
2017 Youth Risk Behavior Survey (YRBS)

Arlington Report



Acknowledgements

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Lahey Health

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Overview

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

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

Therefore, the Middlesex League, which includes the school districts of Arlington, Belmont, Burlington, Lexington, Melrose, Stoneham, Reading, Wakefield, Watertown, Wilmington, Winchester, and Woburn, decided to collaborate on the YRBS to provide comparative data that would allow individual school districts and the region overall to better understand and respond to the health risks facing youth in their communities, as well as to promote information sharing and coordination across the school districts, health officials, and other community-based service providers. Arlington's 2017 YRBS was conducted as part of this regional collaborative effort.

Between January and August 2017, superintendents and a number of health coordinators from the Middlesex League districts met three times to plan for and implement the 2017 YRBS. Ultimately, the League members agreed to develop a common YRBS instrument based on the core survey developed by the CDC and used by the Massachusetts Department of Public Health for the Commonwealth's YRBS. By using a common survey instrument, the individual districts can not only conduct their own individual district-level YRBS, but also they can combine their data to create a regional average that each district can use to facilitate comparative analysis. In addition to using a common survey instrument, the League members agreed to continue to explore how to share information and support each other in response to the data findings. Furthermore, the League members decided to conduct a collaborative YRBS every two years so that they could continue to leverage the power of the coalition and maintain a regional benchmark to compare and track themselves against throughout time.

Methods and Approach

District Involvement

Superintendents from the 12 school districts of the Middlesex League participated in introductory calls with John Snow, Inc. (JSI) to determine their participation in the collaborative survey effort this year. Five districts (Belmont, Lexington, Reading, Watertown, and Wilmington) already had plans to administer the survey but affirmed their commitment to be involved in the Middlesex League YRBS in upcoming years. Thus, for this reporting period, JSI worked with seven school districts (Arlington, Burlington, Melrose, Stoneham, Wakefield, Winchester, and Woburn) to administer the survey, collect and analyze data, and write reports of the findings. The Middlesex League region data includes the data of only these seven school districts. Over the next year, the school districts in the Middlesex League will work collaboratively to develop plans to ensure broader participation in the 2019 YRBS process.

Survey Development and Administration

Participating school districts provided JSI with examples of the surveys used in previous years of administrations. These surveys were compared to surveys of other districts and to the CDC version of the YRBS. From these sources, JSI developed a “master survey” that included all questions from the CDC version, as well as a small selection of additional questions drawn from district surveys. JSI proposed this survey to participating schools, leaving the option open that schools either remove selected questions or add items critical for the district to collect. Schools that were recipients of the Drug Free Communities (DFC) grant or the STOP Act grant were required to ask a series of questions about drug and alcohol use and perception. To simplify versions of the survey, all schools agreed to ask the DFC and STOP Act questions. All participating schools decided to adopt the JSI version of the survey and additions to or deletions from that content remained minor.

JSI designed the survey in SurveyGizmo with the appropriate customization of the instrument for each district. Once the survey was finalized, JSI worked with each district to develop a plan and schedule to administer the survey and supported districts with confidentiality practices, the student opt-out process, and privacy assurances. After survey administration, schools were asked to report the number of students who sat down to take the survey to allow JSI to cross check that number with completed survey records online.

Data Cleaning and Reporting of Results

Online administration of the survey allowed for results to be immediately transferred to JSI’s secure computer servers, where the data was aggregated together and analyzed following methods described in *Morbidity and Mortality Weekly Report (MMWR)* / March 1, 2013 / Vol. 62 / No. 1). Overall rate of completion was checked for each survey. Records with fewer than 30 valid responses for high schools and fewer than 25 responses for middle schools (shorter overall survey length) were removed. All data analyses were conducted using SAS 9.4 (SAS Institute Inc., Cary, NC). Summary reports were developed for each district, highlighting key findings in comparison to the Middlesex League region, Commonwealth, and national averages, whenever possible.

Key Findings

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

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

Unintentional Injury and Violence

Unintentional injuries are accidental injuries where the outcome was not sought, such as injuries from motor vehicle crashes, falls, fires and burns, drowning, poisonings, and suffocation. According to the CDC, in the United States in 2014, 71% of all deaths among persons aged 10–24 years resulted from one of four causes: motor vehicle crashes (23%), other unintentional injuries (17%), homicide (14%), and suicide (17%).¹ Factors that may protect youth unintentional injuries include better home and traffic safety interventions. Youth violence is defined as violence either against or committed by a child or adolescent. Issues most associated with youth violence include physical fighting, bullying, cyber-violence, dating violence, and child abuse and neglect. Factors that may protect some youth from violence include connectedness to family or other adults, such as teachers or guidance counselors; ability to discuss problems with parents; perception that parental expectations for school performance are high; frequent shared activities with parents; youth involvement in social activities; commitment to school; and the consistent presence of a parent during at least one of the following: when awakening, when arriving home from school, during evening mealtimes, and when going to bed.

The 2017 Arlington High School YRBS asked questions related to driving safety, weapon carrying, physical fighting, bullying, cyber-violence, and dating violence. Compared to the Middlesex League region average and the Commonwealth and national averages (when comparable data was available), Arlington high school students fared considerably better than their counterparts. Across virtually all

¹ CDC. Underlying cause of death 1999–2014 on CDC WONDER online database, released 2015. Data are from the Multiple Cause of Death Files, 1999–2014, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program.

areas assessed in the survey, much lower percentages of Arlington high school students were either injured or victims of violence compared to students in the Middlesex League region and in the Commonwealth overall. Furthermore, lower percentages of students participated in the risky behaviors that often lead to injury or violence. While Arlington high school students do participate in risky behaviors and are injured or victims of violence to some degree, they occur less often compared to students overall in the Middlesex League region and in the Commonwealth.

The following are key findings from this section.

- Slightly more than 1 in 10 of Arlington high school students reported riding with a driver who had been drinking alcohol (12.3%) or driving while they had been using marijuana (11.9%); in the Middlesex League region, 14.0% of high school students reported riding with a driver who had been drinking alcohol and 15.7% of students reported driving while using marijuana. In the Commonwealth, 18.2% of students reported riding with a driver who had been drinking alcohol.
- Approximately 20% of Arlington high school students reported either talking on the phone (24.0%) or texting or emailing (18.2%) while driving, compared to 38.8% of high school students in the Middlesex League region who reported talking on the phone and 32.8.7% who reported texting or emailing while driving. Among high school students in the Commonwealth, 39.3% reported texting or emailing while driving.
- 11.8% of Arlington high school students reported being bullied on school property and 10.4% of Arlington high school students reported being bullied electronically. In the Middlesex League region, 12.4% of high school students reported being bullied on school property; Commonwealth-wide, this percentage was 15.6. Regarding electronic bullying, 12.1% of Middlesex League region students reported being electronically bullied, and 13.0% of students in the Commonwealth reported the same.
- Approximately half as many Arlington high school students reported carrying a weapon (6.8%) as students in the Commonwealth overall (12.6%). In the Middlesex League region, 7.8% of high school students reported carrying a weapon.
- A lower percentage of Arlington high school students reported being in a physical fight (13.2%) compared to students in the Middlesex League region (15.1%) and in the Commonwealth (19.2%).

Mental Health

According to the World Health Organization, mental disorders are the single most common cause of disability in young people. In the United States, approximately 15–20% of children and adolescents are suffering from some form of mental disorder. Furthermore, 70% of mental disorders onset prior to age 25, making the adolescent years a critical window in which mental health can be promoted and mental health problems can be addressed. If left untreated, mental disorders can impede all aspects of health, including emotional well-being and social development, leaving young people feeling socially isolated,

stigmatized, and unable to optimize their social, vocational, and interpersonal contributions to society. It can also lead to suicide, which was the second leading cause of death in 2014 for youth ages 10–24 in the United States. Addressing mental health problems early in life can lead to decreases in emotional and behavioral problems, functional impairment, and contact with law enforcement. It can also lead to improvements in social and behavioral adjustment, learning outcomes, and school performance.²

The 2017 Arlington High School YRBS asked questions related to depression, suicide, stress, and behavioral health treatment. Some of the most concerning findings throughout the survey were related to mental health issues. Arlington high school students were slightly more likely than students in the Middlesex League region to experience sadness, consider suicide, or actually do something to purposefully hurt themselves. Students were less likely, however, to actually attempt suicide compared to their counterparts in the region and Commonwealth. Compared to students in the Middlesex League region, Arlington high school students were more likely to be taking medicine or receiving treatment for behavioral health, mental health conditions, or emotional problems to address their underlying issues.

The following are key findings from this section.

- One in four of Arlington high school students (24.9%) reported that they felt sad or hopeless almost every day for two or more weeks in a row, which was comparable to the Middlesex League region (23.7%) and lower than the percentage of high school students Commonwealth-wide (27.4%).
- Approximately 1 in 6 of Arlington high school students (15.5%) reported that they did something to purposefully hurt themselves without wanting to die, which was higher than the average for high school students in the Middlesex League region (13.1%).
- With respect to suicide, 14.0% of Arlington high school students reported that they seriously considered attempting suicide and 9.7% said that they made a plan about how they would attempt suicide. This data is comparable, though slightly higher, to high school students in the Middlesex League region overall (12.2% and 8.9%, respectively). Commonwealth-wide, Arlington high school students were less likely to consider attempting suicide or have a suicide plan, with 17.7% of high school students in the Commonwealth reporting that they had seriously considered attempting suicide and 14.6% reporting that they made a plan about how they would attempt suicide.
- With respect to actual suicide attempts, 2.8% of Arlington high school students reported that they attempted suicide, which was slightly lower than the Middlesex League region (3.2%) and considerably lower than the Commonwealth (7.0%).

² Kutcher, S., & Venn, D. (2008). Why Youth Mental Health Is So Important. *The Medscape Journal of Medicine*, 10(12), 275.

- In Arlington, 16.6% of high school students reported that they are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem, compared to 13.5% of high school students in the Middlesex League region.
- The leading causes of negative stress for Arlington high school students and students throughout the Middlesex League region were a “busy schedule” and “school demands/expectations.” A greater percentage of Arlington high school students reported “keeping up with schoolwork” as the most stressful aspect of school (36.4%) than students in the Middlesex League region (28.8%).

Tobacco

Tobacco use, and especially cigarette smoking, has become an epidemic in the United States. If smoking among youth in the United States continues at the current rate, 5.6 million of today’s children and youth under the age of 18 will die early from a smoking-related illness; this translates to 1 out of every 13 children or youth. Preventing tobacco use among youth is critical to ending the national epidemic. Nearly 9 out of 10 cigarette smokers first tried smoking by age 18, and 99% first tried smoking by age 26. Each day in the United States, more than 3,200 youth aged 18 years or younger smoke their first cigarette, and an additional 2,100 youth and young adults become daily cigarette smokers. In 2015, almost a fifth of middle schoolers and nearly half of high school students said they had ever tried a tobacco product.³

The 2017 Arlington High School YRBS asked questions related to cigarette use, smokeless tobacco, and electronic vapor products. Compared to the Middlesex League region averages and the Commonwealth and national averages (when comparable data was available), once again Arlington high school students fared considerably better than their counterparts across virtually all areas assessed. Arlington high school students are considerably less likely to use tobacco products or electronic vapor products than high school students in the Middlesex League region and the Commonwealth. The only exception is that high school students in Arlington were slightly more likely to report that they tried cigarette smoking before 13 years old than high school students in the Middlesex League region.

The following are key findings from this section.

- Among Arlington high school students, 11.6% reported that they had ever tried cigarette smoking, 4.3% reported being current smokers, and 0.8% said they smoke cigarettes frequently. These figures are slightly less than the Middlesex League region and approximately half the rates that were reported by high school students in the Commonwealth.
- With respect to early adopters of cigarette smoking, Arlington high school students were slightly more likely to have reported trying cigarettes before the age of 13 (3.4%), compared to 3.0% for high school students in the Middlesex League region.

³ Smoking & Tobacco Use. (June, 2017).

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

- Substantially fewer high school students in Arlington reported currently using electronic vapor products (8.3%) compared to 23.4% for high school students in the Middlesex League region and 23.7% for high school students in the Commonwealth.

Alcohol and Drugs

Youth alcohol consumption is a major public health concern, as it is the most widely used substance of abuse among American youth. Approximately 15% of teens have had at least one drink of alcohol by age 15, and about 60% have had at least one drink by age 18. Moreover, while youth tend to drink less often than adults do, when they do drink they drink more; young people consume more than 90% of their alcohol by binge drinking. Underage drinking poses a range of risks, for both the individual and for society in general. It can lead to injury, death, impaired judgment, increased risk of physical and sexual assault, altered brain development, and a higher chance of alcohol dependence later in life.⁴

In addition to alcohol, illicit drug use is a concern for youth health. This can include both the abuse of illegal drugs and the misuse of prescription medications or other substances. Marijuana is the most commonly used illicit drug by both teenagers and adults in the United States. It can increase the risk for accidents and injuries, including impaired driving, and is associated with poorer school performance, reduced life satisfaction, and use of other drugs.⁵ Other drugs also pose a public health concern for youth. Prescription drug misuse has become a growing problem for teenagers, as it can lead to addiction and overdose deaths. Cocaine, heroin, and cough and cold medicine, among other drugs, all affect the body and mind and are dangerous for children and adolescents.⁶

The 2017 Arlington High School YRBS asked questions related to alcohol use, marijuana use, other illicit drug use, and prescription drug use. With respect to alcohol and drug use, the percentages for alcohol and drug use for Arlington high school students are consistently less than the percentages for high school students in the Middlesex League region and in the Commonwealth. This pattern persists for almost all questions in this section of the survey, whether it be related to alcohol, marijuana, cocaine, heroin, methamphetamines, ecstasy, or synthetic marijuana. The only exceptions are regarding early-adopters of alcohol (ever drank prior to age 13), drinking on school property, and whether students were offered, sold, or given an illegal drug on school property. In these cases, Arlington's percentages for high school students were comparable but slightly higher than the Middlesex League region but still considerably less than the Commonwealth average.

The following are key findings from this section.

⁴ National Institute on Alcohol Abuse and Alcoholism (February, 2017). *Underage Drinking*. Retrieved from https://pubs.niaaa.nih.gov/publications/underagedrinking/Underage_Fact.pdf

⁵ National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services (July, 2017). *Marijuana*. Retrieved from <https://teens.drugabuse.gov/drug-facts/marijuana>

⁶ National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services (July, 2017). *Drug Facts*. Retrieved from <https://teens.drugabuse.gov/drug-facts>

- Among Arlington high school students, 57.1% reported that they have ever drank alcohol, 27.9% reported that they currently drank alcohol (one or more times in the last month), and 16.0% reported that they “binge drank,” (drinking 4 or more drinks in a row for females of 5 or more drinks in a row for males).
- With respect to marijuana, 32.2% of Arlington high school students reported that they have used marijuana and 20.4% reported that they were current users of marijuana (one or more times in the last month).
- With respect to all other illicit drugs (i.e., cocaine, heroin, methamphetamines, ecstasy, and synthetic marijuana) the percentage of Arlington high school students who ever used each drug are low and range from 1.4% (inhalants) to 2.7% (cocaine). As stated above, these percentages are comparable to the Middlesex League region and considerably less than the percentages for the Commonwealth overall.
- Among Arlington high school students, 13.5% of students were offered, sold, or given an illegal drug on school property, compared to 11.3% of high school students in the Middlesex League region and 20.3% of students in the Commonwealth overall.

Sexual Behavior and HIV/AIDS

Youth who engage in sexual behaviors are at risk for unintended health outcomes. Sexual risk behaviors can put teens at risk for HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancy. According to CDC data, lesbian, gay, and bisexual high school students in particular are at substantial risk for serious health outcomes. In 2015, young people aged 13–24 accounted for an estimated 22% of all new HIV diagnoses in the United States, and among young people aged 13–24 diagnosed with HIV in 2015, 81% were gay and bisexual males. Schools and other youth-serving organizations have a role to play in helping young people adopt attitudes and behaviors that support their health and well-being and reduce their risk of HIV, other STDs, and unintended pregnancy. According to the CDC, awareness and education are key aspects that should be incorporated into all educational environments.⁷

The 2017 Arlington High School YRBS asked questions related to sexual intercourse, sexting, pregnancy and disease prevention, and sexual transmitted diseases. The percentages of Arlington High School students who reported that they ever had sexual intercourse or who were currently sexually active were comparable to the percentages for high school students across the Middlesex League region but lower than the percentages for high school students Commonwealth-wide. This pattern persists for almost every question in this section of the survey. With respect to education and testing, Arlington high school students were slightly less likely to be tested for HIV or other sexually transmitted diseases but considerably more likely to have received education regarding sexual activity and sexually transmitted diseases than high school students in the Middlesex League region.

⁷ Centers for Disease Control and Prevention (March, 2017). *Sexual Risk Behaviors: HIV, STD, & Teen Pregnancy Prevention*. Retrieved from <https://www.cdc.gov/healthyyouth/sexualbehaviors/>

The following are key findings from this section.

- Among Arlington high school students, 23.8% reported that they had ever had sexual intercourse and 17.2% reported that they were currently sexually active.
- Among Arlington high school students who were sexually active, 19.9% reported that they drank alcohol or used drugs before their last sexual intercourse and 30% reported that they did not use a condom. These percentages were slightly lower than those of the Middlesex League region (20.8% and 30.0%, respectively).
- With respect to sexual messages, 37.7% of Arlington high school students reported that they had ever sent or received sexual messages or nude or semi-nude pictures or videos electronically. These percentages are comparable to the rates for the Middlesex League region.
- Among Arlington high school students, 52.5% reported receiving education related to condom use, 81.6% reported receiving education related to HIV/AIDS, and 81.4% reported receiving information about birth control methods. These percentages, especially regarding education about birth control methods, were considerably higher than what was reported for the Middlesex League region overall (44.2%, 73.0%, and 61.0% respectively).
- With respect to testing for HIV and other sexually transmitted diseases, Arlington high school students were less likely to get tested (5.4% for HIV and 7.5% for other sexually transmitted diseases) than their counterparts in the Middlesex League region (6.7% and 8.2%, respectively).

Nutrition and Physical Activity

Healthy eating and regular physical activity are essential for the physical and mental health of youth. Healthy eating is important for helping individuals maintain a healthy body weight and consume necessary nutrients. Both healthy eating and regular physical activity can help reduce the risk of developing health conditions including high blood pressure, heart disease, cancer, and diabetes. Furthermore, physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight and reduce symptoms of anxiety and depression. Higher physical activity levels are associated with improved cognitive performance, and students who are physically active tend to do better in school. Similarly, eating a healthy breakfast is associated with improved cognitive function, reduced absenteeism, and improved mood. It is recommended that people aged 2 years or older maintain a healthy diet that includes a variety of fruits and vegetables, whole grains, fat-free and low-fat dairy products, a variety of protein foods, and oils. Additionally, the U.S. Department of Health and Human Services recommends that children and adolescents aged 6 to 17 years should have 60 minutes or more of physical activity each day.^{8,9}

⁸ Centers for Disease Control and Prevention (June, 2017). *Physical Activity Facts*. Retrieved from <https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

⁹ Centers for Disease Control and Prevention (May, 2017). *Childhood Nutrition Facts*. Retrieved from <https://www.cdc.gov/healthyschools/nutrition/facts.htm>

The 2017 Arlington High School YRBS asked questions related to nutrition, physical activity, and overweight and obesity. Similar to other sections of this report, Arlington high school students fared better than high school students in the Middlesex League region and the Commonwealth on nearly all of the questions in this section. Arlington high school students are more likely to eat fruits and vegetables, to eat breakfast, and to be physically active than their counterparts in the Middlesex League region and the Commonwealth. They are also less likely to be obese or overweight than their counterparts.

The following are key findings from this section.

- Among Arlington high school students, only 2.8% of students did not eat fruit or drink 100% fruit juice in the 7 days before survey, compared to 4.0% of high school students in the Middlesex League region and 5.5% of high school students in the Commonwealth. Similarly, only 2.2% of students did not eat vegetables in 7 days before the survey, compared to 4.2% of students in the Middlesex League region and 6.0% of students in the Commonwealth.
- A smaller percentage of Arlington high school students reported not drinking milk (20.7%) and drinking soda (51.9%) in the 7 days before the survey than students in the Middlesex League region overall (24.8% and 57.3%, respectively).
- With respect to overweight and obesity, only 4.8% of Arlington high school students were obese and 9.9% were overweight, compared to 8.2% and 13.2% respectively for the Middlesex League region, and 11.0% and 15.3% respectively for the Commonwealth overall. A greater percentage of Arlington high school students were not trying to lose weight (64.7% for Arlington, 57.6% for the Middlesex League region, and 54% for the Commonwealth).

Appendix A: Data Tables

Table 1: Arlington's High School Responses with Comparisons to Middlesex League, Commonwealth, and Nation

	Arlington		Middlesex League		MA*	U.S.*
	n	%	n	%	%	%
UNINTENTIONAL INJURY AND VIOLENCE						
Rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)	114	12.3	808	14.0	18.2	20.0
Drove when they had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	18	4.7	186	6.3	9.4	7.8
Drove when they had been using marijuana (in a car or other vehicle one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	45	11.9	458	15.7	-	-
Talked on a cell phone while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	88	24.0	1115	38.8	-	-
Texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	68	18.2	946	32.8	39.3	41.5
Carried a weapon (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	63	6.8	446	7.8	12.6	16.2
Carried a weapon on school property (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	20	2.2	127	2.2	3.2	4.1
Carried a gun (1 or more times during the 12 months before the survey)	14	1.5	115	2.0	-	-
Were threatened or injured with a weapon on school property (such as, a gun, knife, or club, 1 or more times during the 12 months before the survey)	25	2.7	224	3.9	4.1	6.0
Were in a physical fight (one or more times during the 12 months before the survey)	122	13.2	869	15.1	19.2	22.6
Were in a physical fight on school property (one or more times during the 12 months before the survey)	34	3.7	262	4.6	5.6	7.8

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

Were a member of a gang (during the 12 months before the survey)	51	5.5	301	5.2	-	-
Did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)	32	3.5	254	4.4	4.8	5.6
Were electronically bullied (counting being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 months before the survey)	97	10.4	699	12.1	13.0	15.5
Were bullied on school property (during the 12 months before the survey)	109	11.8	717	12.4	15.6	20.2
Were ever physically forced to have sexual intercourse (when they did not want to)	37	4.0	263	4.6	5.5	6.7
Experienced physical dating violence (counting being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	18	2.0	160	2.8	-	-
Experienced sexual violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to 1 or more times during the 12 months before the survey)	60	6.5	439	7.6	-	-
Experienced sexual dating violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	39	4.2	251	4.4	-	-
MENTAL HEALTH						
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	230	24.9	1359	23.7	27.4	29.9
Did something to purposefully hurt themselves without wanting to die (such as cutting or burning themselves on purpose, 1 or more times during the 12 months before the survey)	143	15.5	757	13.1	-	-
Seriously considered attempting suicide (during the 12 months before the survey)	128	14.0	697	12.2	14.9	17.7
Made a plan about how they would attempt suicide (during the 12 months before the survey)	89	9.7	510	8.9	11.9	14.6

Attempted suicide (one or more times during the 12 months before the survey)	26	2.8	180	3.2	7.0	8.6
Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	8	0.9	54	0.9	2.8	2.8
Are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	152	16.6	775	13.5	-	-
Which of the following do you find causes the most negative stress for you?						
Busy schedule (school, activities, sports, etc.)	243	27.1	1547	27.9		
Parent/family demands/expectations about academics, grades, etc.	87	9.7	595	10.7		
Difficulty getting enough sleep	37	4.1	288	5.2		
Extracurricular activity demands or pressures	18	2.0	110	2.0	-	-
School demands/expectations—such as assignments, homework, etc.	304	33.9	1685	30.4		
Social pressures from friends, peers, etc.	24	2.7	164	3.0		
Other family or personal issues which cause emotional stress for you	63	7.0	478	8.6		
Worrying about the future such as college, career, etc.	121	13.5	669	12.1		
Which of the following do you find the most stressful about school?						
Having to study things you do not understand	143	15.9	871	15.7		
Teachers expecting too much from you	110	12.2	813	14.7		
Keeping up with schoolwork	327	36.4	1594	28.8		
Having to concentrate too long during the school day	51	5.7	341	6.2	-	-
Having to study things you are not interested in	98	10.9	706	12.8		
Pressure of study	70	7.8	356	6.4		
Getting up early in the morning to go to school	65	7.2	570	10.3		
Going to school	35	3.9	285	5.1		
TOBACCO						
Ever tried cigarette smoking (even one or two puffs)	107	11.6	831	14.5	27.8	32.3
Tried cigarette smoking before age 13 years (even one or two puffs, for the first time)	31	3.4	171	3.0	-	-
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	39	4.3	382	6.7	7.7	10.8
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	7	0.8	77	1.3	2.3	3.4

Ever used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	199	21.6	1996	34.9	44.8	44.9
Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	77	8.3	1337	23.4	23.7	24.1
Currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)	15	1.6	184	3.2	5.5	7.3
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	27	2.9	377	6.6	10.4	10.3
ALCOHOL AND DRUGS						
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	521	57.1	3234	57.8	61.3	63.2
Drank alcohol before age 13 years (for the first time other than a few sips)	74	8.0	414	7.4	12.9	17.2
Currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)	255	27.9	1858	32.8	33.9	32.8
Currently drank alcohol on school property (at least 1 drink of alcohol on school property on at least 1 day during the 30 days before the survey)	30	3.3	156	2.8	-	-
Drank 4 or more (for females) or 5 or more (for males) drinks of alcohol in a row (on at least 1 day during the 30 days before the survey)	147	16.0	1149	20.2	-	-
Ever used marijuana (one or more times during their life)	295	32.2	1985	35.1	40.9	38.6
Tried marijuana before age 13 years (for the first time)	20	2.2	183	3.2	6.3	7.5
Currently used marijuana (one or more times during the 30 days before the survey)	188	20.4	1286	22.7	24.5	21.7
Currently used marijuana or hashish (during the past 30 days)	189	20.6	1312	23.2	-	-
Currently used marijuana on school property (one or more times on school property during the 30 days before the survey)	31	3.4	243	4.3	-	-
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	25	2.7	198	3.5	4.5	5.2

Ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)	14	1.5	92	1.6	1.7	2.1
Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)	16	1.7	105	1.9	2.1	3.0
Ever used ecstasy (also called "MDMA," one or more times during their life)	21	2.3	158	2.8	4.3	5.0
Ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk", or "Moon Rocks", one or more times during their life)	20	2.2	240	4.3	7.9	9.2
Ever taken over-the-counter medication to get high (including cough syrup, at least one time during their life)	39	4.3	322	5.7	-	-
Sniffed glue, breathed the contents of aerosol spraycans, or inhaled paints or sprays to get high (during the past 30 days)	13	1.4	148	2.6	-	-
Used prescription drugs not prescribed to them (during the past 30 days)	41	4.5	377	6.7	-	-
Were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	124	13.5	639	11.3	20.3	21.7
SEXUAL BEHAVIOR AND HIV/AIDS						
Ever had sexual intercourse	215	23.8	1545	28.0	36.4	41.2
Were currently sexually active (had sexual intercourse with at least one person during the 3 months before the survey)	156	17.2	1157	20.8	27.7	30.1
Had sexual intercourse before age 13 years (for the first time)	12	1.3	98	1.8	2.9	3.9
Had sexual intercourse with four or more persons (during their life)	40	4.4	330	5.9	7.9	11.5
During your life, with whom have you had sexual contact? I have never had sexual contact	578	63.7	3104	57.6	-	-
Females	161	17.7	1093	20.3		
Males	136	15.0	1018	18.9		
Females and males	33	3.6	171	3.2		
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	46	19.9	338	20.8	21.8	20.6
Have been pregnant or gotten someone pregnant (at least one time)	12	1.3	118	2.1	-	-

Did not use a condom (during last sexual intercourse, among students who were currently sexually active)	63	30.0	529	34.4	37.5	43.1
Did not use any method to prevent pregnancy (during last sexual intercourse, among students who were currently sexually active)	15	7.3	122	8.1	8.6	13.8
Ever sent or received sexual messages or nude or semi-nude pictures or videos electronically	342	37.7	2395	42.7	-	-
Ever been tested for HIV (not counting tests done if donated blood)	49	5.4	370	6.7	-	-
Ever been tested for sexually transmitted diseases (STDs) (such as genital herpes, chlamydia, syphilis, or genital warts)	68	7.5	455	8.2	-	-
Ever been taught in school about AIDS or HIV infection	734	81.6	4054	73.0	-	-
Ever been taught in school about how to use condoms	472	52.5	2456	44.2	-	-
Ever been taught in school about birth control methods	732	81.4	3388	61.0	-	-
Talked with family members about sexual health (talked with parents or other adults in their family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases (STDs), or pregnancy at least once during the 12 months before the survey)	445	49.4	2292	41.3	-	-
Have an adult in their school who can help them find sexual health services (such as HIV, STD and pregnancy testing, access to birth control, or support around their sexuality)	411	45.8	2230	40.3	-	-
Feel comfortable asking an adult at their school if they needed help finding sexual health services	217	24.2	1405	25.3	-	-
NUTRITION AND PHYSICAL ACTIVITY						
Did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)	25	2.8	224	4.0	5.5	5.2
Did not eat vegetables (green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables, during the 7 days before the survey)	20	2.2	232	4.2	6.0	6.7
Did not drink milk (during the 7 days before the survey)	188	20.7	1378	24.8	21.0	21.5
Drank a can, bottle, or glass of soda or pop (not counting diet soda or diet pop, during the 7 days before the survey)	471	51.9	3186	57.3	67.4	73.8
Did not eat breakfast at all during the week (during the 7 days before the survey)	62	6.8	629	11.3	13.7	13.8

Did not eat breakfast on at least one day during the week (during the 7 days before the survey)	383	83.8	2681	86.0	65.1	63.7
Were not physically active at least 60 minutes per day at all during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	83	9.2	584	10.5	15.1	14.3
Were not physically active at least 60 minutes per day on 5 or more days during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	672	74.4	3928	70.6	54.8	51.4
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	406	44.7	2585	46.3	43.2	41.7
Did not attend physical education classes at all during the week (in an average week when they were in school)	291	32.2	1821	32.7	45.0	48.4
Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	80	8.8	720	12.9	-	-
Were obese (≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	42	4.8	448	8.2	11.0	13.9
Were overweight (≥ 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	87	9.9	718	13.2	15.3	16.0
Described themselves as slightly or very overweight	195	21.4	1491	26.5	31.5	31.5
Were not trying to lose weight	589	64.7	3240	57.6	54.0	54.4
OTHER HEALTH-RELATED TOPICS						
Have any long-term disabilities (long-term meaning 6 months or more)	89	10.0	594	10.8	-	-
Have any physical disabilities or long-term health problems (long-term meaning 6 months or more)	66	7.4	484	8.8	-	-
Have at least one teacher or other adult in their school that they can talk to if they have a problem	608	68.2	3668	66.6	-	-
Can talk to at least one parent or other adult family member about things that are important to them	757	84.9	4635	84.2	-	-
Did not have 8 or more hours of sleep (on an average school night)	673	74.8	4371	78.8	78.0	72.7
Did not usually sleep in parent/guardian's home	10	1.1	113	2.0	-	-

(during the 30 days before the survey)						
Slept outside parent/guardian's home because were kicked out, ran away, or were abandoned (ever during the 30 days before the survey)	16	1.7	159	2.8	-	-

Table 2: Arlington's High School Responses to Drug Free Communities Questions

	n	%	n	%	n	%	n	%
	No Risk		Slight Risk		Moderate Risk		Great Risk	
How much do you think people risk harming themselves physically or in other ways when they have five or more drinks of an alcoholic beverage once or twice a week?	40	4.4	138	15.1	382	41.8	354	38.7
How much do you think people risk harming themselves physically or in other ways if they smoke one or more packs of cigarettes per day?	50	5.4	36	3.9	182	19.8	650	70.8
How much do you think people risk harming themselves physically or in other ways if they smoke marijuana once or twice a week?	203	22.3	332	36.4	254	27.9	123	13.5
How much do you think people risk harming themselves physically or in other ways if they use prescription drugs that are not prescribed to them?	24	2.6	41	4.5	214	23.5	631	69.3
How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage nearly every day?	54	5.9	193	21.1	330	36.0	339	37.0
	Not at All Wrong		A Little Bit Wrong		Wrong		Very Wrong	
How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?	27	2.9	56	6.1	205	22.4	628	68.6
How wrong do your parents feel it would be for you to smoke tobacco?	16	1.7	31	3.4	186	20.3	685	74.6
How wrong do your parents feel it would be for you to smoke marijuana?	42	4.6	147	16.2	250	27.5	471	51.8
How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?	11	1.2	12	1.3	92	10.1	795	87.4
How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?	63	6.9	176	19.2	351	38.3	326	35.6
How wrong do your friends feel it would be for you to smoke tobacco?	54	5.9	164	17.9	335	36.7	361	39.5
How wrong do your friends feel it would be for you to smoke marijuana?	335	36.9	232	25.5	176	19.4	166	18.3

How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?	21	2.3	60	6.6	264	29.0	564	62.0
	Neither Approve nor Disapprove		Somewhat Disapprove		Strongly Disapprove		Don't Know or Can't Say	
How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?	120	13.1	267	29.1	478	52.1	52	5.7

*See Regional Report for Middlesex League comparison data.

Table 3: Arlington's High School Responses by Grade Level for Males

	Freshmen		Sophomores		Juniors		Seniors		All Students	
	n	%	n	%	n	%	n	%	n	%
UNINTENTIONAL INJURY AND VIOLENCE										
Rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)	21	15.0	12	11.0	14	13.3	14	15.1	61	13.6
Drove when they had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	1	4.8	3	6.8	4	6.3	5	8.9	13	7.0
Drove when they had been using marijuana (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	4	8.9	9	14.5	18	32.1	31	16.8
Talked on a cell phone while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	2	9.5	2	4.8	14	22.2	29	50.9	47	25.7
Texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	2	8.3	5	11.6	9	14.1	23	40.4	39	20.7
Carried a weapon (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	15	10.7	12	11.1	15	14.6	11	11.8	53	11.9
Carried a weapon on school property	3	2.1	2	1.9	6	5.9	4	4.3	15	3.4

(such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)										
Carried a gun (1 or more times during the 12 months before the survey)	3	2.2	1	0.9	6	5.7	3	3.3	13	2.9
Were threatened or injured with a weapon on school property (such as, a gun, knife, or club, 1 or more times during the 12 months before the survey)	3	2.1	5	4.6	6	5.7	4	4.3	18	4.0
Were in a physical fight (one or more times during the 12 months before the survey)	22	15.7	23	21.1	25	23.8	15	16.3	85	19.1
Were in a physical fight on school property (one or more times during the 12 months before the survey)	4	2.9	6	5.6	10	9.7	4	4.3	24	5.4
Were a member of a gang (during the 12 months before the survey)	12	8.7	6	5.5	8	7.8	4	4.3	30	6.8
Did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)	4	2.9	2	1.9	6	5.8	5	5.5	17	3.8
Were electronically bullied (counting being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 months before the survey)	14	10.0	6	5.5	7	6.7	6	6.5	33	7.4
Were bullied on school property (during the 12 months before the survey)	20	14.4	9	8.3	8	7.6	8	8.6	45	10.1
Were ever physically forced to have sexual intercourse (when they did not want to)	2	1.4	1	0.9	4	3.8	1	1.1	8	1.8
Experienced physical dating violence (counting being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	1	0.7	0	0.0	5	4.8	2	2.2	8	1.8
Experienced sexual violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to 1 or more times during the 12 months before the survey)	1	0.7	2	1.9	4	3.8	5	5.5	12	2.7
Experienced sexual dating violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with 1 or more times during the 12 months before the survey, among	1	0.7	1	0.9	5	4.8	3	3.2	10	2.2

students who dated or went out with someone during the 12 months before the survey)										
MENTAL HEALTH										
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	18	13.0	19	17.4	15	14.3	15	16.3	67	15.1
Did something to purposefully hurt themselves without wanting to die (such as cutting or burning themselves on purpose, 1 or more times during the 12 months before the survey)	10	7.1	6	5.6	11	10.6	9	9.8	36	8.1
Seriously considered attempting suicide (during the 12 months before the survey)	2	1.4	8	7.4	12	11.9	11	12.0	33	7.5
Made a plan about how they would attempt suicide (during the 12 months before the survey)	4	2.9	3	2.8	10	9.5	8	8.8	25	5.6
Attempted suicide (one or more times during the 12 months before the survey)	0	0.0	1	0.9	2	2.0	3	3.3	6	1.4
Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	0	0.0	1	0.9	1	1.0	0	0.0	2	0.5
Are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	13	9.4	9	8.3	14	13.3	14	15.2	50	11.3
Which of the following do you find causes the most negative stress for you?										
Busy schedule (school, activities, sports, etc.)	30	21.9	40	38.1	30	29.1	22	24.7	122	28.1
Parent/family demands/expectations about academics, grades, etc.	22	16.1	13	12.4	9	8.7	6	6.7	50	11.5
Difficulty getting enough sleep	7	5.1	4	3.8	4	3.9	5	5.6	20	4.6
Extracurricular activity demands or pressures	1	0.7	4	3.8	1	1.0	2	2.2	8	1.8
School demands/expectations—such as assignments, homework, etc.	52	38.0	27	25.7	36	35.0	31	34.8	146	33.6
Social pressures from friends, peers, etc.	7	5.1	1	1.0	1	1.0	1	1.1	10	2.3
Other family or personal issues which cause emotional stress for you	8	5.8	5	4.8	5	4.9	4	4.5	22	5.1
Worrying about the future such as college, career, etc.	10	7.3	11	10.5	17	16.5	18	20.2	56	12.9
Which of the following do you find the most stressful about school?										
Having to study things you do not understand	21	15.2	14	13.2	13	12.7	9	10.2	57	13.1
Teachers expecting too much from you	9	6.5	15	14.2	10	9.8	6	6.8	40	9.2
Keeping up with schoolwork	53	38.4	42	39.6	43	42.2	35	39.8	173	39.9
Having to concentrate too long during the school day	9	6.5	8	7.5	4	3.9	5	5.7	26	6.0
Having to study things you are not interested in	20	14.5	10	9.4	15	14.7	15	17.0	60	13.8

Pressure of study	10	7.2	8	7.5	5	4.9	7	8.0	30	6.9
Getting up early in the morning to go to school	10	7.2	9	8.5	7	6.9	6	6.8	32	7.4
Going to school	6	4.3	0	0.0	5	4.9	5	5.7	16	3.7
TOBACCO										
Ever tried cigarette smoking (even one or two puffs)	10	7.2	12	11.1	14	13.3	20	21.7	56	12.6
Tried cigarette smoking before age 13 years (even one or two puffs, for the first time)	5	3.6	3	2.9	7	6.7	4	4.3	19	4.3
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	5	3.6	3	2.8	6	5.7	5	5.4	19	4.3
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	0	0.0	0	0.0	3	2.9	2	2.2	5	1.1
Ever used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	18	12.9	19	17.6	27	26.0	37	40.7	101	22.9
Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	9	6.4	11	10.2	8	7.7	22	24.2	50	11.3
Currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)	0	0.0	4	3.7	4	3.8	5	5.4	13	2.9
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	2	1.4	5	4.6	5	4.8	8	8.7	20	4.5
ALCOHOL AND DRUGS										
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	71	51.8	49	46.7	60	57.1	66	72.5	246	56.2
Drank alcohol before age 13 years (for the first time other than a few sips)	13	9.4	9	8.3	10	9.6	6	6.5	38	8.6
Currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)	22	16.1	23	21.5	35	33.3	37	40.7	117	26.6
Currently drank alcohol on school property (at least 1 drink of alcohol on school property on at least 1 day during the 30 days before the survey)	1	0.7	2	1.8	5	4.8	3	3.3	11	2.5

Drank 4 or more (for females) or 5 or more (for males) drinks of alcohol in a row (on at least 1 day during the 30 days before the survey)	10	7.1	12	11.0	22	21.2	27	29.7	71	16.0
Ever used marijuana (one or more times during their life)	21	15.1	29	27.1	40	38.5	53	58.2	143	32.4
Tried marijuana before age 13 years (for the first time)	2	1.4	3	2.8	6	5.8	3	3.3	14	3.2
Currently used marijuana (one or more times during the 30 days before the survey)	14	10.0	18	16.7	25	23.8	41	45.1	98	22.1
Currently used marijuana or hashish (during the past 30 days)	12	8.6	22	20.4	25	23.8	40	44.0	99	22.3
Currently used marijuana on school property (one or more times on school property during the 30 days before the survey)	4	2.9	7	6.5	8	7.7	5	5.4	24	5.4
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	2	1.4	3	2.8	7	6.7	4	4.3	16	3.6
Ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)	0	0.0	4	3.8	6	5.9	2	2.2	12	2.7
Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)	1	0.7	3	2.8	6	5.7	3	3.3	13	2.9
Ever used ecstasy (also called "MDMA," one or more times during their life)	2	1.4	2	1.9	6	5.8	3	3.3	13	2.9
Ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk," or "Moon Rocks", one or more times during their life)	1	0.7	2	1.9	5	4.8	3	3.3	11	2.5
Ever taken over-the-counter medication to get high (including cough syrup, at least one time during their life)	3	2.2	3	2.9	5	4.8	6	6.5	17	3.9
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays to get high (during the past 30 days)	0	0.0	2	1.9	6	5.7	3	3.3	11	2.5
Used prescription drugs not prescribed to them (during the past 30 days)	4	2.9	5	4.8	6	5.7	6	6.5	21	4.8
Were offered, sold, or given an illegal drug on school property	19	13.6	16	15.0	11	10.5	24	26.1	70	15.8

(during the 12 months before the survey)										
SEXUAL BEHAVIOR AND HIV/AIDS										
Ever had sexual intercourse	14	10.1	21	20.2	32	31.1	45	50.0	112	25.7
Were currently sexually active (had sexual intercourse with at least one person during the 3 months before the survey)	10	7.2	11	10.5	24	23.3	31	34.4	76	17.4
Had sexual intercourse before age 13 years (for the first time)	0	0.0	3	2.8	7	6.7	0	0.0	10	2.3
Had sexual intercourse with four or more persons (during their life)	5	3.6	6	5.8	9	8.7	3	3.4	23	5.3
During your life, with whom have you had sexual contact?										
I have never had sexual contact	107	77.0	70	66.7	60	57.7	38	41.3	275	62.5
Females	30	21.6	32	30.5	39	37.5	50	54.3	151	34.3
Males	1	0.7	1	1.0	0	0.0	2	2.2	4	0.9
Females and males	1	0.7	2	1.9	5	4.8	2	2.2	10	2.3
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	2	13.3	5	22.7	8	21.6	11	22.9	26	21.3
Have been pregnant or gotten someone pregnant (at least one time)	1	0.7	3	2.8	5	4.8	0	0.0	9	2.1
Did not use a condom (during last sexual intercourse, among students who were currently sexually active)	2	15.4	3	15.0	13	41.9	10	22.2	28	25.7
Did not use any method to prevent pregnancy (during last sexual intercourse, among students who were currently sexually active)	0	0.0	2	10.0	3	10.3	0	0.0	5	4.7
Ever sent or received sexual messages or nude or semi-nude pictures or videos electronically	43	30.7	40	37.4	42	40.8	43	47.3	168	38.1
Ever been tested for HIV (not counting tests done if donated blood)	3	2.2	6	5.7	9	8.7	6	6.7	24	5.5
Ever been tested for sexually transmitted diseases (STDs) (such as genital herpes, chlamydia, syphilis, or genital warts)	4	2.9	9	8.7	12	11.5	8	9.0	33	7.6
Ever been taught in school about AIDS or HIV infection	120	87.0	79	75.2	82	78.8	73	82.0	354	81.2
Ever been taught in school about how to use condoms	87	62.6	62	59.6	59	56.7	44	50.0	252	57.9
Ever been taught in school about birth control methods	125	90.6	85	81.0	87	83.7	74	84.1	371	85.3
Talked with family members about sexual health	73	52.9	48	45.7	43	41.3	40	44.9	204	46.8

(talked with parents or other adults in their family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases (STDs), or pregnancy at least once during the 12 months before the survey)										
Have an adult in their school who can help them find sexual health services (such as HIV, STD and pregnancy testing, access to birth control, or support around their sexuality)	68	49.3	54	51.4	37	35.6	48	53.9	207	47.5
Feel comfortable asking an adult at their school if they needed help finding sexual health services	35	25.5	32	30.5	19	18.4	32	36.0	118	27.2
NUTRITION AND PHYSICAL ACTIVITY										
Did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)	6	4.3	4	3.8	5	4.9	1	1.1	16	3.7
Did not eat vegetables (green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables, during the 7 days before the survey)	6	4.4	3	2.9	2	2.0	3	3.3	14	3.2
Did not drink milk (during the 7 days before the survey)	12	8.7	24	22.4	11	10.6	18	19.8	65	14.8
Drank a can, bottle, or glass of soda or pop (not counting diet soda or diet pop, during the 7 days before the survey)	92	66.2	60	57.1	69	66.3	57	62.6	278	63.3
Did not eat breakfast any day during the week (during the 7 days before the survey)	8	5.7	10	9.3	7	6.7	9	9.9	34	7.7
Did not eat breakfast at least one day during the week (during the 7 days before the survey)	48	88.9	43	84.3	46	83.6	40	81.6	177	84.7
Were not physically active at least 60 minutes per day on any day during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	2	1.4	9	8.6	7	6.8	13	14.4	31	7.1
Were not physically active at least 60 minutes per day on 5 or more days during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	86	62.3	68	64.8	70	68.0	66	73.3	290	66.5
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	69	49.6	40	37.4	43	41.7	48	53.3	200	45.6
Did not attend physical education classes any day during the week (in an average week when they were in school)	3	2.2	1	0.9	63	61.2	73	81.1	140	32.0

Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	12	8.6	14	13.2	12	11.5	9	10.0	47	10.7
Were obese (≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	7	5.4	5	4.8	4	4.0	5	5.6	21	5.0
Were overweight (≥ 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	14	10.9	13	12.5	6	6.1	7	7.9	40	9.5
Described themselves as slightly or very overweight	24	17.1	16	15.1	19	18.4	15	16.5	74	16.8
Were not trying to lose weight	114	82.0	85	80.2	84	81.6	73	79.3	356	80.9
OTHER HEALTH-RELATED TOPICS										
Have any long-term disabilities (long-term meaning 6 months or more)	10	7.2	10	9.8	15	14.4	8	9.0	43	9.9
Have any physical disabilities or long-term health problems (long-term meaning 6 months or more)	11	7.9	4	3.9	7	6.9	8	8.9	30	6.9
Have at least one teacher or other adult in their school that they can talk to if they have a problem	110	79.7	72	69.9	60	57.7	63	71.6	305	70.4
Can talk to at least one parent or other adult family member about things that are important to them	124	90.5	85	81.0	86	83.5	77	87.5	372	85.9
Did not have 8 or more hours of sleep (on an average school night)	87	62.6	66	63.5	85	82.5	69	76.7	307	70.4
Did not usually sleep in parent/guardian's home (during the 30 days before the survey)	1	0.7	1	0.9	2	1.9	2	2.2	6	1.3
Slept outside parent/guardian's home because were kicked out, ran away, or were abandoned (ever during the 30 days before the survey)	4	2.9	2	1.8	3	2.9	3	3.2	12	2.7

*See Regional Report for Middlesex League comparison data.

Table 4: Arlington's High School Responses by Grade Level for Females

	Freshmen		Sophomores		Juniors		Seniors		All Students	
	n	%	n	%	n	%	n	%	n	%
UNINTENTIONAL INJURY AND VIOLENCE										

Rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)	11	8.1	16	10.9	12	12.9	13	13.4	52	11.0
Drove when they had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	1	2.0	2	3.2	2	3.6	5	2.6
Drove when they had been using marijuana (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	2	3.9	4	6.7	8	13.6	14	7.4
Talked on a cell phone while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	1	6.3	4	7.8	8	13.3	28	50.9	41	22.5
Texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	0	0.0	4	7.8	7	11.3	18	33.3	29	15.8
Carried a weapon (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	0	0.0	4	2.7	5	5.4	1	1.0	10	2.1
Carried a weapon on school property (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	0	0.0	1	0.7	3	3.2	1	1.0	5	1.1
Carried a gun (1 or more times during the 12 months before the survey)	0	0.0	0	0.0	1	1.1	0	0.0	1	0.2
Were threatened or injured with a weapon on school property (such as, a gun, knife, or club, 1 or more times during the 12 months before the survey)	2	1.5	3	2.0	2	2.1	0	0.0	7	1.5
Were in a physical fight (one or more times during the 12 months before the survey)	12	9.0	11	7.4	5	5.4	6	6.1	34	7.2
Were in a physical fight on school property (one or more times during the 12 months before the survey)	2	1.5	5	3.4	2	2.2	0	0.0	9	1.9
Were a member of a gang (during the 12 months before the survey)	4	3.0	2	1.4	7	7.7	6	6.2	19	4.0
Did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)	2	1.5	5	3.4	4	4.3	3	3.0	14	2.9

Were electronically bullied (counting being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 months before the survey)	19	14.1	18	12.1	13	13.8	13	13.1	63	13.2
Were bullied on school property (during the 12 months before the survey)	17	12.6	19	12.8	17	18.1	10	10.2	63	13.3
Were ever physically forced to have sexual intercourse (when they did not want to)	4	3.0	8	5.4	7	7.5	10	10.1	29	6.1
Experienced physical dating violence (counting being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	2	1.5	1	0.7	7	7.5	0	0.0	10	2.1
Experienced sexual violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to 1 or more times during the 12 months before the survey)	8	6.0	16	10.9	10	10.8	14	14.1	48	10.1
Experienced sexual dating violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with 1 or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	4	3.0	9	6.1	7	7.5	9	9.4	29	6.2
MENTAL HEALTH										
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	33	24.6	52	35.4	38	41.3	39	39.4	162	34.3
Did something to purposefully hurt themselves without wanting to die (such as cutting or burning themselves on purpose, 1 or more times during the 12 months before the survey)	28	20.9	34	23.1	25	27.2	19	19.4	106	22.5
Seriously considered attempting suicide (during the 12 months before the survey)	24	18.0	34	23.1	18	19.8	18	18.2	94	20.0
Made a plan about how they would attempt suicide (during the 12 months before the survey)	12	9.0	26	17.7	12	13.0	13	13.1	63	13.4
Attempted suicide (one or more times during the 12 months before the survey)	1	0.7	7	4.7	6	6.5	6	6.1	20	4.2

Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	0	0.0	2	1.4	1	1.1	3	3.0	6	1.3
Are currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	18	13.5	36	24.5	22	24.4	26	26.5	102	21.8
Which of the following do you find causes the most negative stress for you?										
Busy schedule (school, activities, sports, etc.)	33	25.6	43	29.5	23	26.1	19	20.2	118	25.8
Parent/family demands/expectations about academics, grades, etc.	15	11.6	10	6.8	8	9.1	4	4.3	37	8.1
Difficulty getting enough sleep	6	4.7	1	0.7	5	5.7	4	4.3	16	3.5
Extracurricular activity demands or pressures	2	1.6	5	3.4	1	1.1	2	2.1	10	2.2
School demands/expectations—such as assignments, homework, etc.	39	30.2	65	44.5	23	26.1	30	31.9	157	34.4
Social pressures from friends, peers, etc.	4	3.1	6	4.1	3	3.4	1	1.1	14	3.1
Other family or personal issues which cause emotional stress for you	17	13.2	6	4.1	10	11.4	8	8.5	41	9.0
Worrying about the future such as college, career, etc.	13	10.1	10	6.8	15	17.0	26	27.7	64	14.0
Which of the following do you find the most stressful about school?										
Having to study things you do not understand	28	21.5	28	19.2	7	8.0	21	22.1	84	18.3
Teachers expecting too much from you	21	16.2	29	19.9	13	14.8	7	7.4	70	15.3
Keeping up with schoolwork	41	31.5	50	34.2	35	39.8	25	26.3	151	32.9
Having to concentrate too long during the school day	9	6.9	7	4.8	2	2.3	7	7.4	25	5.4
Having to study things you are not interested in	10	7.7	11	7.5	6	6.8	10	10.5	37	8.1
Pressure of study	8	6.2	12	8.2	9	10.2	11	11.6	40	8.7
Getting up early in the morning to go to school	12	9.2	6	4.1	11	12.5	4	4.2	33	7.2
Going to school	1	0.8	3	2.1	5	5.7	10	10.5	19	4.1
TOBACCO										
Ever tried cigarette smoking (even one or two puffs)	7	5.3	14	9.5	15	16.5	13	13.3	49	10.4
Tried cigarette smoking before age 13 years (even one or two puffs, for the first time)	0	0.0	5	3.4	4	4.3	3	3.0	12	2.5
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	1	0.8	6	4.1	7	7.8	5	5.1	19	4.1
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	0	0.0	0	0.0	0	0.0	2	2.0	2	0.4
Ever used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	14	10.4	29	19.6	22	23.9	31	31.3	96	20.3

Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	6	4.4	12	8.1	4	4.3	4	4.0	26	5.5
Currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)	0	0.0	1	0.7	0	0.0	1	1.0	2	0.4
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	1	0.7	3	2.0	3	3.3	0	0.0	7	1.5
ALCOHOL AND DRUGS										
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	59	44.0	78	53.8	66	72.5	69	69.7	272	58.0
Drank alcohol before age 13 years (for the first time other than a few sips)	15	11.1	7	4.7	6	6.7	8	8.1	36	7.6
Currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)	27	20.3	36	24.5	28	31.1	45	45.9	136	29.1
Currently drank alcohol on school property (at least 1 drink of alcohol on school property on at least 1 day during the 30 days before the survey)	5	3.8	4	2.7	6	6.7	4	4.1	19	4.1
Drank 4 or more (for females) or 5 or more (for males) drinks of alcohol in a row (on at least 1 day during the 30 days before the survey)	14	10.4	20	13.7	12	13.0	29	29.6	75	15.9
Ever used marijuana (one or more times during their life)	24	18.2	39	26.7	45	48.9	42	42.9	150	32.1
Tried marijuana before age 13 years (for the first time)	1	0.8	2	1.4	0	0.0	2	2.0	5	1.1
Currently used marijuana (one or more times during the 30 days before the survey)	12	9.0	24	16.3	24	26.4	28	28.3	88	18.7
Currently used marijuana or hashish (during the past 30 days)	15	11.3	22	15.0	23	25.6	27	27.6	87	18.6
Currently used marijuana on school property (one or more times on school property during the 30 days before the survey)	2	1.5	1	0.7	4	4.4	0	0.0	7	1.5
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times)	0	0.0	2	1.4	5	5.5	2	2.0	9	1.9

during their life)										
Ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)	0	0.0	0	0.0	1	1.1	1	1.0	2	0.4
Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)	0	0.0	0	0.0	2	2.2	1	1.0	3	0.6
Ever used ecstasy (also called "MDMA," one or more times during their life)	0	0.0	3	2.0	2	2.2	3	3.0	8	1.7
Ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk", or "Moon Rocks", one or more times during their life)	1	0.8	3	2.0	3	3.3	2	2.0	9	1.9
Ever taken over-the-counter medication to get high (including cough syrup, at least one time during their life)	2	1.5	9	6.1	6	6.7	4	4.1	21	4.5
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays to get high (during the past 30 days)	1	0.8	0	0.0	1	1.1	0	0.0	2	0.4
Used prescription drugs not prescribed to them (during the past 30 days)	1	0.8	6	4.1	8	8.8	5	5.1	20	4.3
Were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	14	10.7	14	9.5	12	13.0	13	13.1	53	11.3
SEXUAL BEHAVIOR AND HIV/AIDS										
Ever had sexual intercourse	7	5.3	31	21.2	28	31.1	35	36.5	101	21.8
Were currently sexually active (had sexual intercourse with at least one person during the 3 months before the survey)	6	4.5	24	16.2	22	24.4	28	29.2	80	17.2
Had sexual intercourse before age 13 years (for the first time)	0	0.0	1	0.7	0	0.0	1	1.1	2	0.4
Had sexual intercourse with four or more persons (during their life)	0	0.0	3	2.1	7	7.8	7	7.4	17	3.7
During your life, with whom have you had sexual contact?										
I have never had sexual contact	107	81.1	98	66.7	47	52.8	47	50.0	299	64.7
Females	2	1.5	2	1.4	3	3.4	1	1.1	8	1.7
Males	21	15.9	41	27.9	29	32.6	41	43.6	132	28.6
Females and males	2	1.5	6	4.1	10	11.2	5	5.3	23	5.0

Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	2	25.0	5	15.6	6	18.8	6	17.1	19	17.8
Have been pregnant or gotten someone pregnant (at least one time)	0	0.0	1	0.7	0	0.0	2	2.1	3	0.7
Did not use a condom (during last sexual intercourse, among students who were currently sexually active)	1	20.0	9	29.0	11	39.3	13	37.1	34	34.3
Did not use any method to prevent pregnancy (during last sexual intercourse, among students who were currently sexually active)	1	25.0	4	12.9	2	7.1	2	5.7	9	9.2
Ever sent or received sexual messages or nude or semi-nude pictures or videos electronically	37	28.2	55	37.7	39	44.3	41	43.2	172	37.4
Ever been tested for HIV (not counting tests done if donated blood)	3	2.3	7	4.8	5	5.6	10	10.4	25	5.4
Ever been tested for sexually transmitted diseases (STDs) (such as genital herpes, chlamydia, syphilis, or genital warts)	1	0.8	10	6.8	9	10.2	14	14.7	34	7.4
Ever been taught in school about AIDS or HIV infection	117	90.7	129	88.4	55	63.2	74	77.9	375	82.1
Ever been taught in school about how to use condoms	75	57.7	65	44.8	31	35.2	46	48.4	217	47.4
Ever been taught in school about birth control methods	118	90.8	111	76.0	57	65.5	70	73.7	356	77.7
Talked with family members about sexual health (talked with parents or other adults in their family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases (STDs), or pregnancy at least once during the 12 months before the survey)	73	56.6	82	56.2	36	40.9	47	49.5	238	52.0
Have an adult in their school who can help them find sexual health services (such as HIV, STD and pregnancy testing, access to birth control, or support around their sexuality)	64	49.6	59	40.7	34	39.1	44	46.3	201	44.1
Feel comfortable asking an adult at their school if they needed help finding sexual health services	21	16.2	28	19.2	17	19.5	30	31.6	96	21.0
NUTRITION AND PHYSICAL ACTIVITY										
Did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)	0	0.0	4	2.7	5	5.6	0	0.0	9	2.0
Did not eat vegetables (green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables, during the 7 days before the survey)	0	0.0	3	2.1	2	2.3	1	1.1	6	1.3
Did not drink milk	28	21.5	42	28.6	21	23.3	31	32.3	122	26.3

(during the 7 days before the survey)										
Drank a can, bottle, or glass of soda or pop (not counting diet soda or diet pop, during the 7 days before the survey)	62	47.7	58	39.5	36	40.0	36	37.5	192	41.5
Did not eat breakfast any day during the week (during the 7 days before the survey)	12	9.2	5	3.4	3	3.4	8	8.3	28	6.1
Did not eat breakfast at least one day during the week (during the 7 days before the survey)	55	77.5	66	86.8	42	87.5	43	81.1	206	83.1
Were not physically active at least 60 minutes per day on any day during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	9	6.9	13	8.8	14	15.7	16	16.7	52	11.3
Were not physically active at least 60 minutes per day on 5 or more days during the week (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	98	75.4	119	81.0	80	89.9	84	87.5	381	82.5
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	58	44.3	74	50.3	35	38.9	39	40.6	206	44.4
Did not attend physical education classes any day during the week (in an average week when they were in school)	1	0.8	5	3.4	69	76.7	74	77.9	149	32.3
Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)	10	7.6	10	6.8	8	9.0	5	5.2	33	7.1
Were obese (≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	5	3.9	7	4.9	4	4.7	5	5.2	21	4.6
Were overweight (≥ 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	14	10.9	12	8.5	10	11.8	10	10.3	46	10.2
Described themselves as slightly or very overweight	33	25.0	34	23.0	22	24.7	32	33.3	121	26.0
Were not trying to lose weight	69	52.3	74	50.0	44	49.4	40	42.1	227	48.9
OTHER HEALTH-RELATED TOPICS										
Have any long-term disabilities (long-term meaning 6 months or more)	7	5.6	17	11.7	15	17.0	6	6.3	45	9.9
Have any physical disabilities or long-term health problems (long-term meaning 6 months or more)	8	6.3	12	8.3	8	9.1	7	7.4	35	7.7

Have at least one teacher or other adult in their school that they can talk to if they have a problem	84	66.7	98	68.1	54	62.1	62	65.3	298	65.9
Can talk to at least one parent or other adult family member about things that are important to them	110	88.0	126	86.9	69	78.4	76	80.0	381	84.1
Did not have 8 or more hours of sleep (on an average school night)	91	71.7	118	80.8	71	79.8	82	85.4	362	79.0
Did not usually sleep in parent/guardian's home (during the 30 days before the survey)	0	0.0	2	1.4	1	1.1	1	1.0	4	0.8
Slept outside parent/guardian's home because were kicked out, ran away, or were abandoned (ever during the 30 days before the survey)	1	0.7	0	0.0	2	2.2	0	0.0	3	0.6

**See Regional Report for Middlesex League comparison data.*

Appendix B: Additional Questions

Arlington's High School Additional Questions		
	n	%
During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property during the school day?		
0 times	809	88.2
1 time	69	7.5
2 or 3 times	29	3.2
4 or 5 times	6	0.7
6 or more times	4	0.4
During the past 12 months, how many times have you been verbally or emotionally abused by someone you date or have dated?		
0 times	856	93.1
1 time	22	2.4
2 or 3 times	19	2.1
4 or 5 times	8	0.9
6 or more times	14	1.5
During the past 12 months, have you ever been physically abused by being kicked, punched, burned or beaten by a parent or other adult who lives with you?		
0 times	864	93.8
1 time	32	3.5
2 or 3 times	18	2.0
4 or 5 times	7	0.8
6 or more times	0	0.0
During the past 30 days, on how many days did you smoke cigarettes or Vape tobacco on school property?		
0 days	895	97.7
1 or 2 days	9	1.0
3 to 5 days	6	0.7
6 to 9 days	0	0.0
10 to 19 days	1	0.1
20 to 29 days	0	0.0
All 30 days	5	0.6
During the past 12 months, have you been a member of an AHS school's sponsored athletic team? (Varsity, Junior Varsity, or Freshman team)?		
No	415	46.0
Yes	487	54.0
How often do you feel like you are under too much stress?		
Not at all or hardly ever	87	9.7
Sometimes	384	42.8
Most of the time or always	426	47.5
Which one of the following adults have you found most helpful/valuable in helping you with health-related issues including emotional health?		

Parents or adult relative	536	60.1
School teacher	22	2.5
School guidance counselor/psychologist	36	4.0
School nurse	7	0.8
Non-school professional such as a doctor, clergy, social worker	70	7.9
Adult friend	50	5.6
Other	32	3.6
I have not tried seeking help from an adult	139	15.6

Appendix C: Student Characteristics

Arlington's High School Student Characteristics				
	Arlington		Middlesex League	
	n	%	n	%
How old are you?				
12 years old or younger	0	0.0	23	0.4
13 years old	0	0.0	4	0.1
14 years old	85	9.2	499	8.6
15 years old	283	30.5	1537	26.5
16 years old	242	26.1	1527	26.4
17 years old	203	21.9	1381	23.9
18 years old or older	114	12.3	819	14.1
In what grade are you?				
9 th grade	275	29.7	1629	28.2
10 th grade	259	28.0	1521	26.3
11 th grade	200	21.6	1418	24.5
12 th grade	192	20.7	1186	20.5
Ungraded or other grade	0	0.0	25	0.4
What is your sex?				
Male	478	51.6	2998	51.9
Female	448	48.4	2778	48.1
What is your race? (Select one of more responses)				
American Indian or Alaska Native	1	0.1	31	0.5
Asian	106	11.7	514	9.0
Black or African American	36	4.0	273	4.8
Native Hawaiian or Other Pacific Islander	9	1.0	47	0.8
White	689	75.9	4475	78.6
Multiracial	67	7.4	357	6.3
Are Hispanic or Latino	73	8.0	509	8.9
Do you consider yourself to be:				
Heterosexual (straight)	734	79.8	4819	84.0
Gay or lesbian	22	2.4	112	2.0
Bisexual	79	8.6	338	5.9
Other	30	3.3	201	3.5
Don't know/Not sure	55	6.0	265	4.6
Do you consider yourself to be transgender?				
Yes, transgender male to female	1	0.1	21	0.4
Yes, transgender female to male	10	1.1	32	0.6
Yes, transgender, gender non-conforming	10	1.1	47	0.8
No	881	96.1	5590	96.9
Don't know/Not sure	15	1.6	78	1.4
During the past 12 months, how would you describe your grades in school?				
Mostly A's	468	52.0	2356	42.5
Mostly B's	332	36.9	2310	41.7
Mostly C's	67	7.4	581	10.5
Mostly D's	16	1.8	123	2.2

Mostly F's	4	0.4	45	0.8
None of these grades	0	0.0	17	0.3
Not sure	13	1.4	109	2.0
How likely is it that you will complete a post high school program such as a vocational training program, military service, community college, or 4-year college?				
Definitely will not	63	7.1	360	6.5
Probably will not	51	5.7	277	5.0
Probably will	139	15.6	916	16.6
Definitely will	592	66.3	3636	65.9
Not sure	48	5.4	330	6.0
Have a parent or other adult family member serving on active duty in the military	41	4.6	316	5.7

