following a first section devoted to demographic characteristics of the sample, the findings are grouped according to the main survey topic areas listed above. In each topic area primary results are presented using tables of statistics supplemented by additional narrative information and commentary.

Findings are presented using percentages. For each item in each table, the left-hand column provides the percentage for that item out of the total sample of respondents while the next column to the right provides the comparable statewide percentage from the Massachusetts Youth Health Survey (MYHS) if such a percentage figure is available. The next two columns to the

right break out percentages by gender comparing boys with girls in the sample, and the final two columns break out percentages by grade comparing 7<sup>th</sup> graders with 8<sup>th</sup> graders in the sample.

For example, on question 8 of the survey (table on page 12 of this report), 34% of students in the sample reported being bullied at school during the previous year. This is very similar to the statewide figure of 33% from the MYHS. Similarly, when broken out by gender, the 34% figure for boys was very similar to the 35% figure for girls in the sample. However, when broken out by grade, the percentage reporting being bullied went down from 39% of 7<sup>th</sup> graders to 30% of 8<sup>th</sup> graders in the sample. This pattern of reporting and comparisons is repeated through all items in the report.

In addition, it should be noted that the main body of this report does not provide a complete exhaustive report of findings from every item in the survey. Rather, as noted above, this report is intended to provide an overview of key findings from the survey. In efforts to highlight particularly important findings and make the report more easily understandable, a few items were not included in the main body of the report; and in some sections the findings were presented in a different order than they occurred in the survey itself.

Therefore, to be sure the reader has full access to all findings from the survey, an appendix is provided after the main body of the report. The appendix provides the same format for data tables as those used in the main body of the report and provides findings for all items in the survey in very close to the original order in which they occurred in the survey itself. While redundant with much of the main body of the report, the appendix is intended to provide a complete picture of the findings of the survey in their original order.

In the brief introduction to the appendix, the specific items in the appendix that are not included in the main body of the reported are noted specifically so that the reader readily can find and review findings from those items. In compiling the findings in the appendix, it was assumed that the findings not included in the main body of the report would be sufficiently understandable without additional narrative material.

## 1.7 Interpretation of findings

As with most surveys, the findings in this report are presented as percentages. Based as they are on a sample of students, these percentages are attempts to predict the actual percentages and in turn numbers of students out of the total population of all enrolled 7<sup>th</sup> and 8<sup>th</sup> grade students in the Ipswich Middle School. As with other surveys, this survey has a margin of error, in this case about plus or minus 2%. As a result, while the actual percentages and numbers of students represented by the sample percentages remain unknown, the sample percentages allow us to predict with some certainty that the actual percentages and numbers out of the total population are within certain ranges.

For example, using the previously referenced bullying item, 34% of the students in the sample reported being bullied in the past 12 months. While the actual number of students who were bullied remains unknown, that 34% sample figure predicts that approximately 34% of the 293

students enrolled in grades 7 and 8, or 100 students, were bullied. Then when the 2% margin of error is added, the prediction actually is that the real percentage in the total population of 7<sup>th</sup> and 8<sup>th</sup> graders who were bullied in the past year probably is between 32% and 36% and that the actual number of students bullied probably is between 94 and 105.

The same principles apply to estimation of the actual percentages and numbers of boys vs girls and 7<sup>th</sup> graders vs 8<sup>th</sup> graders bullied during the past year. In each case it is a matter of multiplying the sample percentage by the number of enrolled students in that group and then adjusting in both directions for the margin of error.

The sections to follow provide a summary of key findings from the Ipswich Student Health Survey with middle school students.

## 2.0 Student demographics

### Students by Age

| Age in years  | Number     | Percent     |
|---------------|------------|-------------|
| 10 or younger | 0          | 0           |
| 11            | 0          | 0           |
| 12            | 26         | 10          |
| 13            | 112        | 42          |
| 14            | 124        | 47          |
| 15 or older   | 2          | 1           |
| Missing/Other | 0          | 0           |
| <b>TOTAL</b>  | <b>264</b> | <b>100%</b> |

As might be expected, virtually all of the students in the sample were in the age range from 12 to 14 years, coinciding with the 7<sup>th</sup> and 8<sup>th</sup> grades in school.

### Students by gender

| Year | Female | Male | Missing | Total |
|------|--------|------|---------|-------|
| 2018 | 139    | 125  | 0       | 264   |

In 2018, there were slightly more girls than boys in the sample (girls – 53% vs boys – 47%)..

### Students by Grade

| Year | 6 <sup>th</sup> Grade | 7 <sup>th</sup> Grade | 8 <sup>th</sup> grade | Missing | Total |
|------|-----------------------|-----------------------|-----------------------|---------|-------|
| 2018 | 0                     | 121                   | 142                   | 1       | 264   |

In 2018, both the 7<sup>th</sup> and 8<sup>th</sup> grades were well represented in the sample. As noted earlier, surveys were not administered to 6<sup>th</sup> grade students.

### Students by Race/Ethnicity

| <b>Race/Ethnicity</b>          | <b>Number</b> | <b>Percent</b> |
|--------------------------------|---------------|----------------|
| American Indian/Alaskan Native | 4             | 2              |
| Asian or Pacific Islander      | 7             | 3              |
| Black/African American         | 4             | 2              |
| Hispanic/Latino                | 8             | 3              |
| White                          | 226           | 86             |
| Other                          | 10            | 4              |
| Missing                        | 5             | 2              |
| <b>TOTAL</b>                   | <b>264</b>    | <b>100%</b>    |

White students made up 86% of the sample. The remaining 14% of the students in the sample were quite diverse, including representatives of a wide range of racial/cultural groups.

### Primary language students speak at home

| <b>Language spoken at home</b> | <b>Number</b> | <b>Percent</b> |
|--------------------------------|---------------|----------------|
| English                        | 254           | 97             |
| Spanish                        | 2             | 1              |
| Portuguese                     | 2             | 1              |
| Another language               | 4             | 2              |
| Missing                        | 2             | 1              |
| <b>TOTAL</b>                   | <b>264</b>    | <b>100%</b>    |

Virtually all students in the sample (97%) reported English as the primary language they speak when at home. The remainder reported speaking Spanish, Portuguese, or Other languages at home.

### 3.0 Personal safety and bullying

#### 3.1 Violence and safety

| 2017-2018 Ipswich Student Health Survey – Middle School                             |              |          |             |   |                       |                       |
|---|--------------|----------|-------------|---|-----------------------|-----------------------|
| Violence and Safety   |              |          |             |   |                       |                       |
| Variables   | % Total      |          | % by Gender |   | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q7a. In a physical fight at school (12 months)                                      | 4            | --       | 7           | 1 | 5                     | 3                     |
| Q7b. In a physical fight not at school (12 months)                                  | 10           | --       | 12          | 8 | 10                    | 9                     |
| Q13. Did not go to school because you felt unsafe going to or from school (30 days) | 6            | --       | 4           | 8 | 6                     | 7                     |

#### Observations:

- Respondents were more likely to report physical fighting outside school (10%) than fighting at school (4%). Few middle school respondents reported not going to school because they felt unsafe (6%).
- By gender: As noted in the table, boys were more likely than girls to report physical fighting, both in school (boys – 7% vs girls – 1%) and outside school (boys – 12% vs girls – 8%). On the other hand, girls were more likely to report not going to school out of fear (girls 8% vs boys 4%).
- By grade: There were some variations by grade level. However, the differences did not fall into clear patterns with readily identified explanations.

### 3.2 Bullying

| 2017-2018 Ipswich Student Health Survey – Middle School |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Bullying  |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q8. Bullied at school (12 months)                       | 34           | 33       | 34          | 35 | 39                    | 30                    |
| Q9. Bullied when Not at school (12 months)              | 24           | --       | 21          | 28 | 26                    | 24                    |
| Q10. Bullied electronically (12 months)                 | 25           | 15       | 18          | 31 | 26                    | 24                    |
| Q11. Saw someone else bullied at school (12 months)     | 43           | --       | 45          | 42 | 45                    | 42                    |

#### Observations:

- Respondents were more likely to report being bullied in school (34%) than out of school (24%).
- At 25%, the rate of reported electronic bullying was substantial, and similar to the rate of bullying outside school (24%).
- A little less than half of the respondents (45%) reported seeing someone else bullied at school in the previous 12 months.
- Comparisons: On comparable items, the 2018 figures for Ipswich middle school students were mixed when compared with figures for the 2015 MA Youth Health Survey. The reported rate for being bullied at school was similar to the statewide figure in 2015, but the rate for being bullied electronically was higher than the statewide figure for 2015 (Ipswich – 25% vs MA – 15%).
- By gender: As noted in the table, the rates for being bullied at school were similar for boys and girls (both at about 35%), but girls were more likely than boys to report being bullied outside of school (girls - 28% vs boys - 21%). Similarly, girls were more likely than boys to report being bullied electronically (girls 31% vs boys 8%). Girls and boys reported seeing someone else being bullied at school at about the same rates.
- By grade: There appeared to be small reductions in reported rates of all three categories of bullying from 7<sup>th</sup> to 8<sup>th</sup> grade.

### 3.3 Bullying and bystander behavior

| 2017-2018 Ipswich Student Health Survey – Middle School                                   |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Bullying bystander behavior   |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| If you saw someone else bullied at school during the past 12 months..... (Response = Yes) |              |          |             |    |                       |                       |
| Q12_1. I didn't see anyone bullied at school  | 50           | --       | 47          | 53 | 50                    | 51                    |
| Q12_2. I took part in the bullying  | 1            | --       | 1           | 1  | 1                     | 1                     |
| Q12_3. I didn't do anything – just saw it happen  | 17           | --       | 18          | 16 | 14                    | 20                    |
| Q12_4. I tried to get the person/people doing it to stop                                  | 23           | --       | 25          | 21 | 27                    | 19                    |
| Q12_5. I told a teacher, counselor, or other adult at school                              | 5            | --       | 6           | 4  | 7                     | 4                     |

#### Observations:

- As indicated in the table, about half of the respondents (50%) reported seeing someone bullied at school in the previous 12 months.
- Of those respondents who did report seeing bullying, responses to the observed bullying varied from one respondent to another. The two most frequently reported responses were: (1) to try to get the people doing it to stop (23% of the total sample or 45% of those who reported bullying); and (2) to do nothing and just watch the bullying (17% of total sample or 34% of those who reported seeing bullying). Many fewer respondents reported either taking part in the bullying (1% or 2%) or telling a teacher or other adult at the school (5% or 10%).
- Comparisons: Comparative data is not available.
- By gender: While girls were a bit more likely than boys to report seeing anyone bullied at school (girls 53% vs boys 47%), rates of reported responses of boys and girls to the bullying bystander situation were very similar.
- By grade: There were substantial variations by grade level. However, the differences did not fall into clear patterns with readily apparent explanations.

## 4.0 Personal stressors and support systems

### 4.1 Personal stressors

| 2017-2018 Ipswich Student Health Survey – Middle School                                |              |          |             |    |                       |                       |
|--|--------------|----------|-------------|----|-----------------------|-----------------------|
| Personal Stressors   |              |          |             |    |                       |                       |
| Variables  | % Total      |          | % by Gender |    | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| In the past 12 months, did any of the following things happen to you? (Response = Yes) |              |          |             |    |                       |                       |
| Q14a. Divorce or separation in your family (12 months)                                 | 7            | --       | 6           | 7  | 8                     | 5                     |
| Q14b. Serious family financial problem (12 months)                                     | 11           | --       | 9           | 13 | 13                    | 10                    |
| Q14c. Family moved (12 months)   | 13           | --       | 19          | 8  | 15                    | 11                    |
| Q14d. Witnessed violence in your family (12 months)                                    | 7            | --       | 3           | 10 | 4                     | 10                    |
| Q14e. Received verbal or emotional abuse from family member (12 months)                | 15           | --       | 13          | 17 | 11                    | 18                    |
| Q14f. Were beaten or physically hurt by family member (12 months)                      | 4            | --       | 4           | 4  | 6                     | 2                     |

#### Observations:

- This table is intended to present some types of stressors students may have been exposed to at home during the previous 12 months.
- The most frequently reported stressors were receiving verbal or emotional abuse from a family member (15%) and a family move (13%), followed by serious family financial problems (11%), divorce or separation (7%), witnessing family violence (7%), and being beaten or physically hurt by family member (4%).
- Comparisons: Comparative data is not available.
- By gender: Interestingly, there were some differences in reported rates by gender, but no clear patterns were apparent.
- By grade: There were substantial differences in percentages by grade, but again no clear patterns were apparent.

## 4.2 Support systems

| 2017-2018 Ipswich Student Health Survey – Middle School   |                 |             |             |    |                          |                          |
|---|-----------------|-------------|-------------|----|--------------------------|--------------------------|
| Support Systems   |                 |             |             |    |                          |                          |
| Variables   | % Total         |             | % by Gender |    | % by Grade               |                          |
|   | Ipswich<br>2018 | MYS<br>2015 | M           | F  | 7 <sup>th</sup><br>grade | 8 <sup>th</sup><br>grade |
| How much do you agree or disagree with each of the following statements? (Response = Agree or Strongly Agree) |                 |             |             |    |                          |                          |
| Q15a. Feel close to people at this school   | 77              | --          | 77          | 77 | 78                       | 76                       |
| Q15b. Am happy to be at this school   | 64              | --          | 62          | 66 | 72                       | 58                       |
| Q15c. Feel like part of this school   | 68              | --          | 65          | 71 | 72                       | 64                       |
| Q15d. Teachers treat students fairly at this school   | 68              | --          | 60          | 74 | 70                       | 65                       |
| Q15e. Feel safe in my school  | 76              | --          | 81          | 71 | 84                       | 68                       |
| Is there at least.....(Response = Yes)  |                 |             |             |    |                          |                          |
| Q16a. One teacher or other adult in this school to talk to about your problems?                               | 69              | --          | 68          | 71 | 69                       | 70                       |
| Q16b. One parent or other adult family member to talk to about things important to you?                       | 89              | --          | 91          | 88 | 89                       | 90                       |
| Q16c. One non-family adult outside of school that you can talk to about things important to you?              | 56              | --          | 52          | 60 | 56                       | 56                       |

### Observations:

- This table is intended to document the quality and extent of support systems at home and at school to help students with problems.
- Two-thirds of students or more report being happy at school (64%), feel like being part of the school (68%), and report that teachers treat students fairly (68%). Even larger percentages of respondents report feeling safe at school (76%) and feeling close to people at school (77%).
- Similarly, seven out of 10 students (69%) reported having a teacher or other adult to talk to at school about problems; and almost nine out of 10 (89%) reported having an adult family member to talk to about problems. In addition, over half the respondents (56%) reported having an adult non-family member outside of school to talk to about problems.
- Comparisons: Comparative data is not available.
- By gender and grade: Differences by gender and grade were modest for all of these items and fell into no discernible patterns.

## 5.0 Depression, self-harm, and suicide

| 2017-2018 Ipswich Student Health Survey – Middle School  |                 |             |             |    |                          |                          |
|--|-----------------|-------------|-------------|----|--------------------------|--------------------------|
| Self-harm, Depression and Suicide  |                 |             |             |    |                          |                          |
| Variables  | % Total         |             | % by Gender |    | % by Grade               |                          |
|  | Ipswich<br>2018 | MYS<br>2015 | M           | F  | 7 <sup>th</sup><br>grade | 8 <sup>th</sup><br>grade |
| During the past 12 months, did any of the following things happen to you? (Response = Yes)       |                 |             |             |    |                          |                          |
| Q17a. Hurt self on purpose (12 months)   | 12              | 16          | 11          | 13 | 12                       | 12                       |
| Q17b. Felt depressed enough for at least two weeks that you stopped usual activities (12 months) | 24              | 18          | 20          | 27 | 23                       | 24                       |
| Q17c. Seriously considered suicide (12 months)   | 16              | 8           | 15          | 16 | 20                       | 12                       |
| Q17d. Made a plan to commit suicide (12 months)  | 8               | --          | 7           | 8  | 8                        | 8                        |
| Q17e. Attempted suicide (12 months)  | 3               | 4           | 1           | 4  | 4                        | 1                        |

### Observations:

- As indicated in the table, 24% of respondents reported feeling significant depression at some point during the previous 12 months. Between one and two out of ten (16%) reported seriously considering suicide; 8% reported making a plan to commit suicide; and 3% reported attempting suicide. In addition, 12% reported intentionally hurting themselves during the previous year.
- Comparisons: On comparable items, the 2018 figures for Ipswich middle school students were mixed in relation to the statewide figures for the 2015 MA Youth Health Survey. Ipswich students reported higher rates of depression (Ipswich – 24% vs MYHS – 18%) and seriously considering suicide (Ipswich – 16% vs MYHS 8%) but reported a lower rate for hurting self on purpose (Ipswich – 12% vs MYHS – 16%) and a similar rate for actual suicide attempts (3% vs 4%).
- By gender: As indicated in the table, the percentages reported by girls were similar but slightly higher on all variables than the percentages reported by boys.
- By grade: The reported rates for all variables remained much the same from the 7<sup>th</sup> to the 8<sup>th</sup> grades, with the exception of seriously considering suicide which declined from 20% in the 7<sup>th</sup> grade to 12% in the 8<sup>th</sup> grade.

## 6.0 Substance use: Alcohol, tobacco, and other drugs

### 6.1 Lifetime substance use

| 2017-2018 Ipswich Student Health Survey – Middle School                  |              |          |             |    |                       |                       |
|--|--------------|----------|-------------|----|-----------------------|-----------------------|
| Lifetime substance use   |              |          |             |    |                       |                       |
| Variables  | % Total      |          | % by Gender |    | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| In your lifetime, have you.....(Response = Yes)                          |              |          |             |    |                       |                       |
| Q18. Smoked cigarettes (lifetime)  | 2            | 6        | 2           | 1  | 1                     | 2                     |
| Q21. Ever used electronic cigarette (lifetime)                           | 12           | --       | 14          | 10 | 7                     | 16                    |
| Q22. Ever drank alcohol (lifetime)                                       | 10           | 13       | 11          | 10 | 8                     | 12                    |
| Q27. Used marijuana (lifetime)   | 2            | 6        | 2           | 2  | 1                     | 3                     |
| Q29. Used cocaine (lifetime)   | 0            | --       | 1           | 0  | 0                     | 1                     |
| Q31. Used ecstasy (lifetime)   | 0            | --       | 1           | 0  | 0                     | 1                     |
| Q33. Used heroin (lifetime)  | 0            | --       | 1           | 0  | 0                     | 1                     |
| Q35. Used other illegal drugs (lifetime)                                 | 1            | --       | 1           | 1  | 0                     | 1                     |
| Q37. Used a prescription drug without a doctor's prescription (lifetime) | 2            | 3        | 1           | 3  | 1                     | 3                     |

#### Observations:

- Of the middle school students in the sample, 12% reported lifetime use of electronic cigarettes, and 10% reported lifetime use of alcohol. No more than 2% of respondents reported use of any other substance.
- Comparisons: Where comparable figures are available, current reported lifetime rates for cigarette smoking, drinking alcohol, and marijuana use are all a bit lower than comparable statewide rates on the 2015 MA Youth Health Survey.
- By gender: Reported rates of use by boys and girls were quite similar for all substances, with very slightly higher reported rates of use by boys for some substances.
- By grade: Reported lifetime use of electronic cigarettes increased substantially from 7<sup>th</sup> to 8<sup>th</sup> grade (7% to 16%), and reported alcohol use increased from 8% to 12% from 7<sup>th</sup> to 8<sup>th</sup> grade. Rates of use of the less frequently reported substances, of course, varied less by grade as the rates approached zero.

## 6.2 Past 30-day substance use

| 2017-2018 Ipswich Student Health Survey – Middle School  |                 |             |             |   |                          |                          |
|--|-----------------|-------------|-------------|---|--------------------------|--------------------------|
| Past 30 day substance use  |                 |             |             |   |                          |                          |
| Variables  | % Total         |             | % by Gender |   | % by Grade               |                          |
|  | Ipswich<br>2018 | MYS<br>2015 | M           | F | 7 <sup>th</sup><br>grade | 8 <sup>th</sup><br>grade |
| In the past 30 days, have you.....(Response = Yes)   |                 |             |             |   |                          |                          |
| Q20. Currently smoke cigarettes (30 days)  | 0               | 1           | 0           | 0 | 0                        | 0                        |
| Q21. Used an electronic cigarette (30 days)  | 5               | --          | 6           | 4 | 2                        | 8                        |
| Q23. Drank alcohol (30 days)   | 4               | 4           | 6           | 3 | 3                        | 5                        |
| Q28. Used marijuana (30 days)  | 1               | 2           | 2           | 1 | 0                        | 1                        |
| Q30. Used cocaine (30 days)  | 0               | --          | 1           | 0 | 0                        | 1                        |
| Q32. Used ecstasy (30 days)  | 1               | --          | 2           | 0 | 0                        | 1                        |
| Q34. Used heroin (30 days)   | 0               | --          | 0           | 0 | 0                        | 0                        |
| Q36. Used other illegal drugs (30 days)  | 0               | --          | 1           | 0 | 0                        | 1                        |
| Q38. Used a prescription drug without a doctor's prescription (30 days)                                  | 1               | --          | 1           | 2 | 0                        | 2                        |
| Q39. Sniffed glue, breathed contents of aerosol cans, or inhaled paints or sprays to get high? (30 days) | 1               | 1           | 2           | 1 | 1                        | 1                        |

### Observations:

- As might be expected, reported past 30 day rates of use were somewhat lower than lifetime rates for all substances except those where both lifetime and past 30 days rates approached zero.
- As indicated in the table, 5% of respondents reported past 30 day use of electronic cigarettes, and 4% reported current use of alcohol. Reported rates of all other substances were 1% or less.
- Comparisons: As indicated in the table, the reported past 30 day rates for cigarette smoking, drinking alcohol, marijuana use, and glue sniffing are essentially the same as the comparable statewide rates on the 2015 MA Youth Health Survey.
- By gender and grade: Boys were slightly more likely than girls to report current alcohol drinking (boys – 6% vs girls – 3%) and use of electronic cigarettes (boys – 6% vs girls – 4%). Similarly, the reported current rate for use of electronic cigarettes rose from 2% in 7<sup>th</sup> grade to 8% in 8<sup>th</sup> grade; and the reported current rate for alcohol drinking increased from 3% to 5% from 7<sup>th</sup> to 8<sup>th</sup> grade. As noted above, reported rates of use of all other substance were 1% or less; and so differences by gender and/or grade are negligible.

## 7.0 Substance use: Additional issues

### 7.1 Exposure to substance use at home

| 2017-2018 Ipswich Student Health Survey – Middle School   |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Exposure to substance use at home   |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Exposure to substance use: Is there anyone (other than you) living in your household who.....(Response = Yes) |              |          |             |    |                       |                       |
| Q44a. Smokes cigarettes?  | 19           | --       | 23          | 16 | 20                    | 19                    |
| Q44b. Uses electronic tobacco products?   | 12           | --       | 15          | 10 | 14                    | 11                    |
| Q44c. You think drinks too much?  | 9            | --       | 9           | 8  | 6                     | 11                    |
| Q44d. Smokes marijuana?   | 11           | --       | 13          | 9  | 9                     | 12                    |
| Q44e. Uses illegal drugs other than marijuana?  | 0            | --       | 1           | 0  | 0                     | 1                     |
| Q44f. Abuses prescription medication?   | 0            | --       | 1           | 0  | 0                     | 1                     |

#### Observations:

- Respondents were most likely to report living with someone who smokes cigarettes (19%), followed by someone who uses electronic tobacco products (12%), closely followed by someone who smokes marijuana (11%) and someone who the respondent thinks drinks too much (9%). Virtually no respondents reported living with someone who uses illegal drugs other than marijuana or who abuses prescription medication.

## 7.2 Ease of access to drugs

| 2017-2018 Ipswich Student Health Survey – Middle School  |              |          |             |    |                       |                       |
|--|--------------|----------|-------------|----|-----------------------|-----------------------|
| Access to drugs  |              |          |             |    |                       |                       |
| Variables  | % Total      |          | % by Gender |    | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Ease of access – If you wanted to get the following substances, how easy would it be for you to get some?<br>(Responses = Sort of easy, Very easy) |              |          |             |    |                       |                       |
| Q43a. Some cigarettes?   | 29           | --       | 35          | 22 | 23                    | 33                    |
| Q43b. Electronic tobacco products?   | 45           | --       | 50          | 40 | 28                    | 58                    |
| Q43c. Some beer, wine, or hard liquor?   | 57           | 38       | 56          | 56 | 53                    | 59                    |
| Q43d. Some marijuana?  | 12           | 18       | 17          | 10 | 8                     | 18                    |
| Q43e. Prescription drugs to use to get high?   | 23           | --       | 25          | 21 | 23                    | 22                    |

### Observations:

- More than half of the respondents reported that it would be easy to obtain beer, wine or hard liquor (57%), and almost half (45%) reported it would be easy to get electronic tobacco products. Almost a third reported that it would be easy to obtain cigarettes (29%) followed by 23% who reported it would be easy to obtain prescription drugs to use to get high. Only 12% of respondents reported that it would be easy to obtain marijuana.
- Comparisons: As indicated in the table, the percentages of students in Ipswich who reported it would be easy to obtain beer, wine, or had liquor was much higher than the statewide percentage on the 2015 MA Youth Health Survey (Ipswich – 57% vs MA YHS – 38%) while the percentage of students in Ipswich who reported it would be easy to obtain marijuana was lower than the statewide figures in 2015 (Ipswich – 12% vs MA YHS – 18%).
- By gender: Boys were more likely than girls to report it would be easy to obtain cigarettes (boys – 35% vs girls – 22%), electronic tobacco products (boys – 50% vs girls – 40%), and marijuana (boys – 17% vs girls – 10%). About the same percentages of boys and girls reported it would be easy to obtain beer, wine, or had liquor (56%) and prescription drugs to get high (25% and 21% respectively).
- By grade: With one exception, respondents reported substantially greater ease of access to all substances from 7<sup>th</sup> grade to 8<sup>th</sup> grade, with percent reporting easy access increasing from: 23% to 33% for cigarettes; 8% to 18% for marijuana; 53% to 59% for alcohol; and 28% to 58% for electronic tobacco products. The exception was prescription drugs to get high, where the percentage of students reporting easy access remained constant at 22-23% from 7<sup>th</sup> to 8<sup>th</sup> grade.

### 7.3 Additional alcohol related behavior

| 2017-2018 Ipswich Student Health Survey – Middle School   |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Binge drinking, drinking and driving, drinking before age 13 years                                |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q22. Had first drink of alcohol before age 13 years   | 7            | --       | 6           | 8  | 7                     | 7                     |
| Q24. Had five or more drinks of alcohol in a row within a couple of hours (past 30 days)          | 0            | 2        | 0           | 1  | 0                     | 1                     |
| Q26 Rode in a car or other vehicle driven by someone who had been drinking alcohol (past 30 days) | 17           | 9        | 14          | 19 | 16                    | 17                    |

#### Observations:

- As indicated in the table, virtually no students reported binge drinking in the past 30 days, and only 7% of respondents reported drinking before age 13 years. However, close to one in five students (17%) reported riding in a car or other vehicle driven by someone who had been drinking.
- Comparisons: The percentage of middle school students in Ipswich who reported riding in a car with someone who had been drinking was substantially higher than the comparable statewide percentage on the 2015 MA Youth Health Survey (Ipswich – 17% vs MA YHS – 9%).
- By gender: Girls were more likely than boys to report riding in a car with someone who had been drinking (girls – 19% vs boys – 14%). About the same percentages of boys and girls reported binge drinking (0 – 1%) and drinking alcohol before age 13 years (6 – 8%).
- By grade: There were no appreciable differences by grade level on these variables.

## 8.0 Sexual experiences

| 2017-2018 Ipswich Student Health Survey – Middle School                 |                 |             |             |   |                          |                          |
|---|-----------------|-------------|-------------|---|--------------------------|--------------------------|
| Sexual experiences  |                 |             |             |   |                          |                          |
| Variables   | % Total         |             | % by Gender |   | % by Grade               |                          |
|   | Ipswich<br>2018 | MYS<br>2015 | M           | F | 7 <sup>th</sup><br>grade | 8 <sup>th</sup><br>grade |
| In your lifetime, have you.....(Response = Yes)                         |                 |             |             |   |                          |                          |
| Q47. Ever had sexual intercourse  | 2               | --          | 2           | 2 | 0                        | 3                        |
| Q48. Had sexual intercourse before 13 years of age                      | 0               | --          | 0           | 1 | 0                        | 1                        |
| Q49. Have ever been forced to have sexual intercourse against your will | 1               | --          | 1           | 1 | 1                        | 1                        |

### Observations:

- In 2018, 2% of middle school respondents in Ipswich reported having ever had sexual intercourse while virtually none reported having sexual intercourse before age 13 years and 1% reported having been forced to have sexual intercourse against their will.
- By gender: As noted above, reported rates for all of these sexual experiences were very low, and differences between boys and girls were negligible.
- By grade: As might be anticipated, the percentage of respondents who reported lifetime sexual intercourse increased slightly from the 7<sup>th</sup> to 8<sup>th</sup> grades (0% to 3%).

## 9.0 Health issues

### 9.1 Perceived body weight and weight control efforts

| 2017-2018 Ipswich Student Health Survey – Middle School |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Weight control  |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q50. Described self as slightly or very overweight      | 23           | 24       | 27          | 21 | 21                    | 26                    |
| Q51. Were trying to lose weight                         | 38           | --       | 29          | 47 | 31                    | 45                    |

#### Observations:

- As indicated in the table, about one in four (23%) respondents reported being slightly or very overweight, and more than a third (38%) reported trying to lose weight.
- Comparisons: The percentage of Ipswich middle school students who reported being overweight was very similar to the statewide middle school percentage on the 2015 MA Youth Health Survey.
- By gender: Girls were a bit less likely than boys to report being overweight (girls 21% vs boys 27%), but were much more likely than boys to report trying to lose weight (girls 47% vs boys 29%).
- By grade: As indicated in the table, reports of both being overweight and trying to lose weight increased from 7<sup>th</sup> to 8<sup>th</sup> grade.

## 9.2 Diet and nutrition

| 2017-2018 Ipswich Student Health Survey – Middle School  |              |          |             |    |                       |                       |
|--|--------------|----------|-------------|----|-----------------------|-----------------------|
| Diet and nutrition   |              |          |             |    |                       |                       |
| Variables  | % Total      |          | % by Gender |    | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q54. Overall, how healthy are the food s that you and your family eat? (Response = Mostly healthy, Very healthy) | 75           | --       | 70          | 80 | 75                    | 75                    |
| Yesterday, did you.....(Response = Yes)  |              |          |             |    |                       |                       |
| Q55a. Eat fruit  | 86           | --       | 86          | 86 | 89                    | 83                    |
| Q55b. Eat green salad, raw vegetables, or cooked vegetables (not counting potatoes, French fries, or chips)      | 78           | --       | 71          | 84 | 80                    | 75                    |
| Q55c. Eat dairy products (milk, cheese, yoghurt)   | 87           | --       | 90          | 85 | 91                    | 84                    |
| Q55d. Drink sweetened drinks like soda, punch, sports drinks   | 59           | --       | 67          | 52 | 64                    | 55                    |
| Q55e. Eat food like cookies, doughnuts, cakes, candy, french fries, potato/corn chips                            | 83           | --       | 80          | 85 | 85                    | 81                    |
| In the past 7 days, did you.....(Response = Yes)   |              |          |             |    |                       |                       |
| Q56a. Eat breakfast on at least one day  | 92           | --       | 93          | 92 | 89                    | 96                    |
| Q56a. Eat breakfast on all 7 days  | 40           | --       | 41          | 39 | 37                    | 42                    |

### Observations:

- As indicated in the table, three-quarters of respondents (75%) reported that they eat mostly or very healthy foods; and three-quarters or more respondents reported that they had eaten fruit (86%), salad and vegetables (78%), and dairy products (87%) in the previous day. However, more than half the respondents also reported that they had drunk soda and other sweet drinks (59%) and/or cookies/cakes/candy/chips (83%) in the previous day.
- More than nine out of ten respondents (92%) reported eating breakfast at least once in the previous week while less than half (40%) reported eating breakfast every day in the past week.
- By gender: Reported rates by boys and girls were mixed on these variables. Girls were more likely than boys to report that they and their families eat mostly or very healthy food (girls 80% vs boys 70%).. Girls were more likely than boys to report eating salad and vegetables (girls 84% vs boys 71%) and cookies/cakes/candy (girls 85% vs boys 80%), and boys were more likely than girls to report drinking soda and other sweetened drinks (boys 67% vs girls 52%) and dairy products (boys 90% vs girls 85%). Boys and girls reported similar rates of eating breakfast.
- By grade: There were a number of differences in rates of responses from 7<sup>th</sup> to 8<sup>th</sup> grade, but the differences did not fall into any apparent patterns.

### 9.3 Family, physical, and screen time activities

| 2017-2018 Ipswich Student Health Survey – Middle School   |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Family, physical, and screen time activities  |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q53. You and your family you live with ate dinner together once or more (past 7 days)                                   | 91           | --       | 91          | 92 | 91                    | 91                    |
| Q53. You and your family you live with ate dinner together 5 or more days (past 7 days)                                 | 43           | --       | 36          | 49 | 43                    | 42                    |
| Q52. Visited a local park, playground, field, beach, or other recreation area to play or be physically active (30 days) | 96           | --       | 93          | 99 | 95                    | 96                    |
| Q56b. Were physically active for at least 60 minutes on one or more days (past 7 days)                                  | 98           | --       | 97          | 98 | 98                    | 97                    |
| Q56b. Were physically active for at least 60 minutes on 5 or more days (past 7 days)                                    | 70           | 49       | 72          | 66 | 67                    | 71                    |
| Q58a. Participated on a sports team either in school or out of school (this school year)                                | 81           | --       | 82          | 80 | 85                    | 77                    |
| Q57a. Watch TV 3 or more hours on an average school day   | 12           | 21       | 10          | 14 | 14                    | 9                     |
| Q57b. Used the computer or playing video games when not in school 3 or more hours on an average school day              | 32           | 42       | 41          | 24 | 28                    | 35                    |

#### Observations:

- Family activities: As indicated in the table, more than nine out of ten respondents (91%) reported that they had eaten dinner with their family at least once in the past week, and about four out of ten (43%) reported eating dinner with their family five or more out of the past seven days.
- Physical activity: Virtually all respondents reported visiting a park or other recreation area for play or physical activity in the previous month (96%) and being physically active for at least 60 minutes on one or more days in the past week (98%). In addition, more than two-thirds of respondents reported being physically active for at least 60 minutes on five or more days out of the past week (70%) and participating on a sports team during the past school year (81%).
- Screen time: Reported rates for watching TV and using a computer or video game three hours or more on an average school day were 12% and 32% respectively.
- Comparisons: Where comparable statewide figures are available, the current middle school Ipswich figures compare favorably. The reported rate of being physically active for at least 60 minutes on five or more days out of the past week is substantially higher than the statewide rate on the 2015 MA YHS (Ipswich – 70% vs MA – 49%), and the reported rates for three hours or more of TV watching and non-school computer use both are much lower than the statewide figures (Ipswich – 12% vs MA – 21% for TV watching and Ipswich – 32% vs MA – 42% for computer use).
- By gender: Response rates of boys and girls were quite similar for most of these dimensions, with a couple of exceptions. Girls were more likely than boys to report

eating dinner with their families five times or more per week (girls – 49% vs boys - 36%), and boys were more likely than girls to report extensive non-school computer use (boys – 41% vs girls – 24%).

- By grade: The frequency of responses on most of these variables remained fairly stable from 7<sup>th</sup> to 8<sup>th</sup> grade, although the percent reporting participation on sports teams and extensive TV watching did decrease slightly.

C:/jrwnew/ipswichmiddlessurvey18rpt.9.26.18\_fnl.doc

## Appendix A: Middle school data tables

As noted above, the main body of the report does not provide a complete exhaustive report of findings from every item in the survey. Rather, the report provides an overview of key findings from the survey. In efforts to highlight particularly important findings and make the report more easily understandable, a few items were not included in the main body of the report; and in some sections the findings were presented in a different order than they occurred in the survey itself.

Therefore, to be sure the reader has full access to all findings from the survey, this appendix is provided after the main body of the report. The appendix provides the same format for data tables as those used in the main body of the report and provides findings for all items in the survey in close to the original order in which they occurred in the survey itself. While redundant with much of the main body of the report, the appendix is intended to provide a complete picture of the findings of the survey in their original order.

The specific items in the appendix that are not included in the main body of the report are as follows: Q6; Q19; Q25; Q40; Q41; Q42; Q45; Q46; Q58b and c. Most of these items provide additional more detailed information about substance use issues while the several remaining items address bicycle riding without a helmet, talking with a parent/guardian about sexual issues, and activities outside of school.

In compiling the findings in the appendix, it was assumed that the findings not included in the main body of the report would be sufficiently understandable without additional narrative material.

| 2017-2018 Ipswich Student Health Survey – Middle School                             |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Violence and Safety   |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q6. Rarely or never wore a helmet when riding a bicycle (12 months)                 | 17           | --       | 18          | 17 | 12                    | 21                    |
| Q7a. In a physical fight at school (12 months)                                      | 4            | --       | 7           | 1  | 5                     | 3                     |
| Q7b. In a physical fight not at school (12 months)                                  | 10           | --       | 12          | 8  | 10                    | 9                     |
| Q13. Did not go to school because you felt unsafe going to or from school (30 days) | 6            | --       | 4           | 8  | 6                     | 7                     |

| 2017-2018 Ipswich Student Health Survey – Middle School |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Bullying  |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q8. Bullied at school (12 months)                       | 34           | 33       | 34          | 35 | 39                    | 30                    |
| Q9. Bullied when Not at school (12 months)              | 24           | --       | 21          | 28 | 26                    | 24                    |
| Q10. Bullied electronically (12 months)                 | 25           | 15       | 18          | 31 | 26                    | 24                    |
| Q11. Saw someone else bullied at school (12 months)     | 43           | --       | 45          | 42 | 45                    | 42                    |

| 2017-2018 Ipswich Student Health Survey – Middle School                                   |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Bullying bystander behavior   |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| If you saw someone else bullied at school during the past 12 months..... (Response = Yes) |              |          |             |    |                       |                       |
| Q12_1. I didn't see anyone bullied at school  | 50           | --       | 47          | 53 | 50                    | 51                    |
| Q12_2. I took part in the bullying  | 1            | --       | 1           | 1  | 1                     | 1                     |
| Q12_3. I didn't do anything – just saw it happen  | 17           | --       | 18          | 16 | 14                    | 20                    |
| Q12_4. I tried to get the person/people doing it to stop                                  | 23           | --       | 25          | 21 | 27                    | 19                    |
| Q12_5. I told a teacher, counselor, or other adult at school                              | 5            | --       | 6           | 4  | 7                     | 4                     |

| 2017-2018 Ipswich Student Health Survey – Middle School                                |                 |             |             |    |                          |                          |
|--|-----------------|-------------|-------------|----|--------------------------|--------------------------|
| Personal Stressors   |                 |             |             |    |                          |                          |
| Variables  | % Total         |             | % by Gender |    | % by Grade               |                          |
|  | Ipswich<br>2018 | MYS<br>2015 | M           | F  | 7 <sup>th</sup><br>grade | 8 <sup>th</sup><br>grade |
| In the past 12 months, did any of the following things happen to you? (Response = Yes) |                 |             |             |    |                          |                          |
| Q14a. Divorce or separation in your family (12 months)                                 | 7               | --          | 6           | 7  | 8                        | 5                        |
| Q14b. Serious family financial problem (12 months)                                     | 11              | --          | 9           | 13 | 13                       | 10                       |
| Q14c. Family moved (12 months)   | 13              | --          | 19          | 8  | 15                       | 11                       |
| Q14d. Witnessed violence in your family (12 months)                                    | 7               | --          | 3           | 10 | 4                        | 10                       |
| Q14e. Received verbal or emotional abuse from family member (12 months)                | 15              | --          | 13          | 17 | 11                       | 18                       |
| Q14f. Were beaten or physically hurt by family member (12 months)                      | 4               | --          | 4           | 4  | 6                        | 2                        |

| 2017-2018 Ipswich Student Health Survey – Middle School   |                 |             |             |    |                          |                          |
|---|-----------------|-------------|-------------|----|--------------------------|--------------------------|
| Support Systems   |                 |             |             |    |                          |                          |
| Variables   | % Total         |             | % by Gender |    | % by Grade               |                          |
|   | Ipswich<br>2018 | MYS<br>2015 | M           | F  | 7 <sup>th</sup><br>grade | 8 <sup>th</sup><br>grade |
| How much do you agree or disagree with each of the following statements? (Response = Agree or Strongly Agree) |                 |             |             |    |                          |                          |
| Q15a. Feel close to people at this school   | 77              | --          | 77          | 77 | 78                       | 76                       |
| Q15b. Am happy to be at this school   | 64              | --          | 62          | 66 | 72                       | 58                       |
| Q15c. Feel like part of this school   | 68              | --          | 65          | 71 | 72                       | 64                       |
| Q15d. Teachers treat students fairly at this school   | 68              | --          | 60          | 74 | 70                       | 65                       |
| Q15e. Feel safe in my school  | 76              | --          | 81          | 71 | 84                       | 68                       |
| Is there at least.....(Response = Yes)  |                 |             |             |    |                          |                          |
| Q16a. One teacher or other adult in this school to talk to about your problems?                               | 69              | --          | 68          | 71 | 69                       | 70                       |
| Q16b. One parent or other adult family member to talk to about things important to you?                       | 89              | --          | 91          | 88 | 89                       | 90                       |
| Q16c. One non-family adult outside of school that you can talk to about things important to you?              | 56              | --          | 52          | 60 | 56                       | 56                       |

| 2017-2018 Ipswich Student Health Survey – Middle School  |              |          |             |    |                       |                       |
|--|--------------|----------|-------------|----|-----------------------|-----------------------|
| Self-harm, Depression and Suicide  |              |          |             |    |                       |                       |
| Variables  | % Total      |          | % by Gender |    | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| During the past 12 months, did any of the following things happen to you? (Response = Yes)       |              |          |             |    |                       |                       |
| Q17a. Hurt self on purpose (12 months)   | 12           | 16       | 11          | 13 | 12                    | 12                    |
| Q17b. Felt depressed enough for at least two weeks that you stopped usual activities (12 months) | 24           | 18       | 20          | 27 | 23                    | 24                    |
| Q17c. Seriously considered suicide (12 months)   | 16           | 8        | 15          | 16 | 20                    | 12                    |
| Q17d. Made a plan to commit suicide (12 months)  | 8            | --       | 7           | 8  | 8                     | 8                     |
| Q17e. Attempted suicide (12 months)  | 3            | 4        | 1           | 4  | 4                     | 1                     |

| 2017-2018 Ipswich Student Health Survey – Middle School |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Tobacco use   |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q18. Smoked cigarettes (lifetime)                       | 2            | 6        | 2           | 1  | 1                     | 2                     |
| Q19. Smoked first whole cigarette before age 13 years   | 0            | --       | 0           | 0  | 0                     | 0                     |
| Q20. Currently smoke cigarettes (30 days)               | 0            | 1        | 0           | 0  | 0                     | 0                     |
| Q21. Ever used electronic cigarette (lifetime)          | 12           | --       | 14          | 10 | 7                     | 16                    |
| Q21. Used an electronic cigarette (30 days)             | 5            | --       | 6           | 4  | 2                     | 8                     |

| 2017-2018 Ipswich Student Health Survey – Middle School                          |              |          |             |    |                       |                       |
|--|--------------|----------|-------------|----|-----------------------|-----------------------|
| Alcohol use  |              |          |             |    |                       |                       |
| Variables  | % Total      |          | % by Gender |    | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q22. Had first drink of alcohol, other than a few sips, before age 13 years      | 7            | --       | 6           | 8  | 7                     | 7                     |
| Q22. Ever drank alcohol (lifetime)   | 10           | 13       | 11          | 10 | 8                     | 12                    |
| Q23. Drank alcohol (30 days)   | 4            | 4        | 6           | 3  | 3                     | 5                     |
| Q24. Have 5 or more drinks in a row once or more (30 days)                       | 0            | 2        | 0           | 1  | 0                     | 1                     |
| Q26. Rode in a vehicle driven by someone who had been drinking alcohol (30 days) | 17           | 9        | 14          | 19 | 16                    | 17                    |

| 2017-2018 Ipswich Student Health Survey – Middle School                                |              |          |             |   |                       |                       |
|--|--------------|----------|-------------|---|-----------------------|-----------------------|
| Recent access to alcohol   |              |          |             |   |                       |                       |
| Variables  | % Total      |          | % by Gender |   | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q25a. Bought alcohol in a liquor store (30 days)                                       | 0            | --       | 0           | 0 | 0                     | 0                     |
| Q25b. Bought alcohol in a bar or restaurant (30 days)                                  | 0            | --       | 0           | 0 | 0                     | 0                     |
| Q25c. Took it from parents or guardian without their knowing (30 days)                 | 2            | --       | 1           | 2 | 1                     | 2                     |
| Q25d. Parent/guardians bought it for you (30 days)                                     | 3            | --       | 3           | 2 | 3                     | 2                     |
| Q25e. Other adult (not a parent or guardian) bought it for or gave it to you (30 days) | 1            | --       | 2           | 1 | 1                     | 2                     |
| Q25f. Someone under 21 bought it for or gave it to you (30 days)                       | 2            | --       | 2           | 2 | 1                     | 2                     |

| 2017-2018 Ipswich Student Health Survey – Middle School     |              |          |             |   |                       |                       |
|---|--------------|----------|-------------|---|-----------------------|-----------------------|
| Marijuana use   |              |          |             |   |                       |                       |
| Variables   | % Total      |          | % by Gender |   | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q27. Used marijuana (lifetime)                              | 2            | 6        | 2           | 2 | 1                     | 3                     |
| Q27. Tried marijuana for the first time before age 13 years | 1            | --       | 2           | 1 | 1                     | 1                     |
| Q28. Used marijuana (30 days)                               | 1            | 2        | 2           | 1 | 0                     | 1                     |

| 2017-2018 Ipswich Student Health Survey – Middle School  |              |          |             |   |                       |                       |
|--|--------------|----------|-------------|---|-----------------------|-----------------------|
| Other drug use   |              |          |             |   |                       |                       |
| Variables  | % Total      |          | % by Gender |   | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q29. Used cocaine (lifetime)   | 0            | --       | 1           | 0 | 0                     | 1                     |
| Q29. Used cocaine for the first time before age 13 years   | 0            | --       | 0           | 0 | 0                     | 0                     |
| Q30. Used cocaine (30 days)  | 0            | --       | 1           | 0 | 0                     | 1                     |
| Q31. Used ecstasy (lifetime)   | 0            | --       | 1           | 0 | 0                     | 1                     |
| Q31. Used ecstasy for the first time before age 13 years   | 0            | --       | 0           | 0 | 0                     | 0                     |
| Q32. Used ecstasy (30 days)  | 1            | --       | 2           | 0 | 0                     | 1                     |
| Q33. Used heroin (lifetime)  | 0            | --       | 1           | 0 | 0                     | 1                     |
| Q33. Used heroin for the first time before age 13 years  | 0            | --       | 0           | 0 | 0                     | 0                     |
| Q34. Used heroin (30 days)   | 0            | --       | 0           | 0 | 0                     | 0                     |
| Q35. Used other illegal drugs (lifetime)   | 1            | --       | 1           | 1 | 0                     | 1                     |
| Q35. Used other illegal drugs for the first time before age 13 years                                     | 0            | --       | 0           | 0 | 0                     | 0                     |
| Q36. Used other illegal drugs (30 days)  | 0            | --       | 1           | 0 | 0                     | 1                     |
| Q37. Used a prescription drug without a doctor's prescription (lifetime)                                 | 2            | 3        | 1           | 3 | 1                     | 3                     |
| Q37. Used a prescription drug without a doctor's prescription for the first time before age 13 years     | 1            | --       | 1           | 1 | 1                     | 1                     |
| Q38. Used a prescription drug without a doctor's prescription (30 days)                                  | 1            | --       | 1           | 2 | 0                     | 2                     |
| Q39. Sniffed glue, breathed contents of aerosol cans, or inhaled paints or sprays to get high? (30 days) | 1            | 1        | 2           | 1 | 1                     | 1                     |

| 2017-2018 Ipswich Student Health Survey – Middle School   |                 |             |             |    |                          |                          |
|---|-----------------|-------------|-------------|----|--------------------------|--------------------------|
| Substance use related attitudes   |                 |             |             |    |                          |                          |
| Variables   | % Total         |             | % by Gender |    | % by Grade               |                          |
|   | Ipswich<br>2018 | MYS<br>2015 | M           | F  | 7 <sup>th</sup><br>grade | 8 <sup>th</sup><br>grade |
| Perceived harm – How much do you think people risk harming themselves (physically or in other ways) if they...(Responses = Medium risk or Great risk) |                 |             |             |    |                          |                          |
| Q40a. Smoke one or more packs of cigarettes per day?  | 91              | --          | 89          | 93 | 93                       | 90                       |
| Q40b. Use electronic tobacco products   | 71              | --          | 66          | 73 | 80                       | 62                       |
| Q40c. Drink 1 or 2 drinks of alcohol nearly every day?  | 70              | --          | 74          | 69 | 70                       | 69                       |
| Q40d. Drink 5 or more drinks of alcohol twice a week?   | 87              | --          | 87          | 88 | 87                       | 88                       |
| Q40e. Smoke marijuana once or twice a week?   | 69              | --          | 63          | 75 | 75                       | 63                       |
| Q40f. Use prescription drugs that are not prescribed to them?   | 93              | --          | 91          | 95 | 96                       | 90                       |
| Perception of parental response – how wrong do your parents feel it would be for you to.....(Responses = Wrong, Very wrong)                           |                 |             |             |    |                          |                          |
| Q41a. Smoke one or more packs of cigarettes per day?  | 99              | --          | 100         | 98 | 99                       | 99                       |
| Q41b. Use electronic tobacco products   | 98              | --          | 99          | 96 | 99                       | 96                       |
| Q41c. Drink 1 or 2 drinks of alcohol nearly every day?  | 97              | --          | 94          | 98 | 98                       | 95                       |
| Q41d. Drink 5 or more drinks of alcohol twice a week?   | 98              | --          | 96          | 99 | 99                       | 96                       |
| Q41e. Smoke marijuana once or twice a week?   | 96              | --          | 94          | 98 | 97                       | 95                       |
| Q41f. Use prescription drugs that are not prescribed to them?   | 97              | --          | 97          | 96 | 100                      | 93                       |
| Perception of friends' response – how wrong do your friends feel it would be for you to.....(Responses = Wrong, Very wrong)                           |                 |             |             |    |                          |                          |
| Q42a. Smoke one or more packs of cigarettes per day?  | 92              | --          | 91          | 95 | 96                       | 90                       |
| Q42b. Use electronic tobacco products   | 71              | --          | 67          | 75 | 82                       | 61                       |
| Q42c. Drink 1 or 2 drinks of alcohol nearly every day?  | 90              | --          | 85          | 94 | 96                       | 85                       |
| Q42d. Drink 5 or more drinks of alcohol twice a week?   | 95              | --          | 92          | 97 | 97                       | 92                       |
| Q42e. Smoke marijuana once or twice a week?   | 90              | --          | 87          | 92 | 92                       | 87                       |
| Q42f. Use prescription drugs that are not prescribed to them?   | 92              | --          | 90          | 95 | 95                       | 90                       |

| 2017-2018 Ipswich Student Health Survey – Middle School  |              |          |             |    |                       |                       |
|--|--------------|----------|-------------|----|-----------------------|-----------------------|
| Access to drugs  |              |          |             |    |                       |                       |
| Variables  | % Total      |          | % by Gender |    | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Ease of access – If you wanted to get the following substances, how easy would it be for you to get some?<br>(Responses = Sort of easy, Very easy) |              |          |             |    |                       |                       |
| Q43a. Some cigarettes?   | 29           | --       | 35          | 22 | 23                    | 33                    |
| Q43b. Electronic tobacco products?   | 45           | --       | 50          | 40 | 28                    | 58                    |
| Q43c. Some beer, wine, or hard liquor?   | 57           | 38       | 56          | 56 | 53                    | 59                    |
| Q43d. Some marijuana?  | 12           | 18       | 17          | 10 | 8                     | 18                    |
| Q43e. Prescription drugs to use to get high?   | 23           | --       | 25          | 21 | 23                    | 22                    |

| 2017-2018 Ipswich Student Health Survey – Middle School   |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Exposure to substance use at home   |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Exposure to substance use: Is there anyone (other than you) living in your household who.....(Response = Yes) |              |          |             |    |                       |                       |
| Q44a. Smokes cigarettes?  | 19           | --       | 23          | 16 | 20                    | 19                    |
| Q44b. Uses electronic tobacco products?   | 12           | --       | 15          | 10 | 14                    | 11                    |
| Q44c. You think drinks too much?  | 9            | --       | 9           | 8  | 6                     | 11                    |
| Q44d. Smokes marijuana?   | 11           | --       | 13          | 9  | 9                     | 12                    |
| Q44e. Uses illegal drugs other than marijuana?  | 0            | --       | 1           | 0  | 0                     | 1                     |
| Q44f. Abuses prescription medication?   | 0            | --       | 1           | 0  | 0                     | 1                     |

| 2017-2018 Ipswich Student Health Survey – Middle School  |              |          |             |    |                       |                       |
|--|--------------|----------|-------------|----|-----------------------|-----------------------|
| Talking with parent/guardian about substance use and sex   |              |          |             |    |                       |                       |
| Variables  | % Total      |          | % by Gender |    | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Talked with parent or guardian sometimes or often about.....                                     |              |          |             |    |                       |                       |
| Q45. Making decisions about using substances like cigarettes, alcohol, marijuana, or other drugs | 43           | --       | 38          | 48 | 43                    | 44                    |
| Q46a. How they feel about teenagers having sex   | 16           | --       | 13          | 19 | 11                    | 21                    |
| Q46b. Sex and sexual issues  | 21           | --       | 20          | 23 | 17                    | 26                    |

| 2017-2018 Ipswich Student Health Survey – Middle School                 |              |          |             |   |                       |                       |
|---|--------------|----------|-------------|---|-----------------------|-----------------------|
| Sexual experiences  |              |          |             |   |                       |                       |
| Variables   | % Total      |          | % by Gender |   | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| In your lifetime, have you.....(Response = Yes)                         |              |          |             |   |                       |                       |
| Q47. Ever had sexual intercourse  | 2            | --       | 2           | 2 | 0                     | 3                     |
| Q48. Had sexual intercourse before 13 years of age                      | 0            | --       | 0           | 1 | 0                     | 1                     |
| Q49. Have ever been forced to have sexual intercourse against your will | 1            | --       | 1           | 1 | 1                     | 1                     |

| 2017-2018 Ipswich Student Health Survey – Middle School |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Weight control  |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q50. Described self as slightly or very overweight      | 23           | 24       | 27          | 21 | 21                    | 26                    |
| Q51. Were trying to lose weight                         | 38           | --       | 29          | 47 | 31                    | 45                    |

| 2017-2018 Ipswich Student Health Survey – Middle School  |              |          |             |    |                       |                       |
|--|--------------|----------|-------------|----|-----------------------|-----------------------|
| Diet and nutrition   |              |          |             |    |                       |                       |
| Variables  | % Total      |          | % by Gender |    | % by Grade            |                       |
|  | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q54. Overall, how healthy are the food s that you and your family eat? (Response = Mostly healthy, Very healthy) | 75           | --       | 70          | 80 | 75                    | 75                    |
| Yesterday, did you.....(Response = Yes)  |              |          |             |    |                       |                       |
| Q55a. Eat fruit  | 86           | --       | 86          | 86 | 89                    | 83                    |
| Q55b. Eat green salad, raw vegetables, or cooked vegetables (not counting potatoes, French fries, or chips)      | 78           | --       | 71          | 84 | 80                    | 75                    |
| Q55c. Eat dairy products (milk, cheese, yoghurt)   | 87           | --       | 90          | 85 | 91                    | 84                    |
| Q55d. Drink sweetened drinks like soda, punch, sports drinks   | 59           | --       | 67          | 52 | 64                    | 55                    |
| Q55e. Eat food like cookies, doughnuts, cakes, candy, french fries, potato/corn chips                            | 83           | --       | 80          | 85 | 85                    | 81                    |
| In the past 7 days, did you.....(Response = Yes)   |              |          |             |    |                       |                       |
| Q56a. Eat breakfast on at least one day  | 92           | --       | 93          | 92 | 89                    | 96                    |
| Q56a. Eat breakfast on all 7 days  | 40           | --       | 41          | 39 | 37                    | 42                    |

| 2017-2018 Ipswich Student Health Survey – Middle School   |              |          |             |    |                       |                       |
|---|--------------|----------|-------------|----|-----------------------|-----------------------|
| Family, physical, community, and screen time activities   |              |          |             |    |                       |                       |
| Variables   | % Total      |          | % by Gender |    | % by Grade            |                       |
|   | Ipswich 2018 | MYS 2015 | M           | F  | 7 <sup>th</sup> grade | 8 <sup>th</sup> grade |
| Q53. You and your family you live with ate dinner together once or more (past 7 days)                                   | 91           | --       | 91          | 92 | 91                    | 91                    |
| Q53. You and your family you live with ate dinner together 5 or more days (past 7 days)                                 | 43           | --       | 36          | 49 | 43                    | 42                    |
| Q52. Visited a local park, playground, field, beach, or other recreation area to play or be physically active (30 days) | 96           | --       | 93          | 99 | 95                    | 96                    |
| Q56b. Were physically active for at least 60 minutes on one or more days (past 7 days)                                  | 98           | --       | 97          | 98 | 98                    | 97                    |
| Q56b. Were physically active for at least 60 minutes on 5 or more days (past 7 days)                                    | 70           | 49       | 72          | 66 | 67                    | 71                    |
| Q58a. Participated on a sports team either in school or out of school (this school year)                                | 81           | --       | 82          | 80 | 85                    | 77                    |
| Q58b. Volunteer work, community service, or helping people outside home without getting paid (this school year)         | 48           | --       | 43          | 52 | 45                    | 50                    |
| Q58c. Organized afterschool, evening, or weekend activities (eg. Clubs, groups, church, etc.) (this school year)        | 66           | --       | 60          | 71 | 71                    | 61                    |
| Q57a. Watch TV 3 or more hours on an average school day   | 12           | 21       | 10          | 14 | 14                    | 9                     |
| Q57b. Used the computer or playing video games when not in school 3 or more hours on an average school day              | 32           | 42       | 41          | 24 | 28                    | 35                    |